



NorthAble Information Update 04/08/2016

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

Events – Seminars – Courses – Meetings

Dental problems but can't seek care due to cost? Do you have a current Community Service Card? Here is an opportunity to get one dental problem sorted. The New Zealand Dental Association and the Southern Cross Health Trust are offering a free dental day on Monday 8th August 2016. *BigSmiles Dental at Smilecare Dental Studio*, 142 Bank St, Whangarei is providing their dental practice for use during this day. Appointments are limited – so book your place now. Call 0800 FREE SMILE/0800 373 376 you must have an appointment. Delays likely, be prepared to wait.

Supporting families - free workshop. Talking about the Elephant. Wednesday 10th August, 10.30am – 12pm. First Floor, Municipal Building, 71 Bank Street. Learn ways to keep your children, family and whanau safe and strong even when alcohol and drug issues are a problem at home. To register contact Cath 0800789134 or cath@sfauckland.org.nz Booking essential. Morning tea provided.

Have your say on the strategy that will shape the direction of government agencies on disability issues for the next 10 years. A draft New Zealand Disability Strategy has been written based on an earlier consultation on what people want the future for disabled people in New Zealand to look like. Next, what do people think of the draft strategy and can they suggest changes or improvements? Workshop in Whangarei on Thursday 11 August from 10am to 1pm at the Forum North Conference Centre, 7 Rust Avenue. The draft strategy will be explained and there will be small group discussions about it. Refreshments will be provided. You can sign up now to take part in the workshop on the consultation website: <http://jointheconversation.nz/>

Change the lives of families living in deplorable housing conditions. Home Maintenance Information Meeting - learn how Habitat for Humanity can help with home repairs for low-income families. Spread the word among people you know who work in social services, particularly with families, the elderly, and the disabled. Date: 11 August, 10:00am, Northland Hockey Association, 45 Park Avenue, Kensington, Whangarei RSVP: audreyl@habitat.org.nz

Mental Health Law Conference 2016 on a family violence theme, Auckland Friday August 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 – It is August already only two and a half weeks until the Kia Noho Rangatira Ai Tātou workshop, on 17-18 August 9.30am-3.30pm at the Flames International Hotel 8 Waverley St, Onerahi, Whangarei. This workshop, for disability support organisations, provides an introduction to the United Nations Convention on the Rights of Persons with Disabilities and how to apply it in your day to day practice. It also places the convention in the unique human rights context of Aotearoa. Looking forward to bringing this opportunity to you so If you would like to attend, please register without delay. Te Pou, working with NorthAble and Tiaho offer this two day workshop to disability support providers free of charge. [Click here to register your attendance](#) or for information contact favaux.polima@tepou.co.nz

Understanding Epilepsy seminar in the Brenda Gardner Lounge at the Citizens Advice Bureau, Whangarei on Thursday 18 August 2016 from 10am to 12 noon. This free seminar is a great opportunity in your area to learn more about this condition, what it is, how to recognise seizures, lifestyle management and what to do when someone has a seizure. Phone (09) 4385498 or 0272916869. (Please leave a message) Email: northland@epilepsy.org.nz Public car park at back at building off Vinery Lane via Hunt Street.

Education Legal Issues - presentation by Nan Jensen, Quinlaw, hosted by *Disability Connect*. Of interest to families raising a child with a disability in mainstream or special school environments. Learn about enrolment rights, decision processes around special education, processes around an ORS funding decline, requests to parents for teacher aide funding contributions, requests to parents for funding for student support at extra-curricular camps and activities, stand-downs, use of restraint, and more. Central Auckland, Tuesday 23rd August 12-2pm, Disability Connect Premises, 3b Olive Road, Penrose. East Auckland, Wednesday 14th September 7-9pm, Highland Park Community House, 47 Aviemore Drive, Highland Park. North Auckland, Tuesday 20th September 7-9pm, YES Disability Resource Centre, 3 William Laurie Place, Albany. Central Auckland, Wednesday 19th October 7-9pm, Mt Richmond School, 30 Albion Road, Otahuhu. West Auckland, Tuesday 8th November 7-9pm. MPHS Hub West, 27 Corban Avenue, Henderson. No charge for parents or family members, professionals \$20. RSVP 09 636 0351 or admin@disabilityconnect.org.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.

Parafed Northland Adapted Football Programme. Tuesdays until 6 September. (4.30-5.30pm) at Tikipunga Sports Park, Reed St, Whangarei. Contact Jo Burgess on 027 7059520 or admin@parafednorthland.co.nz This is a great opportunity to play Football and learn new skills. The programme runs for six weeks and is open to 5-21 year olds with a physical impairment who are either ambulant or use a walker or stick for mobility. Invitation is extended to siblings.

Whanau Support Group. Do you have a family member with an alcohol or drug problem? 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.

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

Epilepsy support group meeting in Whangarei: First Tuesday of each month, 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 at back at building off Vinery Lane via Hunt Street.

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'.

Seniors expo 2016. Help celebrate: International Day Of Older People. *Support the Needs of Older People in the Far North*. Date: Wednesday, 21st September 2016 . Venue: Te Ahu Centre – Cnr South Road & Matthews Ave, Kaitaia. Time: Open to the public 10:00am – 2:00pm Interested in having a stall at the expo? If you require any further information, contact Age Concern office: by phone (09) 408 2997, or email ageconcernkta@xtra.co.nz.

Child protection workshop "Identifying and responding to vulnerability and child abuse". Length: 1 Day (9am - 4pm). Date: Tuesday 27th September 2016. Location: Whangarei. Venue: People Potential. 17 Keyte Street, Kensington. Cost: \$185 + GST per person. www.childmatters.org.nz. For further information contact Tracey Goodrick—Training Advisor 07 282 0685 / traceyg@childmatters.org.nz

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.

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/

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.

Information of Interest

Healthpoint provides up-to-date information about healthcare providers, referral expectations, services offered and common treatments. Check out the website at <http://www.healthpoint.co.nz/>

Manaia PHO have a Community Services Directory which has a range of community and social service groups that offer support to children and families. This resource was developed as part of the PHO's Whakamana Whanau / Abuse Prevention project so has a focus on services that provide support for family violence, child abuse and neglect. However there are also a wide variety of community resources included. View a this resource on online <http://www.manaiapho.co.nz/sites/default/files/static/Manaia%20Community%20Services%20Directory%20July%202016.pdf>

Situations Vacant

NorthAble has a vacancy for a Disability Equipment and Information Consultant (fixed term) – see <http://www.seek.co.nz/Job/31506783>

In the News

Change of perception. New Zealand Woman's Weekly. 8 August 2016. When Kahn Taylor grows up, he wants to be a carpet layer like his father and ride motocross. But he has wolfram syndrome, an exceptionally rare condition that means he's losing his sight and hearing, and may also lose his senses of smell, taste and touch.

Disabled students given overseas exchange chance. Northern Advocate. 2 August 2016. Achieve 2B founder Julia Hartshorne has set up an exchange programme for disabled Northland students.

Making of an Olympian: Cameron Leslie. NZ Herald News. 28 July 2016. In the fifth and final part of the Herald series Making of a Olympian, the spotlight falls on Paralympian Cameron Leslie.

No toilets, locked up and forcibly medicated, claims lawyer. Stuff.co.nz, 27 July 2016 Three intellectually disabled men were forcibly medicated, locked up without a toilet and restrained for hours, their lawyer has told a judge.

Intellectually disabled men begin case over alleged mistreatment. New Zealand Herald. 28 July 2016. Intellectually disabled men were injured and treated as if "parcels on a shelf" while in forensic health facilities, the Wellington High Court has heard.

Severe birth defects not as lethal as docs once said: Study. New Zealand Herald. 27 July 2016 Parents of newborns with rare genetic conditions used to hear the grim words that the severe birth defects were "incompatible with life." Support groups and social media showing the exceptions have changed the landscape. So has mounting research suggesting that not all such babies are doomed to die.

Help create a better future for disabled New Zealanders. Office for Disability Issues. 25 July 2016. A nationwide conversation starts today on how to create a better future for the one in four New Zealanders who are limited by an impairment.