

NEURO CONNECTION NEWS

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A WORD FROM OLA

Kia ora koutou,
It's been a while since our last update, and so much has been

happening! We've hosted some of our annual community events, taken part in the Disability Transition Expo, launched our new website and acknowledged MS Awareness Week with an online interview alongside MS Auckland. We were even featured on the Breakfast show -an incredible moment of visibility for our community.

As we head toward the end of the year, it's a good time to pause and appreciate how far we've come together. Every small action - from showing up to sessions to sharing ideas - helps strengthen the NCF whānau and the impact we make every day.

I'd also like to acknowledge our Client Council: Michelle Dowding, Shirley Ness, Joel Pohio, Emma Gilchrist, Mike Gilchrist, James McClennan, Jeff Niu, and Duane Albert. Your ideas and feedback continue to shape how we grow and improve. A special shout-out to Duane, who shared his story on the Breakfast feature - we're so proud!

I look forward to seeing many of you at our upcoming afternoon of Bingo, and of course the End-of-Year Christmas Lunch — a time to celebrate, connect, and reflect on a great year of progress.

Ngā mihi nui,

Ola

NEW WEBSITE

We're thrilled to let you know that our updated website has officially launched!

The fresh new look makes it easier than ever to learn about our programmes, keep up with upcoming events, and discover ways you can support our mahi.

Our goal with this refresh was to create a space that truly reflects our community — warm, welcoming, and easy to navigate.

Whether you're a client, whānau member, supporter, or friend of our Centre, we'd love you to take a look around and let us know what you think.



At NCF, we believe the best ideas come from the people who experience our services every day – our clients.

CLIENT COUNCIL

That's why we established the Client Council, a dedicated group who meet regularly with our General Manager to share their voices, ideas, and lived experiences.

The Council is made up of passionate individuals who care deeply about shaping the future of our services. Every two months, they come together to talk about what's working well, what could be improved, and how we can continue to stay true to our values.

Here's just some of what the Client Council contributes:

- Sharing real experiences that guide decision-making
- Offering suggestions that lead to improvements
- Helping us celebrate successes
- Strengthening the link between clients, staff, and governance

Most importantly, the Client Council ensures that client voice is not just heard, but truly embedded in how we operate.

It's one of the ways we stay connected, accountable, and responsive to the needs, hopes, and goals of those we serve.



'It's a privilege to represent our community'' Michelle

SPRING RECIPE

Ingredients:

1 cup white sugar
3 large eggs
1 cup fresh lemon juice
½ cup unsalted butter, melted
and cooled slightly
3 medium lemon, zested

Method:

Whisk sugar and eggs together in a microwave-safe bowl until smooth. Stir in lemon juice, melted butter, and lemon zest.

Microwave on high in 1-minute intervals, stirring after each interval, until thick enough to coat the back of a metal spoon.

Pour into small sterile jars.

There are still plenty of lemons around on neighbourhood trees at the moment, so treat yourself to some homemade lemon curd.

This microwave lemon curd recipe is quick and easy to make and can be stored for up to three weeks in the refrigerator.

Perfect on a hot toasted crumpet.



Every little bit helps us make big strides –
donate easily online at our new website.



SPECIAL THANKS FOR THEIR GENEROUS SUPPORT:

Douglas Charitable Trust
Ministry for Social Development
The Trusts Community Fund
Turkish Bread
Petes Packaging

If you know someone – or a business – who might like to support our work, we'd love an introduction!

Every connection helps us continue making a difference.

FREE COUNSELLING

We recently met with the wonderful team at Mapu Maia, who are passionate about supporting individuals, families, and communities with a holistic approach that is both culturally appropriate and effective.

They provide free, professional, and confidential counselling services and education. This support is available for both individuals and families.

Contact them directly if you'd like to access their services:

- Phone: 0800 21 21 22
- Email: help@mapumaia.nz

If their services aren't quite the right fit, they can also connect you with other support that may be more suitable.

Other Support Options

We've put together a list of other support options available in the community. This can be found on our website or you can request a copy from admin@neuroconnection.org.nz



BLAST FROM THE PAST

We thought it would be fun to dig through the archives....Check out clients participating in group classes in the mid 90's – recognise those wall bars and plinths? They were clearly built to last!

And can you spot any familiar faces chatting to dignitaries at our building re-opening in 2008?

That's right – it's Inna and Shirley!

These photos remind us of decades of dedication, progress, and community. ❤️



IMPORTANT DATES TO NOTE IN YOUR DIARIES

BINGO FUNDRAISER -
THURS 13TH NOVEMBER 2025

CHRISTMAS LUNCH -
TUESDAY DECEMBER 9TH 2025

LAST CLASS FOR THE YEAR -
TUES 23RD DECEMBER 2025

FIRST CLASS FOR 2026 -
FRI 16TH JAN 2026

FOLLOW US
ON
FACEBOOK



Don't forget that we have a facebook page. We update it with any news, share stories, pictures and important information

[@neuroconnectionfoundation](https://www.facebook.com/neuroconnectionfoundation)

CONNECTING BEYOND THE CLASSROOM

At Neuro Connection Foundation, we know that rehabilitation is about more than just exercise — it's about connection. Alongside our class sessions, we host a variety of social events throughout the year, from Devonshire teas, lunches to raffles, fundraisers, and themed gatherings.

These occasions give clients, families, and staff the chance to relax, share laughter, and build friendships that often extend far beyond the Centre. For many, these get-togethers provide vital social connection and help prevent isolation — something we know is just as important to wellbeing as physical progress.

We regularly consult our Client Council for ideas and feedback on these events, ensuring they reflect what our community most enjoys. If you have any special requests or suggestions for future events, we'd love to hear from you — your ideas help us keep our calendar full of connection and fun!

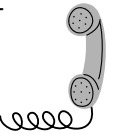
Mark your diary for our upcoming annual afternoon of Bingo...13....unlucky for some!



Please leave us a voice message if your phone call isn't immediately answered.

All messages are checked very regularly and if you are letting us know you can't make it to a class, the message will definitely get through to the Clinical Team.

It's very appreciated when you let us know about any absences, as we are able to plan sessions — and also not worry about you!



A NEURO CONNECTION FOUNDATION FUNDRAISER



Join us for our annual Fun Bingo Fundraiser

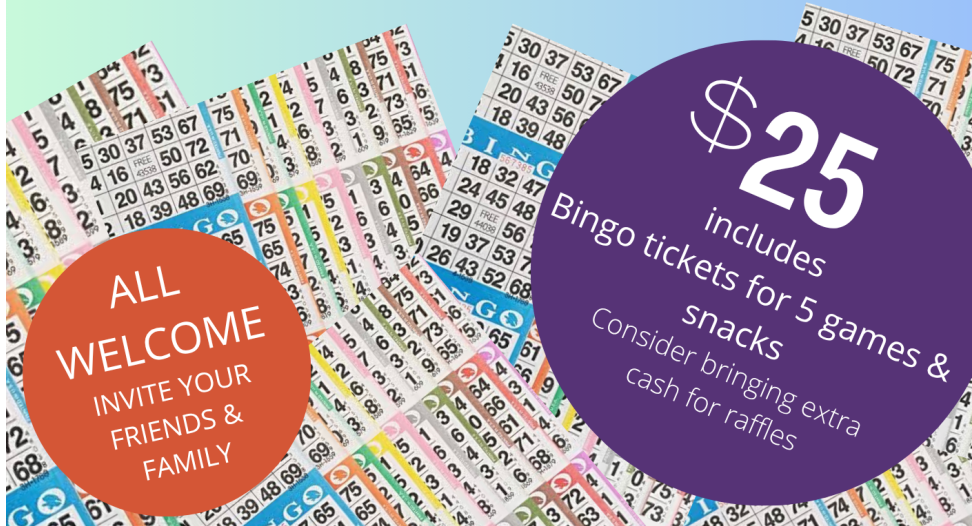
THURSDAY 13TH NOVEMBER 2025

12.00PM - 2.00PM

ROOM 3 AT NEURO CONNECTION, TUI GLEN PARK, HENDERSON

**PRE-PURCHASE YOUR TICKETS FROM COLLEEN
WITH CASH OR EFTPOS TO SECURE YOUR SPOT**

GREAT PRIZES - LAUGHS - RELAXED ATMOSPHERE



BEQUEST PROGRAMME

For those who wish to leave a lasting legacy of support, a bequest to Neuro Connection ensures that our vital work in physical rehabilitation continues for generations to come.

Your generosity can transform lives, providing hope and healing to individuals and families in need.

If you're considering including Neuro Connection in your estate plans, you can find instructions on our [website](https://www.neuroconnection.org.nz) or you can contact Ola directly at ola@neuroconnection.org.nz.

