

NEWSLETTER

JULY 2026

ISSUE 03



BRAIN SEMINAR

**PATHWAYS
WORKSHOP**

**PROGRESS
TO HEALTH**

MEMBERSHIP

AGM



Support Groups

A safe space for people with Brain injury and their whaanau to connect

Navigation support

Help for people with Brain injury to find services that fit their needs.

Education workshops

Learn practical skills for life after Brain injury

Navigating the Newsletter

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Page 14: Brain Injury Waikato Membership form

Visit our website for resources and upcoming events

A warm welcome to Winter from the Brain Injury Waikato team

New email and Website format.

We have made it easier for people to contact us by changing our website and email formats to biw.org.nz - no more typing out the long version - it is a small change that we believe will have a big impact on making things easier.

Let us know what you think - what else can we do to make things easier?

At Brain Injury Waikato, our newsletter reaches a diverse audience including people living with brain injury, their whānau, health professionals, and service providers who support them.

As part of our commitment to sharing both lived experience and evidence-based knowledge, we aim to provide information that is relevant across these different perspectives.

This is why we are particularly excited to be hosting Donelle Dewar's workshop in August and the Brain Seminar in November, creating opportunities for learning, connection, and the sharing of valuable insights.

Because our readership is so varied, you'll notice a range of topics throughout each newsletter. We hope there is something of value for everyone, and we would love to hear your feedback on what other information, resources, or stories you would like us to share in future editions.

If you know anyone who has had a brain injury, or supports someone with a brain injury, and who would like to come along to a support or education group for the first time, please get them to get in touch with us via:

support@biw.org.nz or Phone 07 - 839 1191.

Fiona's Favourite Quote for this quarter

"Tis better to live your life imperfectly than to imitate someone else's perfectly." Elizabeth Gilbert



Visit our website for resources and upcoming events

News and Updates

Team Updates

Dayna – Navigation and Support Officer

Dayna is passionate about working alongside individuals with brain injury as they navigate their unique recovery journeys.



With a Bachelor's degree in Psychology and experience in the disability sector, she brings both professional knowledge and genuine care to her role.

Dayna is dedicated to walking alongside people and their whānau, offering guidance, support, and encouragement through each stage of recovery and rehabilitation.

She values building strong, trusting relationships and takes a person-centred approach to ensure each individual feels heard, supported, and empowered.

Goodbye and Hello

Amanda finished her permanent role with us in March, but has realised how much she has missed us all.

She has very graciously been training Dayna into the Navigator role and will continue in a casual position when we need an extra set of hands on deck.



The team is delighted that we will continue to benefit from Amanda's experience, knowledge and commitment to the wider BIW team.

Visit our website for resources and upcoming events

Wellness

Progress to Health

Creating Connection, Supporting Wellbeing, Growing Hope

Mental health challenges can be incredibly isolating. They can interrupt routines, create distance from others, and make everyday life feel heavier than it should.

At Progress to Health, we believe something simple but important. No one should face that alone.

Progress to Health is about communities without barriers.

We are a community-based, non-clinical organization supporting people experiencing mental health challenges. Rather than focusing on treatment, we focus on connection, belonging, and practical ways to take small steps forward. Often, that is where real change begins.

Many of the people we support have experienced long periods of isolation, stigma, or a sense of being disconnected from the world around them.

Rebuilding that connection does not happen all at once. It happens gradually, through safe and welcoming environments where people feel comfortable simply showing up.

Our groups and programmes are designed with this in mind. They create space for people to spend time with others who understand, build confidence in a supportive setting, and begin to rediscover routine and purpose in ways that feel manageable.

For some, walking through the door for the first time takes real courage. But it can also mark the beginning of reconnecting with others and re-entering community life in a way that feels possible.

One of our most valued spaces is the Fairfield Community Garden here in Hamilton. While it may look like just a garden, it has become something much more. It offers a calm and open environment where people can take part at their own pace, whether they come regularly or drop in when they are able.

Time in the garden often brings a sense of purpose and routine, as well as the benefits of being outdoors. It also creates natural opportunities for connection. Conversations happen easily when people are working alongside each other, and there is a shared sense of satisfaction that comes from growing and caring for something over time. There are no expectations to get things right. It is simply a place to be, to contribute, and to build confidence gradually.



www.progresstohealth.org.nz

Visit our website for resources and upcoming events

Workshops for Allied Health professionals and service providers



Join us for a powerful half-day workshop!

Pathways to Participation:

Supporting sustainable return to work or study after brain injury

A WORKSHOP FOR HEALTH & SERVICE PROVIDERS

A practical, evidence-informed workshop for allied health professionals supporting people after brain injury.

Bridge the gap between clinical recovery and real-world performance — and help your clients thrive at work, study or in other meaningful roles.



Facilitated by
Donelle Dewar
Occupational Therapist

WHAT YOU'LL EXPLORE



THE REALITY GAP

Why people who look “ready” on paper often struggle in practice.



THE HIDDEN LOAD

The sensory, cognitive and emotional demands of real workplaces and organisations.



THE HUMAN EXPERIENCE

Navigating fluctuating capacity, identity shifts, grief, trauma and rebuilding confidence.



THE PATH FORWARD

Designing supportive environments and sustainable return-to-work transitions that work.



WHY ATTEND?

Gain practical strategies, real-world insight and tools you can use immediately to create meaningful, sustainable outcomes for your clients.

Better support.
Better outcomes.

Stronger futures.



BE PART OF THE CHANGE.

Together, we can support lasting participation and a better quality of life after brain injury.



INTERESTED?

Contact Brain Injury Waikato to register your interest or for more information.



www.biw.org.nz



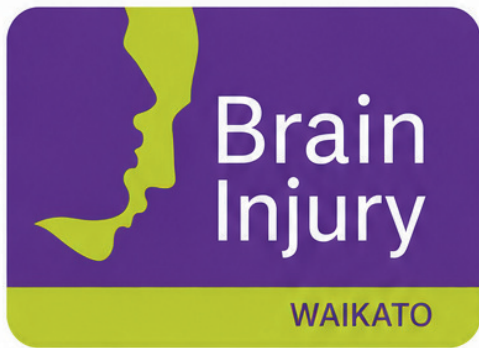
admin@biw.org.nz



07 839 1191

Cost is only \$65 (including gst) per person- includes lunch

Visit our website for resources and upcoming events



You're invited
to our
AGM



DATE:

18th July 2026



TIME:

2:00pm – 3:00pm



LOCATION:

**34 Harwood Street,
Hamilton**



**We warmly invite you to join us for our
Annual General Meeting.**

Come along to hear about our achievements,
future plans and how we're supporting our
community.



TO REGISTER FOR THE EVENT

Please contact admin@biw.org.nz



07 839 1191



www.biw.org.nz

Seminar

We look forward to bringing the sector together again for another inspiring and impactful event.



**Brain Injury
WAIKATO**

SAVE THE DATE

BRAIN SEMINAR 2026

 **WEDNESDAY
11 NOVEMBER 2026**

A must-attend event for health professionals
and community service providers.

- **LEARN**
Discover the latest research
in brain injury and how to
apply it in your work for
the best outcomes
for your clients.
- **CONNECT**
Network with colleagues
and build valuable
relationships across
the sector.
- **INSPIRE**
Be informed, be inspired
and leave with practical
strategies to enhance
your practice.

 **Hamilton**
Full details coming soon

*Together, we can make
a bigger difference.*

STAY CONNECTED. SUPPORT. EMPOWER. IMPACT.

FEEDBACK ABOUT OUR 2025 SEMINAR:

Every speaker gave some new perspective to my clinical approach

Visit our website for resources and upcoming events

Wellness

Brain Injury Waikato 2026 Brain Seminar – Save the Date

Brain Injury Waikato is excited to announce the return of our annual Brain Seminar, taking place on **Wednesday, 11 November 2026** in Hamilton.

This much-anticipated event brings together leading researchers, clinicians, and experts from across neurological fields to share the latest insights, evidence, and practical approaches that support improved outcomes for people living with traumatic brain injury (TBI).

Each year, the seminar creates a unique space where research meets real-world application. Presenters explore not only what the latest findings are, but importantly how this knowledge can be translated into meaningful goals, rehabilitation strategies, and everyday support for individuals and their whānau.

The Brain Seminar continues to grow in popularity among Allied Health professionals, service providers, and those working across the brain injury and disability sectors. It offers a valuable opportunity to step away from day-to-day demands and invest in professional development that is both relevant and impactful.

Beyond the presentations, the day is equally about connection. Attendees consistently value the opportunity to reconnect with peers, build new relationships, and strengthen collaboration across the sector.

What to expect in 2026:

- Engaging presentations from experts in neurological research and practice
- Practical insights you can apply immediately in your work
- Opportunities for discussion, reflection, and shared learning
- A supportive environment focused on collaboration and growth
- Dedicated Networking opportunities
- Stands to display your brochures and contact details

Visit our website for resources and upcoming events

We are deeply grateful to the organisations whose generosity enables Brain Injury Waikato to continue supporting people and whānau impacted by brain injury across the greater Waikato region.

As new funding is confirmed throughout the year, we will update our supporter logos to acknowledge and thank our funders in a timely way.

Our Generous Funders



**Tidd
Foundation**

Waikato Karamu Trust



Businesses who support our work



Make a donation

We are a not-for-profit organisation and it is through your support and the support of our funders we can continue to provide our services. If you would like to donate, please see the information below.

Ways to donate:

- Bank Deposit: Please note that we have updated our bank account which is now with ANZ
Brain Injury Waikato Inc. 06-0433-0700045-00 - please use your Name as a reference
- Via our website <https://www.biw.org.nz/donate/>

Visit our website for resources and upcoming events

JULY

Upcoming Events Calendars

MON	TUE	WED	THU	FRI	SAT	SUN
		1	2 Taupō Brain Injury Support Group 10:30am-12pm	3	4	5
6	7 Cambridge Brain Injury Education 10.am-12pm	8	9 Hamilton Brain Injury Education 10am-12pm	10 Matariki	11	12
13	14	15	16	17	18	19
20	21 Cambridge Brain Injury Support Group 10am-12pm	22	23 Hamilton Brain Injury Support Group 10am-12pm	24	25	26
27	28	29	30	31		

Cambridge Brain Injury Groups:
1st and 3rd Tuesday of the Month
 10am-12pm
 Cambridge Community Centre,
 193 Shakespeare Street, Cambridge

Taupō Brain Injury Support Group:
1st Thursday of the month
 10.30am-12pm
 Taupo Women's club,
 2/12 Storey Avenue, Taupo

Hamilton Brain Injury Groups:
2nd and 4th Thursday of the month
 10am-12pm
 Western Community Centre, 46 Hyde Avenue,
 Newton

Te Awamutu & surrounds Group:
3rd Monday of the month
 10am-11am **NO Meeting in July**
 St Johns Room, 31 Palmer St

**If you know someone who would like to
 come along please get them to contact:**
support@biw.org.nz

AUGUST

Upcoming Events Calendars

MON	TUE	WED	THU	FRI	SAT	SUN
31					1	2
3	4 Cambridge Brain Injury Education 10.am-12pm	5	6 Taupō Brain Injury Support Group 10:30am-12pm	7	8	9
10	11	12	13 Hamilton Brain Injury Education 10am-12pm	14	15	16
17	18 Cambridge Brain Injury Support Group 10am-12pm	19	20	21	22	23
24 Te Awamutu Brain Injury Support Group 10am to 11am	25	26	27 Hamilton Brain Injury Support Group 10am-12pm	28	29	30

Cambridge Brain Injury Groups:
1st and 3rd Tuesday of the Month
 10am-12pm
 Cambridge Community Centre,
 193 Shakespeare Street, Cambridge

Taupō Brain Injury Support Group:
1st Thursday of the month
 10.30am-12pm
 Taupo Women's club,
 2/12 Storey Avenue, Taupo

Hamilton Brain Injury Groups:
2nd and 4th Thursday of the month
 10am-12pm
 Western Community Centre, 46 Hyde Avenue,
 Nawton

Te Awamutu & surrounds Group:
4th Monday of the month
 10am-11am **NOTE: change of day**
 St Johns Room, 31 Palmer St

If you know someone who would like to come along please get them to contact:
support@biw.org.nz

SEPTEMBER

Upcoming Events Calendars

MON	TUE	WED	THU	FRI	SAT	SUN
	1 Cambridge Brain Injury Education 10.am-12pm	2	3 Taupo Brain Injury Support Group 10:30am-12pm	4	5	6
7	8	9	10 Hamilton Brain Injury Education 10am-12pm	11	12	13
14	15 Cambridge Brain Injury Support Group 10am-12pm	16	17	18	19	20
21	22	23	24 Hamilton Brain Injury Support Group 10am-12pm	25	26	27
28 Te Awamutu Brain Injury Support Group 10am to 11am	29	30				

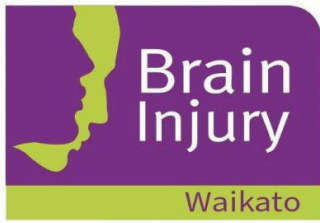
Cambridge Brain Injury Groups:
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Taupo Brain Injury Support Group:
1st Thursday of the month
 10.30am-12pm
 Taupo Women's club,
 2/12 Storey Avenue, Taupo

Hamilton Brain Injury Groups:
2nd and 4th Thursday of the month
 10am-12pm
 Western Community Centre, 46 Hyde Avenue, Nawton

Te Awamutu & Surrounds Group:
4th Monday of the month
 10am-11am **NOTE: change of day**
 St Johns Room, 31 Palmer St

If you know someone who would like to come along please get them to contact:
support@biw.org.nz



4 Tennyson Street, Enderly, Hamilton , 3214
Phone: (07) 839 1191
Email: admin@biw.org.nz
Website: www.biw.org.nz
Facebook: www.facebook.com/BrainInjuryWaikato

Brain Injury Waikato Membership - New/Renewal

2026 - 2027

Being a member means that you will get the following:

- Our quarterly newsletter emailed to you
- Priority registration for educational workshops and seminars.
- Voting rights at the Annual General Meeting (AGM).
- Sense of Belonging – Be part of a supportive community.

If this is a renewal and your details have not changed from last year, please just complete your name and tick this box

Personal Information:

Full name: _____

Address: _____

Email: _____

Phone: _____

Membership Type (please select relevant membership):

- Brain Injury(BI) survivor Family/support of BI Board member
 Organisation Allied Health provider

Brain Injury Waikato Membership is on a Koha basis. Would you like to make a donation? Yes/No

If you wish to make a donation please select an option or specify amount:

- \$5.00 \$10.00 \$50.00 Other \$ _____

To make a donation you can pay via internet banking to: Brain Injury Waikato inc. with your **name** and **donation** as the reference. Account number **06 0433 0700045 00** or go to our website to the donate page.

Do you require a Tax receipt? Yes/No

Privacy Statement:

Brain Injury Waikato respects your privacy. Your membership information will be securely stored in our information management system and used solely for membership administration, including sending newsletters and updates. We do not share your details with third parties without your consent.

If you request additional support or wish to join specific communication mailing lists, we will add you with your consent.

Consent to becoming a member:

I agree to becoming a member of Brain Injury Waikato Incorporated. I agree to being added to the quarterly newsletter emails and being added the Brain Injury Waikato membership database.

Signed:

Dated: