



NorthAble
DISABILITY SERVICES

NorthAble Information Update 9/03/2016

NorthAble receives information from our many networks which we disseminate through this *Update*. Feel free to share and use this information. For further information or to place a notice in *NorthAble Information Update*, contact:
Phone: 09 430 0988 / 0508 637-200. Email: drc@northable.org.nz.
Facebook: <https://www.facebook.com/NorthAble> Web: www.northable.org.nz

Events – Seminars – Courses – Meetings

Far North Wheelchair Basketball Competition: Thursdays until March 24. Open mixed competition with teams at least five-aside. Basketball wheelchair supplied, Time: 5pm - 7pm, Venue: Northland College Gymnasium, 62 Mangakahia Road, Kaikohe. For more information and to register, contact Cheryl Smith on 0274343417 or cheryls@sportnorth.co.nz See www.halbergallsports.co.nz/events or on Facebook, search 'Halberg Disability Sport Foundation.'

Safe People Course. Mondays March 7 - April 11: Offered by Whangarei Anglican Care Trust. Ever wondered why some relationships seem to lead to growth and happiness and others to pain and injury? Facilitated by counsellor Joyce Beehre. Applications close March 2. To be held in the Anglican Care Centre *Te Whare Oranga*, corner Mill Road & Deveron Street, Whangarei, 7pm—8:30 pm. Enquiries and applications, phone 437 6397 or email enquiry@whgcare.org.nz

Brain Awareness Week 2016 is coming up – Brain Day is Saturday March 12. Or check out the Neurological Foundation's dedicated Brain Awareness Week website www.brainweek.co.nz which features in-depth information about events.

AGM Special Olympics Whangarei: 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!

Parafed Northland Trivia Night. Saturday March 19. Put your knowledge to the test and join us for an evening of fun and laughter. Spot prizes, games and auctions Starts 6.30pm at FC Football Club Rooms, Rawhiti Road, Morningside, Whangarei
Cost: \$90 for a table of 6 Adults (includes Supper)
Bar available. For information and to register a team/table contact Vicki on phone 027 476 1991. All proceeds will support the work of Parafed Northland.

Individualised Funding (IF) including Respite. Presented by Lisa Martin, Disability Connect. Central Auckland (Evening) Tuesday March 15, 7-9pm at Disability Connect premises, 3b Olive Road, Penrose. RSVP is essential: Phone (09) 636-0351 or email admin@disabilityconnect.org.nz.

Whangarei Forum with Privacy Commissioner: Tuesday march 15, 12.30-1.30pm. Taitokerau Community Law and 155 Whare Awhina Community House invite you to an Open Forum on Privacy issues, rights and obligations. Come and meet the Privacy Commissioner, John Edwards. Bring your questions, comments and issues. The Commissioner will talk through some of the common concerns and discuss rights and obligations. Venue: St John's Church ('the Golden Church'), 149 Kamo Road, Whangārei. Please bring a lunch item to share. RSVP by: Friday 11th March to carolp@ihug.co.nz For information call Carol Peters 021 557 498.

Work & Income Support Seminars for individuals and families raising a child with a disability. On March 16 and April 6, Disability Connect is running seminars in Auckland to explore Work and Income supports related to disability. Their presentation will be broad and informational, no individual cases discussed. Tea/coffee and biscuits will be available from 30 minutes prior to the start of the seminar. North Auckland, Wednesday March 16, 7-9pm, YES Disability Resource Centre, 3 William Laurie Place, Albany, Central Auckland, Wednesday April 6, 7-9pm, Disability Connect premises, 3b Olive Road, Penrose. To book please contact Disability Connect on phone (09) 636-0351 or email admin@disabilityconnect.org.nz

Health Hackathon: Solving self-care. 6pm Friday March 18 to 4pm Sunday March 20, Tamaki Innovation Campus, the University of Auckland. Health Informatics New Zealand (HiNZ) and the University of Auckland are collaborating to give attendees from various backgrounds an opportunity to work together over a weekend, to collaboratively explore and develop technology solutions in response to the problem of self-care for long term health issues. Free of charge – [register now](https://www.fmhs.auckland.ac.nz/en/soph/about/hackathon-registration.html) <https://www.fmhs.auckland.ac.nz/en/soph/about/hackathon-registration.html>

Understanding Epilepsy. Epilepsy Association of New Zealand Inc Northland Branch invites you to attend a seminar on Thursday March 31, 10-midday. Venue 71 Bank Street, Whangarei. To book, phone Phone (09)4385498 or 0272916869 (Please leave a message) or Email: northland@epilepsy.org.nz

Parkinson's Northland invitation to members and others to hear guest speakers Monday April 4. Dr Mark Simpson, neurologist – Auckland Hospital and Lorraine MacDonald, movement disorders nurse – Auckland Hospital will talk to the meeting at the Kerikeri RSA, 10am-12.15pm. Morning tea provided. RSVP by March 25, to Trish Ryan 09 437 6878 or email northland@parkinsons.org.nz

Training – health promotion. Forum *Te Pae Mahutonga (TPM) and Māori Health Promotion Planning*. Friday April 15. Whangarei, venue to be advised. Workshop will explore TPM from within a contemporary context and look into how health promotion practitioners can utilise this model in the planning of their work. Inquiries please contact Emma Frost by email emma@hauora.co.nz or telephone (09) 300 3734.

Information of Interest

The Tikipunga High School Swimming Pool has been successfully open to the community after school through an agreement with CLM at the Whangarei Aquatic Centre, who provide life-guards and professional support. Opening will continue to throughout March, until the end of Easter weekend. Open hours Saturdays, Sundays and Statutory Holidays 12-6pm, Mondays, Wednesdays and Fridays, 3.30-6pm. Minimal charge, \$2 per adult, \$1 per child. Children 8 years and under must be actively supervised by an adult. No charge for children under 3 but they must wear a swim nappy. Entrance through the Kiripaka Road reserve pool gate.

Forget-Me-Not Day Centre has a frozen meals service - for distribution to anyone in need of take home meals. Centre is at 110 Boundary Road, Tikipunga, Whangarei. Telephone: 09 437-1144. Not restricted to clients only, but for elderly and disabled people in our local community who can no longer cook meals at home. Meals are cooked in WDC certified kitchen by chefs and are freshly frozen. Moulded meals available on request. Cost \$8 each, collect from the Centre Mon-Fri - 8.30am-4pm or we will deliver if we can for someone who is immobile. Phone 09 4371144 to order or visit the Centre to see the meals available and to purchase between the hours of 8.30am- 3.30pm weekdays. Payment: cash, internet banking or by cheque.

In the News

Joy Gunn: Sex for disabled a complex topic. New Zealand Herald, March 7 2016 Supporting disabled people across the country for eight decades, CCS Disability Action has been trying to give dignity and discretion to this issue, supporting disabled people to learn about sex, talk about it - and yes - experience it.

Crystal's fighting chance. Woman's Day, March 7. Tells the story of Crystal, given a medical diagnosis of attention deficit disorder (ADD) and severe dyslexia, caused by foetal alcohol syndrome. Christine gave up work as a courier driver to look after her daughter full-time.

A beautiful mind: Our boy's battle to fit in. Woman's Day, March 7. While a unique teenager has been diagnosed with autism and a developmental disorder, his talents in some areas know no bounds. Brodie was four years old when he hacked into his first computer to access a secure system at his preschool.

Focus on Pacific community hearing loss. Media Release - University of Auckland. March 7 2016. Hearing loss and access among older people in New Zealand's Pacific community will be investigated. A three-year study by Dr Ravi Reddy from the University of Auckland (funded by the Health Research Council) will examine how to improve uptake of hearing health services in older Pasifika people.

Braille tablet. Radio NZ National. March 5 2016. Equations, science, maths and musical scores could all become more useable and engaging for the visually impaired with the development of a full-page Braille tablet.

First Para-Athletes selected to represent NZ. Yachting NZ. March 4 2016. Para Sailors Richard Dodson, Andrew May and Chris Sharp selected to compete at the Rio 2016 Paralympic Games in September.