

Rotary Club of Christchurch South



01 may 2024

Braintree Wellness Centre: Vocational visit

Our meeting tonight was a visit to the Braintree Wellness Centre located in Papanui.

After a European inspired dinner of pizza and French fries, we were welcomed by board member of the Braintree Trust and Honorary Rotarian, Malcolm Rickerby.

The Centre, Malcolm explained, is an innovative, first-of-its-kind facility in Christchurch that supports people living with neurological conditions, to live well in the community.

Construction of the building began in March 2021, and the centre opened its doors to the community in July 2022.

Thanks to community support, Braintree raised over \$5.6 million for the project. They were extremely grateful to those people who contributed financially in-kind and to all the volunteers who helped achieve their mission – “we couldn’t have done it without you”!

Getting older doesn’t cause neurological conditions such as Parkinson’s, Alzheimers, or Multiple Sclerosis, although it does increase the chances. Some people with these conditions are young, even in their 30s.

By 2043, a quarter (25%) of Canterbury’s population will be aged 65 or over, up from 15.2% in 2013. The number of South Islanders with dementia, alone, is set to double within the next 20 years - to more than 30,000 people - that’s about the population of Timaru today.

“Our purpose is to enable people with a neurological condition to keep living a life full of potential

“To date, the focus has been on medical treatment and research towards a cure in the long term. Attention needs to now turn to how people can live well with a neurological condition in the here and now.

“We’ll help people discover that there is still a lot of life to be lived after a diagnosis and that there are choices they can make to manage their condition their way, so that they can continue to live independently in their homes and communities”.

After his address, Malcolm took us on a guided tour of the magnificent facilities that are in constant use we were assured.

Braintree is still seeking like-minded contributors who want to support the project, specifically to help with the ongoing costs of running the centre. There are a number of ways to get involved – you can find out more on their web site.

The evening closed with a vote of thanks proposed by our Vocational Committee Chairman, Mike Bruce and carried by acclamation.

Thank you Alan A. for the report and photographs.

Photos below:

1 Malcolm addressing a section of the audience.

2 & 3 Art work at the centre.

4 A section of the gym.

5 The Brain Tree Centre.

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*“In my experience the people
who live best with these conditions:*

*Eat super healthy
Challenge themselves mentally and physically
Keep up the social contact
And get good sleep”*

John Nutt M.D.
Professor of neurology and physiology/pharmacology,
Oregon Health and Science University

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Upcoming Meetings

8 May 2024

Jo Houghton

Christchurch Kidney Society Making a difference in Canterbury

15 May 2024

Ross Haggart

Family Help Trust Helping Children and Families achieve wellbeing

22 May 2024

Dr Rie Natelenko

Great Aussie Icons - Learn about the great Aussie Icons: from Dummies to Drivers, from Two-up to The Dog on the Tuckerbox

Upcoming Events

AVIVA STREET APPEAL

FRIDAY 17th May and

SATURDAY 18th May

From 9-6pm in 2 hour slots

At New World St. Martin's.

Please keep these days free to help.

Christchurch South Community Garden

Every Wednesday 1pm to 2pm, 188 Strickland Street, come along and lend a hand.

Archives

We are now at the point of collecting photos from members, past members, honorary members and friends of Rotary for our archives.

Please contact Kim at tanner.kimberley@gmail.com if you have any photos from the year **2000 onwards** of **significant events**. We are hoping to have this project completed by the end of this year.

Duties

Duty	8-May-24	15-May-24
Cash Desk	G Bailey	A McCully
Cash Desk	G Dockrill	R Palmer
Reception	D Peterson	S Mackenzie
Speaker's Host	A Stewart	D Buist
Grace	A Stewart	D Buist
International Toast	D Peterson	A McCully
Thanks to Speaker	G Bailey	S Mackenzie
Quote for the Week	G Dockrill	R Palmer
Speaker Reporter	V Ellis	A McKinnon
Sergeant	R Palmer	G Bailey

Leave

Who	From	To
M Whitehead	9/9/15	TBA
J Wylie		TBA
S Haye	11/8/20	TBA
E Bermingham	1/1/23	TBA
R McKinney	16/9/23	30/4/24
S McLean	20/3/24	1/5/24

The link for the club web pages is: www.christchurchsouthrotary.org.nz

The link to club Facebook pages is: <https://www.facebook.com/ChristchurchSouthRotary/>

Reminders

APOLOGIES

- Record your apology at the Reception Desk at a prior meeting OR
- Email: chcsouthrotary@gmail.com before 11.00am on the Wednesday; you will get a reminder a couple of days before the meeting re apologising and to advise if bringing guests.
- Emergency apologies to Alan McKinnon (021 142 7668) or Club Secretary Viv Ellis (027 490 3161)

DUTIES

If you are unable to carry out your allocated duty, it is YOUR responsibility to arrange a substitute.

LEAVE OF ABSENCE

Please advise all leave of absence (three or more weeks) to the Secretary by email or in writing