



## NorthAble Information Update 1/2/2017

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

**Epilepsy support group meeting.** First Tuesday of each month, next meeting 7<sup>th</sup> February. Epilepsy Association of New Zealand Inc Northland Branch invites you to attend a support group meeting in Whangarei: Come along and meet others living with epilepsy. The Northland Epilepsy Educator will be available to provide information and support. Everyone is welcome. Brenda Gardner Lounge, Citizens Advice Bureau (CAB), 71 Bank Street, Whangarei, 10.30am to 12 noon. (morning tea provided). Phone (09) 4385498 or 0272916869 (Please leave a message). Email: [northland@epilepsy.org.nz](mailto:northland@epilepsy.org.nz) Public car park at the back of building. Public car park off Vinery Lane via Hunt Street.

**Free public seminar in Dargaville.** The Ageing Brain: While we work for a cure for tomorrow... what can we do today? February 10<sup>th</sup>, 10.30am-12pm. Town Hall Conference Room, 37 Hokianga Road, Dargaville. Speakers Dr Malvinder Singh-Bains and Dr Nasim Mehrabi Post-Doctoral Research Fellows at the Centre for Brain Research, University of Auckland. No bookings required –arrive early for seating. Sponsors Alzheimers Northland and Kaipara District Council.

**Two free trainings on Fetal Alcohol Spectrum Disorder.** 1: FASD informed practise workshop: 9.30am to 4.00pm - Monday 13<sup>th</sup> February. Barge Showgrounds Events Centre, 474 Maunu Road, Whangarei. Training specific to people who work with young people with FASD – Fetal Alcohol Spectrum Disorder (or suspected of having FASD) . Relevant to health and community workers, teachers and teachers' aides, social workers, police etc. 2: FASD parents and caregivers workshop: 10.00am to 4.00pm – Tuesday 14<sup>th</sup> February. Barge Showgrounds Events Centre, 474 Maunu Road, Whangarei. Training for whanau and caregivers of young people with FASD.

Confirm registration by sending the name, organisation and contact details of the person(s) attending to: [dave.hookway@northlanddhsb.org.nz](mailto:dave.hookway@northlanddhsb.org.nz). For further information about the workshop email Dave Hookway - health promotion advisor - at the address above or phone 021-221-4027 for more details.

**'Hands on autism' day workshops, Northland 2017.** Are you living or working with a child with autism? This workshop will provide tools and strategies that attendees can easily implement at home, at school and in the community. Term 1, 2017 workshop venues & dates (9am-4pm: **Kaitiaki**, Mon, 20 Feb, Te Ahu Centre. **Whangarei**, Tues, 21 Feb, Northland Cricket Pavilion. **Dargaville**, Wed 22 Feb, Lighthouse Function Centre. Topics include: guide to autism, strategies for behaviour, dealing with anxiety, sensory issues relating to autism. Speakers and facilitators: Arletta van den Bosch, (Family & Child Counselling). Gera Verheul (Caf Family Consultant). Christine Farquharson (Occupational Therapist). Northable Whangarei. For a sponsored (free) ticket, please apply for sponsorship on registration. \*\*value per person \$140\*\* Register at [www.autism.org.nz](http://www.autism.org.nz) Email [Enquiry@autism.org.nz](mailto:Enquiry@autism.org.nz) or phone 09 4157406.

**Ruakaka surf day 2017.** Saturday 25<sup>th</sup> February 2017. For people with disabilities Ruakaka Surf Lifesaving Club, Ruakaka Beach. 10am until 2pm sign in starts at 9am. Registration essential—spaces are limited. For your registration form please contact: Sheryl at Tiaho Trust 0800 430 3406. Or email [sheryl@tiaho.org.nz](mailto:sheryl@tiaho.org.nz). Sausage sizzle for all participants and volunteers. Byo towel, sunblock, sunhat etc.

**Be. Accessible's** 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/) Be. Leadership programme advances 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.

## Information of Interest

**New \$1 bus route** – handy to get from the Hub to Okara Park! The summer timetable for the Okara Loop Route 1 is up on the NRC website, just \$1 each way. See [www.citylinkwhangarei.co.nz/timetables/okara-loop/](http://www.citylinkwhangarei.co.nz/timetables/okara-loop/)

**Plunket Pop Up & Play** is back for 2017. This is a mobile playgroup in the Onerahi and Raumanga area. It is FREE and there are no obligations. Morning tea is provided for the littlies and tea/coffee for the adults. Monday - Thursdays 9.30 am - 1.30 pm. There will be weekly activities available especially for energetic 3-5 year olds. For information and locations of have a look on FB page: [www.facebook.com/groups/1794407347512661/Plunket Pop-up & Play](https://www.facebook.com/groups/1794407347512661/Plunket-Pop-up-&Play)

**Beach Wheelchair for Hire!** Tutukaka Surf Experience has a beach wheelchair to loan out to people who require assisted access onto the beach and into the water around the Tutukaka Coast, Whangarei. (\$50 deposit required, with a \$25 refund on return.) If you are interested in hiring the beach wheelchair, please contact: Simon Eggington: Phone 021 227 0072. Email: [simon@tutukakasurf.co.nz](mailto:simon@tutukakasurf.co.nz) or visit the Tutukaka Surf Experience Shop on Marina Road, Tutukaka, Whangarei. This beach wheelchair kindly donated by the Halberg Disability Sport Foundation and the Flight Centre Foundation. For more information, go to [www.halbergallsports.co.nz/events](http://www.halbergallsports.co.nz/events) Or Facebook - search 'Halberg Disability Sport Foundation'

**Roll out the blue carpet.** Access 1 is the NZ distributor for Access Surfaces for beach and recreation areas, a blue beach mat that allows all the opportunity to access the water and recreation areas. Check it out online at [www.access1.co.nz](http://www.access1.co.nz)

**Twenty20 Blind Cricket World Cup.** Want to follow our NZ BlindCaps team at the Twenty20 Blind Cricket World Cup in India? Go to the following link [www.blindcricket.in/](http://www.blindcricket.in/)

## In the news

**Error insulting to paracyclists.** Northern Advocate February 1 2017. The scheduling mistake that has seen paracyclists given seven weeks' notice of a world championship event suggests there are administrators out there who don't take disabled sport seriously. The 2017 Paracycling Track World Championships are being held in March, in Los Angeles. The event was not on a 2017 event calendar released last year, so no Kiwi cyclists have been training for it. New Zealand paracyclists, including Northland's Emma Foy, were therefore baffled to learn of the 2017 Paracycling Track World Championships just seven weeks before the event. Paralympics NZ has decided to not send a team there.

**Tetraplegic living in van wins fight.** TV3. January 31 2017. A tetraplegic woman who's been living in a van for six weeks has today been offered a Housing New Zealand property after her case was made public.

**Punished for love: Disabled couple lose home help.** Stuff.co.nz January 28 2017. Marrying her high school sweet heart will cost a severely disabled woman four hours of weekly household support she depends on "to live life".

**No pay mobility parking remains pending review.** Whangarei Leader. January 18 2017. Holders of a mobility parking permit in Whangarei will for now, not need to pay for parking in any of the designated spaces, but will have to observe the time limit restrictions.

**Commitment confirmed.** Northland Age. January 17 2017. NorthTec has formalised its commitment to students with disabilities, with the signing of a memorandum of understanding with CCS Disability Action.

## Got something to share?

**Got something to share?** Place your Northland disability and health related events, meetings, courses, news, information and situations vacant in *NorthAble Information Update*. Or want to be added to our mailing list? Email: [drc@northable.org.nz](mailto:drc@northable.org.nz)