



NorthAble Information Update 27/07/2016

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.

Facebook: www.facebook.com/NorthAble

Web: www.northable.org.nz

Events – Seminars – Courses – Meetings

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 or see www.carematters.org.nz

Whanau Support Group. Do you have a family member with an alcohol or drug problem? Starting August 1st then first Monday of every month. A group for people who have whanau with alcohol and drug issues to come together to talk about their experiences and to get support. From 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.

Kerikeri networkers. Regular meeting for services. Next: August 2 Kingston House, Kerikeri, midday.

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-noon, Phone (09) 4385498 or 0272916869. (Please leave a message) Email: northland@epilepsy.org.nz Public car park e back at building off Vinery Lane via Hunt Street.

Mental Health Law Conference 2016 on a family violence theme – 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 or Iris Reuvecamp at iris@vidalaw.co.nz.

Kia Noho Rangatira Ai Tātou – workshop for DSS providers only. August 17-18. Unique opportunity and no charge! Te Pou, working with NorthAble and Tiaho offer a two day workshop to disability support providers free of charge. This workshop builds understanding of how to apply United Nations Convention on the Rights of Persons with Disability in the context of Aotearoa. At Flames International Hotel, 8 Waverley Street, Onerahi, Whangarei, 17 and 18 August 2016, 9.30am-3.30pm. [Click here to register your attendance](#) or for information contact favaux.polima@tepou.co.nz

Maungaturoto Community Meeting. Tuesday August 30, 2 pm at the St Johns Hall. Networking For information, contact Dianne Dawson, Administrator, Coast to Coast Hauora Trust, 09 423 6006 ext 1.

WAVES – Suicide bereavement group. Starting in Kerikeri on 5th September. This group is for ages 17+ and is an eight week long group that meets on a Monday night from 6pm – 8pm for two hours and is facilitated by trained professionals. If you are interested please contact Sholay Sunnex at Supporting Families on 0800 789 134 to register or text 0272772368 with name and contact number and we will make contact, this will be a closed group.

Kerikeri support group Evening group every third Tuesday of month from 6pm-7.30pm. Morning group every fourth Thursday of month from 10.30-12pm Venue – Kingston House 123 Hone Heke road, 0800 789 134 for more.

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.

Parkinson's 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.

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.

Northland Junior Disability Sports Day hosted by Parafed Northland and Halberg Disability Sport Foundation. Date: Wednesday 14 September 2016. Time: 10am - 2pm. Venue: ASB Kensington Stadium, Whangarei. Experience a day of sports, fun and competition! The Northland Junior Disability Sports Day is a great opportunity to test your skills across a range of sports. Open to physically disabled and visually impaired young people (7 - 21 years). To register, contact Jo Burgess on admin@parafednorthland.co.nz or 021 705 9520. For more information, go to www.halbergallsports.co.nz/events. Facebook - search 'Halberg Disability Sport Foundation'.

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/

In the News

Disabled patients sue Government. New Zealand Herald. 25 July 2016. Three intellectually disabled men are suing the Government for upwards of \$100,000 each, alleging ill treatment such as warehousing, neglect and discrimination in forensic health facilities

Halberg Disability Sport Foundation help Whangarei boy onto trike. Whangarei Leader. 22 July 2016. Nine-year-old Rueben Leslie's new black and orange trike is pretty cool. For starters, its name is 'speed devil'. Secondly, it helps Rueben, who has cerebral palsy, to build up strength in his legs.

Northland babies to sleep safe. Northern Advocate. Friday July 22, 2016. Funding for pepi-pods and wahakura for at-risk mums and babies will continue in Northland, despite the Government shelving plans to fund the safe-sleeping devices. Through DHB funding, Northland District Health Board will continue to supply about 180 safe sleep devices per year, with Maori infants in the Special Care Baby Unit a priority.

Mother awarded \$207k for caring for disabled son. Radio New Zealand. 21 July 2016. Auckland mother Margaret Spencer has finally been awarded over \$200,000 in compensation for the years spent caring for her disabled son, and hopes it will set a precedent for other families.

Cancer couldn't stop Kiwi Paralympian. New Zealand Herald. 20 July 2016. Jacob Phillips has defeated a bout of cancer to book a place at the Rio Paralympics. Steve Landells speaks to the 19-year-old athlete Kiwi about his remarkable journey. It is hard to comprehend the journey that para-sprinter Jacob Phillips has undertaken over the past 18 months or so.

"50 days to go" to the Games – and counting. ACC Press Release. 20 July 2016. The New Zealand Paralympic Games Team is in the final run up to the Rio 2016 Paralympic Games opening on 7 September. Sid Miller, ACC's Chief Customer Officer, speaking at the team presentation at Sky City, says in 50 days' time all of New Zealand will be focusing on the Rio 2016 Paralympic Games as the New Zealand team enters the stadium for the opening ceremony.

Petition for autistic man Ashley Peacock gathers support. New Zealand Herald. 19 July 2016. A petition for an autistic man held in an isolated wing of a mental health unit has garnered more than 2000 signatures in a day. The family of Ashley Peacock, 38, launched their latest bid to see him moved to a community facility on Sunday, by calling for Health Minister Jonathan Coleman to intervene in their son's case.

Torture inspectors uncover 'cruel, degrading' care in hospitals. New Zealand Herald. 18 July 2016. Elderly, mentally ill patients were subjected to the "prolonged and excessive" use of restraint belts at a secure hospital unit - one of the potential human rights breaches uncovered by torture inspectors. A Herald investigation has analysed more than 60 Crimes of Torture Act reports written about health and disability detention sites across New Zealand and will make them public for the first time.

Stroke awareness campaign to be rolled out nationwide New Zealand Herald. 16 July 2016. A successful trial that doubled the number of people able to recognise the main symptoms of stroke has led to a nationwide awareness campaign about the killer brain attack. Stroke remains the third largest killer in New Zealand, after heart disease and cancer, with more than 2500 of the 9000 Kiwis who suffer one each year dying.