

2017

Manawatu Stewart  
Centre Trust



# Autumn Newsletter

**Featuring**



**Retirement Celebrations**





# Our Staff...

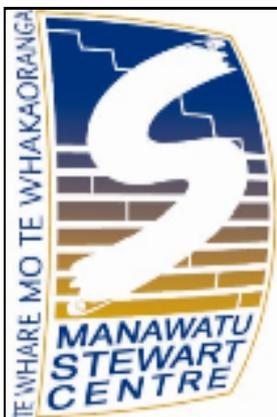
<b>Manager</b>	<i>Terry Lloyd-West</i>
<b>Officer Manager</b>	<i>Norma Moran</i>
<b>Workshop Coordinator</b>	<i>Bruce Roberts</i>
<b>Rehabilitation Coordinators</b>	<i>Lou Angus</i>
	<i>Warren Hastie</i>
	<i>Chris Hattle</i>
<b>Rehabilitation Coaches</b>	<i>Brittany Huckle</i>
	<i>Claire Matena</i>
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



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# Manawatu Stewart Centre



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manawatu  
stewart  
centre



# From the Manager

As this is our **first newsletter** for 2017, let me begin by wishing all of you the very best for the **New Year!** I hope this newsletter finds you **happy, safe, and well!**

This is my **first contribution** to the newsletter as **Service Manager**. I am still settling into the role, and becoming more and more aware of the **immense contribution** of my **predecessor**. I am discovering the subtle intricacies of the job, and the **challenging** but **rewarding** nature of community based **brain injury rehabilitation** from a management perspective.

It was a total privilege to **celebrate** the **retirements** of **Janet Webb** and **Claire Davis** in December 2016. Janet has been the Service Manager of this Stewart Centre **since its inception**. She has **tirelessly worked** to grow the Service from a new born baby, through the rigours of infancy, and the challenges of those teenage years. After **15 years** under her **leadership**, I believe we have emerged as a **world-class**, cutting-edge, rehabilitation service that I am **very proud** to be associated with. I shall always be grateful for the huge **investment** Janet and her family have made here.

**Claire** also, is **sorely missed**. Her **caring** ways and **compassionate heart** have left an indelible mark on this community. She has taught us so much about **life** and **love**. I do hope that both Janet and Claire continue to **stay connected** to us in the years ahead!

It was encouraging to read the '**Shop Day**' account in this edition. This has become our version of an annual gala day. Whether making toasted sandwiches, manning stalls or contributing products for sale; **clients** were **involved** in every aspect of this day. We also managed to raise a record amount of cash that will go towards community activities, such as our annual 3 day exchange with Stewart Centre at EIT. Well done team!

The clients and staff have kicked off this year with such **gusto!** We had almost **full client attendance** on the first day back. It has been an exciting start to the year with a number of **new initiatives** that you will hear about in future newsletter articles, so stay tuned!

As is our custom, we were anticipating a few excursions to Foxtan Beach in January and February, but unfortunately the summer temperatures never quite rose to expectation. We did manage an outing to **Ashurst Domain** in-between rain showers! The Domain is a real treasure on our doorstep. The highlights for me were the river walk and of course, the BBQ!

I enjoyed reading Charlie's account of his '**loopy cat**'. The article was so full of personality and your unique sense of humour Charlie. It made me chuckle.

**Waitangi Day**, being so close to the start of the year, often comes and goes before we know it. This year, we made a concerted effort to reflect on our national day, and to celebrate in the week leading up to it, with a couple of delicious 'boil ups'! Yummy!

Wishing you all the very best for your future goals, aspirations and dreams!

Ka kite, Terry

## ME AND MY LOOPY CAT!



*Why is he soooo loopy?! ... Because for the first three weeks of his life he was living under the bonnet of our car!*

He did eight trips around Feilding, plus three trips to Palmerston North before we could get him out from the engine. My wife thinks that is why he is so loopy (the petrol fumes). I personally don't think he's loopy, but you will have to make your own mind up on that as I explain how he acts ...

For starters, he doesn't go "*purr, purr*" he goes "*growl, eek, eek*", and when he sees or hears you, he runs down our drive going *growl, eek, eek*. Then he keeps on running straight past going *growl, eek, eek, eek* until I say "*Silly boy, I'm here*", then he stops and turns around and starts trying to jump on my knee, which causes him to hit his head on the table, until I slide my chair out to give him room.

Same with the food bowls ... we have two. The first one is in the kitchen (dry food) and the second one is in the car shed (cat food and meat). These are ALWAYS IN THE SAME PLACE but he comes in the kitchen going *growl, eek, eek*, and I have to get up and point saying the food's over in the bowl, then he runs to it and starts eating. Same with the one in the car shed, except I have to pick it up then put back down, and then he starts eating (he's got me well trained!).

Maika, my brother-in-law, goes out in the shed first thing in the morning to do gym work. He has a green mat that he lays on ... well the cat made a hole in it, and when he lay down on it, out popped the cat! I'm not sure who got the biggest fright. All you could hear from the shed was *\*##\*##\** cat, and *growl, eek, eek* from the cat.



But the funniest thing of all, is the way he walks. His tail comes up and over his back, so when he walks, looking from behind is his (manhood) sticking out, as he walks down the road like 'John Wayne' after he gets off his horse.

By Charlie De Lacy-Parkes

# Welcome to our new Service Manager



**Kia ora and congratulations** to Terry Lloyd-West for his appointment to the Service Manager position at the Manawatu Stewart Centre.

Over the past 12 years Terry has developed a wealth of knowledge in best practice for brain injury rehabilitation, having been involved in all aspects of service delivery at the Centre over this time. He has also been instrumental with the introduction of new policy and procedures to meet accreditation standards for the Stewart Centres. With a keen interest for new research and development in brain injury rehabilitation, he brings great insight and motivation to the position.

His expertise will continue to be a huge asset for the Centre and we all look forward to working with him in his new role.

## Farewell

We bid **farewell** and **good luck** to our Speech Language Therapist **Jane Leggott**. She has moved into another phase of her journey at Otaki College working with the ORS (ongoing renewable resources) team, which is part of the SES (special education service) with the ministry of Education.

Although you were only with us for a very short time Jane we will certainly miss your expertise.

**Haere rā Jane**



# Retirement



**Wednesday, 14th December 2016**, will be remembered as an **historic day** in the life of the Manawatu Stewart Centre.

This was the day when we **honoured, celebrated and farewelled** two very important members of our Stewart Centre community—**Janet Webb** and **Claire Davis**.



**Janet** had been the **Service Manager** here since the very beginning. For **15 years** she had worked **extremely hard** to build the Stewart Centre into a **quality rehabilitation service** that we can all be extremely proud of.

**Claire** also, has left her **special mark** on the place. Fun, empathy, love-of-life and love-of-people are some of the things that come to mind when remembering Claire. She has taught us so much about what are the **important things** in life.



We estimated there were between **80** and a **100** people who participated in these retirement celebrations. The day was a very special one; an opportunity to **reminisce, reconnect and celebrate!**



There were **formal speeches** from a number of people including **clients** and **former clients**, which was very touching.

Both Janet and Claire were presented with a number of lovely gifts, including some very **special items** that clients had hand-crafted in the wood workshop.

# Celebrations

Janet was presented with a magnificent **wooden creation**, adorned with native New Zealand birds, which was signed/pokerworked by every client on the back. Janet has always had a love of nature and the outdoors, and this gift was intended to reflect that passion. She commented that this would be a very cherished gift.

Claire also, was presented with a **wooden candelabra**, which she had especially requested.

Lunch had a special significance, as it included a **delicious BBQ** cooked by members of the **Terrace End Rotary**. These Rotarians have a very **special connection** to the Stewart Centre, through Janet, but also through her father, Colin Barkwith. Over the years they have invested so much of their time, energy and resources into making the Stewart Centre a warm, homely and inviting place. The BBQ has been a feature in many a fundraising venture over the years, so it was fitting that it should be part of these retirement celebrations also.

Janet presented the Stewart Centre with a beautiful **heart-shaped sculpture** as a parting gift. This will have a prominent position in our gardens, to remind us of her, the immense contribution she has made and the heart connection between her and this special place.

One of the highlights of the day, was being able to **reconnect** with former clients and staff. It was a reminder of just how many people have past through these doors, and the positive impact and impression the Stewart Centre has made on them!





Terry & Norma are on lunch duty. I think one of them is doing a taste test...

# Ashhurst Domain

Come on play us a tune  
Allan!!!  
Bruce is waiting...



Time to relax and enjoy our yummy BBQ lunch and the beautiful weather...

# Summer Fun

Warren, Dan & Brian testing their Frisbee skills...



# Waitangi Day Celebrations

Ko Te Rā Whakanui i a Waitangi

“To Celebrate Waitangi Day”

Clients and Staff were treated to a mouth watering

‘Boil Up & Fry Bread’

Kātahi te kai namunamuā ko tenei!

( Mmm delicious !! )



# SHOP DAY

DEC 9th



“See what I’m doing?  
Man I’m a good  
cook!”

The sun was shining and it was a lovely day when everyone’s hard work culminated in an exciting Shop Day on the Stewart Centre front lawn.



“I’m Just sitting  
with my friend  
Bethany watching  
bowls.”



“For many years Auntie Janet has been at the fore front of rehabilitative endeavours on my behalf. Although close proximity has been periodic and infrequent, we have developed a longstanding friendship. The steps we have taken have in hindsight been not only far reaching, but irreversible.”

# Blowing in the wind..

“Singing at our shop day 2017 with Claire, Brian & Chris. Awesome song!”



“ It was hard trying to get the ball in the circle”



An incredible \$1155.43 of funds was raised to help meet costs on the Exchange Camp in 2017. **Well done Everyone!**



## The Two Of Us

There'll always be for you and me the two of us  
We'll always be together like  
♪ the cat and the cream  
for we're in a dream of our own..  
We'll go it alone  
There's just the two of us ♪  
and we'll be always travelling on....

### My Stroke of Luck...

I am Angel my husband is David we have been married for 40 years. We have 5 grown children, 12 grandchildren and 2 dogs.

I had been listening and uploading music overnight and fell asleep. This song "At Last" by "Etta James" evidently is recorded as the last entry on our Facebook page before my Stroke on Saturday 7<sup>th</sup> June (2 thousand & 4 teen) and it would change our lives forever.

My stroke was due to a hole in the heart which I was not aware of. So I had two visits to Wellington hospital in August followed by a scan then an operation the hole in my heart successfully fixed.

I have Aphasia. Sometimes I find it difficult to speak, understand, read and/or write. Occasionally I have vague periods of concentration and memory **LOL**.

Since my Stroke we have developed strategies that work for us:

- ♪ We talk more & discuss what is happening.
- ♪ We try to think and make smarter decisions.
- ♪ We try to put ourselves in each other's shoes.
- ♪ We give each other more time and patience.
- ♪ We also try to have the courage to do something else and/or **"start again"**

I am grateful for the people at the Stewart Centre and my program which allows me to have fun with my creativity, communicate better, learn new things and most of all connect and make new friends. *Angel Wilson*



# Puzzle Time

## Autumn



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

AUTUMN

BROWN

COLORS

CROPS

FALL

FROST

GOLD

GREEN

HARVEST

LEAVES

PLANTS

RAIN

RAKE

RED

SEASON

SUNSHINE

TREES

VEGETABLES

WIND

YELLOW



**Mike Webb**

# What's On ?

## St Patricks Day Social Afternoon

17th March

1pm—3:00 pm

38 West Street

Wear something Green

Funny Irish Movie

Afternoon tea provided

All whanau & friends Welcome



## 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:

### APRIL:

April Fools Day Saturday 1st LOL

### Easter Holidays :

Good Friday 14th

Easter Monday 17th

Anzac Tuesday 25th

### MAY:

Mothers Day Sunday 14th

### JUNE:

Queens Birthday Monday 5th



# The Manawatu Stewart Centre



**PALMERSTON NORTH  
COMMUNITY SERVICES COUNCIL**  
Sharing strengths - empowering community



**T. G. Macarthy  
Trust**

*with you for  
generations  
to come*



Eastern & Central  
**COMMUNITY  
TRUST**



**Lottery Grants Board**  
Te Puna Tahua  
.....  
LOTTO FUNDS FOR YOUR COMMUNITY



Rotary Club Terrace End



I am a ..... Friend of the Manawatu Stewart Centre

I would like to donate ...

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

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

Name:	
Address:	
Home Phone:	
Cell:	
Email:	



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