

NorthAble Information Update 17/11/2016

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.

Email: drc@northable.org.nz.

Facebook: www.facebook.com/NorthAble

Web: www.northable.org.nz

Information of Interest

Achieve 2B is an inspiring intercultural Exchange Programme facilitating National and International exchanges for young people with disabilities in New Zealand. Host the first ever selected Achieve 2B student. She attends Pakuranga College and is a Year 10 Student who enjoys dancing and cross fit. She is a cat and dog lover so enjoys volunteering for the SPCA. She will be spending 4 weeks in Whangarei for the 1st Tern in 2017 and is excited about having this new experience and is looking forward to being a part of another family and community. Become a host family - Achieve2B also wants to hear from you! www.achieve2b.org.nz/ Telephone: 0800 223 822. Email: info@achieve2b.org.nz. Or www.facebook.com/achieve2b

Kids RAFFLE. \$2 per ticket or 3 for \$5. Get your raffle tickets at the EQ+ shop corner John and Dent Streets, Whangarei. DRAWN 19th December. Super Man action figure - Wrestling action figures - Glassons Unicorn Socks - 2 x Du Kit baking clay - Toy Truck – Twister - Plus books generously donated by Storytime. Raising funds for 3 All- Terrain Buggies by Medifab. To enable families in Northland with children with disabilities or medical needs to access the outdoors and exercise together. For more information please contact: Jo Ellis 09 4361113 or NorthAble 09 430988 or view more details at: www.givealittle.co.nz/cause/summeroffreedom



In the news

Disaster Inclusiveness. Concerned Disabled Citizens Press Release. 15 November 2016. In the aftermath of the 7.5 Kaikoura earthquake struck we, and other disabled citizens, note with grave concerns the lack of effort to ensure all people including those who are Deaf and disabled are fully informed and accommodated during this emergency.

More than \$24k donated to disabled girl's family whose home was ransacked after quake. TVNZ .14 November 2016. When the family returned home at 5am they were devastated to find the house had been robbed and their daughter's \$5000 hearing aid was gone.

Screen ban puts Alvin back on track. Sunday Star Times. 13 November 2016. The mother of a gifted young autistic boy has banned all screens at home after her son became addicted to computer games and television.

LOCAL A different light. Opinion by columnist Jonny Wilkinson, CEO Tiaho Trust. Northern Advocate. November 12 2016. Hapless dad hopes to reap warm fuzzies on the domestic front. www.tiaho.org.nz/news/entry/my-growing-need-to-reap-some-warm-fuzzies

LOCAL Scooter ride length of country. Northern News. 9 November. A super scooter charity ride from Bluff to Cape Reinga will be completed by four Kerikeri men for causes close to their hearts. Kerikeri doctor Simon Bristow, Matt Cooper and Anthony Chalder-Royle will ride the 2124 km on scooters with Mike Quilter driving the support vehicle, a 1973 Mini Cooper. www.neighbourly.co.nz/e-edition/northern-news/9599

Ruru special school defends its "safe room". Radio NZ. 8 November 2016. A school which has come under fire from parents for its use of a seclusion room has written to parents, defending the room's use.

Dad inspired by daughter with special needs creating sensory playgrounds. Seven Sharp. 7 November 2016. The father of Lucia, who has cerebral palsy, is on crusade to create truly inclusive playgrounds.

Events – Seminars – Courses – Meetings

NEW! Sign High – new TV series starts tonight Thursday November 17 at 8pm on Channel North. The programme will re-run on the following Sunday at 1pm. For those unable to receive Channel North you can link to the YouTube video after each episode has screened. To access the link and find out more information: www.tiaho.org.nz/news/entry/sign-high-a-northland-tv-series

NEW! Certificate in home energy awareness (Level 1). Monday 28th November 2016. Rata Room, Manaia Health PHO (28 Rust Ave, Whangarei). 8.30am to 5.30pm. The Certificate in Home Energy Awareness is designed to help professionals and volunteers working with households to become better equipped to support their clients to achieve a healthy home To register, contact Manawa Ora Regional Coordinator. Melanied@manaiaapho.co.nz or 021 415 665.

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

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

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/

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.

Come and play Boccia! Date: Tuesdays 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 Cost \$3 per session or FREE with an annual Parafed Membership of \$15. See www.halbergallsports.co.nz/events or Facebook: search 'Halberg Disability Sport Foundation'

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. Queries, 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.



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.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! Closing – Onerahi WINZ Office. From the end of November, the Onerahi Work and Income Office (WINZ) will close. They will be relocating to the Whangarei Office, Community Link rooms on Walton Street. The Onerahi staff will also move to the Whangarei office. There is a regular low cost bus service if you want to visit WINZ. Staff will also teach you how to access Work and Income online services on your phone- free of charge. You can contact any of the WINZ service centres on 0800 559 009.



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, 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 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.

