



# HEADZUP OTAGO

## Brain Injury Association

10 George St, Upstairs at Livingwell  
Cnr George & Bath St, Dunedin  
03 471 6156 or 027 303 7727

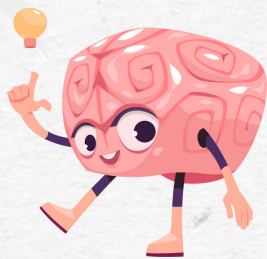
Email: [liaison.dunedin@brain-injury.org.nz](mailto:liaison.dunedin@brain-injury.org.nz)

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:

Chair: Lync Aronson  
Vice Chair: Maree Penese  
Secretary: Sharon Rose  
Treasurer: Chris Williams  
Ruth Barnett  
Stephanie Hughes  
Andrea McMillan  
Cathy Matthews  
Krystal Browne  
Jane Butterfield

## In This Issue:

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- BIA Otago Street Appeal
- What's been happening in the regions
- Green Prescription
- What's on in the community



You will notice that November has been added to this newsletter. Jane is going overseas for 6 weeks in September so we are planning ahead so as not to disrupt the newsletter and group calendars. You will find August, September, October and November's calendars in this issue.

We have a lot of exciting events coming up in the next few months so make sure you lock in the dates for our quiz night, and street appeal.

*"Listen. Support. Educate."*

# BIA OTAGO ANNUAL QUIZ NIGHT AT THE KENSINGTON

TUESDAY 5TH SEPTEMBER  
7 PM



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



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

*Do the best  
you can until  
you know  
better. Then  
when you  
know better,  
do better.*

## ANNUAL STREET APPEAL

**Friday 13th October  
Dunedin**

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

**Friday 20th October  
Wanaka**

# What's happening around region?



## New Car for Canterbury

Board Treasurer - Chris Williams handing the keys over to Canterbury Liaison Officer Jane Cawood.



## Well Being Week Otago University



## Brain Waves Podcast

Check out the podcasts on our [website](http://www.brain-injury.org.nz).

If you have a photo that you would like to share please email them to [manager.dunedin@brain-injury.org.nz](mailto:manager.dunedin@brain-injury.org.nz)

Rongoā Kākāriki  
**GREEN**  
PRESCRIPTION

**Do you need some support, ideas, or motivation to look after your wellbeing?**

Green Prescription is a free local support service funded by Te Whatu Ora / The Ministry of Health. Healthy Lifestyles advisors provide individualised support for you towards achieving your goals. Whether that is support with physical activity, movement, healthy eating, or mental wellbeing\*

\*We are able to support improving mental wellbeing by developing your understanding of the New Zealand Mental Health Foundation "Five Ways to Wellbeing" and use movement and healthy eating

Green prescription is available to support anyone based in Otago.

How to connect – you can self-refer or refer through your GP.

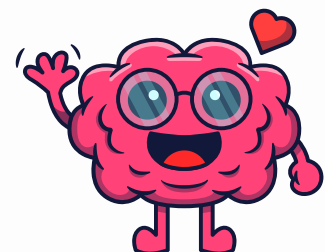
Find out more information contact BIA Otago Office 4716156.

***"Life doesn't get easier or more forgiving, we get stronger and more resilient."***

***Steve Maraboli***

***What happens when your brain sees a friend across the street?***

***"It gives a brain wave".***



# Whats on in the community



## FREE ART SESSIONS FOR ADULTS IN THE WAITAKI REGION

Kurow, Mondays, information center  
Palmerston, Tuesdays, community centre  
Oamaru, Wednesday, Ara campus  
All sessions run 12:30 till 3pm

THESE SESSIONS SUPPORT ADULTS 18 AND OVER WHO ARE STRUGGLING WITH MENTAL WELLBEING OR ISOLATION. FOR MORE INFO EMAIL [WAITAKI@ARTSENTA.ORG](mailto:WAITAKI@ARTSENTA.ORG) SEE OUR FB PAGE WAITAKI CREATIVE WELLBEING

**Central Otago**  
**Creative Wellbeing**

Free creative sessions for individuals over 18 experiencing isolation or struggling with their mental well-being

**Wanaka**  
Community Hub  
Tuesdays 2-4:30pm

**Cromwell**  
St Andrews Church  
Wednesdays 9:30-12pm

**Alexandra**  
Community House  
Thursdays 12:30-3pm

ALL MATERIALS PROVIDED NO EXPERIENCE NEEDED

✉ [central@artsenta.org](mailto:central@artsenta.org) ☎ 021 0278 1078 📱 central otago creative wellbeing

## Books on Prescription

Books on Prescription is a programme run by WellSouth Primary Health Network and the libraries of Otago and Southland (Public Libraries, University libraries and prison libraries) to increase access to high quality health information. The programme is also supported by Otago Access Radio 105.4FM and Radio Southland 96.4FM. The resources in the collection have been recommended and reviewed by health professionals

Find out more:

<https://wellsouth.nz/community/mh-concerns/books-on-prescription/>

## Tai Chi

*Tai Chi is shown by scientific studies to improve; balance, muscle strength, flexibility, general fitness, spatial awareness, relaxation, immunity, wellbeing. Tai Chi is also beneficial for back pain, arthritis, diabetes, breathing and stamina, has shown to help prevent falls and improve health and the quality of life.*

<https://ageconcernotago.com/tai-chi>

**If you know of any other activities you think people might be interested in please contact us.**



# COMING UP

**Education/ Info Group** - this is a monthly group available to all clients.

**Sing for Fun Choir** - no singing experience necessary, all welcome, contact the BIA Office for more information.

**5th September Quiz Night at The Kensington**

**13th October Street Appeal Dunedin**

**20th October 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.*



A.C.E. Shacklock Trust



E M M Haynes Charitable Trust

## 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.