

Name:



Say nothing, give a little!

I am doing a sponsored silence to raise money for Aphasia New Zealand Charitable Trust (turn over page to learn more about aphasia).

AphasiaNZ supports people who are affected by aphasia.

I am not allowed to talk, to write or to text on my phone while I am being silent!

I can make gestures, facial expressions and point to communicate.

I am doing this challenge to 'say nothing' because

.....

I am trying to say nothing for hour(s)

Please will you support me?

Name

Donation

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AphasiaNZ has a givealittle page where donations can be made:

<https://givealittle.co.nz/cause/say-nothing-give-a-little>

or you can donate directly via the website <https://www.aphasia.org.nz/donate-to-aphasianz/>

June is Aphasia Awareness Month.

Aphasia is a language difficulty caused by damage to the area of the brain that stores and produces our words.

This happens to 1 out of every 3 people who have a stroke.

Aphasia can also be caused by other types of brain damage.

Aphasia can cause difficulty with finding the words to talk or write, and difficulty understanding spoken and written words.

Some people struggle to talk at all, some people can talk with support.

Some people find they cannot put words together to make a sentence.

It is a bit like the search engine in your brain has gone wrong. All the information (words) are in the library but the search engine cannot find them. This is very frustrating and isolating – and scary. It can make life very difficult. The whole family of the person with aphasia are affected.

If you would like to find out more, please visit www.aphasia.org.nz

You can contact us by email: info@aphasia.org.nz

You can also follow AphasiaNZ on Facebook: AphasiaNZ

Videos of people with aphasia talking about their aphasia are being shared on Facebook and uploaded to our YouTube channel over the month of June to help people understand more about aphasia and the impact that it has on families.

You can find those here- <https://www.youtube.com/@aphasianz2048>

AphasiaNZ is a registered charity – CC47907