

2017

Manawatu Stewart Centre Trust

Featuring High Tea
with SC@EIT



SPRING NEWSLETTER

Our Staff...

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Officer Manager	<i>Norma Moran</i>
Workshop Coordinator	<i>Bruce Roberts</i>
Rehabilitation Coordinators	<i>Lou Angus</i>
	<i>Warren Hastie</i>
	<i>Chris Hattle</i>
Rehabilitation Coaches	<i>Brittany Huckle</i>
	<i>Claire Matena</i>
	<i>Angela Shailer</i>
	<i>Teresa Winterburn</i>

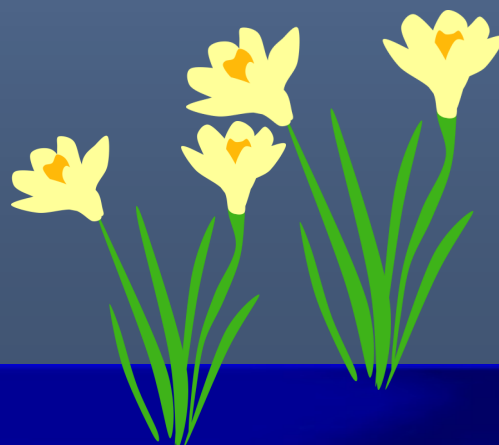


Manawatu Stewart Centre

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From the Manager

Warm greetings to you all and welcome to the **Spring Edition** of our newsletter. Already there are the tell-tale signs that spring has arrived! I hope that the evidence of new-born lambs, daffodils and longer, warmer days will put a 'spring' in your step over the next few months.



Congratulations to clients for all your achievements this quarter. You inspire me! Also, thank you to staff for being so giving with your time, support and expertise. In this edition:

- We recently came together for a **Mid-Winter Lunch** at the Cossie Club to mark the winter solstice. This is always a great opportunity for Stewart Centre clients and staff to connect with former clients and staff, friends, family members and those from other organisations, over a yummy roast dinner.
- Josh has written an excellent article on the benefits of **meditation**, which he has found beneficial in his own life. In the hustle and bustle of a busy world, being able to '**quiet your mind**' is a very valuable skill to develop. This is a habit I shall endeavour to apply in my own life, so thanks for the inspiration Josh.
- Many of the Stewart Centre activities throughout June had a **Matariki** connection. On 29 June the Stewart Centre celebrated Matariki with a **hangi**. For many, this was their first experience of a traditional hangi. A very big **thank you to Annie and Charlie** for opening your home to us, and working really hard to make this experience so memorable and meaningful. The weather was gorgeous, as was the food. Another highlight was the entertainment—a polished performance by **North Street School's kapa haka** group. Awesome!
- Due to cyclonic weather conditions, the annual exchange with the Hawkes Bay (EIT) Stewart Centre was cancelled this year. As a consolation get-together, both Stewart Centres joined for a **High Tea at Oruawharo Homestead** in Takapau. Despite the cold, wet weather, it was nice to reconnect with old friends. There was also an opportunity for some to compete for the **Ranworth Cup**, with a deciding game of boccia. EIT were the victors on the day, retaining the cup for yet another year. Still, a valiant effort by Manawatu. I am confident that next year the cup will be ours!
- 21 June was the official opening of the **4 Stroke Engine Club**—an amazing workshop space at Manfeild, where clients interested in car mechanics can get to dismantle cars together. Many thanks to Dr Sara Joice (Psychologist, Massey University) who has spear-headed this initiative. The group has received some notoriety recently, with visits by MP, Iain Lees-Galloway and Mayor Helen Worboys.
- Earlier in the year, a group of eager clients completed a six week **Supergrans cooking course**. Participants cooked a number of nutritious meals including shepherd's pie, quiche, pizza and several different salads. I was an invited guest for lunch at the end of the course and was able to partake of a delicious stir-fry and scones. **Cynthia and Claire** from Supergrans have worked extremely well with the clients and there are plans for future courses in the second half of the year.
- As promised, **David** shares a heart-warming update to his personal story '**A Night Out With Mates**' which appeared in the last newsletter. I was moved to read your future aspirations David, and I wish you all the very best as you work towards achieving those.



I would like to conclude by remembering our dear friend, **Gavin Read**—a former client, who passed away on the 18 July. Our heartfelt condolences to his wife Sue, sons—Jonathan and Steven, and other family members. May you find strength and comfort at this time.

We remember Gavin with such fondness and admiration. He was a gentle and caring soul, always ready to offer a helping hand and encouraging word to others. May he rest in peace.

Be safe and take care of one another. Ka kite,

Terry

Mid Winter Lunch

A wonderful time was had by all at our annual gathering of clients, former clients, staff, whanau and guests at the local Cossie Club. The numbers were high, the queue was long but the food and the company made it all worth while.

It was also wonderful to see so many staff and clients from other disability services including BIA, BUPA, RYDER and STROKE CLUB.

The social committee did a great job sourcing this wonderful frame for the photo booth, most attendees were keen to pose, these are just a few.

The entertainment included music and song from the Stewart Centre Music Group, with Brian & Warren on guitar, Stacey on drum, Norma & Claire on ukelele.

And they were joined by local ukelele group "The Pensioneers" including our one and only **Claire Davis**. They played a variety of songs to suit all in attendance.

Janet Webb also joined us for lunch and the afternoon festivities, which was a great opportunity for her to catch up with clients, their whanau and staff.



QUIET • YOUR • MIND

Meditation is a simple yet powerful technique that effortlessly allows your mind to become calm and peaceful. All you need to do is sit with your eyes closed and you might experience deeper rest than you ever have.

The benefits of meditation is to cleanse and nourish you from within. It calms you whenever you feel overwhelmed, unstable or emotionally shut down. With regular practice of meditation, anxiety decreases, emotional stability improves, creativity increases, happiness increases. We gain clarity and peace of mind and our problems become smaller.

In the Stewart Centre Meditation Group a script is read or we listen to meditation CD or podcast. Podcast are free to download on a smartphone. The group's favorite meditation is Tara Brach – "Relaxing Back". Everyone in the group comments after, on how they feel so refreshed and some in the group are so relaxed they have even fallen asleep!

Here are a few comments from the group on why they go to meditation group and the benefits they have found:

"I go to meditation group because it is good to be away from the bombardment of noise, people and distractions. It's a space where I can really focus on the words being spoken or the music that is being played. During the mediation I feel relaxed and after I feel my mind is quiet, I no longer feel all over place."

Josh

*"I come to meditation group as I find it relaxing.
I like going to a space to get away from people and not having to talk."*

David



Matariki



What a beautiful day it was. It looks like we are all waiting for the amazing Feilding North Street School Kapa Haka group to perform. And what a great performance it was.



"I was excited opening my parcel of food because I didn't know what was in there, and it was so yummy."

Gloria

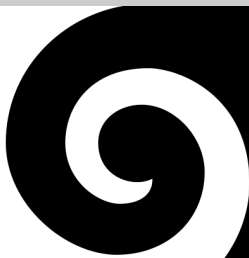
Celebrations

*"The Kapa Haka kids were
CHOICE."*

John



Heads down time to eat. A big "Thanks" to the cooks the food was great and it was topped off with a garage sale to raise funds for the group attending the Gisborne Aphasia Workshop.



"Kapa haka was enjoyable and appropriate. The entire day ran like clockwork. Great bargains at the garage sale too."

Lindsay



Here's a well organised group of people.
Let's take a picture.

CLICK !!

Brian Brighting

A Day in the Workshop



The For Stroke Engine Club is an innovative new rehabilitation activity Dr Sara Joice (Psychologist, Massey University) and stroke survivors Dave Stevens and Alastair McWhannell have started, with the support of Manfield and the Stewart Centre.

At present cars are being stripped by the group in preparation for the Robertson Holden International Speedway Demolition Derby.



"Let's get this bolt undone Pete!"



During a morning visit Iain Lees-Galloway discusses ways the club can assist people after stroke with Alastair McWhannell.





SUPERGRANS COOKING

The two very energetic women who supported a group of Stewart Centre clients to make a variety of dishes were very approachable, and helpful in all aspects of cooking.

Cynthia and Claire showed us how to, at first identify different types of food and how to use them in creative recipes.

Pizza

This was the first dish we prepared. From making a base, right through to cutting, slicing and mixing all ingredients required for a fantastic meal.

Types of food used were lettuce, cabbage, cheese, onion, flour, olives, bread crumbs, salt and pepper. We had a lot of fun and I thought we did a very good job.

Stir Fry

Second on the list was a very exciting STIR FRY dish. This dish involved a big variety of delicious vegetables, resulting in a satisfying full feeling.

Quiche

A very interesting way to get all that leftover food into a culinary masterpiece. The methods of food preparation were amusing and enjoyable. It was interesting to try something new and different.

Shepherds Pie

A classic mince dish with all the good stuff such as mince, mixed vegetables, flour, salt, pepper and various sauce mixes to enhance a delicious feast of a pie.



Bruce Aldred



High tea at



Though it was a very wet and soggy day for the special get together with our EIT friends, the traditional high tea was a welcome refreshment on our travels.

"The scones, jam and cream were la de da good! I enjoyed the stories of all the famous people that had visited over the last century."



"It was awesome to meet new people and I enjoyed the company. They were positive and that's how I like to look at life."



Oruawharo



"Nice and peaceful aye?"

"Yeah, shame about the weather."

"The food was good though."

We were lucky when the rain stopped and could enjoy a wander around the 1879 Victorian Homestead and Gardens.

"It was a good game of Boccia but we lost the trophy!"



"Somebody's knocking at my door, somebody's ringing my bell...."



Alas, despite our special Boccia skills, this was the only glimpse of the Ranworth Cup yet again! Maybe next year.....



"I felt a little Insignificant under this giant sequoia. "



“A Night Out With My Mates-Update”

The Other side

On 29th January 1988 at 2:30am in the morning I was involved in a car accident after a night out with my mates. The driver lost control of the car and ran off the road. Four males were involved. It all happened so fast and I can't remember the accident as I was knocked unconscious. It could have been prevented if I had more self-control by not being under the influence of alcohol. If I had not gone out with mates altogether, who knows? As I was unconscious I was admitted into hospital in a coma. I didn't know what had happened for many weeks but my family was there to support me.

Today my children are all grown up and I have one grandchild Emelia who is 3 years old. Scott is now 19 and is training to be an engineer. Matthew is 17 and is passionate about skateboarding. Kylie is good mother and good wife to George. Mum and Dad have now past away, they were such a big part of my life. I miss my Dad's discipline and miss my Mum's love and being spoilt by her.

Three days a week I come to Stewart Centre, it gets me out the house and gives me interaction with people. I love the Woodwork sessions, my best builds are a stereo cabinet and microwave table. I have learnt a lot at the Stewart Centre with my conversations and learning how to talk again. I enjoy bone carving which I do at home. Most things I make I like to give away.

The best part of my life was having children and playing rugby for Manawatu. At the time I was coached by Kevin Eveleigh who was a former all black. I still have moments of frustration but I try to live my life. I try keeping fit with my home gym and when able I go to the community gym. I prefer community gym as I have people around me.

In the future I'm hoping for more grandchildren, and would love to be able to drive again, so I can visit my daughter and granddaughter more often. Most of my friends have left Palmerston North so I would like to make new friends who I can go out with. I would like to get a job or possibly volunteer. However at the moment due to my short term memory issues I forget a lot of things.

“I just want to get on with life.”

David Ngatai



Puzzle Time



D	G	R	O	W	I	N	G	Q	S	N	S	B	W	K
A	A	P	E	F	N	M	M	R	R	P	I	E	T	N
G	W	F	B	A	Q	O	E	D	I	I	A	G	R	E
F	N	Z	F	V	H	W	S	H	V	O	O	I	Q	W
C	W	I	E	O	O	E	S	G	I	X	Q	N	J	Z
D	A	R	G	L	D	D	G	N	I	D	L	I	U	B
S	R	L	F	N	N	I	S	G	H	H	M	N	H	D
S	M	U	V	E	A	B	L	X	S	S	E	G	S	J
R	T	O	I	E	M	H	F	S	U	M	F	S	E	S
X	H	R	O	A	S	O	C	N	A	K	I	B	R	L
I	F	D	L	L	N	E	S	T	S	C	L	Y	F	F
N	B	Z	N	L	B	H	I	U	L	S	W	M	H	K
D	U	C	K	L	I	N	G	S	R	Q	E	Y	D	J
X	N	V	P	N	G	O	O	V	F	B	N	J	W	G
Z	Q	X	E	Q	K	X	V	Z	H	T	W	O	R	G

BLOOMS

BEGININGS

BUILDING

CALVES

CHANGING

DAFFODILS

DUCKLINGS

EGGS

FLOWERS

FRESH

FRIENDSHIPS

GROWING

GROWTH

LAMBS

MATING

NESTS

NEW

NEWLIFE

SUNSHINE

WARMTH

Mike Webb

Diary Dates:

September:

Te Papa Visit Thursday 7th

October:

Labour Day 23rd 'Centre Closed'

November:

Supporters morning tea Monday 20th

December:

Shop Day Wednesday 6th

Christmas Lunch at Cossie Club Tuesday 19th

MSCT Closed for Holidays:

Thursday 21st December - Monday 15th January



Social Afternoons 2017 !!!

Bi-monthly social gatherings a time for staff, clients, ex-clients, whanau & friends to come together to enjoy each others company...



**Watch this
space:**



The Manawatu Stewart Centre Trust
would like to thank the following sponsors.



Community Contacts



PALMERSTON NORTH HOSPITAL :	06 356 9169
PALMERSTON NORTH POLICE:	06 351 3600
A1 WHEELCHAIR SERVICES:	0800 222 284
ACC:	0800 222 822
WINZ:	0800 559 009
MENTAL HEALTH CRISIS TEAM:	0800 653 357
HEALTHLINE:	0800 611 116
ALCOHOL & DRUG HELPLINE:	0800 787 797
SAMARITIANS 24 HOURS:	0800 726 666
CITIZENS ADVICE BUREAU:	0800 367 222
LIFELINE NZ:	0800 543 354
JUST ZILCH:	022 597 2569
WOMENS REFUGE CRISIS LINE:	06 356 5585




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I would like to donate ...

\$10 \$30 \$50 \$80 \$100 Other....\$

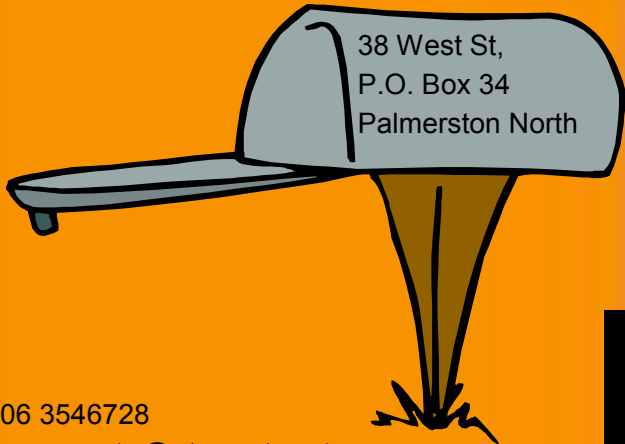
Cheque to: Manawatu Stewart Centre Trust or Deposit Westpac 03 0726 0683576 00

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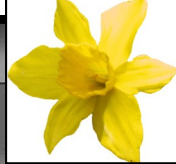
TE WHARE MO TE WHAKAORANGA
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Website
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