



## NorthAble Information Update 13/07/2016

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](http://www.facebook.com/NorthAble)

Email: [drc@northable.org.nz](mailto:drc@northable.org.nz).

Web: [www.northable.org.nz](http://www.northable.org.nz)

## Events – Seminars – Courses – Meetings

**Arthritis & pain information.** Help with arthritis, gout and pain management. **Kaitia** RSA, 12 Matthews Avenue, Kaitia. Wednesday 20<sup>th</sup> July, 3.00–4.00pm. 4.45–5.45pm. Come and hear latest information about arthritis and what can help with Georgina Greville, RN, Arthritis Educator. No cost to attend but Arthritis New Zealand welcomes donations. For more information call freephone 0800 663 463 [www.arthritis.org.nz](http://www.arthritis.org.nz)

**Epilepsy support group** meeting in Whangarei: First Tuesday of each month 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](mailto:northland@epilepsy.org.nz) Public car park at the back of building Public car park off Vinery Lane via Hunt Street.

**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.northlandequstrian.co.nz](http://www.northlandequstrian.co.nz) or Facebook [www.facebook.com/NorthlandEquestrian](http://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](mailto:samsno@actrix.co.nz) or see [www.carematters.org.nz](http://www.carematters.org.nz)

**Whanau Support Group.** Do you have a family member with an alcohol or drug problem? A group for people who have whanau with alcohol and drug issues to come together to talk about their experiences and to get support. First Monday of every month starting August 1<sup>st</sup>. 4-5.30pm. Where: Puriri House, Community Mental Health and Addiction Service, 5 Three Mile Bush Road, Kamo, Whangarei. Tea and coffee provided. For more information contact Steve (DHB Alcohol and Drug Service) 09 470 2706 or Cath (Supporting Families) 0800 789 134.

**Framework For Autism:** Entries closing soon for 2-day FANZ workshop in Whangarei on 30–31<sup>st</sup> August. \$50.00 for the 2 days. [http://www.autismnz.org.nz/training\\_programmes/fanz\\_programme](http://www.autismnz.org.nz/training_programmes/fanz_programme)

**Parkinson's help in Northland:** All members and intending members welcome to join in these activities. Contact [northland@parkinsons.org.nz](mailto: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, Kaitia – 3rd Tuesday every 2nd month, Dargaville – 1st Thursday every 2nd month.

**Physical activity:** Walking group. Mondays @ 9.30am, Whangarei. Contact Margaret 09 435 6239 . Physio – Tuesdays 2 – 3pm @ Kensington Gym, Whangarei. Voice & Singing Exercise – Tuesdays 10.30am – 11.30am @ New Hope Church, cnr Princess & Nixon Streets, Whangarei. Hydrotherapy - Water Based Exercises. Whangarei- Thursdays 2.15pm- 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

**Telling their stories.** New Zealand Listener. 16 July 2016. As the Auckland Theatre Company adapts a famous story of an autistic boy, other theatres are letting autistic people portray their experience.... "I'm not on the [autism] spectrum that I know of," says Earl. "But I do feel quite at one with Christopher. I understand the way he thinks." Curious has become a touchstone for readers the world over seeking to understand autism spectrum disorder (ASD).

**A Different Light - 48 Hours - A bumpy ride to clarity.** Northern Advocate 11/7/16. Tiaho CEO and columnist Jonny Wilkinson's about disability in the UK and how well the media covers disability issues with a "Disability Issues reporter" on prime time TV. [www.tiaho.org.nz/news/entry/a-different-light-uk-media-reporting-on-disability-issues](http://www.tiaho.org.nz/news/entry/a-different-light-uk-media-reporting-on-disability-issues)

**'One bad day' gives rise to many good ones at sea** New Zealand Herald. 11 July 2016. Lying in hospital on what he calls his "one bad day", Bryce Dinneen made a promise to himself to focus on the positives and prove to others that life goes on. While enjoying a day out on the Wellington waterfront in 2007, Dinneen dived into shallow water and broke several vertebrae, irreparably damaging his spinal cord.

**Special Education changing: Franklin's earlier and improved response.** Education Gazette. 11 July. The Special Education Update is working across the whole education system and with sector partners to strengthen inclusion and modernise learning support. Education Gazette will shine a light on a number of local improvement projects throughout the year. In this issue, we look at the Franklin Early Response project, which aims to improve access to special education services in early childhood settings.

**Special needs family still waiting on a home.** NewsHub. 9 July 2016. Emily and Vice Saitu are parents to four children, all of whom have special needs. Miracle-Chae is 17 and has cerebral palsy, Elijah is 15 and has autism - while Tina, 14, and 10-year-old sister Siuli both have delayed learning disabilities. The family is homeless.

**Family struggles after son's crash.** New Zealand Herald. 5 July 2016. In the second it took to be thrown from a moving car Jordan Harrington-Dingley went from being an active skateboarder to losing the use of his legs.

**Robotic fingers fitted on amputee in national first.** Stuff.co.nz 4 July 2016. Chris Jones lost three fingers in a fishing accident on the West Coast in 2014. He's the first to be fitted with a partial robot hand, which will allow him to write, use cutlery and ride motorbikes again.

## Information of Interest

**Epilepsy NZ** is conducting what will be their very first electronic survey: a short survey amongst those who use their services, looking into their experiences about the information and support they have received from Epilepsy New Zealand. The survey will only take a couple of minutes to fill out (it is only 10 questions) [www.surveymonkey.com/r/DQZRNC?sm=hBMcpL1AK8SSbG86Wc2Gnw%3d%3d](http://www.surveymonkey.com/r/DQZRNC?sm=hBMcpL1AK8SSbG86Wc2Gnw%3d%3d)

**Facebook** Have you visited the NorthAble Facebook page recently – updated daily with news and events of interest. Go on, in, like our page – you know you want to! [www.facebook.com/NorthAble](http://www.facebook.com/NorthAble)

## Situations Vacant



**Service Co-ordinator Vacancy** – closes Friday 15<sup>th</sup> July. NorthAble is seeking applications for this full time position to join our Whangarei NASC team (Needs Assessment & Service Coordination for clients 0-65yrs). A person with knowledge and working experience in the field of disability, with a focus on empowering people and families/whanau to determine their future, would have a distinct advantage.

[www.seek.co.nz/job/31312307?pos=1&type=standout&engineConfig=&userqueryid=73589011103419510&tier=no\\_tier&whereid=5102](http://www.seek.co.nz/job/31312307?pos=1&type=standout&engineConfig=&userqueryid=73589011103419510&tier=no_tier&whereid=5102)

## Newsletters Across Our Desk – to get a copy email [drc@northable.org.nz](mailto:drc@northable.org.nz)

**The Oyster Catcher Issue 2 Winter 2016.** Newsletter from Oyster Accessible Travel New Zealand. To sign up see Website: [www.oysternz.co.nz](http://www.oysternz.co.nz)

**Forget Me Not** July newsletter and Frozen Meal List. From the Forget Me Not Adult Day Centre in Whangarei – let them know if you have anyone who would like to attend their Centre. Just phone on 09 4371144.