



NorthAble Information Update 31/08/2016

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

On the box – Paralympics. TVNZ has announced the most extensive live and free-to-air coverage of a Paralympic Games ever with more than 180 hours of coverage. Focusing on the New Zealand team's performances, viewers will be able to catch Games action as it happens every day on TVNZ's fully live-streamed TV channel DUKE where there will also be delayed action and highlights coverage. A highlights programme will also air every night on TV ONE and will be available online through www.TVNZ OnDemand and AttitudeLive.com. The Games in Rio from September 7-18.

Events – Seminars – Courses – Meetings

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

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.

Shop with a list workshop. Anglican Care Centre Invites you to attend this workshop 10.00am—12.00pm Every 3rd Tuesday. Tuesday, 20th September 2016, Tuesday, 18th October 2016, Tuesday 15th November 2016. Maximum 10 per course. Registration essential. Phone to book: 4376397. Koha appreciated Did you know you could save up to \$38 a week, by simply shopping with a list. This course includes economical meals, planning, budgeting hints and tips and hands on cooking.

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.

LYNKZ Factor 2016! Thursday 22 September 2016. 65 John St Whangarei. \$5 per ticket, performers free. Performers RSVP by September 8. Contact LYNKZ 09 430 0988 for entering or tickets. If you want to perform let Michelle know. Tickets available from LYNKZ.

PS: Anyone got a SingStar we can borrow? Ph 09 430 0988 or email drc@northable.org.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 Princess & 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 for a Disability Equipment and Information Consultant (fixed term) – see www.seek.co.nz/Job/31506783

In the News

Blind community fights for equal access to books Radio New Zealand. 29 August 2016. A mother has described as 'heartbreaking' the struggle her blind daughter goes through to get hold of everyday reading material like school textbooks and novels.

Sector welcomes funding boost for preschool special needs Newstalk ZB. 28 August 2016. The pre-school sector said that the government could not delay funding for children with special needs any longer. Extra cash has been released for special needs education for children younger than five. Early Childhood Council Chief Executive Peter Reynolds stated that he regularly gets calls from kindergarten or pre-school managers struggling to cope with high needs children.

Politicians must put the students first. Sunday Star Times. 28 August 2016. Students suffer when schools forced to do more with less. They say that education is one of the more difficult portfolios when you're a politician - that everyone has been in the system, which means everyone has a view. But not everyone has the same experience in school. You don't have to be an MP for long to get a sense of the varied experiences our kids have in the education system.

Vogue magazine slammed for photoshopping disabilities onto able-bodied ambassadors New Zealand Herald. 27 August 2016. They better believe any publicity is good publicity. Vogue Brazil has come under fire for a controversial campaign that sees disabilities photoshopped onto able-bodied models in a bid to promote the Paralympics.

Danger for deaf drives campaign Northern Advocate. 25 August 2016. A Northland advocate is behind a campaign to get deaf-friendly fire alarms installed in public buildings, after a deaf university student was left behind during a drill.

Chance to participate in sports. Northern News. 24 August 2016. Registrations are now open for the Northland Junior Disability Sports Day to be held at ASB Kensington Stadium, Whangarei on September 14. Hosted by the Halberg Disability Sport Foundation and Parafed Northland, the event is open to all physically disabled and visually impaired young people aged between seven and 21 years.

Rio Olympics 2016: Russian Paralympic team banned New Zealand Herald. 24 August 2016 Two days after Russia finished fourth in the Olympic medal table, its Paralympic team was barred from the next big games in Rio de Janeiro as punishment for a state-backed doping program.

Fears daughter will 'miss out twice' in change to special education funding Stuff.co.nz. 24 August 2016. Children with learning disabilities could "miss out twice" under a plan to change how funding for special education is allocated, parents fear.

Northland boy with rare condition kept alive by donors. stuff.co.nz. 23 August 2016. Pokemon Go is helping six-year-old Jethro Morrow through his life saving weekly plasma transfusions. Jethro has atypical haemolytic uraemic syndrome (aHUS) which is a genetic, chronic, rare disease which can progressively damage vital organs, potentially leading to stroke, heart attack, kidney failure and premature death.

Secondary principals fear special education disaster. Radio New Zealand. 23 August. The Government is considering a dramatic shift in special education funding from school-aged children to under-5s. That, secondary school principals say, would be a disaster.

'Special needs' term singles out students and will be scrapped – Government. NZ Herald. 22 August 2016. "The use of the term 'special needs' singles people out, and by concentrating on learner's deficits, can marginalise individuals and create a barrier to a fully inclusive education system," the document states.