



NorthAble
DISABILITY SERVICES

NorthAble Information Update 22/6/2016

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

Information of Interest



Business as usual. You may have noticed that EQ+ has temporarily moved to our main office at 40 John Street, Whangarei while the shop premises are closed for maintenance. Free customer parking remains in the EQ+ parking area on the corner of John & Dent streets, then cross the road to see Dianne and the team for all your disability information, equipment and aids of daily living needs. There is also disability parking areas directly outside the main building. Open 8.30 - 5pm Mon - Fri and 9am - noon on Saturday (apart from public holiday long weekends). Ph 09 4300 988 or 0508 637 200. We apologise for any inconvenience this may cause to you. - EQ+ team

Shop closure – annual stock take. - EQ+ will be closed for the day on Thursday 30th June to complete annual stocktake. Business resumes as normal from 40 John Street, Whangarei, the following day. We apologise for any inconvenience this may cause to you. - EQ+ team

Events – Seminars – Courses – Meetings

Parkinson's help in Northland: All members and intending members welcome to join in these activities. Contact northland@parkinsons.org.nz or phone 09 437 6878 for more information.

Support Groups: Whangarei – 1st Friday monthly, Kerikeri- 3rd Thursday monthly, Waipu – 3rd Friday monthly, Kaitiā – 3rd Tuesday every 2nd month, Dargaville – 1st Thursday every 2nd month.

Physical activity: Walking group. Every Monday @ 9.30am, Whangarei. Contact Margaret 09 435 6239 . Physio – Every Tuesday 2 – 3pm @ Kensington Gym, Whangarei Voice & Singing Exercise – Whangarei – Every Tuesday 10.30am – 11.30am @ New Hope Church, cnr Princess & Nixon Streets. Hydrotherapy - Water Based Exercises. Whangarei- Every Thursday 2.15pm to 3p.m @ Whangarei Aquatic Centre. Kerikeri-Every Wednesday 11.30pm to 12.00pm @ Little Dippers Pool. Pilates – Every Wednesday @ New Hope Church, cnr Princes & Nixon Streets, Whangarei. Intro Class 12.30pm. 1.30pm start for other classes Exercise Classes - Every Tuesday @ Kamo Club, Whangarei. 10.30am – 11.15am. Tai Chi Classes – Coopers Beach - Every Thursday 11.30am @ Physiotherapy Clinic Coopers Beach. Kerikeri – Every Tuesday 3.30pm @ Kingston House, Hone Heke Road.

Alzheimers Carer Education Sessions will be starting soon, facilitated by Anne Wilson and held in Whangarei, Kerikeri, Kaitiā. 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: Hokianga (Rawene): Wednesday June 22, 10.30am-12.30pm, St John Ambulance Hall, 22 De Thiere 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.halbergallsports.co.nz/events or Halberg Disability Sport Foundation on Facebook.

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

Festival Day at the Forget Me Not Centre, 110 Boundary Rd, Tikipunga. Wednesday 29 June. Art, Crafts and Activities Open Day. Please join the Forget Me Not Adult Day Care Centre clients and team - open from 10am- 2pm (just arrive you can) Fun, activities, friendship all day.

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

Books across our desk

Beyond Stroke: Living independently with one arm is an essential guide for anyone overcoming a stroke, people with shoulder, arm or hand injury and pain, carers, health professionals and community groups. Author Kate Ryan is a stroke survivor and habilitation professional who had a stroke at ten years old, resulting in permanent left-side paralysis. She continues to pursue her desire for personal independence and to find unique ways to achieve two-handed tasks with one hand. *Beyond Stroke:* Price (GST exempt): \$29.95 + postage & handling. Order direct from Ryan Publishing. Email: books@ryanpub.com or order from www.ryanpub.com

In the News

Look Good Feel Better rolls into town. Northern Advocate. June 15, 2016. Women dealing with cancer have enough big stuff to get through but a change in appearance is often the most public announcement of their condition and, privately, a painful one. [Read more](#)

New software allows the physically disabled to click with their eyes. Newshub. 19 June 2016. Communicating from the inside to the outside for people like Stephen Hawking requires special technology. For those who can't click a mouse or tap a screen, new breakthrough technology puts the power of the computer in the eye of the beholder. The software has been designed by two computer science lecturers at the University of Auckland -- Dr Christof Lutteroth and Dr Gerald Weber -- and is nominated for a HealthTech Award.

'My autistic child is not a monster': Father's anger as ministry orders Nelson boy to go to special facility 300km away New Zealand Herald. 16 June 2016. Parents of a 9-year-old boy have been threatened with prosecution unless they send him to a special boarding school 300km from their home. The child, who has a genetic disorder and is autistic, has been excluded from three schools in Nelson due to continual disobedience and violent behaviour, despite what the Government labelled an "exhaustive" effort to keep him enrolled.

Boycott movie, disability advocates urge. Radio New Zealand. 16 June 2016. Disability advocates are urging people to boycott the film Me Before You because of the way it depicts someone who is paralysed. The British film, released in New Zealand, features a man who is suicidal because he has been left paralysed after an accident.

Father's 14 year battle for disabled son's welfare. Stuff.co.nz. 15 June 2016. A father whose intellectually disabled son was sedated 27 times in a month while in care says it shows "glaring failures" in the health system. Gerald Haycock has been battling to have his son Glenn assessed by mental health professionals and is frustrated at the lack of communication between disability support services and mental health services.

New Zealander elected to UN Disabilities Committee. Human Rights Commission Press Release. 15 June 2016. A World First as New Zealander elected to United Nations Committee on the Rights of Persons with Disabilities This morning New Zealander Robert Martin was elected to the United Nations Committee on the Rights of Persons with Disabilities at UN headquarters.