

Headzup Otago

Brain Injury Otago Newsletter February / March 2022



Brain Injury Association

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Website:

www.braininjuryotago.org.nz

Facebook:

<https://www.facebook.com/biaotago>

Give A Little Page:

<https://givealittle.co.nz/org/biaotago>

Office open 9am to 4pm daily



Welcome to 2022

We hope you all enjoyed the Christmas break. 2022 is starting busy for BIA Otago with lots going on and lots to look forward to. Groups have already started back including a new online group. We are still waiting on confirmation about the Singing for Fun Choir and will let you know as soon as we find out. Make sure you support Ben Suncin on his 12 hour walk he is completing in Wanaka this month. March is national Brain Injury awareness month; we have lots planned for the month so keep an eye out what's happening.

Board Members

Chair – Chris Williams

Vice Chair - Lync Aronson

Treasurer - Gabriel Garcia

Secretary – Sharon Rose

Cathy Matthews – Liaison Officer

Krystal Browne

Maree Penese

Mary Hambly

Jane Butterfield - Manager

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BIA Otago Team 2022

After the Christmas break the BIA Otago team are back in the office, refreshed and excited about the year ahead.

The BIA Otago board have made changes to the staffing this year. Recognising a steady increase in client numbers, the board has created a manager's role, incorporating the current administrator position. Jane has enthusiastically taken on this role and is really looking forward to helping the organisation grow to meet the needs of our clients throughout the region. Cathy, Sue, and Jane have already started planning for the year ahead, we are working on a number of events taking place for Brain Injury Awareness month in March. We are always keen to hear any ideas and suggestions about possible changes to our service, activities you think we could offer so please send us a message or give us a call.



TEAMWORK
—————
makes the dream work...

Facemask Bracket Fundraiser

\$5 each or 10 for \$40



- Make Breathing easier
- Allow you to speak more easily
- Prevent makeup smudge
- Washable

Contact Brain Injury Office to order



P - 4716156

E - admin.dunedin@brain-injury.org.nz

Quiz Night!

**BIA Otago Annual Quiz Night
The Kensington**

Tuesday 22nd March 2022

Tickets \$5 per person

Phone: 471- 6156

email: admin.dunedin@brain-injury.org.nz

Ben Suncin's Epic Walk



Ben Suncin has set himself a personal challenge to walk for 12 hours continuously in Wanaka on the 22 February 2022. Ben is keen for people in the community to join him in on the day for all or part of his walk.

Ben is using this event to raise awareness around brain injury. The walk is to inspire others with brain injury, showing how you can adapt and achieve. Ben believes your injury doesn't define you and that your possibilities are endless.

BIA Otago are so proud to support Ben with this personal challenge he has set himself. Cathy and Jane will be in Wanaka supporting Ben with his walk and will be handing out information about brain injury and BIA Otago.

You can support him to by donating to his givealittle page – <https://givealittle.co.nz/cause/bens-epic-walk>

Self-Compassion – a good goal for 2022

Resolutions may be the last thing on your mind right now. The good news is the New Year is as good a time as any to offer yourself some extra self-compassion—and who couldn't use some more of that!

Self-compassion is not self-pity or self-indulgent, it is about actively caring for our emotional and physical wellbeing. Over time this helps build resilience and is a powerful coping tool. Remember to be kind to yourself, be mindful of your feelings and permit yourself to have flaws.

To find out more information around self-compassion and how to put it into practice go to <https://self-compassion.org/>

BIA Otago member **Graham Pelvin** was in The Star recently. He is a keen stamp collector and the article highlighted his passion. Otago Philatelic and Postcard society meet on the fourth Tuesday of the month at St Mary's Church in Mornington, their website is www.dunedinstampclub.com



WORD TEASER CHALLENGE - Answers

D	_SHIP	CHOICE CHOICE CHOICE
model	_, 2, 3 No No No	STORM TH

1. Decide
2. Spaceship
3. Multiple Choice
4. Floor Model
5. No One Knows
6. Thunderstorm

Covid Traffic Light System Update – moving to Red

If the country moves to Red on the traffic light system, BIA Otago may still be able to continue with small groups (following vaccination passports and mask wearing protocols) Cathy will text you and let you know if a group can go ahead.

BIA Otago Notices

Neuro Choir – hopefully starting soon, keep an eye out for dates.

Brain Day – 10th March, Otago Museum.

Brain Gym is starting on Wednesday 9th March. There is a waiting list so please let us know if you cannot attend.

Online Group – link to monthly online group

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



Have you ever considered a bequest?

A bequest is a legacy gift – a gift which makes a unique, personal, and enduring contribution. It is a gift that passes forward to the next generation, ensuring that future generations have the resources and opportunities that they need to be successful and to make a difference.

BIA Otago have gratefully received bequests in the past and they have been very beneficial.

IMPORTANT NOTES

Please phone, email, or text 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 03 471 6156 or text 027 3037727 give your name and say you want to be removed from the mailing list