



### NorthAble Information Update 20/07/2016

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.

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

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

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

### Events – Seminars – Courses – Meetings

**Arthritis & pain information.** Help with arthritis, gout and pain management. **Kaitaia** RSA, 12 Matthews Avenue, Kaitaia. 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 or go to [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.

**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)

**Mental Health Law Conference 2016**, which is being held in August this year. This year's theme is Family Violence. This full day conference will be presented in five centres – Wellington (Friday 5 August 2016); Hamilton (Thursday 11 August 2016); Auckland (Friday 12 ) For further information, please email Anne Le'aupepe at [No1anzappl@gmail.com](mailto:No1anzappl@gmail.com) or Iris Reuvecamp at [iris@vidalaw.co.nz](mailto:iris@vidalaw.co.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.

**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.

**Parkinson's 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.

**Parkinson's 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.

**Individual Funding** Agency Manawanui-in-charge are hosting workshops by Simon Duffy and Michael Kendrick in November of this year which would be of interest to disabled people, families and staff. The workshops will be held in Auckland and Christchurch. Simon will speak on Citizenship and Creative Support and Michael will speak on Overcoming Limitations to Individualization. For more information and registration, go to [www.incharge.org.nz/](http://www.incharge.org.nz/)

## In the News

**Tech gives voices to those who can't speak** New Zealand Herald. 17 July 2016. Jessie Levine smiles and shakes her head when she hears the outgoing voicemail message on her iPhone. "I sound young! And fast!" she marvels. "That person never, ever expected to talk like this." The message was recorded before Levine was diagnosed with Lou Gehrig's disease, or ALS, in early 2015, and before the progressive motor neuron disease caused her speech to become slow and slurred. But as her ability to talk deteriorates, she's exploring a new way to restore her voice via speech synthesis, or the artificial production of human speech.

**Locked in** Sunday TV 1. 17 July 2016. Sunday investigates the treatment of one of New Zealand's most challenging Autistic patients.

**Southland woman and her pack of dogs help disabled and kids learn to read.** tvnz.co.nz. 13 July 2016. Kath Outerson from Tuatapere adores her six retrievers. "They can answer the phone, empty the washing machine, fetch a bucket of water, fetch you a beer, get you some juice," the Scottish native smiles. Ms Outerson became a breeder and dog behaviourist after she was hit with Bell's Palsy, a form of facial paralysis, four years ago.

**'Super suit' gives disabled Hawke's Bay boy a new lease on life.** stuff.co.nz. 15 July 2016. Sitting upright used to be a struggle for Euan Taylor, but thanks to his new "super suit" the Taradale boy can do things he could only dream of doing before, like riding a horse. Five years ago 8-year-old Euan was rushed to Auckland's Starship Children's Hospital with acute disseminated encephalomyelitis or ADEM, which normally attacks a patch of a child's brain.

**Minister launches EmployAbility** New Zealand Government Press Release. 14 July 2016. Disability Issues Minister Nicky Wagner today launched EmployAbility, an employment programme to assist people with health conditions and disabilities into work to take place in the Bay of Plenty.

**Patumahoe man champions the abilities of disabled workers** Stuff.co.nz. 15 July 2016. Disabled people sometimes get the cold shoulder when they attempt to step into the workforce. Adrian Coysh has worked hard to change this after three out of four of his children were diagnosed with Retinitis Pigmentosa, a condition for which there is no cure and leads to blindness.

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

Arataki Ministries and Te Taitokerau Tangata Whai Ora Trust publish an occasional newsletter for people with Mental Health and Alcohol issues. Here's a link to these newsletters:

[www.aratakimin.com/newsletters.html](http://www.aratakimin.com/newsletters.html)