



NorthAble Information Update 15/6/2016

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.

Facebook: www.facebook.com/NorthAble

Email: drc@northable.org.nz.

Web: www.northable.org.nz

Events – Seminars – Courses – Meetings

Alzheimers Carer Education Sessions will be starting soon, facilitated by Anne Wilson and held in Whangarei, Kerikeri, Kaitaia. If you would like to register, please phone Jeannie on 09 438 7771.

Tiaho Trust and Work and Income are running a series of free seminars throughout Northland to inform about what products and services are available to you/caregivers or whanau. Also Northland DIAS collective, CCS Disability Action. Dates: Dargaville: Wednesday June 15, 10.30am-12.30pm, Plunket Room, 29 Hokianga St, Dargaville. Hokianga (Rawene): Wednesday June 22, 10.30am-12.30pm, St John Ambulance Hall, 22 De Thiery St, Rawene. For more information, please contact Arlene on 09 430 3406. RSVP to arlene@tiaho.org.nz

Parafed Northland Adaptive Football Programme. Tuesdays until 28th June. 4.30-5.30pm. Play football, learn new skills! Open to 5-21 year olds with a physical impairment who are either ambulant or use a walker or stick for mobility. Siblings welcome. Tikipunga Sports Park, Reed St, Whangarei. Register, contact Jo Burgess email: admin@parafednorthland.co.nz or phone 027 795 9520. See www.halbergsports.co.nz/events or Halberg Disability Sport Foundation on Facebook.

Autism Hui. Is Autism in your family? Do you know someone with Autism? Do you work with people with Autism? Tuesday 21 June, 12.30 pm – 3.00 pm at A'Fare, 197 Lower Dent Street, Whangarei. Autism NZ is a Not for Profit organisation who provide information, support and Autism specific education programmes. It is our hope in the near future to have a presence in Northland, as we recognise the need for family and professionals to be supported. We would like to share with you what we do, and to hear from you in the Northland Autism Community what your thoughts and needs are. We are holding an informal information Hui and network opportunity. Please join us for some light refreshments and discussion. RSVP by Monday 17 June close of business to: Diane Morris diane.morris@autismnz.org.nz Ph: (09) 846-0913.

Motor Neurone Disease update: The David Oliver Award Nominations June 21 which is also MND International Awareness Day. For more information about the Award please click on the link www.mnda.org.nz/pdf/David_Oliver_BeaconAward.pdf For more information on Motor Neurone Disease, go to: www.mnda.org.nz and www.facebook.com/mndanz and www.walk2dfeetmnd.co.nz and www.facebook.com/Walk2DFeetMNDNZ

Parafed Northland AGM will be held Wednesday 22 June at 5.30pm. The venue will be the ASB Northland Sports House, 193 Western Hills Drive, Kensington, Whangarei.

Matariki event (Northtec). Māori Health and Wellbeing, Thursday 23 June, 9.30am Pōwhiri. Te Puna o Te Matāuranga Marae, NorthTec, Raumanga Campus, Whangarei.

Art opportunities. Tupaea, Te Ora Hou and Manaia PHO are offering this opportunity: this month, Mike Tupaea is having a week-long celebration and opening for his *He Tangata He Tangata* project. Mike uses art as a medium to support resilience and wellness in youth. From 20-24th June some young people can be part of this as Mike and Charles Williams, the current World Champion Graffiti Artist, www.charlesjaninewilliams.com/#!graffiti-art/c199t will work on "@ The Wall", an amazing artwork on the Otaika shop wall. From 9am – 3pm each day, these two renowned artists will be busy beautifying the wall in Otaika Shops come on down and check this out! There is also the Art Exhibition on Friday 24th June 5.30-8pm at Geoff Wilson Gallery, Northtec, with works from Mike Tupaea and maori artists in a multiple of mediums.

Conversations that count. There are 2 funded places available on the Conversations that Count (CtC) Communicator Training course scheduled for June 23-24 in Auckland. Any community members interested in

attending and helping to promote Advance Care Planning, got o the online application site: www.surveymonkey.com/r/CtCCommunicator2016

Alzheimers Northland. Fundraising movie night: Florence Foster Jenkins. Events Cinema, James Street, Whangarei, Monday 27 June, 6.30pm, \$20pp. Tickets: Alz House, Corks Road, (09) 4387771.

Community Gout Champions Training. An interactive 2 part programme of 4 modules about gout and gout management to enable participants to develop confidence and support Whanau effectively manage gout, resources, health and community links. **Whangarei:** 28 June & 7 July (9-1pm Manaia PHO) **Kaikohē:** 29 June & 12 July (10-1.30pm Kaikohē Medical Centre) **Okaihau:** 30 June & 13 July (10-1.30pm Ringa Atawhai) **Kaitiāia:** 14 July & 28 July (9-1pm Venue TBC) Register with Georgia Grant-Mackie, Arthritis New Zealand Northern Region. Ph: (09)5238912. Mobile: (027)6033281. Tollfree: (0800)663463. Email: georgia.grant-mackie@arthritis.org.nz

Free workshop: "When someone you care about has mental health or addiction problems". 29 June 2016, 10.30 am–12.00. Content: based on resource from Health & Disability Commission; information on how to: help your family/whanau, friend directly/ get professional help/ support your own wellbeing/ participate in services. Information on: compulsory assessment and treatment, Privacy Act, In-patient care, Planning for the future. Where: Municipal Building, 71 Bank St Whangarei, second floor meeting room. Facilitated by Supporting Families. To Register: call 0800 789 134 or email: cath@sfauckland.org.nz

Healthy Relationships – Course facilitated by Joyce Beehre. Monday 4 July to 11 August 7-8.30 (6 weeks) Cost \$60 includes workbook Limited to 12 participants Registrations close 20 June. Ever wondered why some relationships seem to lead to growth and happiness and others to pain and injury? This course is for you! Registration required due to limited spaces. Register by phoning 09 4376397 or email: enquiry@whgcare.org.nz

Epilepsy support group meeting in Whangarei: First Tuesday of each month 5 July, 2 August, 6 September, 4 October, 1 November, 6 December. Organised through Epilepsy Association of New Zealand Inc Northland Branch. Brenda Gardner Lounge, Citizens Advice Bureau (CAB), 71 Bank Street Whangarei. 10.30am to 12 noon, Phone (09) 4385498 or 0272916869. (Please leave a message) Email: northland@epilepsy.org.nz Public car park at the back of building Public car park off Vinery Lane via Hunt Street.

Walking through the Shadows – Course facilitated by Lyn Hutchinson & Jennie Gill. Wednesday 6 July–3 August 10am-11.30am (5 weeks). No charge Registrations close 22 June. For anyone experiencing the pain of grief or loss. Help to form strategies to assist in managing life with the inevitable changes that grief and loss bring. Please note: this group will not be appropriate for those who have experienced a loss within the last 6 months. Registration required due to limited spaces. Register by phoning 09 4376397 or email: enquiry@whgcare.org.nz

Petting Zoo – diary it now. Sunday 17 July 'Northland Equestrian Petting Zoo' inside at the stables at 2760 SH1 Ruakaka. Animal petting zoo, bouncy castle, activities, pony rides, food and drinks and more. Family fun for all ages. Part of the petting zoo is concreted and hardened - wheelchair friendly. Free entry. Fundraiser for SPCA. Between 10am -3 pm contact Maryke 021 0668 546. See website www.northlandequestrian.co.nz or Facebook www.facebook.com/NorthlandEquestrian

Newsletters

Children's Autism Northland Newsletter. <https://caf.outreach.co.nz/?Ns=&Na=view-msg-public&SMESG-oid=4367&Scontact=0f0e1b0f>

Age Concern Kaitiāia June-July Newsletter. For info, email ageconcernkta@xtra.co.nz, Phone: 09 408 2997 Fax: 09 408 2998.

Information of Interest

Do you have arthritis and have concerns about your footcare? Many people with arthritis of the feet, struggle to care for them by way of nail clipping, massage and general care. Arthritis New Zealand in association with Essentially Skin is running Foot Clinics. These are for people who have any form of Arthritis who have not had any foot care in the last 12 months. Discounted prices are available for Arthritis New Zealand members. These clinics will offer basic foot care including: Foot Soak and Toe nail clipping and cleaning - with an option for a pedicure. Charges: Basic Package \$35 or \$20 for Arthritis New Zealand Member. Pedicure: Men \$50 or \$35 for Arthritis New Zealand Member. Ladies \$59 or \$39 for Arthritis New Zealand Member (includes Nail Polish) to purchase a FootCare Appointment Voucher*, please phone Sue 459-6100, Monday – Thursday. Referral to a podiatrist may be made if required. www.arthritis.org.nz

Australian Cross Disability Alliance calls for a disability inclusive Australia. Scoop. June 14 2016. The Australian Cross Disability Alliance (ACDA) calls on all election candidates to commit to building a disability inclusive Australia by supporting key election priorities outlined in the ACDA Election Platform released today.

Multiple sclerosis trial begins at Wellington Hospital Victoria University of Wellington Press Release. June 13 2016. "Clozapine and risperidone have always been targeted to mental illness but our studies show they are able to tone down the immune system in the brain, which is what causes MS, and this anti-inflammatory action is promising."

Wagner to visit USA NZ Parliament Press Release. June 12 2016. Disability Issues Minister Nicky Wagner today departs to the United States to support New Zealand's candidate for election to the United Nations Committee on the Rights of Persons with Disabilities, engage with international experts on the employment of disabled people, and discuss emerging international border security trends with Homeland Security.

Disability commissioner to be appointed NewsHub. June 10 2016. The Human Rights Commission will soon have a commissioner who is formally responsible for the rights of disabled people.

Bill enshrines powers of Human Rights Commission New Zealand Government Press Release. June 9 2016. A Bill to improve the Human Rights Commission's ability to deal with crucial issues passed its third and final reading in Parliament today. Justice Minister Amy Adams says the Human Rights Amendment Bill changes the composition, governance arrangements, functions and powers of the Commission.

Recognising a more accessible Parliament New Zealand Government Press Release. June 9 2016. Disability Issues Minister Nicky Wagner has congratulated the Parliamentary Service on their outstanding work in making Parliament more accessible for disabled people. "Over the past year, Parliamentary Service has introduced a significant range of additions to the Parliamentary complex to make it easier for disabled people to use the facilities," Ms Wagner says.

Review into seclusion and restraint practices Human Rights Commission Press Release. June 8 2016. The Human Rights Commission is leading a review into seclusion and restraint practices in New Zealand with funding from the United Nations. "The Human Rights Commission and other organisations have repeatedly raised concerns about the way Government agencies detain some New Zealanders and keep them in solitary confinement or seclusion," said Disability Rights Commissioner Paul Gibson.

Autistic teenager bullied by woman in Auckland park, family claims Stuff.co.nz. June 8 2016. The family of an autistic teenager has lashed out at a bully in leaflets taped around an Auckland park. The posters, which are titled "Let Connor Swing", have been taped to a swing set in Rocket Park in Mt Albert.