



## NorthAble Information Update 27/10/2016

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](http://www.facebook.com/NorthAble)

Email: [drc@northable.org.nz](mailto:drc@northable.org.nz).

Web: [www.northable.org.nz](http://www.northable.org.nz)

## Events – Seminars – Courses – Meetings

**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 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/](http://www.facebook.com/NZwheelchairbodybuilding/)

**NEW! Community Forum for Parkinson's Awareness Week.** An update on the latest in Parkinson's disease research from three of the country's leading brain researchers – Richard Faull, Maurice Curtis and Malvinder Singh-Bains. Monday October 31, 1-3pm, Barge Park Conference Centre, Maunu Road, Maunu, Whangarei. RSVP and enquiries: [northland@parkinsons.org.nz](mailto:northland@parkinsons.org.nz) or phone 09 437 6878.

**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/](http://www.onlineneurophysio.co.nz/neuro-education/www.onlineneurophysio.co.nzneuro-educationseptember-webinar-special/)

**NEW! Come and play Boccia!** Date: Tuesdays, 1, 15, 29 November & 13 December. Time: 4.00pm - 5.00pm. Venue: ASB Stadium, Whangarei. Come along and join regular boccia sessions for physically disabled people. Organised through Halberg Disability Sport Foundation and Parafed Northland. Boccia is a game for people with physical disabilities and is played in a seated position. Register with Leesa Andrewes on 021 34 0010 or [sport@parafednorthland.co.nz](mailto:sport@parafednorthland.co.nz) Cost \$3 per session or FREE with an annual Parafed Membership of \$15. For more information, go to [halbergallsports.co.nz/events](http://halbergallsports.co.nz/events). Join us on Facebook - search 'Halberg Disability Sport Foundation'

**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/](http://www.beaccessible.org.nz/be-leadership/about/) to find out more or to apply go to [www.beaccessible.org.nz/be-leadership/apply/](http://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](mailto:denise@facsnz.com) No cost - but any koha to support the work of FACS NZ 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](mailto: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](mailto: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.

**Achieve 2B** is an inspiring intercultural Exchange Programme facilitating National and International exchanges for young people with disabilities in New Zealand. International Team Kiwiroo applications open 7<sup>th</sup> November – 25<sup>th</sup> November. [www.achieve2b.org.nz/](http://www.achieve2b.org.nz/) Telephone: 0800 223 822. Email: [info@achieve2b.org.nz](mailto:info@achieve2b.org.nz). Or [www.facebook.com/achieve2b](https://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!

**NEW! Mental Health First Aid Workshop.** November 10-11, 10am-4pm at Kingston House, 123 Hone Heke Road, Kerikeri. A free two day workshop for families and whanau in Kerikeri, organised by Supporting Families. Learn skills to support a person with mental health problems or a mental health crisis. Learn a five step action plan to support a person until the crisis settles or professional support is received. Places are limited so make sure to book. Contact Cath MacAulay 0800 789 134 or email [cathr@sfauckland.org.nz](mailto:cathr@sfauckland.org.nz)

**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.

**NEW! Tutukaka Water Sports Day.** For physically disabled New Zealanders. Date: Sunday 20th November. Time: 10:00am - 2:00pm. Location: Kowharewa Bay, Tutukaka, Whangarei. Register to participate or volunteer online: [www.halbergallsports.co.nz/events/tutukaka-water-sports-day/](http://www.halbergallsports.co.nz/events/tutukaka-water-sports-day/) All equipment provided, just bring wetsuits and swim gear. Some wetsuits may be available if you don't have one. For any queries about the event, please contact Halberg Disability Sport Adviser Maia Lewis on 021 995 951 or [maia@halberg.co.nz](mailto:maia@halberg.co.nz).

**NEW! Tutukaka Surf Day.** For physically disabled Northlanders. Register now for a fun day in the water & experience the thrill of paddle boarding, sailing, rowing & waka ama! Date: Wednesday 23 November. Time: 10:00am - 1:00pm. Location: Sandy Bay, Tutukaka, Whangarei. Organised through Halberg Disability Sport Foundation and Parafed Northland. To register or volunteer, contact Leesa Andrewes on 021 34 0010 or [sport@parafednorthland.co.nz](mailto:sport@parafednorthland.co.nz) Come along for a fun day in the water and experience the thrill of surfing! Bring along wetsuits and swim gear. Some wetsuits may be available if you don't have one.



**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, 26<sup>th</sup> 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](mailto: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.

**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.

## In the news

**Special education crisis.** North & South, New Zealand. 1 November 2016. As the mother of a teenage boy with autism, I have watched Hekia Parata's actions towards special needs education with the horrified fascination of an approaching train wreck.

**Special education demand up, satisfaction down – report.** RNZ. 22 October 2016. Satisfaction with the quality of core special education services provided by the ministry fell from 75 to 71 percent in the 2015-16 year, it said, while satisfaction with the progress made by children with special needs fell from 76 to 69 percent.

**Autistic man abandoned by services, says mother.** RNZ. 21 October 2016. The mother of an autistic teenager who was kept in prison for four nights says vital support services were taken away from her son because his behaviour was too challenging. The 18yo was held in a secure unit in Whanganui Prison after attacking his mother last Sunday. His mother says his behaviour escalated when IHC cut back help last month.

**Ministry apologises to parents and intervenes over seclusion room at Miramar Central School.** NZ Herald. 21 October 2016. The Ministry's acting secretary of education, Katrina Casey, said an investigation had revealed use of the room had gone "well beyond" the management of extreme situations. "In some cases, it was used as more routine behaviour management practice," she said.

**Officials apologise for handling of seclusion complaints.** RNZ. 21 October 2016. The ministry's investigation into the school (PDF, 6.2MB) found the use of seclusion went well beyond the management of extreme situations, and in some cases it was used as a more routine behaviour management practice.

**ERO had no idea Ruru Specialist School was being investigated.** RNZ. 21 October 2016. The head of the Education Review Office says there needs to be better communication with the Ministry of Education as it admits Ruru Specialist School never told it about an investigation.

**Minister should have acted sooner over seclusion rooms – Greens.** RNZ. 21 October 2016. It's been revealed eight of the country's 64 special schools have the rooms, which are under investigation by the Office of the Ombudsmen after complaints.

**Autistic teen put in prison.** Newstalk ZB. 20 October 2016. Interview with Dane Dougan of Autism New Zealand about an Autistic teen put in prison. Dougan talks about the case of the teen, who assaulted his mother and was put in prison, saying there is a lack of support services for cases like this in New Zealand.

**What do special needs children need in the classroom?** RNZ. 19 October 2016. As the Ombudsman investigates complaints about two schools confining special needs children in seclusion rooms, Kathryn Ryan talks with teacher and mum of three, Julie Hanify, who was diagnosed with ADHD and autism in her 40s. She's just written a book about her experiences, called A Small Blue Thing.

**Mother of cerebral palsy boy denies trying to deceive Immigration.** New Zealand Herald. 18 October 2016. A Nepalese mother fighting to bring her disabled son to New Zealand has denied that she tried to deceive Immigration New Zealand.

## Information of Interest

**Creators at home** is a nationwide not for profit organisation, providing care with one –on- one education through a visiting learning and behaviour specialist once a month for under 5's and is free for the caregivers. For anyone looking after anyone else's child but not a permanent arrangement. Work with children in Foster care and children under CYPs. Contact [teina@creators.org.nz](mailto:teina@creators.org.nz), [www.creatorsathome.org.nz](http://www.creatorsathome.org.nz) 0800 CREATORS. If you would like to refer online then contact CREATORS@WHI.CO.NZ or call the 0800 number.

**Te Runanga o Whaingaroa** provides many services including in the areas of Social Services, Rheumatic Fever, Housing, Driver Licencing, Puna (Bilingual Play Group), Emergency Housing, Kaiarahi/Whanau Ora Navigation, Budgeting/Financial Literacy, Advocacy and Support, Food and Clothing Banks. For further information please visit our website – [www.whaingaroa.iwi.nz](http://www.whaingaroa.iwi.nz) or phone the office on 09 4050340.