



## NorthAble Information Update 10/11/2016

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](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)

## In the news

**Trump mocks the disabled: Boy with cerebral palsy thrown out of rally for standing up to Donald Trump.** Stuff. 8 November 2016. When JJ Holmes, 12 and who has severe cerebral palsy, witnessed Donald Trump mocking a man with a disability, he knew he had to take action. So he turned up at a rally to heckle him. [www.stuff.co.nz/world/americas/us-election-2016/86253000/boy-with-cerebral-palsy-thrown-out-of-rally-for-standing-up-to-donald-trump](http://www.stuff.co.nz/world/americas/us-election-2016/86253000/boy-with-cerebral-palsy-thrown-out-of-rally-for-standing-up-to-donald-trump)

**Mattress elevator helps disabled make the bed and could have hospital uses.** TVNZ.co.nz. 5 November 2016. Designed and developed in Dunedin after inventor Larry Burns heard an arthritic talk about struggling to make a bed.

**Amazing lessons from blind champion who wrestled the doubters.** New Zealand Herald. 4 November 2016. Clinton Davies can't see the opponents he beats, or the medals he wins.

**Minister stands by seclusion room timeline.** Checkpoint RNZ. 3 November. The parents of an autistic child are furious at the Minister of Education's claim she only found out about seclusion rooms in July, because they complained to her about the same issue a year earlier.

**Exclusive: Pupils locked in 'cell' - Herald investigation spells end of school seclusion rooms.** NZ Herald. 3 November 2016. Seclusion rooms at schools will be made illegal under new legislation proposed by education minister.

**Nothing, not even a spinal injury, could stop Tim Young from achieving his dreams.** NZ Herald. 2 November 2016. Tim Young is not your average 28-year-old - he has a Master's degree, owns his own home, has launched a company and is now building an app.

## Events – Seminars – Courses – Meetings

**NEW!** Spirit of New Zealand The application process is open for the next Inspiration Voyage in February 2017 aboard the Spirit of New Zealand – this is an awesome, life changing training programme aboard a purpose built tall ship. The voyage is for young physically disabled people or who have other health issues aged from 16 to 20 years old. There is loads of support for people aboard and throughout the voyage where life skills and team work are the focus. More information: [www.tiaho.org.nz/news/entry/spirit-of-adventure-inspiration-voyage-2017](http://www.tiaho.org.nz/news/entry/spirit-of-adventure-inspiration-voyage-2017)

**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](http://www.facebook.com/achieve2b) Become a host family - Achieve2B also wants to hear from you!

**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](mailto:whangarei@cab.org.nz)

**NorthAble EQUIPMENT PLUS EQ+** **NEW!** The NorthAble Equipment Plus Shop will be closed this Saturday 12<sup>th</sup> November but you can shop online [www.equipmentplus.org.nz/](http://www.equipmentplus.org.nz/) or visit our Mobile Van at the Waimate North Showgrounds for the Bay of Islands Pastoral & Industrial Show.

**Come and play Boccia!** Date: Tuesdays 15, 29 November & 13 December. Time: 4.00pm - 5. 00pm.Venue: ASB Stadium, Whangarei. Organised through Halberg Disability Sport Foundation and Parafed Northland. 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. See [www.halbergallsports.co.nz/events](http://www.halbergallsports.co.nz/events) or Facebook: search 'Halberg Disability Sport Foundation'

**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 on 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](http://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/](http://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/](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/)

**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?

**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/](http://www.halbergallsports.co.nz/events/tutukaka-water-sports-day/) All equipment provided, just bring wetsuits and swim gear. Queries, contact Halberg Disability Sport Adviser Maia Lewis on 021 995 951 or [maia@halberg.co.nz](mailto: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](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.



**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 [www.community.northlanddnhb.org.nz/2016awards/](http://www.community.northlanddnhb.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.

**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](mailto: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](mailto:northland@epilepsy.org.nz) Park at back at building off Vinery Lane.

**Parkinson's help in Northland:** 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, Kaitiāia 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 and to get support. From 4-5.30pm, Puriri House, Community Mental Health and Addiction Service, 5 Three Mile Bush Road, Kamo, Whangarei. Contact Steve (DHB Alcohol and Drug Service) 09 470 2706 or Cath (Supporting Families) 0800 789 134.