



# HEADZUP OTAGO

## Brain Injury Association

10 George St, Upstairs at Livingwell  
Cnr George & Bath St, Dunedin

03 471 6156 or 027 303 7727

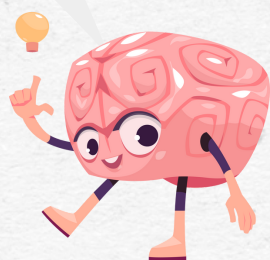
Email: [liaison.dunedin@brain-injury.org.nz](mailto:liaison.dunedin@brain-injury.org.nz)

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:** Sharon Rose

**Secretary:** Sharon Rose

**Treasurer:** Chris Williams

Cathy Matthews

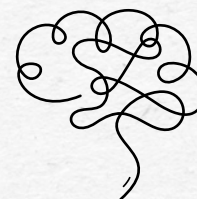
Krystal Browne

Maree Penese

Jane Butterfield

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It certainly has been a busy March and April at BIA, we moved into our new office at the start of March and its been full steam ahead since.

March Awareness month was filled up with public talks in Queenstown, Balclutha, Oamaru and Wanaka. Stalls at Otago University, Brain Day at the Otago Museum and Bunnings as well as a sausage sizzle at Bunnings. Our AGM/ Pizza night is coming up in June, see the attached membership form and AGM information.

*"Listen. Support. Educate."*

# ***BIA Otago Office Move same service - different location***

BIA Otago has moved from Dunedin Community House. Our new location 10 George Street, upstairs at Livingwell, cnr George and Bath St. We are loving our new sunny offices, feel free to drop in and come our see our new digs.



## ***The Power of Kindness***

**Being kind can boost your own happiness levels because it increases serotonin and dopamine – the neurotransmitters that create the feeling of satisfaction. Kindness also increases your sense of connection to others.**

The great thing about kindness is that it is easy to start straight away. It could be something as simple as sending someone an encouraging text message, offering to make a friend a tea / coffee or letting someone in front of you in traffic.



We get distracted, all sorts of things occupy our attention, and we sometimes neglect our capacity for kindness. But give us an emergency, life threatening illness, a flood, war or pandemic and watch us revert to our natural state which is to be kind, compassionate, caring and respectful of each other's needs.

**This serves as a great reminder to us all to not wait for the next pandemic to show a bit of extra kindness.**

# What's happening around region?



**Wanaka Group**  
*Enjoying lunch together*



**OUSA Market Day**  
Honey Fundraiser and Awareness  
Thanks so much Sean for helping out



*Thank you so much to **Bunnings** for an awareness month sausage sizzle and stall and the Easter family night.*



# Groups Update

A new support group for new members to Brain Injury Otago is going to replace the Harvest Court Group, this will run on the 4th Tuesday of the month and focus on living with a brain Injury and education. Please contact us if you are interested in attending.

There are lots of activities that are in the community, if you are interested in something contact us and we can find information out for you. Below are a list of some of the activities that are happening on the community over the next few months.

## Whats on in the community



### **Silent Book Club Dunedin**

*A local chapter of the global Silent Book Club network, we meet the first Tuesday of every month in our taproom.*

*No assigned books. Snacking and drinking optional. Children and dogs welcome.*

*Find out more: <https://www.steamerbasin.co.nz/pages/events>*

### **Yoga with the Butterflies**

*5.45pm (for a 6pm start), Wednesday 17 May*

*\$20 per person, bookings essential*

*Book online or at the Information Desk, Otago Museum*

*Book here: <https://otagomuseum.nz/whats-on/yoga-with-the-butterflies>*

### **Dunedin 60+ club**

*Walking groups, singing, dancing, crafts and movies*

*<https://www.dunedin60plus.co.nz/activities>*

### **Age Concern**

*Live music and tech ( phone) training*

*<https://ageconcernotago.com>*

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

## **BIA Otago Membership 2023**

Membership subs are now due. The yearly membership fee for the supports the continuity of the service and the newsletter. A membership form is included in this newsletter, any questions please contact the office.



## **Long Covid**

If you or a member of your family has a disability and have experienced COVID symptoms for more than 12 weeks, you may be eligible for our online support service.

This programme is free for people with a disability, their support workers and / or whanau members who meet the following criteria:

- have a physical or mental health condition or disability.
- continue to experience COVID symptoms 12 weeks after your infection started.

Support workers/ whanau can participate on behalf of people with disability unable to attend programme themselves.

To access this programme, you/ your support or family member will need:

- current email address to receive resources and links to online sessions
- access to an appropriate device and stable internet
- ability to attend an online meeting for 45 minutes
- availability to potentially commit to an online group programme

For more information contact APM 0800 967 522

## **Kindness**

*It doesn't matter where you go,  
Or who you meet along the way,  
Carry kindness in your heart,  
And practice it each day.  
A simple smile can change the course  
Of someone else's week,  
The smallest gesture represents,  
The gift of joy we seek.  
A gentle touch reminds us,  
That humanity still reigns.  
The pet a lonely cat or dog  
Shows that love will never wane.  
There are a million obstacles  
On any given day,  
But rise above the hate and fear  
And live life the kindness way*

*Carly Dugmore*



## **BIA Otago AGM**

**Our AGM/ Pizza night is going to be held on Thursday 1st June, see the AGM notice included in this newsletter.**



# SCAMS



*If something sounds too good to be true then it is probably a scam!*

There are many scams about at the moment – be it a phone call about your computer or an email claiming there is a large sum of money ready to be transferred into your account or a link on Facebook.

Scams succeed because they look like the real thing and catch you off guard when you are not expecting it. Scammers are getting smarter and taking advantage of new technology, new products or services to create believable stories that will convince you to give them your money or personal details.

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.

When dealing with uninvited contacts from people or businesses, whether it is over the phone, by mail, email, in person or on a Facebook, always consider the possibility that the approach may be a scam.

## ***How to Stay Safe on Facebook & Messenger:***

- *Do not click on unsolicited links even if its from someone you know*
- *Do not "friend" people you don't know.*
- *Don't engage with any government agency or bank through Facebook.*
- *Do not click on links directing you to a page to claim a prize.*
- *If a Facebook friend asks for money or information that you are not sure about, contact that friend out of Facebook to make sure you're communicating with your actual friend.*
- *Report any impostor accounts to Facebook.*

## ***Never give out your bank account details...ever***

### **Some of the latest Scams to watch out for:**

- NZTA registration renewal
- NZ Post Parcel Delivery Payment
- IRD payment scams
- Online banking passwords
- Phone scammers posing as a bank Fraud Team.
- Cyclone and Flood related scams

# COMING UP

**New Education/ Info Group** - this is a monthly group for new clients.

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

**BIA Otago AGM** - Thursday 1st June 6pm

*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.