



Brainstorm leads to big idea

Brainstorming by innovative NorthAble employees has led to a great idea that will benefit clients seeking employment. The office trainee programme is the brainchild of Vanessa Jennings, Front Office Administrator and Michelle Watts, Facilitator of the LYNKZ Programme.

Over at LYNKZ, Michelle supports 16-64 year olds with activities including cooking, life skills, arts, community activities and work. Vanessa says, "From the front desk, I'd see Michelle going backwards and forwards on job club duties, photocopying situations vacant and that sort of thing".

She suggested that they apply jobclub in some practical and inclusive way. The two met, brainstormed and took a proposal and presentation to management. They've developed a workbook and support material. The office trainee programme is being fine-tuned before a soon-to-be announced launch date – watch this space!

Says Vanessa, "By the end of our six week programme clients will have experience in an organisation's reception and front office".



INNOVATORS MICHELLE WATTS, LEFT AND VANESSA JENNINGS

Michelle says clients will learn to be good welcome hosts, improve body language, do general reception tasks and participate in conference room bookings.

"Plus boost their self confidence," she says.

Participate: Total Mobility Passenger Survey

The Total Mobility scheme is administered by the Northland Regional Council (NRC) and funded both by the Whangarei District Council and NZ Transport Agency.

NRC is conducting a survey for all of their TM users in April. The purpose is to hear from users to help make improvements to the current scheme.

How can you participate?

Option one: You will receive a letter with the survey enclosed, and a freepost envelope to return your survey to us.

Option two: Have a face to face chat about the scheme.

Option three: Phone us to do the survey over the phone .

You will receive more details when the survey is posted out to you. NRC looks forward to hearing your feedback.

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From the CEO

Kia ora to our readers and NorthAble supporters.

2016 took off quickly with a rush of activity. First up, I want to congratulate



NOEL MATTHEWS,
NORTHABLE CEO

Jonny Wilkinson for his success

in making it onto the office of Disability Issues Advisory group. This is a marvellous result for Northland and a tribute to Jonny and his dedication in making things better for people with disability over many years. Welcome to our two new trustees, Hapi Brown and Sam Bartrum. This brings our total to eight, two shy of ideal. Please contact my PA Raewyn to be considered.

I acknowledge Irene Durham who opted to step down from the board after some 15 years. Irene spent a lion's share of this time as Chairman. My personal thanks to Irene for her valuable guidance and direction over those years.

As in other years, there's still a job to do and NorthAble continues to look for new ways to improve its service delivery. This year will see a few new services and changes to enhance our ability to evolve with the changing social services environment. We welcome newsletter feedback.

- Noel Matthews

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Weekly Info Update

NorthAble receives information from our many networks which we disseminate through a weekly emailed *Information Update*.

You can use the information in it or share it with others. To get a weekly copy, email: drc@northable.org.nz or phone 09 430 0988 / 0508 637-200. You can also find it each week on <https://www.facebook.com/NorthAble> or at www.northable.org.nz

Whangarei representative on national body

NorthAble congratulates Tiaho CEO Jonny Wilkinson who has been successfully nominated by NorthAble to the Disability Strategy Reference group.

The group is getting to work on revising this important national vision after Disability Issues Minister Nicky Wagner in February announced appointments to the New Zealand Disability Strategy revision reference group.

"The Disability Strategy provides a 'big-picture' vision for how we ensure more disabled people are supported to participate in New Zealand society," Ms Wagner says.

"The reference group has been established with the diversity of New Zealand's disability sector in mind. The reference group will help ensure the new Strategy is developed, owned and championed by all New Zealanders."

The reference group of 14 includes members covering the perspectives of disabled Maori, Pasifika, youth, seniors, families, service providers and experts on disability issues. The group also represents Disabled Peoples Organisations and government agencies.

Jonny Wilkinson, pictured, from Whangarei, is the CEO for Tiaho Trust Disability Information and Advisory Service based in Tai Tokerau, an organisation which he founded. He is also Deputy Chair of the Disability Advisory Group for Whangarei District Council, Trustee for Northland Sailability and Chairman for Achieve2B Trust. He also brings lived experience of disability.



The New Zealand Disability Strategy is being revised in 2016 to ensure that it remains current, is consistent with, and supports the implementation of the United Nations Convention on the Rights of Persons with Disabilities. The Reference Group will provide advice on the revision process and on the content of the revised strategy.

The revision will involve disabled people, their families, the disability sector and others to develop a new vision for what we want New Zealand to look like in ten years' time.

The Strategy was agreed in 2001 and Minister Wagner says the time is right to ensure it remains fit for purpose.

"I am looking forward to working with disabled people, their families, the disability sector and others to develop this new vision for New Zealand."

Public consultation will be held during 2016.

Trustees to NorthAble

Two new members bring their experience and skills to serve on our NorthAble Trust Board.

Hapi Brown has long felt part of the NorthAble whanau but is now doing it on a formal basis.

From the mechanical workshop business he has run on John Street for 15 years, Hapi has seen NorthAble grow.

"I know many of the staff and clients who in turn support my business. My family, staff and I have supported many NorthAble fundraising ventures."

"My family and I have first-hand experience of the vital role organisations like NorthAble play in the day-to-day lives of people with disabilities and their families."

Years ago, two of his children, then aged 19 and 22, were diagnosed with schizophrenia.



Sam Bartrum, as the General Manager, Planning, Outcomes, Integrated Care & District Hospitals at Northland District Health Board, has a list of responsibilities.

Prior to taking up this Sam was employed by the Waitemata and Counties Manukau District Health Boards as their Human Resources Director.

Sam's experience in managing Hospital and Community Health Services also gives him a thorough understanding of the challenges providers of hospital services face within the sector.

Sam has also shared his ideas and learnings around building organisational capacity where employees of all cultures feel valued.



Conference news

Individual Funding Agency Manawanui in Charge recently participated in two international conferences.

Marsha Marshall, CEO, says one of the best things about the conferences was learning what is happening in the other 13 countries involved.

"It was also very encouraging to note that in New Zealand we have a very pure and effective model of IF that 21% of the eligible population is accessing. This is a much higher rate than most other countries. Some of the themes in terms of trends are also very similar – story telling for example is widely agreed to be the most effective means of influencing policy makers."

MIC presentations will be put up on the Manawanui website:

www.incharge.org.nz

If you are interested in the other conference material, they will be posting content as well.

<http://www1.iimhl.com/iidl>

and

<http://interprofessional.ubc.ca/ClaimingFullCitizenship2015>

Colourful mural brightens Dargaville



LYNKZ Dargaville crew have painted this super cool mural at their premises.

They were helped by Rob and Rodrigo from Allen's Painting and Decorating, says LYNKZ Facilitator Dargaville Kylie Kelsen.

She says, "Rob and Rodrigo did an amazing job not only on the mural itself but with working with our team. They have a heap of talent and a load of patience as well".

The guys donated their time while a Kaipara District Council grant covered the paint and other supplies for the project.

Rob and Rodrigo are well known for other painting and decorating around the town, with Rodrigo also working on other pieces of art including portraits and feature walls in people's homes.

Kylie says, "He painted the tui on our mural solely with spray cans. He was amazing to watch." So when next in Dargaville, come to LYNKZ at Tirarau Street and check out the mural yourself.

Happenings at EQ+ and DIAS

Updates from our Disability Information Advisory Service (DIAS) and Equipment Plus Services

DIAS staff update:



CHEYENNE HARRIS

Many of you may have had dealings with our DIAS Consultant Cheyenne Harris who has been employed by Northable for 7 ½ years. For the past 12 months Cheyenne has been in the role as NorthAble Disability Information Advisory Service Consultant and she has done a fantastic job networking around Te Tai Tokerau, educating and raising the awareness of what supports, services and assistance is available to the community. Cheyenne has recently gone

on 12 months maternity leave and we wish her and her partner all the best with their new role as parents and look forward to her return.

Richard Pollard will fulfill this role while Cheyenne is on leave. Contact him for Disability Information or to arrange a DIAS or Equipment Presentation.



RICHARD POLLARD

Waimana Martin, our Information and Equipment Consultant has been appointed a permanent position with EQ+. Contact her regarding Rehab, Age Care or Disability Equipment.

EQ+ update:

Our Equipment Plus Service (EQ+) has a range of mobility equipment and daily living aids available including:

Scooters – Invacare, Pride, AMW brands. Adjustable Beds, Lift Assist Chairs, Walkers/Wheelchairs, Walking Sticks and Crutches, Kitchen Aids, Daily Living Aids; Contenance Products – including washable, disposable and Swim Wear; Rehab equipment – exercycles, braces and supports, therapy equipment, air cycles and much more.

Our motto is if we don't have what you are looking for we will do our best to source it. Also equipment available for short or long term hire.

www.equipmentplus.co.nz:
equipment@northable.org.nz

Mobile Van 027 453 8797

Phone: 09 430 3469

Visit our Store: 73 John Street, Whangarei. Open Mon-Friday 8.30-5.00pm, Sat 9-12.00pm, closed long weekends.



Newsletter Special — Pride Walker:

Usually retails for \$220.00

Down to \$195.00 with this coupon.



Coupon valid until 5pm 30/04/2016

New arrival: SupaPedal

This compact home exerciser is for young or old. For sports injury rehabilitation or to promote circulation and blood-flow.

Exercise your legs or arms from a seated position. Lightweight and quiet, take it wherever you are going.

Features

- 6 to 60 rotations per minute, you decide
- 5 to 30 minute timer
- Distance traveled counter
- Calorie counter



National carer matching service

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Are you supporting a friend or family member under the age of 65 who has a disability? Do you need relief care to assist with daily tasks and respite? Looking for relief carers?

A new option for people seeking or offering support work nationwide!



MyCare www.mycare.co.nz is an online marketplace connecting people seeking workers or relief carers with people providing these services in their areas.

Hundreds of workers from around New Zealand have created profiles at MyCare. Once you've signed up you will be able to:

- View profiles of those seeking work in your area
- Post jobs for viewing by workers
- Directly message them to ask questions and make arrangements to meet for an interview
- View their skills, experience and training to decide if they may be a good match for your needs
- Schedule and manage care arrangements
- You can subscribe to MyCare for an annual fee of \$299 including GST.

Do you or someone you support have a disability?

The new National Carer Matching Service has been developed for people with disabilities and their families to help them easily connect with workers and relief carers in their communities.

It's FREE if you receive Ministry of Health Disability Support funding.

Just click on the link at the top of the page at www.mycare.co.nz and fill in a short online eligibility form.

You will get a free matching service and if you want more MyCare features, you can get MyCare's optional extra annual upgrade at a cost of \$199 including GST. A MyCare upgrade is an authorised purchase for those who use Individualised Funding.

WanderSearch helps keep track

WanderSearch Auckland Tracking programme is a simple radio frequency tracking system for people living with a cognitive impairment who have the potential to wander.

The WanderSearch Tracking programme is currently in use in approximately 30 areas around New Zealand including the Far North and Auckland. See the website www.wandersearch.org.nz

The WanderSearch Auckland Charitable Trust has been managing the WanderSearch Auckland Tracking program in the greater Auckland region for the last 18 months after it took over the management from Auckland Land Search & Rescue volunteers.

Client numbers exceed 250. Groups managing the programme throughout New Zealand are working with various organisations such as Alzheimers, Autism, NZ Police, DHB and others to raise awareness of this programme.

You too may have seen or heard about it on TV such as in "Women in Blue" and "Police Ten-7".

Disability Support Services (DSS) Snippets

MOH leadership

The Ministry's updated executive leadership structure was to take effect in March. Late last year, the Ministry of Health announced details of their new executive leadership structure.

Importantly, it will enable Ministry staff to drive and support the health and disability system to achieve the goals of the New Zealand Health Strategy.

Changes to the structure will also enable the Ministry to support customers and the health sector to face the challenges of changing demographics, changing burden of disease, and rapid changes in technology. View Ministry executive leadership team structure at

<http://www.health.govt.nz/news-media/news-items/ministry-health-executive-leadership-structure-announced>

Disability workforce

Key to supporting planned implementation of the Disability Workforce Action Plan 2013–2016 is the on-going advice of the disability workforce reference group.

The Plan outlines the priority actions and outcomes for 2013–2016 to:

1. Increase the skills of the disability workforce (regulated and non-regulated)
2. Increase the skills of people with disabilities
3. Improve the learning options for carers and family/whānau who support people with disabilities

4. Improve information about the disability workforce
5. Improve integration of disability workforce development

These priorities and actions have been informed by relevant research information and sector intelligence, consultation with stakeholders and guidance from the workforce reference group. The Ministry of Health has lead responsibility in implementing the plan and is collaborating with stakeholders in the disability sector.

For a copy of the Disability Workforce Action Plan 2013/16, email:

Susan.Fernandes@moh.govt.nz

Consumer consortium

The consumer consortium involves people representing national disability organisations who provide input and advice to Disability Support Services on its planning, policy and service development.

The background is that Disability Support Services want to involve disabled people in making decisions about Ministry of Health funded disability support services. The consortium provides a link between Disability Support Services and the people who use the services funded by Disability Support Services. The Consortium meets 6-monthly and meeting agendas may include:

- updates on Disability Support Services' projects and activities
- presentations from other government departments, eg, Ministry of Social

Development, Ministry of Education

- requests for the Consortium's advice on:
- development of DSS Strategic and Annual Plans and updates on implementation of these
- project implementation, eg, New Model, Enabling Good Lives
- issues of concern to the disability sector, prioritisation of these, and how these could be addressed
- policy development
- service quality
- service gaps
- improving collaboration between government agencies, between consumer organisations, and between government agencies and consumer organisations.

Disabled people and/or family or whānau representatives make up the consortium.

Members are from disability organisations who meet criteria.

To see the Consumer Consortium member organisations, go to weblink: <http://www.health.govt.nz/our-work/disability-services/sector-and-consumer-partnerships/consumer-consortium>

Access latest updates

For latest updates on the health and disability sector on the work of Disability Support Services:

<http://www.health.govt.nz/our-work/disability-services/disability-support-services-newsletter>

Check it out



The WEKA website is funded by the Ministry of Health and is New Zealand's premier website for delivering national disability information. WEKA includes:

- ◆ Contact details for disability information centres around New Zealand
- ◆ Suppliers of various items of disability equipment (including their contact details and links to their websites).
- ◆ Support services for disabled people, with the ability to break it down by region and or the service provided.
- ◆ Resources available to disabled Maori.
- ◆ A free DVD Library where you can borrow disability-related DVDs with the only cost being for their return.
- ◆ Disability-related news and events of interest to disabled people.
- ◆ Disability-related information and assistance – including information sheets on specific disabilities, information for people new to disability, education, funding, transport, and advice to disabled people advice on personal security. Check it out at www.weka.net.nz

NASC update

NorthAble's Bronwyn Collet, NASC Manager, has been appointed to the Executive Committee for the National NASC Association (NASCA). This means that NorthAble, and Northland in general, has another voice representing them at national level.



BRONWYN COLLET

In other news, there has been a lot of media attention early this year regarding Foetal Alcohol Spectrum Disorder (FASD). This is a name used for a range of conditions that can occur when a baby is exposed to alcohol in the womb (as a result of a mother drinking whilst pregnant). Problems may include an abnormal appearance, short height, low body weight, small head, poor coordination, low intelligence, behaviour problems, and problems with hearing or seeing. Those affected are more likely to have trouble in school or with the justice system, and have trouble with alcohol or other drugs. FASD on it's own does not make a person eligible for Disability Services however in many people with an Intellectual Disability, FASD is also present. Some of the NASC Team have been attending training to upskill in working with this client group.

LYNKZ crew embark on action-packed 2016

Hello from the LYNKZ Crew, the year has gone off with a hiss and a roar.

We began 2016 with a Parent information evening held at the LYNKZ building in January. This is a great way to get important feedback and ideas from family and whanau. It helps us to continually improve the quality of the LYNKZ programme.

The feedback was collated with findings sent to family and whanau with the March LYNKZ Programme.

Then in February we held a social for valentines day at the LYNKZ Whangarei building 65 John Street Whangarei.

Next up we applied for funding to the Creative Communities fund for our 2016 Art Exhibition. Our exhibition theme this year will be "Northland Beaches and recycling".

We plan to hire an art teacher for a 30 week period to teach different art mediums, dependent on funding success.



ACTIVITIES BEHIND AND AHEAD FOR THE LYNKZ CREW.

Meanwhile, we are well into an action-packed year with a focus on healthy lifestyles and life skills.

We are always keen to hear of any ideas of suggestions you may have to provide different experiences opportunities and learnings.

Shuttle and transport services: Northland

Kaitaia/Whangarei Hospital Bus: Monday - Friday. Seats allocated to hospital patients first. Children under 13 must be accompanied by an adult. Patients can have one caregiver travel free with them. Cost for non-patients, \$20 - adults, \$10 - children. Bus departs Kaitaia 7.45am, arrives Whangarei 10.15am. From Kaitaia, book through Kaitaia Hospital, 09 408 0010. From Whangarei, book through Whangarei Hospital 09 430 4101. Bus departs Whangarei 3pm, arrives Kaitaia 5.35pm. Proof of hospital appointment on day of journey.

Home Support North Community Care Shuttle Service: There are 3 Community Care Shuttles for use for the elderly, disabled and cancer patients in the Kaitaia area unable to use the hospital bus. The service is free, however the drivers are volunteers and a donation to them would be appreciated. The service runs Monday – Friday. Proof of hospital appointment on day of journey. Call 09 408 3185 for bookings or 09 408 2436 to speak to the coordinator.

Kaipara Community Health Shuttle: Runs Monday – Friday. To access the Health Shuttle Service can contact the receptionist at Te Ha o Te Oranga on 09 439 1590. This service also connects with the Dargaville to Whangarei public service.

Public Bus Service – Dargaville to Whangarei: Departs Dargaville 7.30am. Arrives Whangarei 8.30am. Departs Whangarei 10.30am. Arrives Dargaville 11.30am. Departs Dargaville 12.30pm. Arrives Whangarei 1.30pm. Departs Whangarei 4.30pm. Arrives Dargaville 5.30pm. Via Hospital and Rose Street.

Linking Hands Maungaturoto: Hours: Monday – Friday. 9am – 3pm. Shuttle service is available for health appointments and is for the Kaipara region. You must reside in the Kaipara region to be eligible for this free service. Drivers are volunteers so a donation is much appreciated. There are 3 vehicles available and one is wheelchair accessible. Phone Linking Hands in Maungaturoto: 09 431 8969 or Contact Ken or Helen Littlejohn in Mangawhai on 09 431 4121 or 021 216 9674.

Total Mobility Scheme: Total Mobility is a nation-wide scheme to assist people with impairments to become more mobile and active in the community. The scheme offers eligible clients up to 50% discount on taxi fares for transport in the Whāngarei urban area ONLY. You will need to contact a Total Mobility agency and undergo an eligibility assessment to ensure you meet the requirements. There may be a charge for this.

Age Concern KeriKeri: There is a 50% subsidy off taxi fares for people the age are 65 and over. The area transport is available is Haruru Falls Waitangi, Paihia, Te Haumi, Opuā, Russell, Kawakawa, Kerikeri, Kaikohe, Kaitaia, Doubtless Bay, Tokerau. They do not take the clients to Whangarei. Those wishing to access transport need to have a NZ Super Gold card with 9digit number and be registered with Kerikeri Age Concern.

Mid North Shuttles Kaikohe: 0800212103 - transport needs for the elderly and for the disabled for school. enquire for the elder do you have an special need can the elder can use the NZ Super Gold Card for the Taxis services and the reception said you need to enquire to her manager his name is earl and his number is 021 847 280.

Rodney District: There is a 'on demand" Hospital Shuttle Service for people to attend appointments at North Shore, Waitakere and Greenlane Hospitals and the Red Beach clinic. Free to children under five years, adults pay. This includes Wellsford and Warkworth residents. See: www.healthpoint.co.nz/download,67539 or www.waitematah.govt.nz/. In addition, Warkworth Taxis 09 425 0000 have a wheelchair accessible van and drivers familiar with helping disabled passengers. They accept ARTA Total Mobility Scheme vouchers, Cerebral Palsy Society taxi vouchers. Also Workbridge scheme employees - funding level varies with each client.

NorthAble is Northland's primary Disability Resource Centre, serving local communities since 1990 Anniversary this year

NorthAble Main office.

40 John Street,
Whangarei 0110
Freephone: 0508 637 200
Phone: 09 430 0988
Fax: 09 438 9468
Email:
northable@northable.org.nz
Website: www.northable.org.nz

LYNKZ community Participation Programme.

65 John Street,
Whangarei 0110
Also at Tirarau Street,
Dargaville
Phone 09 430 3470

Equipment Plus Shop and Mobile Van Service.

73 John Street (Corner John and Dent Streets)
Whangarei 0110
Phone: 09 430 3469
Email:
equipment@northable.org.nz
Website:
www.equipmentplus.org.nz

Northland Equipment Agencies:

DARGAVILLE AGENT
Greenways Trust
16 Edward St, Dargaville
09 439 8133

KAITAIA AGENT
Far North Pharmacy
53 Commerce Street, Kaitaia,
09-408 0851.

We are also on Facebook
www.facebook.com/northable
www.facebook.com/Northable.LYNKZ

Improving Access to Disability Support Services in Northland Te Tai Tokerau