



NorthAble Information Update 25/08/2016

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

Hangi, LYNKZ whanau adventures fundraising 26th August 1pm. \$10.00 each. Fundraising for trip to Wellington November 2016 for the LYNKZ work and community participation programme members. We will be staying a night in Turangi then continuing on to Wellington where we will be taking a guided tour through Parliament, going up the cable cars and botanical gardens, and a visit to the Te Papa Museum. We will also be dining out in the capital city. The hangi will include: beef, pork, chicken, potato, kumara, pumpkin, cabbage, stuffing and fried bread. Cost: \$10. To order: contact Michelle at LYNKZ on 09 4303470 or email michelle.watts@northable.org.nz (free delivery for orders of 6 or more within city limits).

Seniors Linking Together. Age Concern Kaitaia pilot programme which will be running over the next three months. Designed to provide a safe and welcoming environment where you can socialise with like minded others over a cuppa and biscuit. You are invited to bring along and share your hobbies, interests and friendly conversation. Home baking to share for morning tea is welcome but not compulsory. To find out more: 09 408 2997, fax: 09 408 2998, email: ageconcernkta@xtra.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.

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.

Exercise class Age Concern Kaitaia is starting an exercise class for older people. Starting the class on the week of 5th September, twice a week Toning and stretching the body protects our bones, reduces joint stress, increases brain function and helps with falls prevention.. Please ring Age Concern Kaitaia office, and register your interest. Phone: 09 408 2997, Fax: 09 408 2998, Email: ageconcernkta@xtra.co.nz

Donate blood. Location: Whangarei Forum North Forum North 1 Rust Avenue Whangarei. Monday 12 September.

Northland Junior Disability Sports Day hosted by Parafed Northland and Halberg Disability Sport Foundation. Registrations due to close Wednesday 31st August for the Wednesday 14 September 2016 games to be held from: 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. Info, see <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. Listen for radio advertising of this event and please forward to organisations, individuals who may be eligible to enter!

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.

Deaf Aotearoa AGM. 19th November 2016 from 10am to 2pm at: Manawatu Deaf Society Inc. 55B Totara Road, Awapuni, Palmerston North. Video information on You Tube at <https://www.youtube.com/watch?v=jffrmlmxeps>

Situations Vacant

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

Qualified teacher to support: 12year old male with one to one online learning and some paper based work in English and Maths.Two hours a day, 9.45-11.45. (On a Thursday 10.45-12.45) with an extra 2-3 hours for planning/creating learning resources. Please send through CV and any other information to: bbirch@teorahou.org.nz

In the News

Donor teams keep Jethro alive. Northern Advocate. August 22, 2016. Every week it takes 28 people to save 6-year-old Northland boy Jethro Morrow's life. He suffers from a rare, life-threatening illness that destroys his red blood cells and causes acute kidney failure. For six years he has been kept alive with a 420ml plasma infusion every Thursday."I am so grateful to the people that take the time to give plasma, and so relieved he has the most common blood type," Jethro's mum Shannon Gantley said.

Judge favours Maori name for ministry. Northern Advocate. 19 August 2016. Children's Commissioner Judge Andrew Becroft says he will not use the English name of the newly announced Ministry for Vulnerable Children and hopes the name will "wither on the vine". The Maori name is Oranga Tamariki, which means the health and wellbeing of children. He says the Maori name is aspirational and positive whereas the English name is negative, emphasising children's vulnerability rather than their wellbeing.

Interview with Craig Smith. TV One Breakfast. 19 August 2016. Interview with Craig Smith, Autism Spectrum Australia, about games like Pokemon helping children with autism. He says parents have found that children are motivated to engage in long bouts of physical activity.

Safety laws put paid to good intentions. Northern Advocate. 19 August 2016. Sometimes being inclusive requires a little more effort and level-headed thinking about enabling participation for all the people you are serving. I love the concept of manaakitanga. The art of respecting every individual's mana, and the mana of giving great service.inclusive playgrounds aren't insurmountable. In the town basin we have a swing that wheelchair users can use – Jonny Wilkinson, CEO Tiaho Trust.

Truce called between amusement centre and disabled child. Radio New Zealand. 17 August 2016. A Whangarei children's amusement centre has offered an olive branch to the community after a row over the use of a bouncy slide by a girl who can't walk.

Mind control has the potential to help severely disabled people the world over. Tvnz.co.nz. 17 August 2016.'Focused attention' is the technical term for achieving tasks through the power of thought.

Dad of disabled girl ordered off Chipmunks slide. Northern Advocate. 16 August 2016. A Whangarei mother 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.

Register now for Northland disability sports day. Stuff.co.nz. 15 August 2016. Registrations are now open for the Northland junior disability sports day to be held at ASB Kensington Stadium, Whangarei on September 14. To register, contact Parafed Northland community sports development advisor, Jo Burgess by August 31 on admin@parafednorthland.co.nz or phone 021 705 9520.

Gloriavale teen prayer ready died choking in isolation room. New Zealand Herald. 15 August 2016. A 14-year-old girl with Down Syndrome died choking on a piece of meat in Gloriavale christian community while shut in an isolation room.

Gloriavale child death that the community tried to keep a secret. Stuff.co.nz. 15 August 2016. A teenage girl with Down Syndrome choked to death at the Gloriavale community in an isolation room where the door couldn't be opened. But coroner Marcus Elliott has ruled it was a tragic accident and the fact people could not get in through the door to help did not contribute to her death.

Music to love. Radio New Zealand. 14 August 2016. The traditional concert hall is not an environment that suits everyone, especially people with intellectual disabilities. Chamber music New Zealand holds 'relaxed performances' and workshops for this community.