

# CentreLink



Stroke Central Newsletter: Issue 92, Spring 2022

PARTNERS IN RECOVERY  
NGA HOA KI TE WHAKAORANGA

## Brian Stokoe Award Winner 2022 Padma Jilludumudi

# CONGRATULATIONS



Supported by the Thomas George Macarthy Trust

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Contact the Head Office

Tel: 0800 298 858

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



## The President's Pen

Summer has arrived and while the weather may give us a shower or two it is the time of year when we look towards gatherings of family and friends. A time to reflect on the positives rather than the negatives.

I feel positive when I see the hard work done within Clubs, a community of people – volunteers, care-givers and stroke survivors – all working along side our CSAs, to provide an entity that can be an answer to many.

Congratulations to those being awarded certificates for going that extra mile. It is that extra mile that binds our membership together and is never taken for granted.

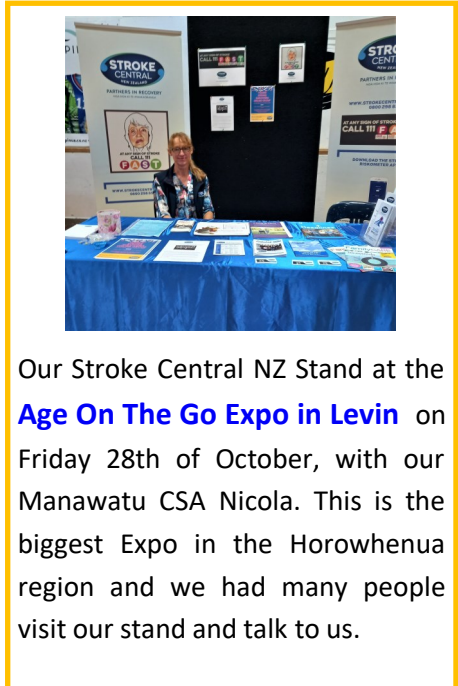
Hope springs eternal and that is probably just where we are as an organisation.

Within the next few days an email/ letter will be dispatched to all financial members and Life Members

of Stroke Central NZ (Inc). It will require careful reading and will probably raise questions that can be asked of Board Members, including myself. Feel free to ask those questions and make comment. A Special General Meeting has been put in place, offering the opportunity for members to voice their thoughts and arrive at a decision.

In the interim may the sun shine and allow the rain to be gentle.

Robin Boldarin  
President



Our Stroke Central NZ Stand at the **Age On The Go Expo in Levin** on Friday 28th of October, with our Manawatu CSA Nicola. This is the biggest Expo in the Horowhenua region and we had many people visit our stand and talk to us.

## F.A.S.T. Presentations 2022

1 in 6 people in NZ experience a stroke in their lifetime and all so often either symptoms aren't recognized or people don't recognize it as being an emergency and don't call the ambulance straight away. This means treatment will not be administered fast enough and the consequences can lead to severe disability and even death.

After a few minutes without oxygen and food from your blood, your brain begins to suffer damage. If treatment is started within a few hours, permanent damage can be avoided.



To raise awareness for stroke and stroke symptoms, we have been running our F.A.S.T. presentation in our various regions. At the beginning of October we took the presentation to Carterton (Wairarapa) where we were joined by Jason Kerehi (GM Maori Health, Te Whatu Ora, Wairarapa District), Morag and Bo (Health Promoters, Stroke Foundation of NZ), Jess (Heart Health Advocate, Heart Foundation NZ) and the Wairarapa Covid Response Service

Team. We had a great turn out and many people got their Blood pressure, Pulse and Blood Sugar Levels checked while there.



Photo left to right: Anne (Community Partnerships Officer SCNZ), Morag and Bo (Health Promoters, SFNZ), Jess (Heart Health Advocate, Heart Foundation NZ), David (Interim CEO, SCNZ), Kikki (Community Stroke Advisor, SCNZ).

Further F.A.S.T. Presentations were held in Hutt Valley and Wellington, in October and Palmerston North in November.

In 2023 we'll be holding further presentations in Kapiti, Levin, Hastings and Central Hawkes Bay.

If you would like to receive more info on any upcoming presentations or would like to attend please either email: [anne@strokecentral.org.nz](mailto:anne@strokecentral.org.nz) or call 021 962 371.



## AGM 2022 Recap and Awards

Our 2022 AGM was held on Saturday the 8th of October via Zoom. One of the more detailed discussions was about our potential merge with the Stroke Foundation of NZ and Tony Biss, Treasurer of our Stroke Central Board, outlined the financial state of SCNZ in detail (see p. 9 for more details).

Part of our AGM were the nominations for our various awards and we are excited to have had some great and well deserved members who were nominated for these.

## The Brian Stokoe Outstanding Stroke Survivor Award 2022 was awarded to Padma Jilludumudi.

Padma is an outstanding stroke survivor with an extraordinary and inspiring story. Padma had a stroke in 2004. After being in a coma for a few days, she woke up with the right side of her body paralysed and unable to speak. Padma never gave up and worked hard to regain her speech and as much movement as possible.

Throughout her stroke journey she never lost her love for Art and determined to paint and draw again she enrolled herself in an evening art class at Tawa College and learned to use her non-dominant hand. Padma has been so successful with her art that the Tawa Community

Centre invited her to join Tawa Arties. She also enrolled herself in Online Art Classes with Mapua Studios and earlier this year she was selected to display her art in the Brain Injury Hawkes Bay “Our Story” Art Exhibition. Although Padma suffers from ongoing disability she is continuously growing and loves sharing her story. Reflecting on her journey, Padma wishes to encourage other stroke survivors or people with disabilities not to fear things. “If we have an idea of what we want to do in our mind and our heart”, she says, “we can do it”.

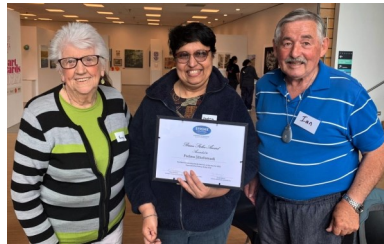



Photo: Verna Cutler and Ian Dewhurst from the Porirua Stroke Club (who both nominated Padma) with Padma in the middle.

## 2022 Volunteer Awards:

Ivy Marlow - Kapiti Boccia Group  
Pam Panchaud - PN Stroke Group  
Maria Hoy - PN Stroke Group  
Karen Waldron - PN Stroke Group





## YOUNG STROKE SURVIVORS ONLINE GROUP

FOR THE YOUNG AND THE YOUNG AT HEART

Our Young Stroke Survivors' Online Group started in September and we are pleased to see many new faces joining us at these Zoom sessions. We would like to thank our dedicated volunteers Rebekah, Angela and Justus who are running these meetings.

If anyone has ideas for further groups whether online or in person do get in touch with your local CSA. We always love to get new and exciting groups up and running in our communities.

**Young Stroke Survivors' Online Group: Every second Tuesday of each month at 11:15am.**

### ZOOM DETAILS

**Zoom Link:**

[https://us02web.zoom.us/  
s/5535362226](https://us02web.zoom.us/j/5535362226)

**Meeting ID: 553 536 2226**

**For info contact**

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

### SCNZ Online Café

Free, online meetings with exciting guest speakers for stroke survivors, carers, and anyone else who wants to connect with people and community organisations from within their home.

**Wednesday 23<sup>rd</sup> Nov, 11am:** We are joined by James Stephens, author of "The Suspect Speaker" and "More Suspect Speaking" who will talk to us about his books and future plans; and Stephen Gibbs, stroke survivor and Aphasia advocate who will talk about his life with aphasia and the inspiring things he does despite some challenges.

**Monday 12<sup>th</sup> Dec, 11am:** Join us for a fun, pre-Christmas get together and make sure to get your Game Face on!

**To attend any of these free meetings or receive info on upcoming meetings simply email [anne@strokecentral.org.nz](mailto:anne@strokecentral.org.nz) to register.**

**Green Spaces by Simon Broad**  
**Summer In Your Garden**  
**Gardening For The Disabled**

*"Gardening For The Disabled"*: I have for years been a strong advocate on the benefits of gardening for the disabled, not just Stroke Survivors but the disabled community in general. I have had emails and phone calls pooh parring my suggestions. I am all for a constructive debate on the subject, but if the benefits outweigh the negative all my bleating must be worth it. It is not just the physical benefits, but the mental benefits as well. Just to get out into the fresh air is in my opinion, and mine only, reason enough to get a garden started. More on this subject as the article continues. But, please be kind. Although I am pretty thick skinned, I do have feelings.

*"Summer In Your Gardens"*: Summer & Spring are my most favourite times of the year whether for gardening or life in general. I feel it brings out the best in most people. And it is the start in earnest for my gardening for the rest of the year. By that I mean it is the time when I plant everything for the freezer or for the making of preserves. In future articles I will be adding just one recipe per season for you to try, whether you have a garden or not. Nothing quite beats homemade

produce. Your Tomatoes, Potatoes etc. should be thriving by now. Just remember to keep them well fed, especially your Tomatoes as they are hungry feeders. If you have a glasshouse keep the doors open during the day to prevent too much heat. If you have Pumpkins growing try and keep these under control because they will get away on you if you let them. Although I am not a real fan of Zucchini's, they are a vegetable I do like to grow and give away. I love Cucumbers and give a lot of them away as well. Don't forget to keep up your watering in the gardens, and if you are going away over the Xmas period ask a family member or neighbour to pop over and give the gardens a good deep water once every 3 days. And always tell them to pick whatever is ready for their pantry. One good deed deserves another.

That is it for the Summer, and I will see you all in the Autumn. Merry Christmas to you all and your families. And if you are going away drive carefully and please don't drink and drive. I want you all back in one piece.

Comment if you want to any of the following:

***"Green Spaces" By Simon Broad***

**Ph: 06-363 8855 cell: 027 769 0674**

**email: [sf.broad@xtra.co.nz](mailto:sf.broad@xtra.co.nz)**

## Community Outreach Program Featherston

The Outreach Program in Featherston provides support, information, and education on Stroke. The Outreach Service is free and available for Stroke Survivors, carers, family, whānau. The Program runs every third Tuesday of each month from 10am-2pm at the

Featherston Community Centre. If you need further information or support, please get in touch with our Head Office on either phone 0800 298 858 or email [stroke@strokecentral.org.nz](mailto:stroke@strokecentral.org.nz)



## Stroke Club Equipment For Sale

The Blue Orchid Stroke Club closed down and are therefore selling some of their equipment:

**Epson D.V.D. Projector with automated large screen, amplifier, speakers, cables and instructions.**

Sold as the lot, not individually. All proceeds from the sale go to Stroke Central NZ. Please contact Fred Driver for details 022 466 5109



## “Take Heart Club” Hutt Valley

The Hutt Valley “Take Heart” club goes for walks every Monday 10am-11am. They choose different parks around the region and everyone is welcome to join. You can even bring a relative or friend—the more the merrier! They have three groups (Slow, Medium or Fast) with a

minimum of three persons. After walks they meet for a social coffee with the Take Heart Coffee Club at venues provided in their club newsletter.

If you would like to know more or join them on any of their walks, contact Neil Robinson  
Ph: 04 567 8741

We are sorry to see our Wairarapa CSA Kikki Zhang leave our organisation to pursue her career with a National NGO. We thank Kikki

very much for all the amazing work she has done for us in the Wairarapa region and we wish her all the best for her future endeavours.



## Stroke Foundation New Zealand two pronged.

The Stroke Foundation of NZ held their first full staff meeting in 3 years (since Covid), down in Christchurch over 4 days in October. They kindly invited the whole Stroke Central NZ staff and CEO to join them and take part in their workshops, awards dinner and team building activities.

It was a privilege for SCNZ staff to be there and provided a real insight into the Stroke Foundations community work, health promotion plans and future growth as an organisation. What became clear was that the Stroke Foundation's work focuses just as much on the stroke survivors, their families and local communities as our work does.

In the past few months SCNZ has worked closely with the Stroke Foundation on various projects; F.A.S.T. Presentations and Education, Blood Pressure Vans and the Take Charge After Stroke Program. This collaboration has been well received by our staff as well as health/stroke professionals around our region.

We are now looking at a potential amalgamation between our organisations and the reasons for this were

Firstly our financial status is in such a deficit that by 2024 if spending will continue as before, SCNZ would be insolvent. Our current 2021/2022 financial deficit is \$153,807 and there is not enough regional funding available to see this change in the near future.

Secondly, the healthcare environment is moving towards dealing with a single national body, rather than dealing with various regional organisations. Working as a united organisation will give us greater influence and authority with Te Whatu Ora (Health NZ) and the Government when advocating for more funding and greater support for stroke survivors and their families in Aotearoa.

A special General Meeting via Zoom will be held on Saturday the 3rd of Dec 10:30am for people to ask questions to the Board and CEO (see p.10 for Zoom Details). Voting papers will be sent out to all financial members and lifetime members and need to be returned by Saturday the 17th of December. For questions or concerns please don't hesitate to (Cont. p10)

contact our Interim CEO David Halford on either

phone 027 962 2132

or email

davidhalford@strokecentral.org.nz

Zoom Details for General Meeting  
Saturday 3rd of Dec, 10:30am.  
Everyone welcome!



**Join Zoom Meeting**  
[https://us02web.zoom.us/  
j/83495112683?  
pwd=eUJwZWZWNzQXh3dEgxNEtN  
RS9KWnZTZz09](https://us02web.zoom.us/j/83495112683?pwd=eUJwZWZWNzQXh3dEgxNEtNRS9KWnZTZz09)

**Meeting ID: 834 9511 2683**

**Passcode: 449622**

**Any questions about Zoom  
please contact**

**anne@strokecentral.org.nz or  
bronwyn@strokecentral.org.nz**

**A big thanks to everyone who supported us this World Stroke Day.**



## Take Charge After Stroke



MEDICAL RESEARCH  
**INSTITUTE**  
OF NEW ZEALAND

Take Charge After Stroke is a 'talking therapy' which aims to facilitate self-rehabilitation after stroke. Research over 20 years at MRINZ has helped develop and test this intervention, and two large randomised controlled trials have demonstrated effectiveness in people with stroke. The 'Take Charge' programme is undertaken in the home and involves one or two hour-long sessions with a trained facilitator. The 'talking therapy' sessions encourage people recovering from stroke to focus on what, and who, is most important to them in order to best plan their own rehabilitation. Each participant, not the facilitator, lead their recovery process, offering autonomy, harnessing self-motivation, and supporting connectedness with others.

Take Charge After Stroke has been proven effective in both minority and majority ethnic groups in New Zealand.

Our Stroke Central NZ Community Stroke Advisors have had extensive

training with Melissa Brazier (ORA Wellington Community Team Leader), Maxine Paterson (Clinical Nurse Specialist in Rehabilitation) and Olivia Browne (Allied Health Assistant) to facilitate this program in our communities, and we have now partnered with the Stroke Foundation of NZ to run the TaCAS program as a trial in selected regions.

If you are interested in this program talk to your local CSA about it. The trial is currently being done in the Wellington, Hutt Valley, Wairarapa, Horowhenua, Kapiti, Manawatu and Porirua regions, and by next year our Hawkes Bay and Whanganui regions will be able to offer this program as well.

If you want to know more about the program you can watch our 2022 Stroke Awareness Month Webinar with Dr Harry McNaughton on our website, where he talked extensively about his Take Charge study. [www.strokecentral.org.nz/risks-and-prevention/](http://www.strokecentral.org.nz/risks-and-prevention/)

Photo: Dr Harry McNaughton, Lead Researcher MRINZ and the TaCAS Program.



## **PALMERSTON NORTH GROUPS**

**Shona – 027 370 3001/06 323 3446**

**Milson Community Centre**

**Activities Day** - Every Tues 2.00pm-4.00pm. \$3.00pp.

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

**Swimming** – Held at Palmerston North Hospital on Mondays between 10:30am and noon. You will need to be financial member of Palmerston North Stroke Club and provide an approval letter from your GP.

## **Feilding Stroke Support Group**

**Nicola – 021 962 376/06 353 6776**

1st Thursday of each month, 12:30pm-2:30pm, Senior Hub, 14 Bowen St., Feilding. Gold coin koha.

## **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.

## **FOXTON COFFEE GROUP**

**Kate – 021 962 378**

Meet 1st Tuesday of each month, 11am at Foxton Salvation Army rooms.

## **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**

**Jennifer Buckley – 021 063 9934**

**Email - [wellington@aphasia.org.nz](mailto:wellington@aphasia.org.nz)**

Meets every 2<sup>nd</sup> Wednesday, 10.30am.

## **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, 10.30am 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.

**Johnsonville Aphasia NZ Group**

**Jennifer Buckley – 021 063 9934**

**Email - [wellington@aphasia.org.nz](mailto:wellington@aphasia.org.nz)**

Every 2<sup>nd</sup> Monday, 10am-12pm, Johnsonville Community Centre, 3 Frankmoore Ave, Johnsonville. Please contact Jennifer for exact dates.

## WELLINGTON CONT.

### Western Suburbs Stroke Survivors Group

**Peter - 021 431 561**

2<sup>nd</sup> Tues of each month, 10.30am, 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. Car access – 7 Beauchamp Street.

### Eastern Suburbs Coffee Group

**Terry – 021 112 6528**

Last Wednesday of each month, 10.00-11.30am. Breakfast/brunch at various Eastern cafes. Possible walks.

## UPPER HUTT STROKE SUPPORT GROUPS

### Coffee Club

**Mike – 027 454 5486**

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> Tuesday, Hutt Gables 1094 Fergusson Drive, Upper Hutt

## 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

**Andrew – 021 178 3394**

Atrium has now closed, searching for a new venue that would be suitable.

## 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-12.00pm, Red Cross Meeting Rooms, 823 Here-taunga Street West, Hastings.

### Napier Greendale Stroke Group

**Helen – 021 866 372**

2<sup>nd</sup> Wed of the month, 10.30am, Taradale 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

**Joan – 027 662 0134**

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



Here for your community



**WHANGANUI DISTRICT COUNCIL**  
Te Kaunihera a Rohe o Whanganui

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

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





**PARTNERS IN RECOVERY**

NGA HOA KI TE WHAKAORANGA

At Stroke Central NZ 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, Take Charge After Stroke, 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 it back to:

**Freepost Stroke Central**

**Stroke Central NZ Inc.**

**PO Box 639**

**Paraparaumu**

**KAPITI COAST 5254**

**Thank you for your feedback!**



PARTNERS IN RECOVERY  
NGA HOA KI TE WHAKAORANGA

*Thank You for Supporting Stroke Central New Zealand!*

Name

Address

Email

Tel:

[Large rounded rectangular input area for Name, Address, Email, and Tel]



I wish to donate

\$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

Card holder name

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

**Direct Internet Banking Acc # 02-0500-0887445-97 Ref: Surname & Initials,  
Code: Subs (for memberships) or Don (for Donation)**

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