



NorthAble
DISABILITY SERVICES

NorthAble Information Update 29/6/2016

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



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

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

Events – Seminars – Courses – Meetings

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

Mike King. Let's Talk. Community Korero. Thursday 30 June, 6.30pm-9pm. Bream Bay Trust, Takutai Place Ruakaka, Invite the wider community to an evening with Mike King. Hosted by Bream Bay Community Support Trust in collaboration with The Key To Life Charitable Trust.

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. **Kaikohe:** 29 June & 12 July (10-1.30pm Kaikohe Medical Centre) **Okaihau:** 30 June & 13 July (10-1.30pm Ringa Atawhai) **Whangarei:** 7 July (9-1pm Manaia PHO) **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

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, and 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 – coming up 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

Care Matters Workshops. For Carers of Disabled Children or Adults. Free! Current, relevant, practical information and skills. Kerikeri. Time: 9.30–2.30pm. Date: 27 July. Venue: Baha'i Centre 480 Kerikeri Rd, Kerikeri. Whangarei Time: 9.30–2.30pm. Date: 28 July Whangarei. Venue: To be confirmed. Lunch is provided. Register Early with Maureen or Wendy. Freephone: 0508 726 769. Text: Maureen: 027414 5267. Wendy: 0272456010. Email: samsno@actrix.co.nz

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, Kaitaia – 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.

In the News

Maori men suffering in disability statistics. NZ Herald. 27 June 2016. An official report has uncovered starkly unequal lives for New Zealand's main ethnic groups, with Maori men living an average of only 54 years before developing a disability requiring assistance from others

Disabled man Keegan Lewis to release album of original songs Stuff.co.nz. 26 June 2016. Keegan, 20, was born at 26 weeks and suffers from cerebral palsy and autism. He's also a musician with his debut album set for release next month. Called My Own Voice, the album is the product of three years work with guitarist Arli Liberman. It was recorded in his parents' living room in Whangaparaoa, North Auckland.

Special chairs work wonders at Hamilton School Stuff.co.nz. 24 June 2016. At Hamilton North School, it's not unusual for the special-needs students to become agitated, sometimes for the smallest of reasons. And thanks to a grant from the Mazda Foundation, teachers have a new tool to counter that agitation. They are gravity chairs, special sensory chairs made out of contoured layers of foam that give the upset child a squeeze, similar to a hug.

Boy with Down Syndrome had 'diabolical' post-op aftercare, say family. Radio New Zealand. 23 June 2016. A Rangitikei couple has spent thousands of dollars of their own money to care for their young disabled son after a hip operation put him in a cast from his waist to his ankles. Two district health boards are now investigating why the help that was promised by the five-year-old's doctors in Auckland never arrived.

Sex offender preyed on mentally disabled. Radio New Zealand. 21 June 2016. A repeat sex offender who preyed on men with mental disabilities was able to offend again - despite being monitored by authorities.

Top international researchers to keynote conference. Autism NZ Press Release. 21 June 2016. Two world-renown autism researchers from the University of California are headlining Autism New Zealand's national conference in Wellington on August 19-20. The theme for the conference, is Empowering people living with Autism.

Situations Vacant

Volunteer actors. Urgently casting for a DVD, about disability awareness and responsiveness to be shot in July in Whangarei. The DVD is being produced by Channel North and Tiaho the disability advocacy organisation. Men and women, 17 and older, if you are disabled or able-bodied and a keen actor then we want to hear from you! If YES then please contact us by close of business July 6. All levels of ability may apply. TO APPLY: Please email two photos: 1) Head and shoulders shot 2) Wide shot of whole body. Please send along with any relevant experience, where you are based and phone/email contacts to: lindafd1@gmail.com