



NorthAble Information Update 07/09/2016

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



Summer of freedom – get on board! NorthAble Disability Services and two Whangarei mums and are fundraising to help kids with mobility issues enjoy the great outdoors. Disabled children and their families often don't have the equipment to access scenic Northland. Mums Jo Ellis, Lisa Reed and NorthAble plan to change that by raising \$7500 for three all-terrain buggy wheelchairs for mid and Far Northland families living with disability to use. We're calling on individuals and businesses to boost accessibility for disabled children by donating toward three all-terrain buggies. Find out more and donate: Give-a-little

<https://givealittle.co.nz/cause/summeroffreedom>

Events – Seminars – Courses – Meetings

The Games in Rio. September 7-18. TVNZ's fully live-streamed TV channel DUKE; also 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.

Donate blood. Location: Whangarei Forum North Forum North 1 Rust Avenue Whangarei. Monday 12 September 12-5pm. Tuesday 13 September 12-6pm, Wednesday 14 September 12-6pm. Northland Cricket Association, Johnston Crawford Cricket Centre, Okara Drive, Thursday 15 September, 12-6pm, Friday 16 September 9am-1pm. Remember to bring your donor car or suitable photo ID. Phone 0800 448 325 web www.nzblood.co.nz

Northland Junior Disability Sports Day hosted by Parafed Northland and Halberg Disability Sport Foundation. 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'.

Free public talk – Alzheimers Q&A Friday 16th September at Barge Showgrounds, Whangarei at 2-3pm. It is part of Alzheimers Month, all welcome. Brain Research New Zealand – Rangahau Roro Aotearoa and Alzheimer's Northland are pleased to present a public forum and Q & A session with two of our talented young scientists who specialise neurodegenerative disorders of the ageing brain: Lakshini Mendis and Helen Murray. Registrations preferred (email kevin.salmon@alzheimers.org.nz) or just turn up on the day.

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.

Human Rights and the United Nations Convention on the Rights of Persons with Disabilities. Tuesday 20 and Wednesday 21 September, 9.30am - 3.30pm each day. This two day workshop for disabled people workshop. Kia Noho Rangatira Ai Tātou is an exciting new programme that builds understanding of disabled people's rights and self-determination, from the unique cultural context of Aotearoa. FREE workshop led by disabled people, for disabled people. Flames International Hotel 8 Waverley Street, Onerahi, Whangarei 0110. [Click here](#) to register your attendance. For more information please contact Favaux Polima at favaux.polima@tepou.co.nz.

Fundamentals of Palliative Care modules. 20 September 2016, 1000-1200, Kerikeri Hospice. The initial fundamentals of Palliative care module. Anyone keen on attending, contact Sam Boyd on 09 437 3355.

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 and 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 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.

Seniors Linking Together. Age Concern Kaitaia pilot programme which will be running over the next three months. A safe and welcoming environment where you can socialise over a cuppa and biscuit. To find out more: 09 408 2997, fax: 09 408 2998, email: ageconcernkta@xtra.co.nz

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>

In the News

Amy street: more than meets the eye. Press release – Amy Street. 5 September 2016. *Amy Street* is an eight-part documentary web series that brings to life entertaining and heartwarming stories that aim to bridge the divide between people with intellectual disabilities, and mainstream society. See www.amystreet.net

Song for Autism RNZ – Jess Mulligan. 5 September (Audio). Auckland teenager Kane Chong wanted to write a song for his childhood friend, Connor, who has Autism. He wanted to celebrate his friend's great qualities, and encourage others to be more accepting of people with the condition. See also www.radionz.co.nz/national/programmes/afternoons/audio/201814886/song-for-autism

Special needs report urges government for more funding. New Zealand Herald. 5 September 2016. A mother of two special needs children says sending your child to school feels more like babysitting than an education.

Special education breaching international law. RNZ – Morning Report. 5 September 2016. Community law centre says some disabled children missing out on their legal right to education.

Disabled kids and the uphill battle for education. RNZ Nine to Noon. 5 September 2016 (Audio) A new report into the schooling of children with disabilities finds a myriad barriers, including exclusion, bullying, poor teaching and funding. The report, by the community law centre Youth Law Aotearoa, finds that there is no clear system to determine the needs of students with disabilities.

Kiwi mum: He could win gold at the Paralympics. New Zealand Herald. 1 September 2016. A mum who feared people would stare at her disabled baby is now so proud of him she wants the world to see his incredible athletic skills which have wowed doctors.

Dr Garth Bennie: Disability support severely underfunded. Newstalk ZB. 29 August 2016. The disability sector says more money is needed to help those with complex needs.