



## NorthAble Information Update 15/2/2017

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

**Push, walk or ride the loop** with Parafed Northland. February 15-March 1. Te Matau A Pohe Bridge carpark, Port Road, Whangarei At Parafed Northland we're all about helping Northlanders who experience life with a physical disability be active. It will be run every Wednesday over four weeks, so there's plenty of time to make friends and share a story or two. Timing wise this weekly event works in nicely with the start of the ChillTech Beach 2 Basin event - for more info click here: <http://www.runwalkseries.co.nz/> If you're wanting to know more about the equipment Parafed has to offer, please get in contact with us so we can help. See our Facebook page for contact details and our website. Registration is necessary, to register click here: [www.sporty.co.nz/parafednorthland/Events-1/tab1](http://www.sporty.co.nz/parafednorthland/Events-1/tab1)

**Sleeplessness & Stress Workshop.** Age Concern Kaitaia and Districts workshop. Thursday 16th February 10.00 am – 12.00 noon. This workshop is designed to assist older people to understand more about fatigue caused by both a lack of good quality sleep and stress. Held at the Cornerstone Christian Centre (formerly Kaitaia Baptist Church Hall) 79 Matthews Ave, Kaitaia. Booking is essential. Please phone Gayle on 09 408 2997 to reserve your place.

**'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): **Kaitaia**, 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) Phone 09 4157406. Email [Enquiry@autism.org.nz](mailto:Enquiry@autism.org.nz)

**Using Stories to Help Social Learning.** Whangarei. Learn how to write social stories to help your child or young person so they understand rules, expectations and prepare for changes or events. Suitable for parents, adult family members or professionals who support a child/young person with autism. Tuesday 21st February, IDEA Services, 151 Bank St, Whangarei. 9.30am-11.30am. Facilitator Inah Chi. Cost: parents/adult family members no cost, professionals \$65. See [www.ihc.org.nz/workshops-and-training](http://www.ihc.org.nz/workshops-and-training) To register e-mail: [mary.romanos@idea.org.nz](mailto:mary.romanos@idea.org.nz) Phone: 0800 273 7587.

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

**Epilepsy support group meeting.** First Tuesday of each month, next meeting 7<sup>th</sup> March. 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.

**Macular Degeneration.** How's your eyesight - do you know anything about Macular Degeneration? 1 in 7 people are affected by this - head along to the FREE seminar and find out more. Saturday March 4. 10am-11.30am. Toll Stadium, Level 2, Main Lounge, 51 Okara Drive, Whangarei. To register call 0800 MACULA or email [info@mdnz.org.nz](mailto:info@mdnz.org.nz)

**Understanding Epilepsy:** Thursday 9 March, Reap Far North, 33 Puckey Ave, Kaitaia (check with reception whether Seminar or Nikau Room) 10.00am -12.00pm. Covers: 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, etc. Phone (09) 4385498 or 0272916869 (Please leave a message) Email: [northland@epilepsy.org.nz](mailto:northland@epilepsy.org.nz)

**Caring for Your Brain Workshop.** Presented by – Eileen Goldthorpe. Seizure Support Northland. Thursday 16th March 10.00 am – 12.00 noon. Interactive workshop on the overall approach on how to care adequately for your brain as you age. Organised by Age Concern Kaitaia and Districts. Held at the Cornerstone Christian Centre (formerly Kaitaia Baptist Church Hall) 79 Matthews Ave, Kaitaia. Bookings essential. Phone Gayle on 09 408 2997 to reserve your place.

**Purple Day –** for epilepsy. March 26. a grassroots effort dedicated to increasing awareness about epilepsy around the globe. People around the world are asked to wear purple and to spread the word about epilepsy. Register online: [www.epilepsy.org.nz](http://www.epilepsy.org.nz) or Call: 0800 EPILEPSY (374 537)

**Calming Strategies for Children with Autism.** Kaitaia. Tuesday 21st March, 9.30am to 12pm. At Far North REAP 33 Puckey Ave, Kaitaia. Set children up for life by teaching them how to self-calm in a mindful way. This practical workshop looks at how breathing, movement and sensory exercises can be fun and relaxing while improving well-being. Facilitator Theresa Bourne. Cost: parents/adult family members no cost, professionals \$65. See [www.ihc.org.nz/workshops-and-training](http://www.ihc.org.nz/workshops-and-training) To register e-mail: [mary.romanos@idea.org.nz](mailto:mary.romanos@idea.org.nz) Phone: 0800 273 7587.

## In the news

**Still no disabled access to most of Kaikoura five years after report highlights issues.** Marlborough Express. February 15 2017. Inclusive access for the whole community in Kaikoura seems to be a long way from becoming a reality. Access into the new civic centre, which was only finished last year, is not easy for many members of the community, whether they be young, old, or disabled. [www.stuff.co.nz/marlborough-express/88684164/still-no-disabled-access-to-most-of-kaikoura-five-years-after-report-highlights-issues](http://www.stuff.co.nz/marlborough-express/88684164/still-no-disabled-access-to-most-of-kaikoura-five-years-after-report-highlights-issues)

**Editorial: Inquiry into state care would do no harm.** NZ Herald. February 13 2017. When the Chief Human Rights Commissioner and fellow commissioners for disability rights, indigenous rights, race relations and equal employment opportunities, plus several previous commissioners and many others, put their names to a call for an independent inquiry into the abuse of children and others in state care, they deserve to be heard. They are concerned for people taken from their families as children or mentally disturbed adults and put into state care. More than 100,000 were taken into institutions from the 1950s to 1992 when institutional care was largely abandoned. An unknown number are thought to have suffered physical, sexual or emotional abuse or neglect. [www.nzherald.co.nz/opinion/news/article.cfm?c\\_id=466&objectid=11799360](http://www.nzherald.co.nz/opinion/news/article.cfm?c_id=466&objectid=11799360)

**Autism NZ calls for respite overhaul after Donella Knox case.** Stuff. February 9 2017. An autism advocacy group and a workers' union have called for a respite care overhaul after the murder of an autistic woman by her mother in Blenheim. Autism New Zealand chief executive Dane Dougan says the country's respite care should be improved. [www.stuff.co.nz/national/health/89179500/autism-nz-calls-for-respite-care-overhaul-after-donella-knox-case](http://www.stuff.co.nz/national/health/89179500/autism-nz-calls-for-respite-care-overhaul-after-donella-knox-case)

**Halberg Awards winners announced.** Scoop. Friday, 10 February 2017. Lisa Carrington has claimed New Zealand's highest sports honours for 2016 at the 54th [Halberg Awards](#) ceremony at Vector Arena in Auckland tonight. The canoeist, who won two medals at the Rio Olympics, was named the High Performance Sport New Zealand. Sportswoman of the Year before being presented the supreme Halberg Award by Rob Waddell and the Prime Minister Bill English. Liam Malone was named the Disabled Sportsperson of the Year award. The Para-Athletics star, who won two gold and a silver medal at the Rio Paralympics, claimed the hotly contested category ahead of fellow Sophie Pascoe, Anna Grimaldi and Mary Fisher. Hosted by the [Halberg Disability Sport Foundation](#) the [Halberg Awards](#) is the nation's pre-eminent event to honour and celebrate sporting excellence by New Zealand teams and athletes in 2016. [www.scoop.co.nz/stories/CU1702/S00189/halberg-awards-winners-announced.htm](http://www.scoop.co.nz/stories/CU1702/S00189/halberg-awards-winners-announced.htm)

**Killed by 'a tantrum': The avoidable death of Michelle McIlquham.** Stuff. February 8 2017. Australian Michelle McIlquham died of meningitis on May 19, 2009, after a middle ear infection spread to her brain. The 28-year-old's condition was overlooked by medical staff who couldn't see past her mild intellectual disability, a coronial inquest later found. [www.stuff.co.nz/world/australia/89217860/killed-by-a-tantrum-the-avoidable-death-of-michelle-mcilquham](http://www.stuff.co.nz/world/australia/89217860/killed-by-a-tantrum-the-avoidable-death-of-michelle-mcilquham)

**A Different Light.** Northern Advocate Saturday Feb 4, 2017. Gadgets are great but you need a Plan B says columnist Jonny Wilkinson. [www.nzherald.co.nz/northern-advocate/news/article.cfm?c\\_id=1503450&objectid=11794112](http://www.nzherald.co.nz/northern-advocate/news/article.cfm?c_id=1503450&objectid=11794112)

## 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)**