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**"E mahi tahi ana ki nga oranga pai ake"**  
**Working together to better lives**

07 572 4547 | 027 926 1881 | [liaison.headwaybop@brain-injury.org.nz](mailto:liaison.headwaybop@brain-injury.org.nz)  
[www.braininjurybop.org.nz](http://www.braininjurybop.org.nz)

**JULY 2025**

**NEWSLETTER**

### **Classic Flyers Visit – Friday 27 June**



14 wonderful people attended our outing last Friday at Classic Flyers.  
Lots of talking and swapping chairs, very social!

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### **Lets Get Moving!!**

So, we all know how important social connections are and we also know the importance of keeping ourselves fit and healthy, but that doesn't always

mean we do the best for ourselves without an occasional reminder or push in the right direction ... so, here comes the push!!

Social connections are the connections that bind us to our communities. We build them when we go out shopping, chat to a stranger, attend an exercise group, socialise with friends and family, join a choir, a walking group, a book club, a study group and so on. These connections are good for us. They improve our mental health, our overall feeling of wellbeing, increase our resilience and our sense of purpose.

If you would like to listen to first hand accounts of people who have lived with the challenges of head injury and who have found ways to thrive in their communities, go to: <http://oar.org.nz> scroll down to the bottom of the page and click on Next Page. There you will find the Brain Waves podcast. Under categories, click on Health to access the podcasts.

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## Green Prescriptions

### **Have you thought about accessing a Green Prescription to help yourself get active?**

The process is relatively easy, just go to your doctor or practice nurse and ask for a referral. This referral goes to the people at Sport BOP who will contact you and arrange an appointment to discuss your goals in becoming more active. They will discuss changes that may be made to enhance your wellness – diet, exercise, activities. They will connect you to groups you may enjoy and monitor your progress. You will stay with Sport bop for 6 months while you are finding your way. Activities could include walking groups, yoga, line dancing, swimming, team sports and gym memberships.

Another option, if you have a disability and swimming is your thing, you could ask at the counter at your local pool for a form your doctor can fill out, stamp and sign. This would give you free access to any of the council run pools.

Meanwhile, there are still things you can do to get moving and become more sociable – here at Headway we are working at creating a monthly program that's as inclusive as possible. If you have any ideas, I would love to hear them – call me any time during the day, if I'm busy and don't answer straight away, I will get back to you asap.

Carers – don't forget, this self care is open to you as well – without you, whole households could quite literally fall apart. Take care that you know and

understand the signs of burn-out. Take pride in the fact that you take regular steps to take care of yourself and have your needs catered to as well.

Take a look at the link below for hints and ideas.

<https://www.msdl.govt.nz/documents/what-we-can-do/community/carers/a-guide-for-carers.pdf>

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## Suggested Reading

### **Coping with Concussion and Mild Traumatic Brain Injury – a book written by Diane Roberts Stoler**

Written by someone who has "been there" herself, "Coping with Concussion and Mild Traumatic Brain Injury" covers a whole range of post-injury symptoms, including memory, cognition, and sensory overload problems.

Best of all, it's laid out in short, easy-to-read, chapters.

Conventional medical treatments are discussed alongside alternative options, and there is plenty of practical advice on DIY coping skills for each ongoing symptom.

Of particular interest is a chapter on the grief process, and finding self-acceptance for the new person you may be after a mild traumatic brain injury.

It's an American book but Kiwi patients (and their families too), are sure to find something useful within its pages.

Available through the Tauranga City Library.

Can someone send me a review for next month?

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## Headway Brain Injury Assn Fundraiser June 2025



***Photo of Dianne and friend fund raising at New World in June***

**Total collected \$1,842.80**

Thank you to all our fundraisers – Faye Shaw keeps a close eye on our collection box at Muffin Break at Bayfair and also at Central Pde at the Mount. Faye's neighbour, Glenis Hayes saves all her change and passes it to Faye for Headway – thank you everyone!



Thank you to everyone who attended the WBoP Disability Support Trust's networking event last Friday, 6 June 2025.

Please see the link to the video we took of the event, [https://www.youtube.com/watch?v=YmdNIN6\\_NdA&t=15s](https://www.youtube.com/watch?v=YmdNIN6_NdA&t=15s), as well as some important information sheets links below, that Rachael Wiltshire, National Community Educator at Aotearoa Community Law, has shared with us regarding Disability Discrimination and Supported Decision Making, and the PPPR Act.

### **Mt New World \$15.00 Voucher May 2025**

The lucky winner was Jordan Skye  
*Big thanks to owner Alan Rudkin for supporting Headway.*

## MEMBERS CONTRIBUTIONS

### **My Impression of my Monster**

There is someone or something in my head, but it's not me.

It makes me confused easily and makes me sleep for far too long.

There is a big black hole in my brain where nothing exists, not even me.

I do as I am told to do by the monster that I don't know, and when I  
answer back.

The monster immediately strikes back and throws me back into that  
black hole of nothingness.

He is in control of my eyes, my ears and my hands.

The world is so bright, everything is so loud, every word I write is a mess.

He makes me lazy.

With no incentive to do life, my personality has gone on a holiday, and I  
can't get it to come back to work. It makes me so lazy it drives me crazy.

He rules every move I make.

Still haven't found what I'm looking for.

This new enemy leaves me speechless. He robs me of my voice, my  
power to communicate, my power to be me. He controls my memory, my  
past, the here and now, the future.

The monster dangles a carrot in front of me and feeds me tit bits of  
information when it suits him.

I've forgotten what I was going to say. See you soon.

### **Highway to Hell**

When I woke up in the hospital after this monster floored me, I was  
empty of all knowledge, understanding or feelings. Now it has been 2  
years since the monster came knocking, 2 years of hell. 2 years of trying  
to catch him, with no success. I have to crawl my way out of the black  
hole to get through the day, every day.

Nine times out of ten, the monster strikes back instantly and puts me  
back into nothingness land again. The battle goes on and on and I feel  
that I never stand a chance of catching him. I keep saying, one day I will  
catch this f!#&ing monster, but not today.

### **Comfortably Numb**

When I wake up in the morning, I say to myself – are you going to get out of bed, or should I just stay here so I don't have to face the monster again. That's the first battle of the day. I get up finally and sit in my chair, a coffee in one hand and a smoke in the other. I turn the radio on first thing in the morning. Instantly I wander off into nowhere land and stare into the oblivion. All I see is nothing, all I hear is music – my salvation, my only escape from hell. My monster doesn't like me being at peace, and out of nowhere, I'm kicked back into monster land. The numbness is over, so another day begins, just the same as yesterday. My monster is alive and kicking and he knows what tomorrow is going to bring before I do.

He's a control freak.

**By Anonymous**

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www.StrangeCosmos.com

**Dear Lord,**

So far today, I'm - doing all right.



I have not gossiped, lost my temper, been greedy, grumpy, nasty, selfish, or self-indulgent. I have not whined, complained, cursed, or eaten any chocolate. I have charged nothing on my credit card.

But I will be getting out of bed in a minute, and I think that I will really need your help then.

***Thank you to Eddie and Bev for this latest contribution***

## NOTICEBOARD

### Brain Injury ID Card

Our Brain Injury ID cards help explain your condition in situations where others may not understand. Carry one for a discreet way to communicate your needs and ensure better support.

This card is free thanks to Drake Meddox!



## I have experienced a brain injury Please be patient



NAME:

Proudly sponsored by **DRAKE medox** 50 YEARS

BRAIN INJURY ASSOCIATION IDENTIFICATION  
PH: 04 473 5004

### I may have -

Cognitive difficulties - e.g. difficulty with thinking clearly, maintaining concentration, tiredness, solving problems, planning and completing a project, short-term memory problems

Physical problems - e.g. reduced balance, slower reflexes, headaches and reduced stamina

Sensory difficulties - e.g. impaired sight, smell, hearing, and taste  
Difficulty with expressing oneself or understanding others

Personality changes - e.g. irritability, intolerance, depression, anxiety, socially inappropriate behaviour, mood swings.

Difficulty in learning and remembering new information

Proudly sponsored by **DRAKE medox** 50 YEARS

## HOW TO APPLY

If you would like a card please contact  
Diane at [liaison.headwaybop@brain-injury.org.nz](mailto:liaison.headwaybop@brain-injury.org.nz)

## HAVE YOUR CONTACT DETAILS CHANGED?

Please let us know if your address, email or phone number have changed by emailing [admin.headwaybop@brain-injury.org.nz](mailto:admin.headwaybop@brain-injury.org.nz) with your new details.

## This Month's Dates to put on your fridge

### MORNING TEA & ACTIVITIES MORNING – 10am Friday mornings

Meets at 53 Fraser Street. Gold coin donation for extra room hire.

### Wed 2nd, 23rd & 30th July – BRAINWAVE SINGERS 9.45am – 11.30am

Brainwaves singing group welcomes anyone who would like to sing and share morning tea. Citz Hall at the end of Maitland Street. Bring \$3 for morning tea.

### Thurs 24 July 2025 – 11.45am – MID-WINTER CHRISTMAS LUNCH

Club Mount Maunganui, 45 Kawaka Street, Mount Maunganui Everyone is welcome. Thank you to those who have already RSVP'd. If you haven't already, please let us know if you are coming. Don't forget to send your menu request in by mid July.

### Friday 25th July – WALK AROUND THE MOUNT – 10.15am

Meet at the boat ramp at the end of The Mall. If you can't walk that far, meet us at the café on the corner of Marine Pde and Adams Ave at 11.30am. Check the weather, if its raining, we will meet at 10.15am at the café.

Phone Diane if in doubt – 027 926 1881.

### Thursday 31st July – LUNCH AT THE CITZ CLUB – 11.45am

Please let Diane know if you are attending.

**Fri 1 August 2025 – 11am – 12.30pm – KATIKATI BI & CARERS GROUP**

Fairview Golf & Country Club Café, 55 Sharp Road, Katikati. Meets first Friday of every second month.

Please let Diane know via email if you would like to attend any of these outings [Liaison.headwaybop@brain-injury.org.nz](mailto:Liaison.headwaybop@brain-injury.org.nz)

## SUBS & DONATIONS

### Headway Brain Injury Assn BOP Inc

#### MEMBERSHIP FORM

1 July 2025 – 30 June 2026

**Headway bank account number: 03-0445-0195410-00**

Please include your name as reference.

**THE MORE FINANCIAL MEMBERS WE HAVE, THE MORE GRANTS WE RECEIVE FROM FUNDING TRUSTS, AND THE MORE WE CAN DO. SO IF YOU ARE NOT ALREADY A MEMBER, WHY NOT JOIN TODAY!**

To become a member of Headway BOP please complete the form below and send back to [admin.headwaybop@brain-injury.org.nz](mailto:admin.headwaybop@brain-injury.org.nz) or mail to 53 Fraser St, Tauranga 3112.

Name/s .....

Address .....

Phone .....

Email/s .....

Subscription: Individual \$5 or \$10 Family (please circle one)

I consent to the collection and retention of the above information by Headway Brain Injury Assn BOP Inc for purpose of membership records in accordance with the Privacy Act 2020.

Signed: ..... Date: .....

**Headway gratefully accepts donations direct to our**

**Account 030445 0195410 00**

Contact Headway office on 07 572 4547 or Gill 021 333 900 or click below to donate via our Give a Little page.

**DONATE**

Headway acknowledges support and funding assistance from Lottery Grants, COGS, Lion Foundation, NZ Community Trust, Pub Charity, WBOP Disability Support Trust, Mt RSA, and Ministry of Health. Lions Papamoa, Lions Greerton, Lions Harbour City, Lions Katikati, Tauranga Rotary Trust; Good OP Shop Presbyterian, TECT, St George Centrepont, Endeavour, Legacy Trust.

Thank you to the many retailers allowing donation boxes on their counters.

**COMMITTEE**

S. Rutherford, P. Taylor, J. Simpson  
A. Anderson, G. Gardner, M. Bindon

**PERSONNEL**

Liaison Officer - Diane Hurdsfield  
Services Coordinator - Gill Gardner  
Admin Officer - Jan Simpson



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**Headway Brain Injury Assn BOP Inc**

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