



NorthAble Information Update 19/10/2016

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

Information of Interest



NorthAble EQ+, NorthAble LYNKZ and NorthAble Disability Services will be closed this coming Saturday, October 22 and on Monday October 24– wishing everyone a safe and enjoyable Labour Weekend.



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

In the news

LOCAL Disabled caregiver wins Unsung Hero Award. Northern Advocate. October 17 2016. A 31-year-old caregiver from Whangarei has been awarded the Unsung Hero award for service to the Disabled Community. Max Cole, a caregiver for CCS himself has mild cerebral palsy, was the first recipient of the nationwide award created by the Cerebral Palsy Society to mark World CP Day on October 5.

Victim's mother questions slow CCTV roll-out. New Zealand Herald. October 17 2016. The mother of a special needs student who was repeatedly molested by her designated taxi driver is disappointed and frustrated at the slow pace of a CCTV roll-out in Ministry of Education vehicles.

Ministry looking into another seclusion room – Commissioner. RNZ. October 15 2016. The Disability Rights Commissioner is pleased the Ombudsman will investigate the use of seclusion rooms in schools.

School that shut away kids used 'outmoded' practices – report. RNZ. October 14 2016. A Wellington school used a special room dozens of times to confine children but did not record every use of the room, according to a report for the Ministry of Education, released today.

Ombudsman launches investigation of seclusion rooms in schools. NZ Herald. October 14 2016. Its use was discovered after a behavioural therapist arrived at the school to find her student, an 11-year-old autistic child, crying out "I'll be good I'll be good" from the locked room at lunchtime.

LOCAL Cerebral palsy battler an unsung hero. Whangarei Report. October 13 2016. Last week, in front of friends, family and co-workers Max Cole stood proud. The 31-year-old caregiver from Whangarei was awarded the Unsung Hero award for service to the Disabled Community. The award was created by the Cerebral Palsy Society to mark World CP Day on October 5. Max, a caregiver for CCS, was the first recipient of the nationwide award.

Toilet tryst shows tricky state of modern morals. NZ Herald. October 13 2016. Is it wrong to use a disabled toilet for sex when neither party is disabled? What if one of them is famous?

Lorde's kind act lifts family. New Zealand Herald. October 13 2016. A West Auckland mother is stunned after superstar songstress Lorde donated \$10,000 to help her struggling family. The family of Devora Busch and Richard Barry started a Givealittle page after they faced losing their home if they could not raise more than \$250,000 to fix leak problems.

Calls for independent inquiry into school 'time out' rooms after boy found locked in dark. New Zealand Herald. October 12 2016. An independent inquiry should immediately investigate the use of "time out" rooms in schools, says the head of the national autism charity. In the same period, school rolls have risen from 760,859 students to 776,816 so the value per student has fallen, and the number of students with identified need has increased rapidly."

Rattue: Give Smith a disability lesson. Chris Rattue - New Zealand Herald. October 12 2016. "I was born with a severe physical disability and for some years I have been confined to a wheelchair. I wonder if during the time (Smith) and his friend were 'using the toilet' there might have been some disabled person who had a burning desire to use it? It was an insult to the disabled community. "When someone is caught using a disability car park when they shouldn't their usual excuse is 'I wasn't there very long.'"

Events – Seminars – Courses – Meetings

NEW! Achieve 2B is an inspiring intercultural Exchange Programme facilitating National and International exchanges for young people with disabilities in New Zealand. Regional Team Pukeko applications open 3rd October – 25th October while International Team Kiwiroot applications open 7th November – 25th November. www.achieve2b.org.nz/ Telephone: 0800 223 822. Email: info@achieve2b.org.nz. Or www.facebook.com/achieve2b Become a host family. Are you willing to fully include a young person as another family member, do you have awareness or experience of disabilities, are you committed to the inclusion of young people with disabilities within the community and able to provide a safe "home like" family environment for a student? Then Achieve2B also wants to hear from you!

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.nzwheelchairbodybuilding.org.nz/) 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/

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

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/

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.

Shop with a list workshop. Anglican Care Centre Invites you to attend this workshop 10.00am—12.00pm 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 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.northlanddhd.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 Fowle 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

