

# Covid 19 Special Edition

Nelson, Tasman & Marlborough Regions.



## NOTE FROM RACHEL

### **LIAISON REPORT TO THE 23rd ANNUAL GENERAL MEETING OF THE BRAIN INJURY ASSOCIATION, NELSON, 5th May 2020**

As Liaison officer for the past 6 months I have had the pleasure of being able to provide a diverse range of services to a wide community, some with complex needs. Referrals continue to flow in through Nelson and Blenheim police, corrections services, GP's, allied health workers, friends, family, and self referrals.

With 20 hours a week it can be a challenge to stay on top of the demand for our services. I have been working to develop connections with other groups and organizations to make effective use of our time and delivery of services to as many people as possible. I have provided individual services with WINZ, ACC, return to work plans, attending GP appointments as well as having a chat over coffee.

Our Ministry of Health statistics continue to show an increased need for our services. Each month has shown an increase in attendees to social support groups, new referrals, phone calls, texts and emails.

In my role so far I have been able to be a part of:

- Weekly support groups for the Nelson Tasman community
- Monthly support groups for the Marlborough community
- Initiated peer-support social groups to increase a sense of empowerment and community ownership for our members.
- Initiated a youth group at Nayland college
- Presented with Karley Wall and Bert Nukem at the Rotary Young Driver Awareness Program in Blenheim, Picton and Nelson.
- Two guest speaker spots on Fresh FM with Margaret Sauer and Peter Burland. This show is current, relevant and a great opportunity for people to hear about brain injury from those who live well with injuries.
- Presenting our services to the hospital physiotherapists and CARE Marlborough

#### **Some of my priorities for 2020-2021 are:**

- To increase our service frequency and diversity in Marlborough
- Implement new activities to increase community awareness and community connectedness
- Continue to and increase our collaboration with other organizations
- Provide fresh, fun and inspired activities for members and the community

I would like to formally welcome Emma-Jo to the BIA team. Emma has brought fresh ideas, enthusiasm and excellent support to myself and the members.

Thank you to the BIA committee - Leanne, Jill, Trang, John, Margaret and Sandy. The committee have been supportive, helpful and encouraging. It is not an easy task to spread limited resources and provide guidance through difficult times so thank you for volunteering your expertise.

**Rachel Gordon**

*Liaison Officer for Nelson Tasman and Marlborough*

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## KEEP ACTIVE

### 20-MINUTE YOGA WORKOUT FOR FLEXIBILITY

1



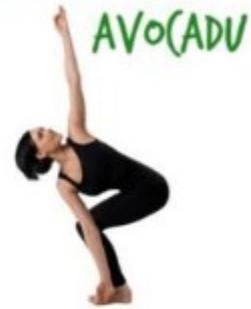
Upward Facing Dog

2



Downward Facing Dog

3



Revolved Chair

4



Standing Half Forward Bend

5



Camel

6



Head-to-Knee Forward Bend

7



Triangle

8



Pigeon

9



Standing Back Bend

10



Warrior I

11



Reverse Plank

12



Forward Bend

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## NADIA LIM'S SUPER BANANA PANCAKES

### Ingredients

- **Ripe bananas** 2 (to yield  $\frac{3}{4}$  cup mashed banana)
- **Eggs** 2
- **Baking powder** (GF if required)  $\frac{1}{4}$  tea-spoon
- **Flour** (standard or gluten-free) 1 table-spoon
- **Salt** good pinch
- **Ground cinnamon**  $\frac{1}{2}$  teaspoon
- **Butter or coconut oil** (DF) 2-3 teaspoons



### Method

1. Place bananas in a mixing bowl and use a potato masher or fork to mash very well until smooth and there are pretty much no lumps (you should end up with about  $\frac{3}{4}$  cup of mashed banana). Whisk in eggs, baking powder, flour, salt and cinnamon until well combined.
2. Melt butter or coconut oil in a large non-stick fry pan on medium heat. Swirl around to coat the pan well.
3. Spoon large spoonful's or half ladleful's of mixture into the fry pan and cook for about 2 minutes on one side until set, then flip over (carefully, as they are quite delicate) and cook on the other side for about a minute, until golden. You'll need to cook in two or three batches.

### To serve

- **Fruit**  $\frac{1}{2}$  cup berries or sliced peaches (fresh or canned), per serve
- **Pure maple syrup** 1 tablespoon, per serve (you could also use apple syrup, liquid honey or agave syrup)

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## WHERE CAN YOU GET INFO

*Please click into the link below for detailed guidance and information during these times:*

[www.health.govt.nz/COVID19-disability](http://www.health.govt.nz/COVID19-disability)

*You will find information on:*

- *What Alert Level 3 means*
- *Extending your bubble and keeping safe*
- *Services that can be delivered safely at Alert Level 3*
- *Respite options during Alert Level 3*
- *Visiting a family member in residential care*
- *Guidance for people who employ their own support workers*
- *Looking after your wellbeing*
- *What to do if you do not feel safe in your home*
- *Getting food and medicines*
- *Total Mobility ... and much, much more*

*and also includes links to accessible formats.*

This is also the place to read up on moving to Alert level 2.

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## CARD GAME

### ***Cheat:***

All the cards are dealt out to the players; some may have more than others, but not by much. The object is to get rid of all your cards. Select at random who should go first and continue clockwise.

On the table is a discard pile, which starts empty. A turn consists of discarding one or more cards face down on the pile, and calling out their rank. The first player must discard Aces, the second player discards Twos, the next player Threes, and so on. After Tens come Jacks, then Queens, then Kings, then back to Aces, etc.

Since the cards are discarded face down, you do not in fact have to play the rank you are calling. For example if it is your turn to discard Sevens, you may actually discard any card or mixture of cards; in particular, if you don't have any Sevens you will be forced to play some other card or cards.

Any player who suspects that the card(s) discarded by a player do not match the rank called can challenge the play by calling "Cheat!", "Bullshit!" or "I doubt it!" (depending on what you call the game). Then the cards played by the challenged player are exposed and one of two things happens:

1. if they are all of the rank that was called, the challenge is false, and the challenger must pick up the whole discard pile;
  2. if any of the played cards is different from the called rank, the challenge is correct, and the person who played the cards must pick up the whole discard pile.
- After the challenge is resolved, play continues in normal rotation: the player to the left of the one who was challenged plays and calls the next rank in sequence.

The first player to get rid of all their cards and survive any challenge resulting from their final play wins the game. If you play your last remaining card(s), but someone challenges you and the cards you played are not what you called, you pick up the pile and play continues.



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## ONLINE VIRTUAL ACTIVITIES

### BRAIN TRAINING PROGRAMS

Looking for some fun brain training exercises? Check out the programs below (most have free 'sample' programs):

- Lumosity - <https://www.lumosity.com/en/>
- Peak - <https://www.peak.net>
- Elevate - <https://www.elevateapp.com>
- Brain HQ - <https://www.brainhq.com/?v4=true&fr=y>

### ONLINE GAMING

#### Free online games:

- <https://www.arkadium.com/au/free-online-games/>
- <http://www.freeonlinegames.com>
- <https://www.gamesgames.com>

#### Videogame streaming:

- Twitch - <https://www.twitch.tv>
- ESPN E-Sports - <https://www.espn.com.au/esports/>

