



NorthAble
DISABILITY SERVICES

NorthAble Information Update 05/10/2016

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

In the news

New dental grants for Kiwis who need it most. New Zealand Dental Association Press Release. October 3 2016. New Zealand programmes aimed at assisting the most high-risk and underserved groups within our communities who are less likely to maintain a good standard of oral health. Children from low income families, Maori and Pacific Island communities, and the physically disabled are among those most at risk.

LOCAL. Councillor's comments to disabled candidate 'antiquated'. Radio New Zealand. September 30 2016. Jonny Wilkinson, a Northland man with cerebral palsy says the condition has never stopped him from entering local government - and there's no reason it should stop aspiring Dunedin councillor Josh Perry. www.radionz.co.nz/news/national/314561/councillor-s-comments-to-disabled-candidate-'antiquated'

Candidate with disability not fit for job, councillor says. Radio New Zealand. September 29 2016. A Dunedin councillor and mayoral candidate has told another candidate he's not up to the job because he has cerebral palsy.

Family 'dismayed' over Ashley Peacock cottage proposal. New Zealand Herald. September 29 2016. Health authorities are considering plans to move autistic man Ashley Peacock to a purpose-built cottage on the Porirua hospital grounds, to the dismay of his elderly parents.

Mother of disabled child supports midwife study. NewsHub. September 28 2016. The mother of a profoundly disabled child has questioned New Zealand's maternity care system following a new report showing midwife-led births have an increased risk of adverse outcomes.

Events – Seminars – Courses – Meetings

The Papermill exhibition Our Amazing Spaces is on at the Old Café Space – Forum North, until October 7, 9.30am-2.30pm. Pop on in, for papermaking demonstrations and more! The Papermill Whangarei is a charming place where artists with disabilities craft beautiful paper products. Phone 09 459 1459. www.thepapermill.co.nz/the-papermill/

Inspiration voyage. Applications have opened for the Spirit of Adventure Trust Inspiration voyage which will sail in February 2017. This five day voyage provides an opportunity for physically challenged young New Zealanders to take part in an adventure of a life time. 30 young people from across the country, aged 16-20 years come together to face challenges outside of their usual boundaries, gaining confidence and achieving things that previously might have looked impossible. More details here www.spiritofadventure.org.nz/voyages/voyage/inspiration

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.

Senior Chef course. Starts 13th October 2016, 1.30-4.30pm - a few spaces left. Cooking classes for older adults. Eight week practical food and nutrition course. Contact Dianne or Nikki at Whangarei Anglican Care Trust 09 437 6397.

NEW! Mystery Bottle, Art & General Auction. October 14. Multiple Sclerosis Northland fundraiser. Come along, join the fun, support. To be held at the Northland Club, free entry. Auction starts at 8pm. Register by 7pm. Viewing from 5pm on the day. For further information contact Donna Rogers 021 105 1627.

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.

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 FACSNZ is greatly appreciated.

Epilepsy support group meeting in Whangarei: First Tuesday of each month, 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. 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.

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.

Tutukaka Water Sports Day. Sunday 20th November at Kowharewa Bay, Tutukaka Coast from 9am-2.30pm. 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.

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 event in collaboration with Halberg, Parafed Northland and Tutukaka Surf Experience.



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. Visit <http://community.northlanddhb.org.nz/2016awards/> Finalists will be invited to attend the Free Awards Dinner at Toll Stadium on Saturday, 26th November 2016. For more information, contact Raewyn Fowlie on 0800 637 200 or 027 4300 167.

Parkinson's help in Northland: All members and intending members welcome to join in 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, Kaitiāia 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.

