



NorthAble Information Update 17/08/2016

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

Information of Interest

Whangarei Aquatic Centre - Improved Facilities for Disabled. Disabled parking has long been an issue for those who have to make their way up the rise from the main car park area to the pool entrance. Unfortunately the parking area immediately outside the reception area can't be expanded for engineering reasons but work has started on providing additional disabled parking at the northern end of the facility. This will link in with a soon-to-be-let contract to install an entrance for disabled customers next to the Tots' pool and provide an additional changing room for the hydrotherapy pool. Also, the hydrotherapy changing room bed is back in operation after a wait while the hoist mechanism was sent away for repairs. Whangarei Aquatic Centre www.whangareiaquaticcentre.co.nz

Parliament TV – Live Captioning. Live, closed captioning of Parliament TV started on Tuesday 9th August. The service will be available on all platforms that Parliament TV is available on. This includes streaming on the Parliament website and on the Virtual House app (available on Apple iOS and Android mobile devices). Captions will also be available during the Question Time replays at 6pm and 10pm. For more information, please visit: <https://www.parliament.nz/en/get-involved/features/live-subtitles-on-parliament-tv-aid-access/>

Events – Seminars – Courses – Meetings

Understanding Epilepsy seminar in the Brenda Gardner Lounge at the Citizens Advice Bureau, Whangarei on Thursday 18 August 2016 from 10am to 12 noon. Free. 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, back at building off Vinery Lane.

Education Legal Issues presentation, from *Disability Connect*. Of interest to families raising a child with a disability in mainstream or special school environments. Central Auckland, Tuesday 23rd August 12-2pm, Disability Connect Premises, 3b Olive Road, Penrose. 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 - ambulant or use walker/stick for mobility. Invitation is extended to siblings.

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.

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'.

Alzheimers Northland Memory Walk 2016 We'd love for you to join us to help raise awareness about and de-stigmatise dementia and Alzheimers disease throughout Northland, by joining us on Sunday 18th September, in Kerikeri, Dargaville or Whangarei for the Alzheimers Northland Memory Walk 2016. You can get your very own purple T-shirt from us, absolutely free, to wear when you join us. Just stop at the marquee to collect from one of the Alzheimers Northland volunteers, or pop into the Northland Chamber of Commerce Whangarei (Upstairs in the Old Library, from 13-16 Sept) - you can pick any colour you like (as long as it's purple!) The event is free, family friendly and no registration required. It kicks off at 12 noon in three locations: Kerikeri Domain, Kerikeri; Countdown, Dargaville; Hatea Loop, Whangarei. More information about the 2016 Northland Memory Walks and regional dementia services can be found at <http://www.alzheimers.org.nz/northland> or phone 0800 004 001 toll free.

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.

2016 Northland Health & Social Innovation Awards. By Northland District Health Board, NorthAble Disability Services, Manaia Health and Te Tai Tokerau PHO's to celebrate quality, innovation and integration across the Te Tai Tokerau health and social sectors. To enter categories, visit <http://community.northlanddhb.org.nz/2016awards/> Entries to all categories close on 23rd September 2016. Finalists will be invited to attend the Free Awards Dinner at Toll Stadium on Saturday, 26th November 2016. For more, contact Raewyn Fowlie on 0800 637 200 or 027 4300 167.

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.

Individual Funding Agency Manawanui-in-charge are hosting workshops by Simon Duffy and Michael Kendrick in Auckland in November of interest to disabled people, families and staff. For more information and registration, go to www.incharge.org.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.

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.

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.

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 Park at back at building off Vinery Lane.

Outward Bound Activate course coming up in November. This course is for those aged 18+ with a physical disability and runs from Saturday 5 November - Saturday 12 November 2016. Activate is a fantastic opportunity to get out into the natural environment, face some new challenges and work on personal development, all in a friendly and supportive environment. Course specifically adapted to allow you to experience all the adventure of an Outward Bound programme but with more rest breaks and support workers to accompany your journey. Call 0800 688 927 to book your place. Funding may be available for those eligible through WINZ or the Outward Bound Foundation.

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

Parents take a stand after ban from slide. Northern Advocate. 16 August 2016. A Whangarei mother who claims her disabled daughter was discriminated against after the girl's father was told off for taking her down the slide at a children's amusement facility has turned down an offer from the business owner to use the slide when no one else is around.

Arts award judges praise Ngawha's shared vision. Northern Advocate. 15 August 2016. The Arts Access Award - won by Ngawha Prison – celebrates the achievement of individuals and organisations with limited access to engage with the arts as artists and audience members. Richard Bengie, executive director of Arts Access Aotearoa, said that one in four people in New Zealand – more than one million live with a disability or impairment. "That's a lot of people, who all have the right to enjoy the arts," he said.

\$6.9m redevelopment for Northland Kura. New Zealand Government Press Release. 15 August 2016. "This redevelopment will include new buildings as well as building upgrades, and will provide the kura with fantastic new facilities," says Ms Parata. "The remote learning suite is an important addition because it will allow students to connect with teachers based off-site and in other parts of New Zealand via video-conferencing. "This is a great way to enable students to access specialist learning, regardless of where they are based."

Dodgy conduct. Herald on Sunday. 14 August 2016. In 2010, 58-year-old nurse David Dawson was struck off after he was found guilty of sexual misconduct. He formed an intimate relationship with a 14-year-old intellectually disabled girl he met on the children's ward at Rotorua Hospital. Dawson confessed he loved the teenager and sent her sexually explicit text messages and flowers on Valentine's Day. It took more than three years for Dawson's registration to be cancelled through the disciplinary tribunal.

Kiwi disability support company eyeing Europe, US. Newshub. 14 August 2016. A New Zealand company recognised internationally for its cutting-edge wheelchair seating and children's mobility equipment is now looking to expand into Europe and the US.

Focus on quality of life with diabetes. Northern Advocate. 13 August 2016. Northlanders with diabetes and mental health issues will be the focus of a new programme which aims to improve the quality of life of those living with diabetes. Northland District Health Board is one of two DHBs in the country to carry out the pilot Diabetes Plan.

Auckland's new \$1m playground caters to all. Newshub. 12 August 2016. Reporter Gemma Coombe explains that a special playground has been created in Auckland for disabled children. The playground almost did not happen, as some residents were concerned about a playground being built on a beach.

Cystic Fibrosis Awareness Week 14 August-21 August. Cystic Fibrosis New Zealand press release. 11 August 2016. Cystic Fibrosis (CF) is the most common life-threatening genetic disorder affecting New Zealanders, with almost 500 living with the condition.

The Getting Out There supplement 2016 Northern Advocate. 9 August 2016. A resource for the community that showcases disability organisations and the work they do.

Public have their say on creating a better future for disabled New Zealanders. Stuff.co.nz. 8 August 2016. A nationwide conversation is under way on how to create a better future for the one in four New Zealanders with a disability.