



NorthAble Information Update 12/10/2016

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.

Email: drc@northable.org.nz.

Facebook: www.facebook.com/NorthAble

Web: www.northable.org.nz

Information of Interest

A Good Start in Life is a project improving supports for parents, family and whānau with young disabled children. Set up under the Disability Action Plan (Action 4b), the project wants to address known issues including the need for better integrated supports and services that are easy to access when needed, so that parents, family and whānau and their disabled children can have a good life, both now and in the future. To go on the mailing list for information about the Good Start in Life project please email a brief message with your name and email address to GoodStartinLife@education.govt.nz

Be. Accessible's Be. Leadership programme is accepting applications to next year's programme. Be. Leadership advances a more accessible society and a dynamic community of leaders who are passionate about accessibility, with the courage to host new conversations. It is a one-of-a-kind programme in New Zealand, taking participants through a year of exploration of different perspectives, questioning, laughter, self-discovery and accessibility-focused leadership. Applications for the Be. Leadership Programme 2017 are open now. Visit www.beaccessible.org.nz/be-leadership/about/ to find out more or to apply go to www.beaccessible.org.nz/be-leadership/apply/

Age Concern Kaitaia offers members monthly health promotion meetings, a drop-in centre/support services, Elder abuse and neglect prevention services, a transport subsidy, wheelchair and walker hire, office services and referral to other agencies. Their office is at 101 Commerce St Kaitaia, phone 09 408 2997 or email ageconcernkta@xtra.co.nz

Events – Seminars – Courses – Meetings

Proactive About Parkinson's - October Webinar Special presented by Online Neuro Physio. This one hour presentation explores the main principles of Parkinson's treatment through physiotherapy. Exercise plays a vital role and over the past few years the research has changed dramatically as to what type of exercise is most beneficial. This presentation talks about the key concepts of day to day management and how to keep your symptoms at bay.

Pre recorded webinar available for viewing at a cost of \$25 at www.onlineneurophysio.co.nz/neuro-education/www.onlineneurophysio.co.nzneuro-educationseptember-webinar-special/

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

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 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.

Wheelchair body building. An 'Online Showdown' on October 29 and the live Nationals will be held on November 26 at Hamilton's Fairfield Intermediate School. Wheelchair bodybuilding is an up and coming sport in NZ and the competition host [New Zealand Wheelchair Body Building Federation](http://www.facebook.com/NZwheelchairbodybuilding/) is doing lots of great work with physically disabled athletes in this area Take a look at the Federation's Facebook page below to learn more or get in touch. www.facebook.com/NZwheelchairbodybuilding/

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.

Kaitaia double date. Come along to an “**Understanding Epilepsy**” seminar at REAP, 33 Puckey Ave, Kaitaia on Thursday 3 November from 10.30am to 12.30pm. Support people living with epilepsy by learning more about it! The epilepsy education session is preceded by a **St John Three Steps Awareness** session from 9.30 to 10.30am. Learn how you can help save a life by learning basic CPR or AED skills. Attend either or both of these free education sessions. To register your interest phone 0272916869 (Please leave a message) or Email: northland@epilepsy.org.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. 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.northlanddhhb.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, 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.

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. More details here www.spiritofadventure.org.nz/voyages/voyage/inspiration

In the news

Angry parents demand accountability over school's 'time-out' room. NZ Herald. October 10 2016. Angry parents say they will pull their children from a Wellington school caught using a "time-out" room for naughty pupils unless there is more accountability. The Herald revealed on Saturday that at least 10 children at Miramar Central School had been placed in the small, dark room for misbehaving in the past year.

High-tech scanner to help little Amira. Sunday News. October 9 2016. A top piece of diagnostic technology will allow a tiny "princess" to get more accurate medical treatment for her vision impairment.

What does work mean to someone with a learning disability? Stuff.co.nz. October 7 2016. Two weeks ago a man with learning disabilities was dismissed from his position as a trolley boy at Bunnings for taking a bottle of drink he thought was "nobody's". Seaton Clark, 46, had worked at the shop in Shirley, Christchurch for seven years.

LOCAL. Paralympian taking time off. Whangarei Report. October 6 2016. Paralympic gold medallist and world record holder Cameron Leslie is back in Whangarei for some well-deserved time off.

Disability group disappointed in All Black's actions. New Zealand Herald. October 6 2016. A disability advocate is dismayed that a prominent rugby player would treat disabled toilets with such little respect.

UN protocol for disabled people finalised. New Zealand Government Press Release. October 5 2016. Disability Issues Minister Nicky Wagner welcomes New Zealand's accession to the Optional Protocol to the Convention on the Rights of Persons with Disabilities (CRPD).

Disabled worker fired, Bunnings Warehouse respond. New Zealand Herald. October 5 2016. An intellectually disabled man has been fired from his job as a trolley chaser at Bunnings Warehouse in Shirley, Christchurch.

LOCAL. Stresses showing on youth. Northern Advocate. October 4 2016. Young people make up a large proportion of Northlanders being referred for mental health care and the Mental Health Foundation says today's youth face challenges like no generation in history.

Disabled twins ready, willing and able to drive - but the Govt says no. TVNZ. October 4 2016. Self-confessed "petrol heads" from Ashburton, Neil and Steven, have found the technology they need to drive, but NZ prevents them from having it in their car.

Disabled people get their say in local body elections. Newshub. October 3 2016. Voting soon closes in the local body elections. For some, like the blind, taking part is a struggle so volunteers pitch in to make sure they have a say.