



# HEADZUP OTAGO

## Brain Injury Association

**Community House**  
**283-301 Moray Place, Dunedin**  
**03 471 6156 or 027 303 7727**

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**Website:** [www.braininjuryotago.org.nz](http://www.braininjuryotago.org.nz)

**Facebook:** [www.facebook.com/biaotago](http://www.facebook.com/biaotago)

**GiveALittle:** [www.givealittle.co.nz/org/biaotago](http://www.givealittle.co.nz/org/biaotago)

**Office open 9am - 4pm daily**



### Board Members:

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## In This Issue:

- **Scams** - how to identify and avoid getting scammed
- **Brain Gym**- photos and feedback
- **Liaison Service** - whats been happening
- **Voice Activated** - a useful tool for your phone or tablet

You will notice there is a change to the newsletter this issue. We have decided to consolidate it to quarterly from bi-monthly. So there are August, September and Octobers calendars in this issue. We have a lot of exciting events coming up in the next 3 months our annual quiz night, the Dunedin Marathon and our annual street appeal.

We look forward to being able to run these events again this year.



*"Listen. Support. Educate."*



*If something seems too good to be true, it probably is not.*

## ***Tips to help you avoid scams***

There are many scams about at the moment – be it a phone call about your computer, an email claiming there is a large sum of money ready to be transferred into your account. or someone impersonating a friend on social media and asking you to invest money. Scams succeed because they look like the real thing and catch you off guard when you are not expecting it.

How do you figure out if you are being scammed? Ask yourself...has someone contacted you unexpectedly? , have they promised you something? Are they asking for personal information like bank accounts, passwords or pin numbers? If you are in doubt then do not give out any information. If it looks like it is from a legitimate source e.g. Inland Revenue then contact them to double check.

### **Here are some more tips to help you avoid scams and spam.**

- ✓ Be suspicious, it's good to do some research or thinking before you engage with a person or opportunity especially if it involves money
- ✓ Stop and talk to someone you trust. Before you do anything else, tell someone — a friend, a family member, a neighbor — what happened. Talking about it could help you realise it's a scam
- ✗ Don't give your personal or financial information in response to a request that you didn't expect. Legitimate organisations e.g banks, ACC won't call, email, or text to ask for your personal information..
- ✗ If you think you have been scammed. Stop all contact with the scammer. Do not make any more payments. If you are the victim of a financial scam, credit card scam or identity theft, contact your bank immediately. The sooner your bank knows about it the greater the likelihood of getting the money back.



# Brain Gym

Congratulations to everyone who attended and completed the Brain Gym course. We received very positive feedback and look forward to incorporating some of the exercises at the start of each group. Here are some photos and feedback from the course



Thanko Jo, I've enjoyed + learnt much in this Brain Gym Course over 10 weeks. Thanks. I have much information at home: it's just a matter of remembering the new info. But I loved interacting with other brain injured people to see how they were coping after their accident.  
Best part - those copies of movements that we need to do

Great facilitator, I was able to ask questions when I didn't understand.  
I enjoyed learning different activities. They will be used in my life.  
Positive experience being in a team!



## Liaison Service Update

Have you checked if you are eligible for a lump sum through ACC? We can help you with any support you need around ACC issues. Call the office 4716156 to make an appointment to see us.



SeniorNet, runs small, stress free sessions to help you gain skills and confidence to get the most out of technology. Sessions run on Monday and Wednesdays at Dunedin Baptist Church in Concord. email - snetotago@gmail.com



There is a group from BIA Otago who are walking and running in this years Dunedin Marathon. If you are keen to join us call the office. Come and support us on the day or check out our givealittle page <https://givealittle.co.nz/cause/walk-the-walk-for-brain-injury>



Google Assistant is Google's virtual helper. Depending on the device you are using it can open apps, send messages, make calls, play a specific song, check the weather, control smart devices, set timers, grab general information, set alarms, and many other things.

You can also use it on smart speakers, smartwatches, tablets and headphones.

Find out more <https://assistant.google.com/>

## Free RATS test and Free Masks



You can order and pick up free tests and masks.

You can do this on the Covid 19 website

<https://covid19.govt.nz/> or by phone 0800 222 478

You can also request RATS for someone else.



Are you concerned about your hearing? Are you missing things in conversation or having trouble getting your hearing aids working well for you?

Hearing unlimited provides free hearing assessments, information, hearing tests and support to New Zealand citizens and permanent residents aged 16 years and over.

Our service is independent. We don't sell or fit hearing aids, but give independent advice about using hearing aids and other listening devices.

**Call 0800 008 011 to book your free appointment**

## Singing is Good for the Soul

The Neuro Singing for Fun group meets weekly on Mondays, from 10.30am, at the Caversham Baptist Church.

The group has been running since 2018 and is open to anyone with a neurological condition i.e. Stroke, Head injury, MS, Alzheimers, Epilepsy

There are enormous benefits to be gained from singing, come along and check it out. The group sing together under the expert guidance of Clare Adams. No previous singing experience is needed.



## ANNUAL STREET APPEAL

**Friday 14th October  
Dunedin**

We are holding our annual street appeals in October and will be contacting people soon to ask for help with collecting.

**Friday 21st October  
Wanaka**

## Tired of always losing your keys?

Check this handy way of always being able to find your keys in your bag.



# BIA OTAGO ANNUAL QUIZ NIGHT



**6 SEPTEMBER // TUESDAY 7 PM**

**Tickets \$5 per person  
(all tickets will be presold)**

**Phone 471- 6156  
Email [admin.dunedin@brain-injury.org.nz](mailto:admin.dunedin@brain-injury.org.nz)**

# COMING UP

Every Monday 10.30am  
6th September  
11 September  
14th October  
21st October

Singing for Fun Choir  
Quiz Night at The Kensington  
Dunedin Marathon  
Street Appeal Dunedin  
Street Appeal Wanaka

*The Brain Injury Association (Otago) Incorporated would like to thank the following funders, without their support our organisation would not be able to continue.*



## IMPORTANT NOTES

Please contact us if:

- You have any concerns, complaints or compliments.
- If you have any suggestions on new initiatives or improvements to the service.

Unsolicited mail can be irritating. We are aware that some of you may no longer wish to receive this newsletter. If that is the case you will not offend just advise us by contacting 03 4716156 or 027 3037727 give your name and say you want to be removed from the mailing list.