



Therapy Professionals Ltd Newsletter Winter 2018

Having trouble finding a gift?

Therapy Professionals gift vouchers could be the answer.

If you want to give an elderly relative or a child with special needs a little help, and don't know how? A gift voucher can be a very good way to do this.

Choose any amount from \$25 or over to go towards Physio, Speech Language, Music and Occupational Therapy and Dietetics.

If you're not sure what these therapists do, check out our website <http://www.therapyprofessionals.co.nz>



Cantabrainers Choir

A choir for people with neurological conditions to find their voice again through singing and socialising.

Therapy Professionals, with a small grant from Music Therapy NZ, started the Cantabrainers Choir in 2012 and have sponsored it ever since. Last year we decided it was time the choir stood alone. In February a working party was formed to establish a charitable trust for the choir. We are on track to have The Cantabrainers Therapeutic Choir Trust up and running early next year.

If you know anyone who has a neurological condition affecting their communication let them know about the choir. We welcome visitors, so come along to a practice any Wednesday during the school term

10 am – 11.45 am, Mary Potter Community Centre,
442 Durham Street North, Christchurch.

To find out more, follow this link

<http://www.therapyprofessionals.co.nz/cantabrainers-choir.html>



If you would like to support the Cantabrainers Choir - Order your new 2018 | 2019 Entertainment™ Membership now!

<https://www.entertainmentbook.co.nz/orderbooks/9343k45>

or donate on our



page

<https://givealittle.co.nz/org/cantabrainerschoir>



Nail Trimming Service

This service is proving popular and we'll be adding in another clinic before the end of the year. Note the clinic hours have changed from 10 - 2 pm to 9 - 1 pm



Nail Trimming Service



When aging or disability makes it hard to reach and cut your toes we can help with:

- trimming your toenails and finger nails
- removing corns, calluses and dry skin
- managing fungal infections

Long and poorly cared for toenails can cause discomfort, pain and infection, which may affect your mobility and independence.

Nails need to be trimmed regularly, we recommend trimming every 6-12 weeks, depending on how fast they grow.

Nail Clipping Clinics 9 am – 1 pm

2nd Tuesday of the month
Physical Sense
300 Colombo Street

Book an appointment at Therapy Professionals Ltd

Ph: 377 5280
Email: admin@tpl.nz

Prices: \$25.00 toes \$5.00 fingers

Did you know that 20% of people over 50 years have a swallowing problem

This is often a silent problem. You don't have to suffer in silence. Follow the link to an interesting article on swallowing and ageing.

http://www.therapyprofessionals.co.nz/uploads/4/9/5/2/49523375/ageing_and_eating_and_drinking_.pdf

Staff Profile – Rae Taylor, Speech Language Therapist

Rae has been working as a Speech Language Therapist since 1995. She has a Bachelor of Speech Language Therapy from Canterbury University.



She has worked in a variety of settings in New Zealand and overseas, working for the NHS in London for eight years, specialising in developing Speech Therapy services for children under five years.

Rae did voluntary work in Ghana, West Africa where she worked extensively supporting children with autism. She has worked with high school aged children with disabilities in Sydney. She returned from her overseas adventures in December 2010 and has worked for Therapy Professionals Ltd since January 2013.

In this role she works with people with intellectual and physical disabilities and young students with learning disabilities. She works with people who have difficulties with eating and drinking and communication. Rae is passionate about giving people a means of getting their message across, whether it is through using Makaton signs, pictures, photos or their voice.

Children and Sleep - Why Worry?

Sleep has some very important biological functions. Since Edison developed the electric light bulb we have become an increasingly sleep deprived society. This sleep deprivation has worsened with our increasing use of technology.

For children sleep deprivation has big implications for learning and development. To learn more follow the to links below.

http://www.therapyprofessionals.co.nz/uploads/4/9/5/2/49523375/why_sleep_is_good_for_children.pdf

http://www.therapyprofessionals.co.nz/uploads/4/9/5/2/49523375/getting_children_to_sleep_.pdf

If a child is struggling to learn then our team may be able to help. Just call us we come to you.



Prevent winter illness by

- having a flu injection
- ensuring you get some vitamin D (from exposure to the sun, tablets, or include salmon and tuna in the diet).
- having a balanced diet
- keeping physically fit
- encouraging those who are sick to stay home
- wiping surfaces that have been coughed over eg phones, keyboards
- washing cups, and cutlery well
- washing your hands well, follow this link for hand washing instructions



<http://www.therapyprofessionals.co.nz/uploads/4/9/5/2/49523375/handwashing.pdf>

The elderly and disabled are at a higher risk of *complications* from winter illness, such as:

- dehydration
- poor nutrition
- pressure areas
- deep vein thrombosis
- chest infections. Follow this link for advice on preventing chest infection:

http://www.therapyprofessionals.co.nz/uploads/4/9/5/2/49523375/prevent_winter_chest_infections_.pdf

We recommend you talk to our team of therapists who can give you advice on reducing these risks before your clients get ill and the illness has taken hold. Just call us, Phone: (03) 377 5280.

If anyone gets sick

While there's not much you can do to reverse a cold or flu there is evidence that you can shorten the duration and severity by:

- resting - this link gives great advice on whether you should or should not exercise or not. http://www.therapyprofessionals.co.nz/uploads/4/9/5/2/49523375/to_exercise_or_not.pdf
- eating more vitamin C rich fruit and vegetables- good choices are broccoli, kiwi fruit and oranges
- drinking plenty of fluid - try warm fluids such as herbal teas, lemon and honey drinks and soups.
- enjoying homemade chicken soup - research has shown that chicken soup, sometimes called 'Jewish Penicillin' can help relieve cold symptoms. '

Try this immune boosting recipe by Jamie Oliver recommended by our Dietitian (the matzo balls are optional)

<http://www.jamieoliver.com/recipes/chicken-recipes/jewish-penicillin/>



Arthritis Exercise Classes

Designed by physiotherapists to be safe and effective for Arthritis.

Accredited by Sport Canterbury as ACC Strength and Balance approved.

Classes are held in Merivale, Somerfield and Hornby. They run during the school terms. Siobhan O'Neill class leader, takes three classes. She is supervised and supported by our Physiotherapists.

Class Timetable

Cost \$10 per class

Tuesday

Merivale

9.15 – 10.15 am

The Blind Foundation
96 Bristol Street

Friday

Somerfield

9.15 – 10.15 am

St Marks Church
Corner of Somerfield and Barrington Streets

Hornby

11.00 am – 12.00 pm

Presbyterian Church Hall
27 Amyes Road



To support the Cantabrainers Choir:



<https://givealittle.co.nz/org/cantabrainerschoir>

Entertainment Book

<https://www.entertainmentbook.co.nz/orderbooks/9343k45>



Driving Miss Daisy
Phone: 0800 948 432
www.drivingmissdaisy.co.nz

Therapy Professionals Ltd

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