

*Dedicated to Colleen Hannan*

# *CentreLink*



*Stroke Central Newsletter: Issue 90, Autumn 2022*

**PARTNERS IN RECOVERY**  
NGA HOA KI TE WHAKAORANGA

## 'Mahia Te Mahi– Take Action!'



**PARTNERS IN RECOVERY**  
NGA HOA KI TE WHAKAORANGA

**Stroke Awareness Month March 2022**

**Donate now to our GoFundraise Page**

**[www.gofundraise.co.nz/beneficiary/strokecentral](http://www.gofundraise.co.nz/beneficiary/strokecentral)**

*Supported by the Thomas George Macarthy Trust*

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## BOARD CONTACT

### Stroke Central NZ President

Robin Boldarin

E-mail: [robin.boldarin@xtra.co.nz](mailto:robin.boldarin@xtra.co.nz)

## OFFICE CONTACTS

### Stroke Central NZ Office

Interim CEO: David Halford

E: [David@strokecentral.org.nz](mailto:David@strokecentral.org.nz)

### Administration / Enquiries (Judy)

FREE: 0800 298 858

E-mail: [stroke@strokecentral.org.nz](mailto:stroke@strokecentral.org.nz)

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

### Online Café & Events / Campaigns

#### Community Partnerships Officer:

Anne Jaeger-Annear

E: [anne@strokecentral.org.nz](mailto:anne@strokecentral.org.nz)

Tel: (06) 368 0871

### Team Leader (CSA's)

Bronwyn Glavin

Tel: (04) 237 0866

[Bronwyn@strokecentral.org.nz](mailto:Bronwyn@strokecentral.org.nz)

## COMMUNITY STROKE ADVISORS

### Hutt Valley & Wainuiomata

Helena Sharples

Tel: (04) 529 7075

[helena@strokecentral.org.nz](mailto:helena@strokecentral.org.nz)

### Porirua & Nth Subs

Michelle Becher

Tel: (04) 237 4478

[michelle@strokecentral.org.nz](mailto:michelle@strokecentral.org.nz)

### Wellington Sth & West Subs

Christina Tunnickliff

Tel: (04) 473 7669

[stroke@strokecentral.org.nz](mailto:stroke@strokecentral.org.nz)

### Kapiti & Horowhenua

Kate Jenkins

Tel: (04) 237 4478

[Kate@strokecentral.org.nz](mailto:Kate@strokecentral.org.nz)

### Manawatu

Nicola Hosking

Tel: (06) 353 6776

[nicola@strokecentral.org.nz](mailto:nicola@strokecentral.org.nz)

### Hawkes Bay

Rose Russell

Tel: (06) 833 6972

[rose@strokecentral.org.nz](mailto:rose@strokecentral.org.nz)

### Wairarapa

Kikki Zhang

Tel: (06) 370 1465

[kikki@strokecentral.org.nz](mailto:kikki@strokecentral.org.nz)

### Wanganui (inc. Marton/Bulls)

Diane MacDonald

Tel: (06) 345 1370

[dianem@strokecentral.org.nz](mailto:dianem@strokecentral.org.nz)



## The President's Pen

It has been a mixed bag of extremes at the Board level this year.

Of the positives were the Stroke Awareness Month Webinars with Professor Valery Feigin & Dr Ashley Bloomfield; and Dr. Harry McNaughton, organised by Lee, our CEO. I was fortunate enough to be able to tune into the first webinar and was suitably impressed at the ease of both speakers on their assigned topic. Unfortunately I was not able to listen into the second one. Around 600 were in attendance.

The videos, as attached, are worth while viewing for those unable to miss one (like myself) or both. I am saving my viewing for the weekend – with a cup of tea at hand. [Risks and Prevention Videos - Stroke Central Region](#)

Another positive was the engagement of our latest Field Officers, Kate Jenkins (Kapiti), Diane MacDonald (Whanganui), Rose Russell (Hawkes Bay), and Christina Tunnicliff (Wellington). We welcome them to Stroke Central NZ with the confidence that others will do similarly.

One negative has been the resignation

of long time member, a stroke survivor, a past CEO of Stroke Central (Region),

President of Stroke Central and Immediate Past President, Grace Moulton. Grace takes with her a long history of institutional knowledge and experience and it was regret that I received her resignation. However there is some light in the darkness as Grace closed off her letter with the following comments:

“Thank you for your time and the support most of you have given me over many years within Stroke Central it will remain a precious gift to me within my heart.

I am not deceased, so feel free to contact me personally in the hope that we will catch up again.”

The other negative (for the Board but not to a future employer) is the resignation of Lee Pownall, our very active and enthusiastic CEO. We were fortunate to have Lee for five years and they have been interesting times – seeing the staff growing in number, assuming additional responsibilities, as did Lee, while working through the stifling demands of a stubborn virus, gaining traction to meet yet another, more contagious virus.

Challenging times which continue. Just as continuous has been the membership's loyalty to this organisation. We are most appreciative of that collectiveness.

**Robin Boldarin, President**

## Stroke Central New Zealand CEO Moves On!

### Robin Boldarin, President.

We are sad that Lee Pownall, our Chief Executive for 5 years will be leaving the organisation on 12th May.

During his time with us, Lee has led from the front while raising the profile of Stroke Central and leaves the organisation in a far stronger position than when he joined.

Lee has been appointed Chief Executive of the National Advocacy Trust (Nationwide Health & Disability Advocacy Service) and he goes to that job with all our best wishes in his next career challenge.

Until a permanent appointment is made, David Halford will become Interim Chief Executive of Stroke Central. David, **who is himself a stroke survivor**, has been on the Stroke Central Board for over 10 years and is currently Vice President. While holding the Interim Chief Executive role, David will be a non-voting member of the Board.

David has extensive business experience with organisations including International Computers, Datacom, Telecom and the Ministry of Defence. His focus is on ensuring that Stroke

Central continues to provide stroke survivors with the highest level of service possible.

### Lee Pownall, Chief Executive Officer



*I would like to thank Stroke Central New Zealand for putting their faith in me 5 years ago.*

*It's been an honour working with you all and developing the team, and I have very much enjoyed the people out in the stroke community that make this organisation what it is. I hope I've done a good job for the organisation and our members.*

*I enjoyed raising our profile and building our relationships within the Health & Disability Sector; working with the various organisations in collaboration to make things better for Kiwis in terms of Prevention, Interventions and Recovery.*

*A stroke is a massive part of someone's life and I hope I've done my bit to make things better for you all! For stroke survivors and prevention of stroke for young people. This has been more than just a job for me!*

*I'll be moving to the CEO role at National Advocacy Trust, so I will still be there for the Health & Disability Community.*

**Best Wishes! Lee Pownall**



# The New Look Team! (apart from the CEO!)

## NEW COMMUNITY STROKE ADVISORS (CSA's)



Christina Tunnicliff  
(Wellington)

Dianne MacDonald  
(Wanganui)

Rose Russell  
(Hawkes Bay)

Kate Jenkins  
(Kapiti/Horowhenua)



The team welcome our new recruits!



## FREE Stroke Awareness Month Webinar

with

**Doctor Ashley Bloomfield & Professor Valery Feigin**



Stroke Central New Zealand went online for Stroke Awareness Month this year and we were joined by Dr. Ashley Bloomfield and Prof. Valery Feigin in a live Webinar about Stroke Prevention.

It was extremely successful and in total we had over 500 viewers online.

The video can be seen online, just log in to our website.

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





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## Free Stroke Awareness Month Webinar

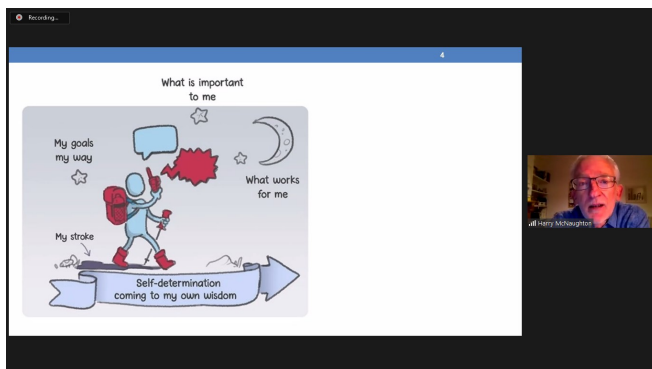
with

**Doctor Harry McNaughton**



Also we had an extremely interesting Webinar with Dr. Harry McNaughton on Stroke Recovery and 'Take Charge After Stroke'. This is a must see for any body recovering from a stroke, or who is caring for a stroke survivor.

It can also be seen on Stroke Central New Zealand's website.





## ART BY PADMA

**Stroke Survivor Padma Jilludumudi** has been selected to display her art in the Brain Injury Hawkes Bay "Our Story" Art Exhibition which ran from 21st-31<sup>st</sup> March 2022.

The exhibition was open to artists who have been affected by brain injury and exhibits paintings, pottery and more. This exhibition is a unique opportunity for artists to embody this theme and express themselves beyond the limitations imposed by living with a brain injury.

***"In 2004, I suffered from a stroke, my right dominant hand was paralysed. I wasn't fluent but I regained the ability to use my non-dominant hand. I now feel very proud of my progress with artwork. Art has given me back happiness and purpose in my life."*** - Padma Jilludimudi





## COLLEEN HANNAN

We were given the sad news that Colleen Hannan has passed away.

Colleen was well known to our members and has been involved in the organisation for around 40 years.

Colleen was a life-member and served on the Stroke Central Region Board for many years. Colleen along with Napier Greendale Stroke Group was our number one fundraiser over the years, and over the last five years she had raised

the most funds in each of those five consecutive years for Stroke Central.

Colleen led the Napier Greendale Stroke Group for many years and will be missed in the community.

Colleen was always was the first to ensure people were given the FAST Message and that we got it out to as many people as possible.

We will miss Colleen and we send our best wishes out to her family.



AT ANY SIGN OF STROKE  
CALL 111



**FACE**  
DROOPING ON ONE SIDE



**ARM**  
WEAKNESS ON ONE SIDE



**SPEECH**  
MIXED UP, SLURRED OR LOST



**TAKE ACTION**  
CALL 111 IMMEDIATELY



### **"Gardening With Simon"**

**"Autumn Gardening":** Well, I have made the big move. I am still in Foxton but in a house with a level section. But I could be on the move again anytime soon(ish)as my landlord/Lady have 2 flats next to their house and when one becomes available I will be going into one of them.

But I will still have gardens just on a lesser scale. I am giving container gardening a go. I am a complete novice to this style of gardening and am bound to make mistakes along the way. But hell, I have made many gardening mistakes in the past, and in life in general, and have always managed to put food on the table, and in the freezer and bounced back.

I had 3 fish bins at the old place which I put Compost etc in when Hammer Hardware made a delivery and I thought, 'Ideal'. But 3 was never going to be enough, so I went and brought 6 more along with some bags of Vegetable mix, Topsoil, and Sheep & Chicken Pellets from Hammer Hardware and I was on my way.

Now I am getting older, a "No Dig Garden" has started to have appeal. I have read in the past about this style of gardening and thought maybe one day I will add my own take on the concept. So, in the bottom of each bin goes a bag of the Vegetable mix, mixed with Sheep & Chicken Pellets and a covering of tosoil. I will then plant in whatever I decide and wait to see if my experiment works. Personally, I can't see why it won't work. Afterall, it is just a mini version of what I had at the old place.

**"Garlic Update":** I have always grown

my Garlic in 1 or 5 of my garden beds at the old place, but having decided to go with the "No Dig Garden" concept it was only logical to see how Garlic would go in the fish bins. So Ngahuaia and I went halves in buying some **Te Mata Creole** and **Te Mata Royale**. I will give an update in the Winter edition. But having read and asked Garlic growers I am forever hopeful.

**"Winter Preparation":** One of the most important aspects of gardening is the initial preparation of the soil. Prior to moving here I use to harvest one bed and then immediately make a start on preparing the bed for the next lot of planting. The reason I did it straight after emptying was that I didn't have countless beds to prepare at once. The first thing I did was to ask my lawn mowing man to empty a catcher or 2 of grass clippings onto the empty garden. I would then let them to rot down and then give it a good forking over to aerate the soil. Then a couple of days later, cover with home made Compost, Chicken Manure, and Chicken & Sheep Pellets. Give it a lightish water, then another fork over and leave until ready to plant. But a day or so before planting give the ground a rake over and set your strings up and away you go.

**"What To Plant In Autumn":** Autumn can be a funny time planting wise mainly because the heat of the Summer has left us and the cold of Winter has not "Hit" us yet. **Broad Beans, Brussel Sprouts, Cabbage, Cauliflower, Garlic, Leeks, Kale, Onion, Pak Choi, Parsley, Radish, Silverbeet, Spinach.**

The above can be put in as seeds or seedlings. See you in winter! Simon.



Thank you once again to the

**JUMBO HOLDSWORTH TRAIL RACE**

Each year the race sell T-shirts that they donate the proceeds to Stroke Central.

If you or anyone you know are thinking of running a trail race, maybe recommend this race to them.

It's a tough challenge and helping lots of causes as well as our own!

## STROKE GROUPS AND ACTIVITIES

### PALMERSTON NORTH GROUPS

**Shona – 027 370 3001/06 323 3446**

#### Milson Community Centre

**Activities Day** - Tues 2.00pm-4.00pm. \$2.00pp.

**Boccia Group** - Fri 1.30 – 3.30pm. \$2.00pp.

**Swimming** – Pool has been closed until further notice due to Covid.

#### 4 Stroke Engine Club

**Stew - 027 221 9683**

Monday & Tuesday mornings, 9.00am – 12 noon at Manfeild.

#### Feilding Coffee Group

**Nicola – 021 962 376/06 353 6776**

Coffee Group is suspended at this time due to Covid.

### WHANGANUI STROKE SUPPORT GROUP

**Sharon – 027 294 9897**

3<sup>rd</sup> Tues of each month, 1.30pm, Social Centre for The Blind, Peat St, Whanganui.

### LEVIN STROKE SUPPORT GROUPS

**Kate – 021 962 378**

The Levin Stroke Support Group is now in recess. If anyone would like to establish a new Group, please contact Kate.

### OTAKI STROKE SUPPORT & WELLNESS GROUP

**Marian - 06 364 5028**

Every Fri 10.00am - 12.00 noon, 'Sit and be Fit' plus brain teasers with Joseph Te Wiata, Senior Citizens Hall, Rangatira St, Otaki. \$5.00 pp morning tea included.

### KAPITI STROKE SUPPORT GROUPS

#### Kapiti Boccia Group

**Kate – 021 962 378**

4<sup>th</sup> Tuesday of the month, 10.00am – noon, at the Ocean Road Community Centre, 45 Ocean Rd, Paraparaumu Beach. \$3.00pp includes morning tea.

#### Kapiti Aphasia Group

#### Kate – 021 962 378

Meets every 2<sup>nd</sup> Wednesday, 10.30am, Columbus Café, Mega Mitre 10, 135 Kapiti Rd, Paraparaumu.

#### Kapiti Men's Coffee Group

**Kate – 021 962 378**

Meets 3<sup>rd</sup> Tues each month, 2.00pm at Columbus Café, Mega Mitre 10, 135 Kapiti Rd, Paraparaumu.

### PORIRUA STROKE CLUB

**David – 04 232 4300/027 277 0843**

Meet 2<sup>nd</sup> Wed, 10.30pm each month at the Café Kaizen, Porirua Library, Pataka Art & Museum, Porirua City. Stroke Survivors and carers are welcome. Contact David to confirm venue as changes may be likely during the year.

### WELLINGTON STROKE SUPPORT GROUPS

#### Southern Suburbs Stroke Group

**Rosalind – 027 393 3166/04 389 7164**

2<sup>nd</sup> & 4<sup>th</sup> Tues each month, 1.45pm, Trinity Union Church Hall, 11 Hall Ave, off Hall St, Newtown.

#### Northern Suburbs Stroke Survivors Group

**Tony - 04 237 0376**

1<sup>st</sup> Wed each month, 2.00pm, Zampelles Coffee Bar, Johnsonville Mall.  
3<sup>rd</sup> Wed each month, 12.30pm, Uniting Church Rooms, Dr Taylor Terrace, Johnsonville.

#### Western Suburbs Stroke Survivors Group

**Peter - 021 431 561**

2<sup>nd</sup> Tues of each month, 10.30pm, Huntleigh Home, 221 Karori Rd, (in the recreation room just past the kitchen).  
4<sup>th</sup> Tues of each month, 1.30pm, Meeting Room 1, Karori Community Centre, Wellington. Car access – 7 Beauchamp Street.

#### Tawa Coffee Group

**Michelle - 021 962 374**

3<sup>rd</sup> Thur, 11.00am at the The Borough, 162/168 Main Rd, Tawa.



**UPPER HUTT STROKE SUPPORT GROUPS**  
**Coffee Club**

**Mike - 0274 545 486**

10.00am, 2<sup>nd</sup> Tues of the month, Mitre 10 Café, 9 Park St, Maidstone, Upper Hutt.

**Women's Carers Group**

**Jenny - 04 529 8331**

10.30am every 2<sup>nd</sup> Monday, St Johns Hall, Smallfield Lane, off Moonshine Rd, Trentham.

**LOWER HUTT STROKE SUPPORT GROUPS**

**Hutt Valley Aphasia Group**

**Virginia - 027 443 8316**

10.00am-1.00pm, every 2<sup>nd</sup> Thurs, Seventh Day Adventist Church Hall, 50 Witako St, Lower Hutt.

**Coffee Group**

**Helena – 021 962 375**

1<sup>st</sup> Tues of each month, 10.00am, Tūtaki Café, 30c Laings Rd, Hutt Central, Lower Hutt.

**WAINUIOMATA STROKE CLUB**

**Barry – 027 444 9973**

1<sup>st</sup> & 3<sup>rd</sup> Thurs of each month, Holy Trinity Church, 40 Wainuiomata Rd.

**HAWKE'S BAY STROKE SUPPORT GROUPS**

**CHB Stroke Support Group**

**Heather - 06 856 8297**

New venue for coffee Group to be advised shortly.

**Hastings Stroke Support Group**

**Katie-Ann - 06 878 7875**

3<sup>rd</sup> Fri of the month, 10.30am-12.00 noon, Red Cross Meeting Rooms, 823 Heretaunga Street West, Hastings.

**Napier Greendale Stroke Group**

**Helen – 021 866 372**

2<sup>nd</sup> Wed of the month, 10.30am, at Tara-dale RSA, Gloucester St, Taradale, Napier. Every 4<sup>th</sup> week, lunch, outing or other activity. No set day of the week.

**Wairoa Stroke Support Group**

**Rose – 021 962 372**

Meets 1<sup>st</sup> Wed bi-monthly, 10.30am, St Peter's Hall, 64 Queen St, Wairoa. (Gold coin.)

**WAIRARAPA STROKE SUPPORT GROUPS**

**Wairarapa Stroke Club**

**Peter - 06 304 9203/021 436 353**

**Email: peter\_thompson@outlook.com**

2<sup>nd</sup> Wed of the month, 1.30pm, South Wairarapa Workingman's Club, Main Street, Greytown.

**Stroke Lunch Club**

1st Wed of the month, 12 noon. For venue information please contact Joan.

**Joan – 027 662 0134**

**STROKE CENTRAL NEW ZEALAND** have changed the name of our Field Officer Service to the Community Stroke Advisor Service. Or **CSA's** for short.



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**Stroke Awareness Month March 2022**

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**[www.gofundraise.co.nz/beneficiary/strokecentral](http://www.gofundraise.co.nz/beneficiary/strokecentral)**

**15% Discount for Stroke Central Members:**

Stroke Central members are entitled to a 15% discount off the price of a will or mirror will with Public Trust.

Public Trust have launched a new online service that lets Kiwis create a Public Trust will or enduring power of attorney (EPA) from the comfort of their own homes. Their services are accessible to all Kiwis, this new service is a really exciting step forward.

Anyone confident using a computer can now create a simple will online in as little as 15 minutes. Importantly, it's also affordable – with pricing starting at \$69. The platform is secure and comes with New Zealand-based phone and chat support.





## PARTNERS IN RECOVERY

NGA HOA KI TE WHAKAORANGA

At Stroke Central we are committed to providing an excellent service for our members and clients.

Some of the services we provide are: The CSA Service, FAST, Advanced Care Planning, Stroke Prevention, Stroke Awareness, Stroke Clubs and Groups and Information and resources.

We need your **FEEDBACK**, to improve our services and resources.

Let us know what you think, and how you think we can do better! Or if everything is just fine, we'd like to know that too!

Please write any comments in the box below and send via the address on the back page.

**Thank you for your feedback!**

**Thank You for Supporting Stroke Central New Zealand!**



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**Stroke Awareness Month March 2022**

Donate now to our GoFundraise Page

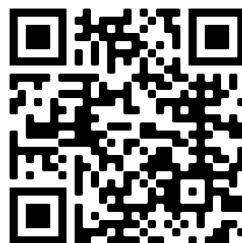
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\$500  \$250  \$100  \$20  Other

Please take \$15 of my donation as membership fee!

Annual  Monthly

Please charge my credit / debit card: Visa  Mastercard  Amex

Card number

Expiry

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Sec. No.

Signature

I would like to know more about leaving a gift in my will

Pass my details on to the local stroke group so that they can contact me

You can also donate online at [www.strokecentral.org.nz](http://www.strokecentral.org.nz) or by phone **0800 298 858**

Post to: **FREEPOST STROKE CENTRAL, PO BOX 639, Paraparaumu**