

# theword



Aphasia New Zealand Charitable Trust  
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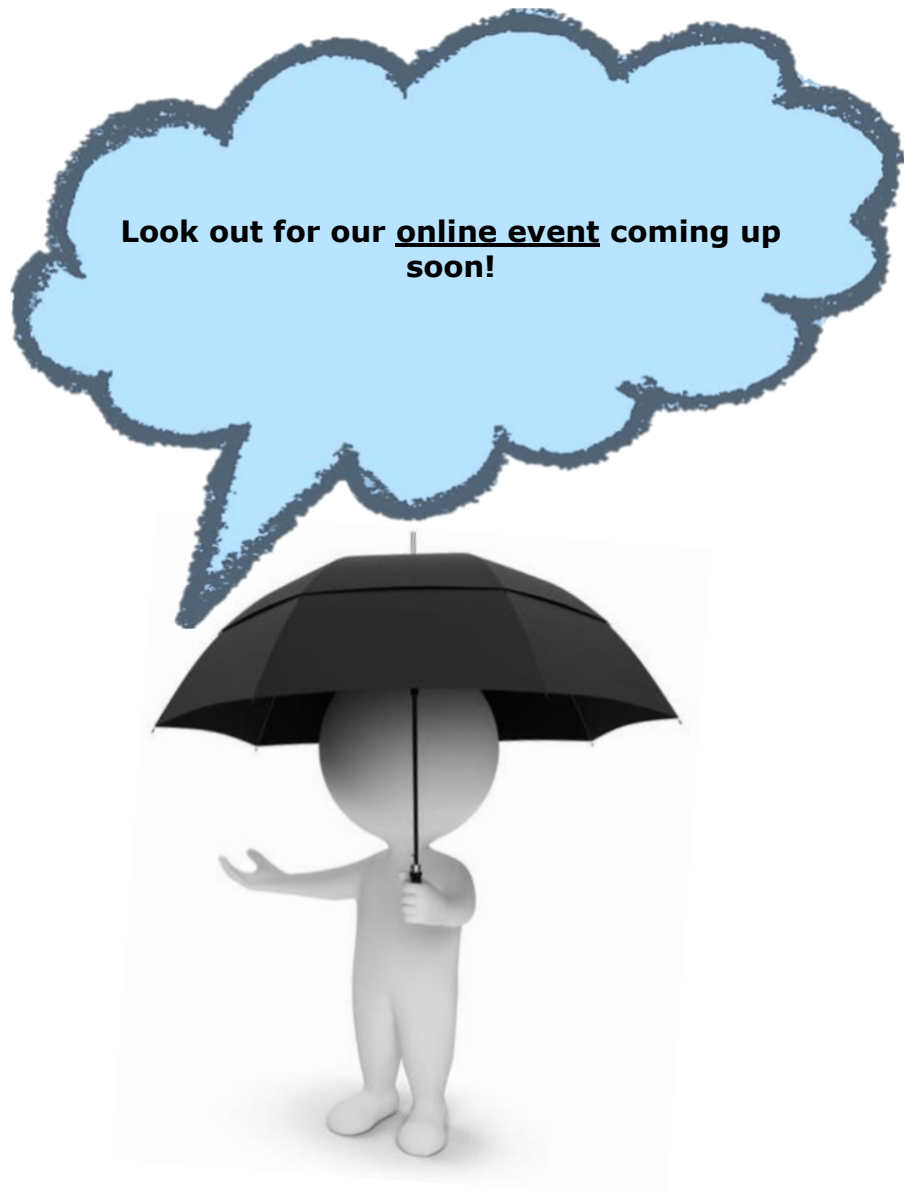
Issue 52

Winter 2023

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Look out for our online event coming up soon!



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Suite 3, 36 Cameron Road, Tauranga 3110  
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## From the Office

June was a very busy month! Not only was it Aphasia Awareness Month but also we moved our office. We are still in the same building but not the same room. Everything had to go up a flight of stairs....

We now have three locations around Aotearoa:-

- Our National Office in Tauranga,
- Our Wellington office (in Anvil House) where Jennifer Buckley, our lower North Island Community Aphasia Advisor, is based,
- Our Christchurch office (in the BrainTree Wellness Centre) where Eleanor Maxwell, our Christchurch Community Aphasia Advisor and Nicole Zwarts, our Friends Community Aphasia Advisor, are based.

Welcome to all our new subscribers to this newsletter and our emails. We have been checking in with you to make sure that you are receiving our information. You can help us by checking with the people you know who are affected by aphasia. Registering to receive the emails is easy and can be done via our website.

As for July, I'm not sure where that disappeared to! Now we are in August, and although it still feels wintry, the prunus trees are in flower and the birds are getting ready for spring.

Do let us know if there are specific topics you would like to see covered in our newsletters and emails.

Until next time... Kate

# Aphasia Awareness Month

Our theme this year for the month of June was **'Living Well with Aphasia'**.

Thank you to everyone who shared their thoughts on what was important for living well with aphasia. We were delighted to have so much input and feedback. We hope you enjoyed reading it as much as we did.

Here are links to some of the articles in the media, in case you missed these:

<https://www.sunlive.co.nz/news/320613-wading-through-mental-fog.html>

<https://www.rivercitypress.co.nz/wp-content/uploads/2023/06/rcp-1-6-23.pdf> - check out page 7

[https://www.odt.co.nz/the-star/art-exhibition-brings-new-voice?fbclid=IwAR3cFnSy\\_MVw19PpaS5CN7mTht7l2jSEcyCzUwNn6MQKa\\_e8ncQJSZ2j8wuM](https://www.odt.co.nz/the-star/art-exhibition-brings-new-voice?fbclid=IwAR3cFnSy_MVw19PpaS5CN7mTht7l2jSEcyCzUwNn6MQKa_e8ncQJSZ2j8wuM)

<https://www.cnw.org.nz/nga-whakahirahira-a-nga-mema--members-highlights.html> - Podcast 21/06/23

<https://times-age.co.nz/midweek/time-and-space-to-korero/>

[https://www.youtube.com/watch?v=bj\\_Tnv\\_DIDk](https://www.youtube.com/watch?v=bj_Tnv_DIDk) – this is a recording of the Zoom conversation between Mel, our Community Aphasia Advisor, and Gary and Robyn, who are both partners of people with progressive aphasia.



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## The Emma Castle Award for Excellence in Aphasia

We were delighted to present the first Emma Castle Award to Kevin Bradshaw in Christchurch.



Here is Kevin receiving his certificate from Eleanor, our Christchurch Community Aphasia Advisor.

The aphasia MenZshed group runs on a Wednesday morning from 9.30 – 12.30. People can bring along person projects to work on.

Eleanor said she enjoyed learning more about the work the MenZshed does. They are currently making wooden device/document stands for the blind and low vision unit at the local

primary school. They also make 'angel boxes' for still birth babies at Christchurch Women's hospital.







Here is Kevin with other members of the Aphasias MenzShed group. Congratulations Kevin!

### In other news:

We still have a number of opportunities for Community Aphasia Advisors. If you are a Speech Language Therapist with a passion for aphasia looking for the chance to really make a difference in a very enjoyable role with a great team, please [get in touch](#).

There is a new coffee group for people with aphasia in Levin, meeting on the first Wednesday of the month. Contact Jennifer Buckley [here](#) to find out more.



## AphasiaNZ's Community Aphasia Advisors (CAAs)

### Auckland Central and Franklin – Linda Mains-Barnett

Email: [franklin@aphasia.org.nz](mailto:franklin@aphasia.org.nz)

### Auckland South – Vacant

Email: [aucklandcs@aphasia.org.nz](mailto:aucklandcs@aphasia.org.nz)

### Auckland North and West – Vacant

Email: [aucklandnw@aphasia.org.nz](mailto:aucklandnw@aphasia.org.nz)

### Waikato West Central – Christa Grbin

Email: [waikatowc@aphasia.org.nz](mailto:waikatowc@aphasia.org.nz)

### Hauraki plains– Biddy Robb

Email: [hauraki@aphasia.org.nz](mailto:hauraki@aphasia.org.nz)

### Tauranga – Kate Milford

Email: [tauranga@aphasia.org.nz](mailto:tauranga@aphasia.org.nz)

### Eastern Bay of Plenty – Vacant

Email: [easternbop@aphasia.org.nz](mailto:easternbop@aphasia.org.nz)

### Rotorua – Melinda Dakin

Email: [rotorua@aphasia.org.nz](mailto:rotorua@aphasia.org.nz)

### Central North Island – Melinda Dakin

Email: [centralnorth@aphasia.org.nz](mailto:centralnorth@aphasia.org.nz)

### Hawke's Bay – Maxine Bevin

Email: [hawkesbay@aphasia.org.nz](mailto:hawkesbay@aphasia.org.nz)

### Wellington & lower North Island – Jennifer Buckley

Email: [wellington@aphasia.org.nz](mailto:wellington@aphasia.org.nz)

### Christchurch – Eleanor Maxwell

Email: [christchurch@aphasia.org.nz](mailto:christchurch@aphasia.org.nz)

### Central Otago– Emma Burnip

Email: [otago@aphasia.org.nz](mailto:otago@aphasia.org.nz)

### Dunedin – Meryl Jones

Email: [dunedin@aphasia.org.nz](mailto:dunedin@aphasia.org.nz)

### Invercargill – Fiona Couldstone

Email: [invercargill@aphasia.org.nz](mailto:invercargill@aphasia.org.nz)

### Dunedin PPA group – Charlotte McCully

Email: [dunedin@aphasia.org.nz](mailto:dunedin@aphasia.org.nz)

### Friends CAA – Nicole Zwarts

Email: [admin@aphasia.org.nz](mailto:admin@aphasia.org.nz)



Most CAAs work part-time hours and may not be able to respond to you immediately.

The best way to contact the office is by emailing [info@aphasia.org.nz](mailto:info@aphasia.org.nz)



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## My aphasia Story – Eric Fox

I had my stroke 8 months ago and spent 3 days up at Waikato Hospital. I had difficulty speaking and couldn't read the newspaper, my world had changed. No more committee meetings for Rare Breed or talks at the Stamp Club and not being able to go to the train club.

Thankfully the hospital staff were encouraging that speech and reading could improve with practicing and time.

I have found going to a Speech Therapist really helpful, how to approach different situations like phone calls etc. During this time, I was able to continue with my position as Treasurer of the NZ Rare Breeds Society via emails and their support. I have now returned to the Stamp Club meetings, and recently able to give a short talk on my stamps. My next goal is being able to participate more in the discussions at our monthly rare breed meetings, my role there is Treasurer. All in all, I feel I am getting my life back again which I am very thankful for.

The fortnightly meetings with this group (Waikato Kōrero Club) have been fantastic too, supportive and friendly. Also, without (my wife) Sally's support I believe I would not have been able to make the progress I have made.

*Thank you Eric for sharing your journey so far.*

*If anyone would like to share their story and their tips for other people affected by aphasia, please [get in touch with us](#).*

# Online Groups and support

## Online Kōrero Club

- Chat with other people with aphasia
- Support from others who understand
- Have a go at new challenges

**Three groups run each week – two on Monday and one on Friday.**

## Young people with aphasia group

This is an opportunity to meet with other young people and support each other, while making new friendships. The group have a WhatsApp chat also.

**Tuesday mornings once a month**

## Online progressive aphasia support group

This is a group for people with PPA and their whanau.  
Support each other and share information.

**Fortnightly on a Friday morning**

## Online group for partners of people with PPA

This is a group just for spouses and partners – a safe space to discuss any concerns and share your feelings. This group is run by Gary and Robyn, who are partners themselves. The CAA is available at the end of the meeting if you have questions.

[Contact Christa](#) our online CAA to find out more about our online support options.





## Mindfulness Workshop

This is your last chance to register to attend our online Mindfulness Workshop, being held on Thursday, 10th August from 10.00am until 11.30am. If you are keen please contact [us here](#) as soon as possible.



# Mindfulness Workshop

**Learn:**

- Health benefits of mindfulness & meditation and how it can be useful for managing carer stress.
- How to incorporate Mindfulness skills into daily life
- Basic skills of how to meditate
- How to develop kindness & compassion to self and others
- How to use Mindful movement to help manage stress

**\*Receive a carer resource handout after the workshop\***

**On: Thursday, 10<sup>th</sup> August at 10.00am Via Zoom**

To register, please contact Nicole Zwarts

- 0508 274 274
- [admin@aphasia.org.nz](mailto:admin@aphasia.org.nz)

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Web: [www.aphasia.org.nz](http://www.aphasia.org.nz)

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## Technology Corner

There are lots of apps available in the app store that can be good fun and also a good way to practise finding words.

Here are four games that we have looked at this month:



### Wordgrams - Crossword & Puzzle

- A turn-based game where two players complete the crossword together and compete for the highest score. Some clues are pictures for extra fun!



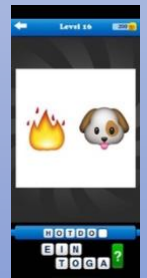
### Chain of thought

- A game of word association. The app has three levels of play- Easy, Medium and Difficult.



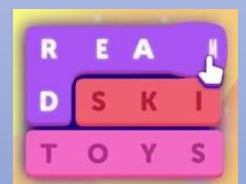
### Emoji Quiz

- Tests your guessing skills to solve Emoji puzzles. Helpful cues are also provided.



### Word Lanes: Relaxing Puzzles

Answers to the trivia questions are hidden in puzzle boards. Swipe to unveil them. Improve your vocabulary, train your brain, and test your knowledge as puzzles become more challenging.



## Trustee Talk

### - farewell and thank you Judy Elliott

Judy Elliott has been a Trustee for AphasiaNZ for many years now – she has been telling us for many months that she felt that she needed to step back and then was persuaded by the other Trustees to stay another year or another 6 months! But very sadly, we have to agree that she has served her time...

Judy attended her last Trustee Meeting at the end of July. We want to acknowledge here the significant amount of time and the commitment she has given to AphasiaNZ over the years of being a Trustee. Early morning drives to the airport, flights to Tauranga, lots of thinking about what AphasiaNZ should be offering and how the support should be delivered, dedication to reading all the information to prepare for meetings, a close eye on the financial transactions and her wisdom and insight as a mother of a person with aphasia.

Thank you Judy.

Judy writes:

"On Friday 29 July I attended my last AphasiaNZ Charitable Trust board meeting after eight years as a Trustee. During the eight years I attended eighty-three meetings and I have seen significant growth of the organization during this time.



My interest in aphasia began in 2005 after my son suffered a massive stroke at the age of 24 and as a result suffered from severe aphasia. I wanted to find out as much as I could about this condition to help my son and so I attended as many seminars, meetings and conferences as I could. Most of these meetings were planned and presented by the then AphasiaNZ Association, which became AphasiaNZ Charitable Trust.

Before I became a Trustee, I was a member of the Conference Planning Committee which planned the 2015 Aphasia Conference, and I attended fourteen monthly meetings. I was also supporting my son at his SLT sessions throughout this time. So, as you can imagine, my knowledge of aphasia and the needs of people living with aphasia and their families continued to grow!

When I was asked to become a Trustee on the board, I was happy to accept. It has been an honour and a privilege to work with such a dedicated bunch of very capable Trustees who are entirely focused and work hard to make a difference in the lives of people living with aphasia and their families.

I wish AphasiaNZ Charitable Trust all the very best for the future."

Judy Elliott

*If you have governance experience and an interest in serving as a Trustee for AphasiaNZ, please do get in touch with us at the office.*

## Our Contact Details



**You can get in touch with us in the following ways:**

### **By writing to us:**

AphasiaNZ, PO Box 13435, Tauranga Central, Tauranga 3141

### **By making an appointment and visiting us:**

At 36 Cameron Road, Tauranga 3110

### **By calling us:**

In the office on (07) 220 9973, *OR*

On our free phone number **0508 APHASIA** (0508 274 274)

### **By emailing us:**

[info@aphasia.org.nz](mailto:info@aphasia.org.nz)

### **Through our website:**

[www.aphasia.org.nz](http://www.aphasia.org.nz)



### **On our Facebook page:**

[www.facebook.com/AphasiaNZ](http://www.facebook.com/AphasiaNZ)

**We look forward to hearing from you**

*E tatari ana matou ki te whakarongo ki a koe*





## Can you Help with a Donation?



As a Charitable Trust which does not have members, we do not ask for a yearly 'membership' fee or payment.

But as you may know, we do not receive government funding - grants and donations enable us to provide all services and resources.

It is only with your help and support that we can continue to provide vital and much-used services and resources in our communities.

### Can you help us by making a donation?

Your donations enable us to provide information, resources and Community Aphasia Advisor (CAA) services across New Zealand.

Donations can be made online into the AphasiaNZ bank account, or by credit card via PayPal online.

As AphasiaNZ is an approved donee organisation, you can claim a tax credit for all donations over \$5.00. [Information about tax credits from the IRD is available here.](#)

### **Please click here to donate online today!**

And lastly.....before you go... People with aphasia-  
Can you spot the spelling mistake??

[Email us](#) to tell us where it is and win a prize!



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