

theword



Aphasia New Zealand Charitable Trust
mate ngaronga reo

Issue 53

Spring 2023

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Save the date!

**The next online workshop for
families on Supported
Conversation will be held on
Friday 16th February 2024
from 10am-12pm**



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From the Office

It's nearly summer! I think time is playing tricks on me and going at double-speed...

We have a number of updates to share about our Community Aphasia Advisor (CAA) team – see below for introductions to our new CAAs. Over the last few months, several of our CAAs have moved on to new challenges.

- Emma Burnip, who was our CAA in Central Otago, has moved to the Hawke's Bay to work for Te Whatu Ora. I have no doubt that she will work closely with Maxine, our Hawke's Bay CAA, to support people with aphasia in the region.
- Fiona Couldstone, who has worked for us as a CAA in Central Otago and also Invercargill, is now working at Dunstan Hospital.
- Charlotte McCully, who has facilitated the progressive aphasia support group in Dunedin for a number of years (on a Saturday morning once a month), has moved across the Southern Alps and is expecting a new arrival. We wish her and her partner all the very best at this exciting time.
- Linda Mains-Barnett, who has been our CAA for Central Auckland and also the Franklin region for a number of years, is finishing work with us in mid-December. She will be much missed by her groups.

Thank you

Thank you, Emma, Fiona, Linda and Charlotte, for all that you have done! Thank you also to Mel, Central North Island CAA, who has been running the Rotorua Kōrero Club while we recruited to the CAA position, and to

Meryl, Dunedin CAA, who is taking over the progressive aphasia group in the coastal Otago region.

Welcome to Liesa

In other news, we are delighted to welcome Liesa Orr to the team as our new Trust Administrator. Based in Auckland, Liesa is establishing our new office and is responsible for administering our finances and ensuring the smooth running of AphasiaNZ – keeping us well-organised and efficient! This is no small feat – as the organisation grows and develops, the operational responsibilities become more time-consuming and complex.

Liesa says “Hi, I’m Liesa, I am a mum to a nearly 17-year-old young man and I live in West Auckland. I was born in Edinburgh, Scotland a long (long!) time ago and emigrated to NZ when I was very young.

Outside of work I teach Ceroc which is a partner dance. Over the years I’ve competed in dance but you’ll find me these days being a judge at the Regional and National competitions to all the lovely dancers, of all ages, we have here in New Zealand who compete throughout the year.

My working background is in Office Management and Administration starting as a Legal Secretary/ EA to Office Management in Manufacturing – I love admin and I am really looking forward to being a part of Aphasia New Zealand Charitable Trust.

I’ll be answering info@aphasia.org.nz emails as well as taking care of the Accounts and Admin as the Trust Administrator so if you get a chance, do say ‘Hi’ (even if only electronically)! I hope I will get to meet many of you in the months ahead.”

Welcome to our new CAAs

We are delighted to be able to tell you that we have two new Community Aphasia Advisors who joined the team at the start of November.

Megan Bell is the CAA for Invercargill and Southland, and Milli Goodrich is the CAA for Rotorua. Please welcome them and support them as they grow into their roles!

We do still have some vacancies - and we continue to seek interested Speech Language Therapists to join the team.

Christmas and New Year hours

The office will be shut over the Christmas and New Year period from the 22nd December 2023 until 8th January 2024. Please do not expect your phone messages and emails to be answered during this time – but rest assured that any messages you do leave will be responded to on our return!

Most of our Kōrero Clubs have a longer break over December and January and our CAAs take a well-deserved break.

Enjoy the holiday period with your family and friends. And – if they ask you how they can help you in conversation – tell them! The most important thing is for them to slow down, and then the next most important thing is to try to have conversations where people take turns and don't all talk at once! Family time is about enjoying being together – not always about talking...

until next time... Kate

Hello from Megan

My name is Megan Bell. I was born and raised in Cromwell in the lovely Central Otago region. I have very fond memories of calling my dad most days after school in summer, convincing him to finish work early (he was a self-employed builder) and heading to Lake Dunstan with my mum and two brothers to go water skiing and biscuiting!

After finishing high school, I moved to Christchurch where I studied for a Bachelor of Speech and Language Pathology with Honours at the University of Canterbury. Upon graduating, I moved to Gore with my partner. I was very sceptical to be moving to Southland but since living here I've come to realise that it's our best kept secret, everybody is so friendly!



Outside of work, I enjoy spending time with friends and whānau, gardening and exploring our beautiful backyard that we have.

I work part-time at Invercargill Hospital helping people with communication and swallowing difficulties and have just become the Community Aphasia Advisor for Southland. I am really excited to have taken on the CAA role as I believe that communication is the heart of life and that every voice deserves to be heard. It is my personal mission to



ensure that everyone is provided with the tools to help them communicate successfully with the aim of improving their quality of life. I can't wait to get started and meet everyone at Kōrero Club.

Hello from Milli

Kia Ora, my name is Millicent, though everyone calls me Milli. I have joined the team as the Rotorua Community Aphasia Advisor. I am a recent new graduate with my Masters in Speech and Language. I pursued this degree following my undergraduate degree in Psychology and a history of volunteering with children with additional needs, both of which set me on a very clear path down speech and language pathology.



When I am not working you can find me exploring Rotorua, having only moved up here this past year, leaving my home city of Christchurch. I enjoy baking and crocheting and when the weather is nice you can find me running in the redwoods or off on an adventure somewhere.

I look forward to meeting our aphasia community and getting involved.



AphasiaNZ's Community Aphasia Advisors (CAAs)

Auckland Central and Franklin – Linda Mains-Barnett

Email: franklin@aphasia.org.nz

Auckland South – Vacant

Email: aucklandcs@aphasia.org.nz

Auckland North and West – Vacant

Email: aucklandnw@aphasia.org.nz

Waikato West Central – Christa Grbin

Email: waikatowc@aphasia.org.nz

Hauraki plains– Biddy Robb

Email: hauraki@aphasia.org.nz

Tauranga – Kate Milford

Email: tauranga@aphasia.org.nz

Eastern Bay of Plenty – Vacant

Email: easternbop@aphasia.org.nz

Rotorua – Milli Goodrich

Email: rotorua@aphasia.org.nz

Central North Island – Melinda Dakin

Email: centralnorth@aphasia.org.nz

Hawke's Bay – Maxine Bevin

Email: hawkesbay@aphasia.org.nz

Wellington & lower North Island – Jennifer Buckley

Email: wellington@aphasia.org.nz

Christchurch – Eleanor Maxwell

Email: christchurch@aphasia.org.nz

Central Otago– vacant

Email: otago@aphasia.org.nz

Dunedin – Meryl Jones

Email: dunedin@aphasia.org.nz

Invercargill – Megan Bell

Email: invercargill@aphasia.org.nz

Friends CAA – Nicole Lewis

Email: 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



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giving a voice to people with aphasia

Poem from Ron Collard

Ron asked AI (artificial intelligence) to write him a short poem on people with aphasia.

*In a world where words may slip and stray,
People with aphasia find their way.
In silence, they speak with hearts so true,
A testament to what love can do.*

*Though words may falter, their spirit's strong,
In the face of struggle, they belong.
With patience, kindness, we all can find,
A deeper language, in the heart and mind.*

Thank you Ron!

This poem set me off on a journey across the internet, looking at other aphasia poems. Do you have a favourite? Have you tried to write any poetry?

Follow [this link](#) to a poem titled Aphasia by a lady called Corrie Shoemaker.

And here is a website <https://poemsinspeech.com/> created by a poet called Mark Harder who started writing poetry after he had a stroke and aphasia.



Research opportunities at AUT

Researchers are developing new resources to improve telerehabilitation (therapy provided over the phone, zoom or other technology). They would like to talk to people about what would make telerehabilitation work well. They are particularly keen to talk to people with aphasia. You don't have to have experience of telerehabilitation to take part. If you would like to find out more, please contact Claire.

TELEREHAB

**KIA ORA! Do you want to
improve telerehabilitation
in Aotearoa?**



**To find out more, watch the video at this link:
rebrand.ly/mm657f**

Or make contact with one of our project managers:

Claire Ibell-Roberts
AUT Centre for Person
Centred Research
021713645
claire.ibell-roberts@aut.ac.nz

Erina Korohina (Ngāti Porou)
Manawaora
The Centre for Health
07 578 6624
hello@thecentreforhealth.co.nz



Approved by AUT Ethics Committee on 16 June 2023
AUTEC Reference number 22/355



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Improving communication in Stroke Units

We mentioned this research in June when the funding for the project had been approved. Ethics approval for the study is expected shortly. The research team will then reach out to connect with people who had their stroke within the last 6 months to talk about their experiences of communication in hospital.

As the researchers are based in Auckland, they will primarily be seeking people who are based in the upper North Island to participate. More information will follow!

If you think you might be eligible to take part, and you want to have your say, please look out for more information in our e-updates or newsletters in the New Year.

Give us your feedback!

We have started compiling our posts from Facebook into a monthly E-update.

- Are you enjoying these?
- Do you have topics you would like us to focus on?
- What do you enjoy the most from our Facebook page?
- Do you find the advice and information useful?
- Do your family and friends follow us on Facebook?

The more feedback you can give us, the easier it is for us to provide you with what you want! [Email us here](#) or ring us on 0508 274 274



Technology Corner

Finding Therapy Apps



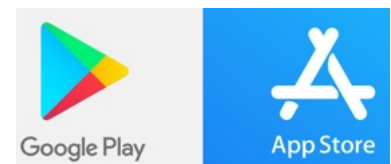
There are many speech and language apps to choose from, but it can sometimes be challenging to find apps best suited to your needs.

Unfortunately, some apps are expensive, or are free to download but can have in-app purchases or too many advertisements. Therefore, before searching for apps, it can be helpful to seek advice from a professional such as a Speech Language Therapist. If this is not possible, search the internet to find recommended apps, read their reviews, and to check if they are evidence-based. Some apps have free 'lite' versions with limited features to trial.

Helpful links for finding therapy apps:

- The Aphasia Software Finder is a useful website to find aphasia apps. For more information, click on the link below:
<https://www.aphasiasoftwarefinder.org/app-software-list>.
- Tactus Therapy have also created a document listing different apps for different purposes such as language, speech, memory, and games. Click on the link to find out more:
<https://tactustherapy.com/free-list-best-speech-therapy-apps-adults/>.

These apps can be found on the Google Play Store (Android device) or the App Store (Apple device).



Tactus Therapy apps are also currently on sale until 30th November.
Click on the link to find out more: <https://tactustherapy.com/apps/>



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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

Through our website:

www.aphasia.org.nz



On our Facebook page:

www.facebook.com/AphasiaNZ

We look forward to hearing from you

E tatari ana matou ki te whakarongo ki a koe

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.



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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. The easiest way to donate is to visit our website.

As AphasiaNZ is an approved donee organisation, you can claim a tax credit for all donations over \$5.00 if you earn income. [*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!