



NorthAble Information Update 22/2/2017

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

Email: drc@northable.org.nz

Web: www.northable.org.nz

Events

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. Wetsuits available for participants. Sausage sizzle for all participants and volunteers. Byo towel, sunblock, sunhat etc.

Push, walk or ride the loop with Parafed Northland. Wednesday 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

Whangarei Parkinson's Support Group 1st Friday monthly, next meeting 3rd March, 10.30-midday, The Kamo Club Rooms, Meldrum Street, Kamo. Contact Trisha Ryan, Co-ordinator, Parkinson's Northland. Email northland@parkinsons.org.nz Phone 09 437 6878.

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

Epilepsy support group meeting. First Tuesday of each month, next meeting 7th 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 Public car park at the back of building. Public car park off Vinery Lane via Hunt Street.

Understanding Epilepsy - Kaitaia: 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

Making it Work: Employer Obligations & Individualised Funding workshop. Wednesday 15 March 10am–2.30pm. Distinction Hotel, 9 Riverside Drive, Whangarei. Brought to you by Auckland Disability Law, Te Pou and CCS Disability Action, this free workshop is for people who employ or intend to employ support staff, for themselves or for their family and/or whānau. We want to increase people's knowledge and skills around their obligations as an employer and solving employment problems. Participants will be able to understand their general obligations as an employer, identify what needs to be in employment agreements and look at ways to resolve employment problems. They will practise resolving employment issues in a safe and confidential environment. Participants will also learn how and where to access ongoing support in their local area. Venue is wheelchair accessible, lunch provided. RSVP by 3 March to Michelle Devine on 09 437 1899, text 021 774 230 or email Northland@ccsDisabilityAction.org.nz for catering and to let us know if you need any support to attend or to get the most out of the workshop or if you have any other questions.

Kerikeri Parkinson's Support Group every 3rd Thursday monthly, next 16th March, 11am-1pm, St Johns Ambulance Station. Contact Trisha Ryan, Co-ordinator, Parkinson's Northland at northland@parkinsons.org.nz Ph 09 437 6878.

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.

Waipu Parkinson's Support Group 3rd Friday monthly, next meeting 17th March, Waipu Presbyterian Church Hall. Contact Trisha Ryan, Co-ordinator, Parkinson's Northland. Email northland@parkinsons.org.nz Phone 09 437 6878.

UPBEAT, a group for newly diagnosed and under 65 Parkinson Sufferers. March 19, 11.30am function at the Quarry Gardens Whangarei including garden walk and café lunch. To attend ring/ text Lorraine 09 4346874 or 0211353919.

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 To register e-mail: mary.romanos@idea.org.nz Phone: 0800 273 7587.

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 or Call: 0800 EPILEPSY (374 537)

Understanding Epilepsy - Whangarei: Thursday 30 March, Brenda Gardner Lounge, Citizens Advice Bureau (CAB), 71 Bank Street, Whangarei, 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 Public car park at the back of building. Public car park off Vinery Lane via Hunt Street.

Dargaville Parkinson's Support Group 1st Thursday every 2nd month, next meeting 6th April. Usually at 10.00am either at the Community Services Centre Dargaville Hospital or at one of the local Rest Homes, sometimes elsewhere. Contact Trisha Ryan, Co-ordinator, Parkinson's Northland. Email northland@parkinsons.org.nz Phone 09 437 6878.

Kaitaia Parkinson's Support Group 3rd Tuesday every 2nd month, next meeting 18th April. Usually at the Union Parish Hall at 11.00am, sometimes elsewhere. Contact Trisha Ryan, Co-ordinator, Parkinson's Northland. Email northland@parkinsons.org.nz Phone 09 437 6878 .

Information of Interest

Mobile Van Service - Delivering Disability Information & Equipment Advice/Service. NorthAble Disability Services - Mobile Our Mobile Information and Equipment Service travels throughout Te Tai Tokerau - Northland on a monthly schedule providing easier access to our range of equipment and information. Our Mobile Van Service also provides in-home demonstrations of equipment at a time convenient to you along with community group presentations. Contact to make a booking or check set stop time. Phone; 09 430 3469 or 0508 637200. Text or Phone Mobile; 027 453 8797

Situations Vacant

Volunteer Grant writer and Fundraiser for Soul Food What's Cooking Whangarei (Reference nr. 1669) Soul Food is helping our tamariki (children), whanau (families) and those in need with free meals, support and clothing. This grass-roots organisation that has grown over the last few years as the needs of our community has grown. They need someone to help with fund-raising and in particular with writing grant applications. Applicants with a knowledge of the not-for-profit sector a bonus. Contact: Volunteering Northland. Municipal Building, Suite 11, 71 Bank Street, Whangarei 0110. Phone 0800-865268 or 09-9454984. Email info@volunteeringnorthland.nz

In the news

Steven Joyce announces first social bond pilot to get work for mental health beneficiaries. NZ Herald. February 21 2017. The Government has announced its first social bond pilot programme, aimed at getting 1700 beneficiaries in South Auckland with a mental health condition into work over five years. The social service provider is APM Workcare which will be funded to the tune of about \$1.5 million by four investors.

Kiwi company Soul Machines creates real-life avatar. Newshub. February 18 2017. A New Zealand company has unveiled artificial intelligence technology which is set to aid around half a million disabled Australians in their day to day lives. Soul Machines has used technology and animation which is more common in movies to create a virtual assistant.

Northland Caregivers Ask For More Help On Fetal Alcohol Spectrum Disorder. Scoop. February 16, 2016. Northland families and caregivers struggling to cope with young people affected by Fetal Alcohol Spectrum Disorder (FASD) gathered this week in Whangarei to learn more about the disorder, share their experiences, and call for help.