



NorthAble Information Update 21/09/2016

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

Hobby and activity groups in Whangarei are listed courtesy of the Citizens Advice Bureau. Connect with or help others connect with their community, develop skills. Find activities which may be of interest through the Citizens Advice Bureau Whangarei—Te Pou Whakawhirinaki o Aotearoa. Municipal Building, 71 Bank Street, PO Box 15, Whangarei 0140 P: 09 438 8046 F: 09 430 0443 E: whangarei@cab.org.nz www.cab.org.nz

Halberg No Exceptions Training course. The Halberg Disability Sport Foundation provides No Exceptions Training 'NET' a nationwide Professional Learning and Development (PLD) course for primary and intermediate schools on adapting sport, physical activity and recreation to ensure they can include physically disabled New Zealanders. Teachers - gain skills, tools and confidence. Register at www.halbergallsports.co.nz/schools/ Queries, contact local Disability Sport Adviser: Maia Lewis Mobile: 021 995 951. Email: maia@halberg.co.nz.



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 donate toward three all-terrain buggies. Find out more and donate: Give-a-little www.givealittle.co.nz/cause/summeroffreedom

Events – Seminars – Courses – Meetings

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 Favau Polima at favau.polima@tepou.co.nz.

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.



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.northlanddnhb.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

NEW! AIGA Day. Saturday, 8 October, 10am to 2pm. At Forum North, Whangarei. AIGA means family in the Samoan language, also stands for All Islanders Getting Active. Pacific Islands community, come out to this family day, lots of activities planned. It is a free event run by the Northland Pacific Islands Charitable Trust. Anyone, or any organisation, wishing to take part is welcome to contact our office (09) 430 2717 or email npict@xnet.co.nz for inquiries.

NEW! Foetal Anti-Convulsant Syndrome: What is it? Why is it relevant to you? Monday 31st October 2016, 6:30pm – 8pm. Manaia PHO, 28-30 Rust Ave, Whangarei. Come along to an information evening and be informed about **best** practice regarding a preventable and serious medication-related syndrome affecting infants and families throughout Aotearoa/New Zealand. The talk is open to the public and all health professionals. Women and girls taking anti-convulsant medications, their families/whanau are also encouraged to come along. RSVP denise@facsnz.com No cost - but any koha to support the work of FACS NZ is greatly appreciated.

Shop with a list workshop. Anglican Care Centre Invites you to attend this workshop 10.00am—12.00pm Every 3rd Tuesday. 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.

Tutukaka Water Sports Day. Sunday 20th November at Kowharewa Bay, Tutukaka Coast from 10am-2pm. Parafed Northland members and physically and vision impaired Northlanders. Details to come on this collaborative event by Halberg Disability Sport Foundation, Parafed Northland and Tokerau Beach Boys.

NEW! Tutukaka Surf Day on Wednesday 23rd November, Sandy Bay, Tutukaka Coast 10am-1:30pm, for Parafed Northland members and physically and vision impaired Northlanders. Details to come on this collaborative event by Halberg Disability Sport Foundation, Parafed Northland and Tokerau Beach Boys.

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, 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. 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

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.

NEW! Seminar: Understanding Epilepsy. 17 November 2016. What is epilepsy, what causes epilepsy, recognition of seizure types, first aid for seizures, seizure triggers, recording seizures, principles of anti-epileptic medication, life style issues. Brenda Gardner Lounge Citizens Advice Bureau (CAB). 71 Bank Street, Whangarei.

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

Saving Salisbury School. North & South. 1 October 2016. Extra-ordinary education. That's how Salisbury, a Nelson residential special school for girls, brands itself online.

From ear to ear – why Poppy's finally smiling. New Zealand Woman's Weekly. 26 September 2016. Life-changing surgery means the toddler can hear at last.

Skydiving, business, stand-up comedy? What's next for Liam Malone. New Zealand Herald. 19 September 2016. Liam Malone became an international superstar within the space of a week. Not only because he came out of nowhere, but because he's young, he's charismatic, and he's different.

Congrats to all our Kiwi Rio Paralympians. New Zealand Government Press Release. 19 September 2016. "Our 31 Kiwi Paralympians achieved 21 medals in total - nine gold, five silver, and seven bronze – that's three medals over their target," says Dr Coleman.

Next crop of young athletes. Northern Advocate. 16 September 2016. As the Paralympics was exposing Northland's disabled athletes to the world, the next generation were getting ready to take up the mantle in the Halberg Northland Junior Disability Sports Day in Whangarei this week.

Northlanders take part in junior disability sports day. Stuff.co.nz. 15 September 2016. Physically disabled and visually impaired young Northlanders tried out a host of sports at the Northland Junior Disability Sports Day.

Depression common in adults with Autism. Life Unlimited Press Release. 15 September 2016. More than a quarter of adults with autism are currently experiencing significant symptoms of depression, new research from one of the country's leading autism experts has found.

Meet the inspirational young Kiwi woman who refuses to let disability stop her from achieving her dream. TVNZ. 12 September 2016. Brylee Mills knows a thing or two about overcoming adversity after a car crash in 2002.