

## Meri Kirihimete



Kia ora tatou

It has been a year of change for Strive Rehabilitation at Hawke's Bay. It has been encouraging to see how staff and clients have responded to the challenges and opportunities of 2018.



<https://designstiles.me/wp-content/uploads/2013/09/WNWN-large-logo.jpg>

- We have said haere rā to some familiar faces
- We have rebranded and the Stewart Centre @ EIT is now Strive Rehabilitation @ EIT
- We have a new accounting system which is being well managed by Carron (Burn) and should make processes easier



<https://designstiles.me/wp-content/uploads/2013/09/WNWN-large-logo.jpg>

**PTO**



Strive Rehabilitation at  
Hawke's Bay

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## MANAGERS REPORT (cont...)

We will continue to grow by building on the strong foundation of Strive Rehabilitation @ Hawke's Bay:

- New staff members
- New processes
  - ◇ New groups to complement what we can offer to clients and our funders
  - ◇ Living skills
  - ◇ Drama
  - ◇ Te Reo
  - ◇ Choir
  - ◇ Waiata
  - ◇ Literacy and numeracy
- New office space (building to start in 2019)



So, after a year change, we welcome 2019 and all the opportunities it will bring.

The staff of Strive Rehabilitation @ Hawke's Bay want to say "Thank you" to all of you for enabling the service to continue to grow and meet change with positivity and hope.

Thank you to everyone who has had contact with and supported our service throughout 2018. Have a relaxed Christmas and embrace all the good things that the New Year will bring.



## TBI MEN'S GROUP 2018 By Darryl Smith

The Strive Rehabilitation @ Hawke's Bay TBI Men's group is coming to a close. We have had community based outings to the Hastings Environment Centre, the Hastings Fire Service and Hawkes Bay Brewing Company.

We have also been out to local restaurants including the Bare Knuckle BBQ. Our TBI Men's group Christmas lunch took place at Jark's in Hastings.



I would like to thank the team for supporting each other and making it a successful year.



**Strive Rehabilitation @  
Hawke's Bay**  
will have the last client day for 2018 on  
**Wednesday 19th December**

We open again on  
**Monday 21st January 2019**





## COOKING GROUP By Sherilyn Rawlings

The Cooking Group has been a great experience with a variety of dishes being prepared and eaten.

Everyone in the group has gained new skills and developed more confidence in the kitchen.

Well done!

Merry Christmas everyone, eat well and stay healthy.

From the Cooking Group.



[https://pngtree.com/freepng/christmas-food\\_1087592.html](https://pngtree.com/freepng/christmas-food_1087592.html)



<https://clip2art.com/explore/Snack%20clipart%20christmas/>



<https://clip2art.com/explore/Snack%20clipart%20christmas/>



<https://melbournechapter.net/explore/christmas-food-clipart/>

## Cognitive Challenge Group 2018 By Darryl Smith

The Strive Rehabilitation @ Hawke's Bay Monday afternoon's Cognitive Challenge group is coming to an end for 2018. The group has been growing with new comers all supporting each other to make it a fantastic group to be involved with. We had a wide range of activities like quizzes, word scrambles and games working with our senses.

### Here are some comments made by the participants:

*Teachers show us our strengths; work on our weaknesses and not to be embarrassed. **Raymond***

*Enjoyed learning and having fun. **Aiteina***

*Fun, quizzes, family feud with smell and touch games. **Sandy***

*Good as good with games and questions. **Mike***

*It is wonderful to see everybody learning off each other. **Carol***

*Social and make friends. Hearing updates of local Strive Rehabilitation news. Letting us make choices.*



Thanks to everyone who has supported and participated with the Cognitive Challenge group and look forward to seeing everyone next year.

**From the Cognitive Challenge group, have a safe and happy holiday.**

## Winner of the Trip Newsletter Quiz



Congratulations  
Kerry Pedersen  
who won the  
\$80 voucher to  
'The Warehouse'

## We Wish You A Merry Christmas



## **NEW GROUP IN 2019** **COOKING GROUP**

9:00am to 12:00 noon

Each group runs for 11 weeks

Block 1: Monday, 28 January - 8 April

Block 2: Tuesday, 16 April - 25 June

Block 3: Monday, 1<sup>st</sup> July - 9 September

Block 4: Tuesday, 17 September - 10 December



Please speak to Sherilyn if you are interested



## ART GROUP 2018 By Davey Jones

This year's Wednesday Art group has been a wonderful display of client coordination and collaborative creativity. An example is the new Strive Rehabilitation @ Hawke's Bay banner that is currently on display here at the yearly exhibition in the Vent Gallery on the EIT campus. We would like to thank Ideaschool for their continued support.

I'd like to finish with some words I heard from an artist the other day: *"Art is not about whether you as an artist like the art. Art is also not about what other people think about the art. What is most important as an artist is that you make the art"*.

Happy and safe holidays everyone!



Awesome canvas done by the Art Group



## WOODTURNING By Rodger Mabey

The group has tackled a variety of projects this year including a talking or story stick which is a piece made round the different shapes turned into them then coloured and pyrographed with people's own designs. These really told us their story. We also made a wooden set of noughts and crosses which were decorated.

All of the projects do have a degree of decorating and art work so it brings in another skill and people's own designs and ideas

At the moment we are making a Viking boat in which we have had to make a bowl then cut it up to form a boat and a sail with decorations on them.



Viking Boats



Talking Sticks

## COMMUNITY-BASED SERVICES By Sherilyn Rawlings

I would like to acknowledge the living skills coaches for their work throughout the year. Thank you for the support you have given people in the community.

There continues to be gains made in people's lives such as maintaining a structured week, shopping, accessing the gym, personal cares, supporting families, accessing opportunities for job training and budgeting.

These being some of the tasks that living skills coaches take on daily.

Merry Christmas to all and safe holidays.



## SWIMMING GROUP By Kim Herd

The Strive Rehabilitation @ Hawke's Bay's swimming group has had a full year this year and the gains that have been made are fantastic to see. Each week I sit and watch (that is my role, the watcher) the group in the pool and they are all inspiring. I also have to give them credit for sticking with it through the winter months as it can get quite cold. Each person has their own personal goals and they have all worked hard to achieve them.

I would like to wish each of these groups a very merry Christmas and a relaxing break. I hope you all come back refreshed and ready for a brilliant 2019.





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**\$2.00 each**

**OR**

**2 for \$3.00**

Contact Kim Herd on (06) 830 1254 (DD)  
email [kim.herd@strivehb.org.nz](mailto:kim.herd@strivehb.org.nz)

Internet Banking is available—speak to Kim

## GYM GROUP By Pete McLachlan

The Strive Rehabilitation @ Hawke's Bay gym programme has had a busy year. Many thanks go to all the people at the **Pettigrew Green Arena Gym** who continue to provide a great facility and have made our gym programme a great vehicle for rehabilitation in our community. I would also like to add a BIG thanks to all my fellow colleagues who have supported the Gym Program throughout the year. Here are some words from some of the gym program attendees:

- *I love the gym, it occupies my thoughts and I can use my built up energy. **Raymond***
- *It is good, with persistence it stays good. I like to be consistent. **Arthur***
- *Excellent, yes far out. Awesome. Very, very good, unbelievable. Getting better, stronger, faster. **James***
- *Working towards getting fitter & stronger. Gym is a benefit, good for the mind & soul. Gives me confidence in myself. **Joseph***
- *It is always nice to work out in a comfortable setting, it is not always do or die. **Ross***
- *With a left sided weakness, the gym has helped me to boost positivity, attitude and confidence. Participating has increased my confidence. 'I look good'. **Lance***
- *I'm getting used to it, I like my new programme. **Johnny***
- *Pretty good, getting fitter. NO pain no gain. **David***
- *Good, I go on that weight machine, it's hard for me to get on it. It's good to do it, keeps me moving. **Carol***
- *I do like it, it is good for me for sure but the toughest part is coming back after seizures. **Malcolm***
- *I like my new exercise programme. It is a lot better to handle, I feel as if I don't have to rush. **Victoria***
- *Good, good exercise for me. **Brenda***
- *Good, I am enjoying it. It makes me feel confident in my exercises. **Gillian***
- *Good, I enjoy the gym. **Chad***
- *I have to take care of my body. I have found it is really good and helpful. I like cardio & cross-trainer. **Conn***
- *It's been good, I feel I am getting gradually more confident. What I am doing is consistent with what the specialists are telling me. I know my limits. My confidence is up and staying up. **Lindsay***
- *Getting mobilised, losing a little bit of weight, getting more confident. All great benefits. **Joseph***
- *"I can see improvements in people and seeing their social interactions getting better. They are always keen and arrive early. People are more curious about exercises for improving fitness and function". **Renee from PGA***

**Happy Holidays everyone and enjoy the break!**

## SENIOR MEN'S Group By Rodger Mabey

A good time was had this year with varied range of topics and activities enjoyed by the membership . Our programme involved a visit to:

- **Waitangi Park**
- **Faraday Centre**
- **Paper Mulberry Café to meet with Paul and the CHB Men's Group**
- **Omaranui Landfill**
- **Lowe Walker Helicopter Service**
- **Hawk Packaging**

The speakers have been interesting:

- **Les Cunningham** from the Stroke Foundation
- **Hugh Chappell** (a rural broadcaster)
- **Jenny Nilsson** (a travel Agent)
- **Kane Grundy** (from the Fishing show film crew)
- **Tim Greagh** on Wine Production (EIT)
- **David McBride** on dairy farming (EIT)

We have also participated in indoor bowls and other educational games.

The focus has been on welfare of the clients and to provide something different to think about and to see what's happening in Hawke's Bay.

My thanks to Pete for his support during the year especially in my absence.



*McLean Park turf inspection*



*Men's Group outing to Hawk Packaging—safety first*





## SPORTS GROUP 2018 By Darryl Smith

We have had another great year and the group keeps growing. We have had a variety of activities such as badminton, table tennis, basketball, and boccia. The group has bonded well and I have seen great improvements. During the school holidays, the group went to Superstrike and Sharpies Golf with the occasional Rush Munro's ice cream.



## CHB MEN'S GROUP By Kim Herd

I have only been overseeing the **Central Hawke's Bay Men's Group** since the middle of August.

I have enjoyed my trips down to CHB each week to catch up with what is going on. I was invited to go down to the Men's Group so that I could tell them about myself. I had been there about an hour when one of the lovely men in the group asked me when I was going home. That was my introduction to this very worthwhile group.

I have always appreciated the **diversity** of these groups. Under normal circumstances, these men may never have met but due to circumstances beyond their control, they meet each week and make the most of their situation.

There have been a few highlights for the group including their combined enjoyment of western films, sports talk (Rugby), a trip out to Pourere Beach for morning tea and the visit by two Hawke's Bay police dog handlers, Bill and Kahu. It sounded like the whole group enjoyed this session. These two officers were very open to answering all the different questions and the group even went over time.

Last week they were introduced to Boccia and all had great fun. The game was a huge success. The comradery of this group is clear to see and the support they give to each other is invaluable. Well done to all involved. Enjoy your Christmas break, you have earned it.

### ANSWERS TO CHRISTMAS QUIZ (at the back))

1. Ebenezer
2. False: Christmas Day occurs on the same date, but not the same day
3. Spanish
4. False: There are four calling birds
5. Carpenter
6. 364



## MENZSHED By Rodger Mabey

The clients have completed various projects this year and the skill levels are improving as clients become more competent at completing their jobs to a higher standard.

The clients have made coffee tables, garden basket / trugs, lamp shades and other items through out the year. These have proven to be successful.

The clients enjoy the interaction with the guys there and the ability to use another workshop.





## CLAY AND CERAMIC GROUP By Pete McLach-

It has been a pleasure to be part of the Clay and Ceramic Group this year. The group has maintained attendance. We have shared many good times in the studio, participated in some great creative processes and worked through many artistic challenges. Here is what some of the group have said:-

- *It's gone well, a lot slower for me this year. I know what I'm doing with clay, I can make stuff, but it takes time to get to the finished project. I am wanting to do much more!* **Kerry**
- *I have enjoyed the experimentation processes and it is exciting to see the results from the glazing. I think it has been very relaxing with good conversation within the group. It's fun therapy.* **Lynda**
- *It's exciting to learn new stuff. I'm always excited to show people what I am learning.* **Victoria**
- *I find it very therapeutic and relaxing. I enjoy socialising with likeminded people & I can express myself through sculpture.* **Chris**
- *Quite good, I have enjoyed it anyway.* **Roy**
- *Quiet and good, everybody has done well.* **Hoani**
- *I would like to have done a bit more.* **Vicky**
- *It was fabulous. The whole thing was wonderful.* **Carol**
- *It has been very busy in the group this year.* **Ruth**

Thank you to the **IdeaSchool** and tutors who continue to provide amazing support and an awesome working space for the Clay and Ceramic Group.



*Photos from the  
2018 Art &  
Ceramic Exhibition*



### ANSWERS TO THE WUZZLES (Back Page)

1. **In Between Jobs**
2. **Multiple Personalities**
3. **What's Up?**
4. **Cake Mix**
5. **End to End**
6. **A Stitch in Time**



Manager:	Guenevere Weatherley
Administration Manager:	Carron Burn
Rehab Professional:	Maxine Bevin
Key Support Worker:	Darryl Smith
	Kim Herd
	Pete McLachlan
	Sherilyn Rawlings
	Rodger Mabey
	Denise Davies
Administration Assistant:	Anita Miller
Kitchen Support Person:	Maria Dawson

## SOCIAL CLUB

Co-ordinator:	Anita Miller
Staff Support:	Kim Herd
Secretary:	Maria Dawson
Treasurer:	Andrew Routledge
Committee:	Michael Katene
	Michael Hape
	Ross Hantler
	Dawne Gooch
	Teresa Ashe
Newsletter Editor:	Anita Miller

## CHRISTMAS QUIZ

Try your luck with this Christmas Quiz from the Cognitive Challenge Group.

1. What was Scrooge's first name
2. True or false: Christmas Day occurs on the same day every year?
3. 'Feliz Navidad' means Happy Christmas in which language?

4. True or false: There are two calling birds in the 12 Days of Christmas song?

5. What was Joseph's job?

6. How many gifts are mentioned in 'The Twelve Days of Christmas' in total?

**Answers on page 13.**

Have a **happy** and **safe** holiday and we look forward to catching up with you in **2019**.

See Anita or Kim if you have any questions at Strive Rehabilitation @ Hawke's Bay  
Phone 06 830 1557 (DD)  
Email [anita.miller@strivehb.org.nz](mailto:anita.miller@strivehb.org.nz)