



## NorthAble Information Update 04/02/2016

NorthAble receives information from our many networks which we disseminate through this update. Feel free to share this or to contact us for further information or use the details below to contact directly. Place an Update notice.

Phone: 09 430 0988 / 0508 637-200.

Email: [drc@northable.org.nz](mailto:drc@northable.org.nz).

Facebook: <https://www.facebook.com/NorthAble>

Web: [www.northable.org.nz](http://www.northable.org.nz)

## Events – Seminars – Courses – Meetings

**Concussion Movie fundraiser:** The Brain Injury Association Northland INC would like to invite you to attend this true story movie starring Will Smith on the 25<sup>th</sup>/02/2016 at the Event Cinema in Whangarei from 6pm, tickets are \$20 each and this will be your only opportunity to view this movie at the cinema in Whangarei. There will be spot prizes.

**LYNKZ Valentine's Day Social:** Come and join LYNKZ for a Valentine's Day social, Friday February 12<sup>th</sup> from 6:30 p.m. to 9:00 p.m. at 65 John Street, Whangarei. Tickets: \$5 per person. Bring a plate for snacks during the evening. Tickets available in person from LYNKZ or email [michelle.watts@northable.org.nz](mailto:michelle.watts@northable.org.nz) or call (09) 430 3470 for more information

**Far North Wheelchair Basketball Competition:** Come and show off your skills on the basketball court and enjoy an action packed evening! Wheelchair basketball is an exciting version of basketball that offers a great way to keep fit, develop new skills and meet new friends. The competition will be open mixed and will comprise teams of at least five. Basketball wheelchairs will be supplied. Date: Every Thursday from 18 February - 24 March, Time: 5pm - 7pm, Venue: Northland College Gymnasium, 62 Mangakahia Road, Kaikohe. Entry fee is \$50 per team. For more information and to register, contact Cheryl Smith on 0274343417 or [cheryls@sportnorth.co.nz](mailto:cheryls@sportnorth.co.nz)  
For more information, go to [halbergallsports.co.nz/events](http://halbergallsports.co.nz/events). Join us on Facebook - search 'Halberg Disability Sport Foundation.'

**Do you need help managing your osteoarthritis?:** Learn about Arthritis and causes of pain, help that is available and what you can do to reduce your pain. Day 24<sup>th</sup> February 2016, Arthritis New Zealand Office, Level 1 (Lift is available), 1 James Street, Whangarei. 11.00am – 12 midday, Osteoarthritis, 1.00pm – 2.30pm Osteoarthritis when joint replacement has been declined. Registration is essential. For more information contact Sue Baker Phone 0800 663 463 or 09 459 6100 or email [sue.baker@arthritis.org.nz](mailto:sue.baker@arthritis.org.nz) to register or for further information. No cost to attend, but Arthritis New Zealand welcomes donations.

**Pasifica Fushion Festival:** 27/02/2016 at the town Basin by the Waka in Whangarei – Great cultural festival with food and stalls – NorthAble will be attending along with many other great stalls.

**Special Olympics Whangarei:** Monday February 8: Special Olympics Whangarei committee meeting.

Wednesday February 10: Special Olympics Whangarei Aquatics/Swimming training starts.

Monday March 14: Special Olympics Whangarei Annual General Meeting 2016

Special Olympics Whangarei are looking for young, energetic people who are interested in sport or keen to give sport a go. If you are interested please do not hesitate to contact David Laird on 0211175234 or Andrew Langford on 0274383993 for further details on how to become a Special Olympics Whangarei athlete or even a volunteer!

Special Olympics Whangarei welcomes One-and-All to come and be part of a great Club with a strong and proud history in Special Olympics!!

**Special Olympics New Zealand Northland Secondary Schools:** 0Northland Secondary Schools Events coming up in term 1:

**Northland Secondary Schools Aquatics Event, March 9<sup>th</sup> 2016. 10am -1.30pm.**

Special Olympics NZ are currently looking for volunteers for this event so if you are able to help out in anyway please do not hesitate to contact me on 027 455 0062 or [corip@specialolympics.org.nz](mailto:corip@specialolympics.org.nz) for further details.

Come and be part of running an event!!

## In the News.

**Sole purpose:** A different light, 30/01/2016. The social model of disability says that an individual isn't disabled, they may have impairments but it is the environment, the community and society that disables them. This is a very useful model or view when doing disability awareness training. I often use the analogy of a world without glasses or contact lenses where people with dodgy eyesight would be disabled.

**Para-athletes inspire on canvas:** Northern Advocate, 2/2/16. A unique exhibition of artworks featuring some of the countrys top Paralympic stars, including 2 of Northland's finest, will visit the region as part of a nation wide tour.

## Information of Interest

**Parkinson's are looking for a volunteer pianist:** To play at their Voice Exercise Group on Tuesday's, 10am-11am at the New Hope Church (Cnr Princess & Nixon Sts). If you, or anyone you know would be interested, please contact Margaret Page on Ph: 09 435 6239.