

AUGUST UPDATE

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The sweetness month of all

We had some beautiful treats presented for the Month of Sweetness, with some impressive cakes, slices and other sweets baked and shared across our services. Here's a list of winners:

- Wellington Community: Tayla Reti with her Vanilla Fudge
- Wellington Intensive: Teresa Kent with her Lemon Tart
- Auckland Community: Rachel Meads with Buns for Kids
- Auckland Intensive: Alana Palmer with Lemon Cheesecake
- Auckland Residential: Mina Salvador with Cassava Cake.

A sincere thank you to everyone who participated in the Month of Sweetness – a little something to brighten up our last month of Winter.



Got something you'd like
to celebrate in 2024?

Let us know and we can add
to the events calendar!
feedback@abi-rehab.co.nz



MONTHLY UPDATE

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Kia ora tima,

Well, it has been a month of achievements and preparations for change:

Achievements

Collective Bargaining comes to a close

The Collective Bargaining process was completed and Anthony Lowen has been working especially hard to implement and communicate changes to those affected. I'd like to thank Anthony for his role in the collective bargaining process and the quick turnaround time to get new changes underway. I'd also like to thank the ABI union delegates (Frances and Sally) who represented union members throughout the process.



ABI Annual Report 2023

The ABI annual report was completed and is now published here: <https://www.abi-rehab.co.nz/newsletters-and-reports/>

Thank you to everyone who participated in pulling the document together, especially Nicola, Tony and Mark; but an even bigger thank you to our kaimahi who have enabled us to showcase such a great service which definitely makes a difference in the lives of those affected by brain injuries.

He Upoko Tapu programme success

He Upoko Tapu (Māori community stroke programme) has now had several sessions. Feedback has exceeded all expectations and this is thanks to the Māori teams leading the programme.

Long COVID Programme continues

Long COVID programme numbers have been steadily increasing and we are also seeing kiritaki moving from being quite anxious to improving their overall quality of life including exercise tolerance. These results wouldn't be possible without the dedication shown by kaimahi.

**New team
members to join
us in August:**

Paige Warren
Caelan Tremain
Aleksanita Vea
Ana Lu'au
Jis Cyriac
Jae Torres
Jo Montague
Sasha April
Oche Jr. Alex

**We're delighted
to have you on the
ABI team!**

Changes

Adjustments at Community Services

Pauline Penney will be taking on responsibility for additional clinical contracts reporting, monitoring, processes and associated teaching to cover the full suite of community contracts. To release sufficient time, Sue Rowe has agreed to take on an acting manager role for North West alongside her team leader responsibilities. ABI is going to test how well this works from September to the end of March next year. Pauline will keep on with other responsibilities associated with the Operations Manager's role. I'd like to thank Pauline and Sue for their willingness to take on this test of change aimed at improving service consistency and efficiency.

Under 16 weeks until Christmas

In preparation for Christmas (believe it or not) we are also planning a Christmas shutdown period with only skeleton staffing for all non-kiritaki facing services. This will mean more staff can enjoy rest and relaxation over the break and we have prepared for a period of skeleton staffing. We will communicate more about this nearer to the time. **Community workflow improvements**
Community service managers have launched a piece of work to enhance workflows and make the CMS easier to navigate for kaimahi. We are hoping to implement changes progressively and as quickly as possible. Keep an eye out for more information coming your way soon if you work across community services.

Cabin fever

Another 'cool cabin' arrived at Auckland Intensive. This will be a much-needed meeting room and we expect to commission this in a few days' time. A similar cabin was also transported to Glenburn that will be used as a staff office. Preparations are also underway to refurbish another property on the Intensive site that will be used for kaimahi (medical staff as offices) and kiritaki (similar layout to House 8). Quite a lot of new equipment has also started being used across services which replaces some older equipment and also adds to what we already use.

Time to say goodbye

ABI said farewell to two special people who have passed on, both from residential services: a long standing kaimahi and one of ABI's 'first 15' kiritaki. Although it's always sad to say goodbye, the Auckland Residential Service gave each of these people a special send-off which was such a strong reminder of manaaki being demonstrated in action.

Events

Most of ABI's services have been particularly busy this month but still found time to welcome new kaimahi and participate in a number of wellness activities including the ClearHead series on money management. I'm sure September will also be another busy month with the following events planned:

- World Physical Therapy Day (8 September)
- Te Wiki o Te Reo Māori (11-17 September). Go to page five for more information.
- National IT Day (19 September)
- Speech Language Therapy Awareness Week (18-24 September)
- Mental Health Awareness Week (18-24 September). Go to page six for more information.

Some of you have been asking about Steptember – well this year we are having MOVE-ember (November to move) as September is already jam-packed with opportunities for wellness.

Ngā mihi,

Chris

MĀORI DEVELOPMENT PĀNUI



August Reflections

This month we have had a big focus on the development of two key projects – The Rehabilitation Folder Review and Improvement and, Kiritaki and Whānau Whakawhanaungatanga (welcoming) which are nearing their first draft. We have also been excited to start bringing together Te Hekenga's Intranet space as the SharePoint project takes off and allows a central point for our mahi to be accessed by all staff.

The new intakes for the Mauri Ora Framework Training have kicked off with some great reflections and high energy to understand more about how we incorporate this mātauranga into practice. We thank Joanna Young and Zarnia Pickering for the amazing mahi they do in facilitating these trainings. We have also provided our fourth in-person training at Auckland Intensive thanks to the support of Rowena Garland, Anu Mathew and their team who have gone out of their way to ensure their staff have access to the training and are supported in it's application.

Te Hekenga TedTalk

Te Hekenga's progression this year has been exponential with approximately 150 staff having completed the Mauri Ora Framework training, regular mihi whakatau for new staff, use of Te Whare Tapa Whā throughout our clinical practice, enhanced rongoā Māori provisions, an increase of Māori modalities and Māori models of practice being established such as He Ūpoko Tapu. On Wednesday 20 September, we will provide a TedTalk update on the mahi of Te Hekenga to date and inform the trajectory of the many projects that are being implemented along our journey.

Te Wiki o Te Reo Māori

This month we also look forward to Te Wiki o Te Reo Māori (Māori language week) where we honor the history of Te Reo Māori and enhance our education, celebration and promotion of the language. This year ABI will be providing different ways to engage with this event across the month including:

- Pānui (newsletter) - understanding the importance of Te Wiki o Te Reo Māori and resources
- to support your learning journey
- The national challenge to speak as much Te Reo Māori as you can for an hour 12pm Friday 14th September
- Te Reo Māori TedTalk
- Kupu Māori Posters – Māori words relevant to the brain
- Ngā Mātāpono Flashcards – ABI's principles
- Screenings of the popular documentary 'Speak no Māori'

Mātauranga Māori Rōpū

The second Mātauranga Māori Rōpū hui will be held next month on 18 October. If you have anything you'd like to take to the group for advice and/or approval please inform Te Rina Ruru-Pelasio by Monday the 18th of September to include as agenda item.

Mental Health Awareness Week

18-24 September 2023

ABI looks forward to celebrating Mental Health Awareness Week from 18-24 September.

This year's theme is 'Five Ways, Five Days'. We're asking New Zealanders to use the Five Ways to Wellbeing to improve their wellbeing throughout the week:

Take Notice
Give
Be Active
Connect
Keep Learning



These simple actions are backed by evidence and can be easily incorporated into anyone's life, at any time.

We have ordered Mental Health Awareness Week packs for each team and these will be shared with you soon. You can visit their site here: <https://mhaw.nz/> to explore the resources available.

Please reach out to Anthony Lowen or Kath Murrell if you'd like support to discuss events for your site, or you have an idea of how you'd like to celebrate!

Spotlight on.....you?

Got an ABI story you'd like to share?

We'd love to hear from you!

feedback@abi-rehab.co.nz