



## NorthAble Information Update 8/3/2017

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.

Email: [drc@northable.org.nz](mailto:drc@northable.org.nz)

Facebook: [www.facebook.com/northabledisabilitiesservices](http://www.facebook.com/northabledisabilitiesservices)

Web: [www.northable.org.nz](http://www.northable.org.nz)

## In the news

**Kiwi toddler with extremely rare disorder struggles to walk, talk against the odds.** NZ Herald. March 6 2017.

Lily-Grace Davies was given little hope of a good life when she was born, but she has battled against the dark predictions and is knocking off the milestones. The Auckland toddler was born with an extra - third - copy of chromosome number nine in many, but not all of her body's cells. [www.nzherald.co.nz/lifestyle/news/article.cfm?c\\_id=6&objectid=11811584](http://www.nzherald.co.nz/lifestyle/news/article.cfm?c_id=6&objectid=11811584)

**Learning disabled students at low-decile schools missing out on exam help.** Stuff.co.nz. March 3 2017. Disabled students at low-decile schools are missing out on exam help despite increased availability, figures released by NZQA show.

[www.stuff.co.nz/national/education/89935773/learning-disabled-students-at-low-decile-schools-missing-out-on-exam-help](http://www.stuff.co.nz/national/education/89935773/learning-disabled-students-at-low-decile-schools-missing-out-on-exam-help)

**Disabled access a gateway to multi-billion dollar market, expert says.** Stuff.co.nz. March 1 2017. Providing access to physically disabled people could add billions to the economy each year, new research suggests.

[www.stuff.co.nz/business/89872582/disabled-access-gateway-to-multibillion-dollar-market-visitor-says](http://www.stuff.co.nz/business/89872582/disabled-access-gateway-to-multibillion-dollar-market-visitor-says)

**'They find every excuse not to do it' - disability advocates.** Radio NZ. March 1 2017. CCS Disability Action has joined up with seven organisations to form the Access Alliance advocacy group pushing for new laws to make buildings easier to use.

[www.radionz.co.nz/news/national/325581/they-find-every-excuse-not-to-do-it-disability-advocates](http://www.radionz.co.nz/news/national/325581/they-find-every-excuse-not-to-do-it-disability-advocates)

## 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.

## Events

**Sailing at Waitangi.** Parafed is offering members an opportunity to learn to sail with the Bay of Islands Yacht Club next to Cophorne Hotel, Waitangi. March 9 and every Thursday - 3.30-6.30pm - and Sunday - 10am-1pm. Cost \$20, register, email [parafed@parafednorthland.co.nz](mailto:parafed@parafednorthland.co.nz) or [rob@yachtingnz.org.nz](mailto:rob@yachtingnz.org.nz).

**Understanding Epilepsy - Kaitia:** Thursday 9 March, Reap Far North, 33 Puckey Ave, Kaitia (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)

**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. Free workshop for people who employ or intend to employ support staff, for themselves or for their family and/ or whānau. RSVP by 3 March to Michelle Devine, 09 437 1899, text 021 774 230 or email [Northland@ccsDisabilityAction.org.nz](mailto:Northland@ccsDisabilityAction.org.nz)

**Kerikeri Parkinson's Support Group** every 3rd Thursday monthly, next 16<sup>th</sup> March, 11am-1pm, St Johns Ambulance Station. Contact Trisha Ryan, Parkinson's Northland at [northland@parkinsons.org.nz](mailto: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.

**Waipu Parkinson's Support Group** 3rd Friday monthly, next meeting 17<sup>th</sup> March, Waipu Presbyterian Church Hall. Contact Trisha Ryan, Co-ordinator, Parkinson's Northland. Email [northland@parkinsons.org.nz](mailto: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 - 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. 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.

**The Blind Foundation** needs a generous helping hand and is calling for volunteers for the 2017 Red Puppy Appeal on March 24 and 25 to raise funds for the breeding and training of guide dogs. To volunteer as a street appeal collector or make a donation, visit [www.redpuppy.org.nz](http://www.redpuppy.org.nz) or call 0800 PUPPIES.

**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).

**NEW! Hokianga Gout Clinics - free** From March 27. Do you need help managing your Gout? Book an appointment to speak with our Arthritis Educator about your Gout, how it can be managed and uric acid testing. **Omapere:** Monday 27<sup>th</sup> March 8.30am. **Rawene:** Tuesday 28<sup>th</sup> March 8.30am. **Mangamuka:** Wednesday 29<sup>th</sup> March 8.45am. **Pangaru:** Thursday 30<sup>th</sup> March 8.45am. **Taheke:** Friday 31<sup>st</sup> March 8.30am. To register or further information talk to your clinic or contact Georgia Grant-Mackie, Maori Arthritis Educator. Phone 0800 663 463 or Email [Georgia.Grant-Mackie@arthritis.org.nz](mailto:Georgia.Grant-Mackie@arthritis.org.nz) [www.arthritis.org.nz](http://www.arthritis.org.nz)

**Enabling Good Lives Workshop** - Embracing and Leading Change. NZDSN Provider Development Programme March - May 2017. Whangarei 27 March. For more detailed information and to register - go to [www.nsdns.org/events](http://www.nsdns.org/events)

**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](mailto:northland@epilepsy.org.nz)

**Epilepsy support group meeting.** Whangarei, first Tuesday of each month, next meeting 4<sup>th</sup> April. Come along and meet others living with epilepsy. The Northland Epilepsy Educator available to provide information and support. All 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)

**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](mailto:northland@parkinsons.org.nz) Phone 09 437 6878.

**Whangarei Parkinson's Support Group** 1st Friday monthly, next meeting 7th April 10.30-midday, The Kamo Club Rooms, Meldrum Street, Kamo. Contact Trisha Ryan, Co-ordinator, Parkinson's Northland, Email [northland@parkinsons.org.nz](mailto:northland@parkinsons.org.nz) Ph: 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. Contact Trisha Ryan, Co-ordinator, Parkinson's Northland. Email [northland@parkinsons.org.nz](mailto:northland@parkinsons.org.nz) Phone 09 437 6878.