



## NorthAble Information Update 15/3/2017

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)

## Events

**NEW! Tamariki Ora Fund 2017.** The Fund is now open for applications until April 17, the deadline for Expressions of Interest. The Tamariki Ora Fund supports grassroots collaborative community projects in the Whangarei/Kaipara Districts with a clear focus on improving the wellbeing and development of tamariki and taitamariki. For more information, please contact: Dr Terryann Clark, Child and Youth Friendly Cities Coordinator at Manaia PHO (09) 438 1015, 021 294 8354, [terryannc@manaiapho.co.nz](mailto:terryannc@manaiapho.co.nz). Application form see here: [www.manaiapho.co.nz/sites/default/files/u5/Health%20Promotion/Tamariki%20Ora%20Fund%20application%20form%202017.pdf](http://www.manaiapho.co.nz/sites/default/files/u5/Health%20Promotion/Tamariki%20Ora%20Fund%20application%20form%202017.pdf)

**NEW! Cooking on a limited budget.** March 15 and other Wednesdays at 11am, St John's Church Centre. 149 Kamo Road, Kensington, Whangarei. Ph 09 437 1601. Everyone welcome, free to attend – ingredients supplied. Come and learn how to turn basic food into delicious family meals.

**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)

**Sailing at Waitangi.** Parafed is offering members an opportunity to learn to sail with the Bay of Islands Yacht Club next to Copthorne Hotel, Waitangi. March 16 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).

**Kerikeri Parkinson's Support** Group every 3rd Thursday monthly, next 16th 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 17th 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. Practical workshop looks at how breathing, movement and sensory exercises can be fun, relaxing and improve 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).

**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 27th March 8.30am. **Rawene:** Tuesday 28th March 8.30am. **Mangamuka:** Wednesday 29th March 8.45am. **Pangaru:** Thursday 30th March 8.45am. **Taheke:** Friday 31st March 8.30am. To register or further information talk to your clinic or contact Georgia Grant-Mackie, Maori Arthritis Educator. Phone 0800 663 463, email [Georgia.Grant-Mackie@arthritis.org.nz](mailto:Georgia.Grant-Mackie@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.nsdnsn.org/events](http://www.nsdnsn.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 4th 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, 11.00am. Contact Trisha Ryan, Parkinson's Northland. Email [northland@parkinsons.org.nz](mailto:northland@parkinsons.org.nz) Phone 09 437 6878.

## In the news

**Children's Commissioner calls for universal disability screening for kids at age five.** Stuff.co.nz. March 12 2017. The Children's Commissioner is calling for all children to be screened for developmental and learning disorders when they enter school. Judge Andrew Becroft said identifying issues early could even out the playing field for children earlier in life, and allow authorities to target resources more efficiently. [www.stuff.co.nz/national/health/90232168/childrens-commissioner-calls-for-universal-disability-screening-for-kids-at-age-five](http://www.stuff.co.nz/national/health/90232168/childrens-commissioner-calls-for-universal-disability-screening-for-kids-at-age-five)

**Disabled children take to water for Halberg event.** Maori Television. March 12 2017. Halberg Disability Foundation advisor Maia Lewis says "Basically, the day is designed to get physically disabled and vision impaired and hearing impaired people into water sports. So today, we're highlighting and trying out rafting, paddle boarding and kayaking." [www.maoritelevision.com/news/sport/disabled-children-take-water-halberg-event](http://www.maoritelevision.com/news/sport/disabled-children-take-water-halberg-event)

**Surf lifesaver who has waited years for cochlear implant facing prospect of being deaf within months.** 1 News Now. March 9 2017. In that time she has completely lost hearing in one ear. "I love hearing all the basic things in life, like hearing the cars parking, the trains tooting, people's voices, my family's voices, and even the tui singing in the morning," she told 1 NEWS. [www.tvnz.co.nz/one-news/new-zealand/surf-lifesaver-has-waited-years-cochlear-implant-facing-prospect-being-deaf-within-months](http://www.tvnz.co.nz/one-news/new-zealand/surf-lifesaver-has-waited-years-cochlear-implant-facing-prospect-being-deaf-within-months)

**LOCAL East coast gardens on show. Northern Advocate. March 9 2017.** The 25th Kaitaia Riding for the Disabled Garden Safari, over the weekend of November 4-5, will feature east coast gardens that have never been "discovered" before. "We have found some real hidden beauties," Irene Knowler said. The safari headquarters will be at the St John Hall at Coopers Beach. Anyone who would like to set up a stall there should call Irene on (09) 406-2022.

**\$15k secures wheelchair access to Mount beach.** Bay Of Plenty Times. March 5 2017. Mount Maunganui looks set to become the first New Zealand beach to provide a mat enabling waterfront access for people in wheelchairs. [www.nzherald.co.nz/bay-of-plenty-times/news/article.cfm?c\\_id=1503343&objectid=11812432](http://www.nzherald.co.nz/bay-of-plenty-times/news/article.cfm?c_id=1503343&objectid=11812432) Access 1 is the sole New Zealand Distributor for Surfaces for Beach and Recreation areas. More info can be found on the facebook page (Access 1) and website [www.access1.co.nz](http://www.access1.co.nz).