



NorthAble Information Update 3/11/2016

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

Events – Seminars – Courses – Meetings

Kaitia double date. Come along to an “**Understanding Epilepsy**” seminar at REAP, 33 Puckey Ave, Kaitia 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

NEW! Last chance for *FREE online QPR, the “Question, Persuade and Refer”* training programme which is a comprehensive first-level suicide screening method for individuals in whanau, community and for organizations. RSVP by Friday 4th November 2016. You will require: an email address, an internet connection, contact number(s), a support person and no previous suicide prevention training. Tania Papali’i, Mental Health & Addictions, Kaiwhakamanawaroa – Programme Lead, Resilience.Northland DHB 021-530-897. For generic information: <http://www.qpr.org.nz/suicide-prevention-training-courses/qpr-foundational-training.aspx>

NEW! Whāia Te Ao Mārama Māori Disabled Maori and Whānau Focus Group. Hosted by Kāpō Māori Aotearoa. Disability Support Services (DSS), Ministry of Health is undertaking a refresh of Whāia Te Ao Mārama – Māori Disability Action Plan and want to hear from tangata whai kaha Māori (Māori disabled) and their whānau. Join Us and have your say! Tuesday 8 November 2016, RSA Buildings, 9 Rust Ave, Whangarei, 9am – 1pm. Refreshments provided. To register your interest contact 0800 770 990 on adele.vukula@kapomaori.com

NEW! Understanding Autism Workshops. 7-9 November 2016. Free for whanau/families, caregivers, education workers, support staff and community members living or working with a child(ren) with autism. Workshops to help equip more people with strategies, knowledge and confidence to better support children with autism.
Kaitia Workshops. Monday, 7 November, at Te Ahu, South Rd, Kaitia. 12:30 – 2:30pm, Understanding Autism workshop for whanau, community and educators. 3:45 – 6pm, Understanding ASD & Social Challenges workshop for whanau & educators.
Taipa Workshops. Tuesday, 8 November, Taipa Area School Library. 12:30 – 2:30pm, Understanding Autism Workshop for whanau, community and educators. 3:30 - 6:30pm, Understanding ASD and related behaviours workshop, Professional Development for educators.
Dargaville Workshops: Wednesday, 9 November, Lighthouse Function Centre, 32 Mount Wesley Coast Rd. 12:30 – 2:30pm, Understanding Autism workshop for whanau, community and educators. 3:45 – 6pm, Understanding ASD & Social Challenges workshop for whanau & educators.
Cost: koha/donation. All participants will receive a workbook and support information. Tea/coffee and refreshments will be provided. REGISTRATIONS essential via www.autism.org.nz or contact enquiry@autism.org.nz or phone 09 415 7406.

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 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!

NEW! Employment rights. November 10. 9.30am-11am. CAB. Municipal Building. 71 Bank St, Whangarei. Free information session. Presented by Te Tai Tokerau Community Law. Ph 0800 CAB (0800 367 222) or whangarei@cab.org.nz

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 cath@sfauckland.org.nz

Come and play Boccia! Date: Tuesdays 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 Cost \$3 per session or FREE with an annual Parafed Membership of \$15. For more information, go to halbergallsports.co.nz/events. Join us on Facebook - search 'Halberg Disability Sport Foundation'

NEW! Professionals Workshop - Facilitating Supported Living in PWS. Friday 18th November, 11am - 3pm. A workshop with Dr Janice Forster (USA) and New Zealand psychologist John Ford: Supported Living for People with PWS. Rydges Hotel, 59 Federal Street, Auckland. Cost: \$50 per person (including lunch). This workshop is for professionals who are involved in facilitating supported living for people with PWS, i.e. NASC managers / service coordinators, residential care service providers, behaviour support specialists and clinicians. RSVP Administration Manager: jo.davies@pws.org.nz. (places are strictly limited)

NEW! Working Together For Vulnerable Children. Free Seminars for professionals. Northland- November 2016. You must register online to attend these seminars. Kaikohe 22 November. Whangarei 24 November. 9-3pm. Venue to be confirmed at time of enrolment. It takes all of us to keep children and young people safe, and professionals can make all the difference. To enrol follow this link: www.tfaforms.com/401541?tfa_7628=tfa_7632

Wheelchair body building. 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/

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/

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.

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. 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/ 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.

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 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, 26th November 2016. For more information, contact Raewyn Fowlie on 0800 637 200 or 027 4300 167.

NEW! International Day of People with Disability. Celebrating abilities. Friday December 2, Canopy Bridge and Carpark, Town Basin, Whangarei, 10am-2pm. Fun activities and live entertainment. Organised through Tiaho and supported by Whangarei District Council. For more information email tiaho.org.nz or phone 0800 430 3406.

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

Parkinson's help in Northland: 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, Kaitiaki 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

Smart orthotics change disabled children's lives. NewsHub. 28 October 2016. New Zealand scientists are designing a next-generation leg splint which could revolutionise orthotics for disabled *children*

LOCAL! A Different Light. Resilience can mean two things. Northern Advocate 48 Hours section. 29 October 2016. Little new blood got into our local ruling bodies this time round, reflects columnist and Tiaho CEO Jonny Wilkinson. www.tiaho.org.nz/news/entry/resilience-can-mean-two-things

Halberg Foundation charity pays out only 8% of income to disabled children and clubs. New Zealand Herald. 30 October 2016. The disability foundation that carries the name of one of the country's sporting legends is under fire for paying out less than \$200,000 a year to disabled children and their families - despite raking in more than \$2.5 million.

Halberg foundation denies mum's claims it's failed to help severely disabled daughter. TVNZ.co.nz. 30 October 2016. Life has been challenging ever since for the now 12-year-old, made even tougher, her mother Pam Cleverley says, by the failure of the Halberg foundation to help Charlotte participate in sport.

Situations vacant

Jigsaw North Family Services Social Work Vacancy (18 hours week). Jigsaw North Family Services is looking for a highly motivated and experienced social worker to join our dynamic team. Essential: Social work degree, able to be NZ registered - Excellent interpersonal and communication skills - Understanding of tikanga Maori and cultural competency - Committed to the wellbeing of children and whanau - Child centred and family/whanau focused. Please contact admin@jigsawnorth.org.nz for a job description and further information. Applications must include C.V. and cover letter. Closing date Monday 7 November 4pm. www.seek.com.au/job/32132367?type=jora-promoted&tracking=JMC-SNZ-eDM-JobmailLite-SEEKSelectTop1-6682

Information of Interest

Respite survey: The Ministry of Health is developing a Respite Strategy to improve how respite or "short breaks" are purchased in New Zealand. If you have a disability, or have a family member with a disability, please take a few minutes to share your thoughts about how to improve options for respite and how respite is funded. MOH would also like to hear from current or potential providers who could offer alternative respite options that align with the goals and desires of disabled people and their families. So even if you have given feedback about this topic before take this opportunity to restate your thoughts: www.health.govt.nz/our-work/disability-services/disability-projects/respites-strategy-2016-17