



NorthAble
DISABILITY SERVICES

NorthAble Information Update 06/04/2016

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, contact:

Phone: 09 430 0988 / 0508 637-200.

Email: drc@northable.org.nz.

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

Web: www.northable.org.nz

Information of interest

NorthAble Equipment Plus – EQ+ Update. EQ+ is Northlands largest supplier of Rehab, Aged Care, Disability mobility aids and equipment. We have an extensive range of equipment available for both sale and long and short term hire. We also have Agencies in Kaitaia and Dargaville, and our Mobile Van Service can provide equipment home demos and travels around Northland. We welcome the opportunity to provide Equipment and DIAS promos to organisations and community groups. For more information contact us www.equipmentplus.co.nz or email equipment@northable.org.nz van ph 027 453 8797, store ph 09 430 3469, store: 73 John St, Whangarei weekdays, and Saturday mornings.

Responsiveness Training for Northland Businesses – Tiaho Trust Survey The following survey has been created to help improve customer service for a large market sector. Your responses are welcomed as they will help provide better service: Click: <https://www.surveymonkey.com/r/KGB5VL2>

Sugar petition. We've been hearing for a while now reports of what excess sugar consumption is doing to our health, and the health of our children, says the *Healthy Food Guide* who have started a petition, with the support of an alliance of health professionals - including Diabetes NZ; the Heart Foundation; the NZ Dental Association and Dietitians NZ - to the NZ Government to introduce a tax on sugary drinks, with the revenue raised going to nutrition promotion and education. If you're in support, [sign and share the petition](#). If you'd like to know more read the *Healthy Food Guide* blog post [here](#)

New Alerting app. The Northland CDEM Group has moved to a new alerting technology for severe weather, tsunami and other civil defence emergencies: the Hazard app for smartphones. It is downloadable free from Google Play (for Android phones) or the Apple iTunes/App Stores (for iPhones). <https://www.redcross.org.nz/what-we-do/in-new-zealand/disaster-management/hazard-app/>

MND NZ. During the 2015 MND NZ Walk 2 D'Feet MND campaign 2500 people walked on the day and over \$76500 was raised for the MND NZ, half of which will go to research. We are already making plans for this year's Walk, which will take place on the 25th of September. See www.mnda.org.nz and www.facebook.com/mndanz and www.walk2dfeetmnd.co.nz and www.facebook.com/Walk2DfeetMNDNZ

Plunket, with the help of other community organizations, is working to compile a comprehensive listing of what is being offered for families with children under five. They need your help in making this a comprehensive listing. If you could please email Whangarei.familycentre@plunket.org.nz any activities, playgroups, coffee groups, events, etc. for families with children under five for the database. If your organization would like access to the database please let us know and we will share it with you. This is a listing to help connect Whangarei families to services, activities, and events so please spread the word and help us create a full listing that can be shared with the community.

Events – Seminars – Courses – Meetings

Community Networkers meeting Tuesday April 12 starting 9.30am - at the Brenda Gardner Lounge beside the CAB offices in the Old Town Hall at 71 Bank Street. A chance to raise issues and meet other community workers.

Understanding Epilepsy. Epilepsy Association of New Zealand Inc Northland Branch a seminar, Kaitaia Thursday April 14, 10-midday. Venue: Kaitaia, Reap Far North, 33 Puckey Ave. To book, phone (09)4385498 or 0272916869 (leave a message) or Email: northland@epilepsy.org.nz

Boccia 2016 North Island Championships. April16-17 at the ASB Sports Centre in Kilbirnie, Wellington. This event is the first sanctioned tournament of the year and provides players the opportunity to compete and earn national ranking points. Entry forms available on the Boccia NZ website: <http://www.boccia.org.nz/events.html>

Trivial Pursuit Night for Achieve 2B! Tuesday April 19. 6.30pm – 9pm. Come along to our Fabulous and Fun Quiz Night. A fledging Charitable Trust. Achieve 2B is an inspiring intercultural exchange programme for young people with disabilities. Facilitating National and International exchanges. Quiz venue: RSA, Rust Ave, Whangarei Just \$14 for an Adult Ticket and \$10 for Students! Teams of 6 – 8 welcome! Give a zany name to your team! Purchase tickets before the event. Phone 0800 223 822.

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 email emma@hauora.co.nz or telephone (09) 300 3734.

Auckland Disability Law in partnership with the Office of Disability Issues and the Ministry of Social Development's Think Differently Fund is hosting a National Conversation hui about supported decision making (SDM) April 20-21. SDM makes sure disabled people can make choices about their own lives. The Conversation will be held at Waipuna Hotel, Mt Wellington, Auckland. Email info@adl.org.nz for more information.

2016 Halberg Junior Disability Games. The Halberg Disability Sport Foundation is hosting their annual Junior Disability Games at St Peter's School in Cambridge from Friday 22nd - Sunday 24th April. For full event and entry details please visit: <http://www.juniordisabilitygames.org.nz/>

Altogether Autism network meetings are being held in Whangarei and Kerikeri on the 27th and 28th of April, 10am-1pm. These free meetings are open to all: networkers, colleagues, families and Whanau. They include an interactive workshop and Prism training professional development workshop component. RSVP: northland@altogetherautism.org.nz or 09 437 3337 or 0800 273 463 or 0800 ASD INFO. The Kerikeri venue is St John offices, 367 Kerikeri Rd and; in Whangarei, at CCS Disability Action, 291 Kamo Rd, Kamo.

Working with young people? Here is a wonderful training for your practice! RAP provides a powerful alternative to both punitive and permissive approaches. Young persons are enlisted as responsible agents in positive change. RAP deals with problems by focusing on strengths and solutions. Brief "teaching moments" instil positive behaviours and values. Rather than enforcing obedience, RAP sets high expectations for youth to take responsibility and show respect for themselves and others. Spaces limited, to register, please click here [Register Here](#) or email Maureen@praxis.org.nz April 28th & 29th, 9am – 4pm, The Pulse, 59 Raumanga Valley Road, Whangarei.

Newsletters received - read here or email drc@northable.org.nz for a copy

North's Park's. The newsletter of Parkinson's Northland, March 2016.

Motor Neurone Disease Association, March: http://mnda.org.nz/downloads/mnda_16_march_web.pdf

CommUNITY Weekly newsletter from Deaf Aotearoa's Northland office.

In the News

Interview : Tanya Catterall TV One Breakfast, April 4 (TVNZ On Demand).Autism New Zealand national educator Tanya Catterall explains that whilst 'awareness is great, acceptance is even better'.

Honoured for courage in facing disability stuff.co.nz, March 31, 2016. Courage or support in the face of disability has seen five Whangarei children receive special Lions Club plaques. Three of the children were given awards for their courage in coping with their disability: Kamo Primary School student Kaleigh Soper, 9; Max Thompson-Bailey, 10, from Ngunguru and Harvey Ellis, 9, from Waikaraka; while the other two received theirs for support and care of a sibling with a disability. They are 10-year-old Onerahi resident Rome Hepi and Eleven-year-old Niamh Adair from Whangarei.

Parkinsons lectures. Northern Advocate March 30, 2016. Parkinsons Northland is hosting a public talk at Kerikeri RSA on Monday April 4.

Parkinsons. Northern Advocate, Monday March 28. April will be a busy month for Parkinson's Northland beginning with the AGM and election of officers.

Wheelchair users stuck. Northern Advocate March 26, 2016. Two wheelchair users were stranded on the side of State Highway 1 for more than an hour after being helped out of their van which had slid off a bank on Mangamuka Hill.

Wicked sense of humour not at all funny. Northern Advocate March 26 2016. A Different Light column by Jonny Wilkinson, CEO Tiaho Trust. Give Wicket Campers the finger. Humour should be inclusive rather than offensive, and aimed at the right audience. Context plays a big part as to whether humour is acceptable or not. Disabled leaders and activists, for example, will use derogatory words such as "crip" as a descriptor. They do this to take back the power of the negative language.

Charity gives kids bikes. Northern Advocate, Friday March 18, 2016. Variety – the Children's Charity – is calling for Nominations for Northland Kids to receive a brand new bike. To nominate a child to receive a bike, complete the form online at www.variety.org.nz

Guide dog opens up world. Northern Advocate, Thursday March 17, 2016. Whangarei woman Mhairi Collins says her guide dog Peace has opened up her world. Red Puppy Appeal is in April. People can donate online at redpuppy.org.nz or text PUPPIES to 305 to donate \$3.