



NorthAble Information Update 17/05/2017

NorthAble receives information from our many networks, which we disseminate through this *Electronic Weekly Update*. Feel free to share and use this information. For further information or to place a notice:

Phone: 09 430 0988 / 0508 637-200.

Facebook: www.facebook.com/NorthAble

Email: drc@northable.org.nz.

Web: www.northable.org.nz

Events – Seminars – Courses – Meetings

MAY

NEW! 17th-27th. Tu Toa Spoken Word Workshops. CCS Disability Action (Northern Region) runs fun-filled workshops where young people learn to create and perform their own stories as poetic monologues. No experience is necessary, all welcome. 4pm - 7.30pm, May 17 - Introduction to Spoken Word; 10am - 6pm, May 27 - Weekend workshop; 4pm - 7:30pm, June 7- Refining workshop. At Whangarei Youth Space, 36 Water Street, Whangarei. To register or any questions, phone project manager Stella Ward 0274 735 879 or email Tim.George@ccsDisabilityAction.org.nz.

19th: Whanaungatanga Day. Mid North Mental Health and Addictions Services. Each of the local MHA services will be providing a presentation about the services they offer. Come along to learn more about referral pathways and the support services available in your community. Friday 19 May 8:30am-4:00pm, Kaikohe War Memorial Hall, Memorial Drive, Kaikohe. Bring a plate for morning tea. RSVP to Jacquii.Hessell@northlanddhhb.org.nz or (021)446753.

22nd, 23rd: SafeTALK. Suicide awareness for everyone. **Kaitia** May 22nd 8.30am. **Kerikeri** May 22nd 5.30pm. **Whangarei** May 23rd 8.30am. Book online www.1degreeworkshops.co.nz FB: [aoksuicideSAFERworkshopsNZ](https://www.facebook.com/aoksuicideSAFERworkshopsNZ)

24th: Professional Wellness Workshop. Compassion fatigue and burnout can be serious occupational hazards for those in helping professions. Interactive and informative workshop facilitated by registered social worker Julie Steward. Wednesday May 24th, 9.30am – 2.30pm, Anglican Care Centre, Deveron Street, Whangarei. Cost \$60. To register contact Julie on 0212762776 or email julzsteward@gmail.com

25th: Public consultation hui on draft suicide prevention. Thursday 25 May 2017 in Kerikeri (Māori hui) from 9.30 am – 12.30 pm, Kerikeri RSA, 37 Cobham Road. Read the strategy- www.health.govt.nz/publication/strategy-prevent-suicide-new-zealand-draft-public-consultation Provide electronic feedback - www.surveymonkey.com/r/SPSDRAFT17

26th: 'Hands On Autism workshop. Moerewa. Guide to Autism, Strategies for Behaviour, Sensory Issues and Dealing with Anxiety. Q & A. Friday, 26 May, 9am-4pm. Te Punawai Centre. Moerewa Christian Fellowship. 52/54 George St, Moerewa. FREE if you register online at www.autism.org.nz or phone (09) 415 7406. Lunch included.

26th: Whangarei Child Poverty Action Group host a hui Friday 26th May, 12.30pm to 2.30pm to discuss the national budget and the implications for Northland tamariki. Koha entry light lunch provided. Venue: Ratu Room, Manaia Health PHO, 28 Rust Ave, Whangarei. Guest speakers Dr Cindy Kiro and Associate Professor Mike O'Brien. To RSVP, please the link www.cpag.org.nz/may-nationwide-post-budget-breakfasts/

31st: Wear Red Day: Why not hold a "wear red day" in your office – for a gold coin donation to MS Northland on May 31st which is World MS Day. For more information call 09 438 394.

31st: Understanding Epilepsy. Covering: 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. Wednesday 31 May 2017. Reap Far North, 33 Puckey Ave. Kaitia. (check with reception whether Seminar or Nikau Room). 10.00am -12.00pm. Phone (09) 4385498 or 0272916869 (Please leave a message) Email: northland@epilepsy.org.nz

JUNE

2nd: Whangarei Parkinson's Support Group 1st Friday monthly, next meeting 2nd June 10.30-midday, The Kamo Club Rooms, Meldrum Street, Kamo. Contact Trisha Ryan, Co-ordinator, Parkinson's Northland, Email northland@parkinsons.org.nz Ph: 09 437 6878.

...JUNE continued

6th: Epilepsy Support Group. Whangarei, first Tuesday of each month, next meeting 6th June. Come along and meet others living with epilepsy. The Northland Epilepsy Educator available to provide information and support. Brenda Gardner Lounge, Citizens Advice Bureau (CAB), 71 Bank Street, Whangarei, 10.30am to 12 noon. Phone (09) 4385498 or 0272916869 (Leave a message). Email: northland@epilepsy.org.nz

8th: Dargaville Parkinson's Support Group 1st Thursday every 2nd month, next meeting 8th June. 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.

15th: Kerikeri Parkinson's Support Group every 3rd Thursday monthly, next 15th June, 11am-1pm, St Johns Ambulance Station. Contact Trisha Ryan, Parkinson's Northland at northland@parkinsons.org.nz Ph 09 437 6878.

16th: Northland Junior Disability Sports Day 2017. Friday 16 June. The Junior Disability Sports Day is for physically disabled young people, including vision and hearing impaired age 7-21. Wide range of adapted and disability specific sports to try for (Ambulant (able to walk), Wheelchair users, Vision and Hearing impaired). Register through your school, registration forms available at: Leesa Andrewes: sport@parafednorthland.co.nz 021 34 0010 Maia Lewis: maia@halberg.co.nz 021 995 951.

16th: Waipu Parkinson's Support Group 3rd Friday monthly, next meeting 16th June, Waipu Presbyterian Church Hall. Contact Trisha Ryan, Co-ordinator, Parkinson's Northland. Email northland@parkinsons.org.nz Phone 09 437 6878.

19th: Life After Stroke Seminar. Free and all welcome. June 19th 9.30am-12pm, Barge Showgrounds Event Centre, 474 Maunu Road, Whangarei. Contact northland@stroke.org.nz Stroke Foundation NZ.

20th: Kaitaia Parkinson's Support Group. 3rd Tuesday every 2nd month, next meeting 20th June. Usually at the Union Parish Hall, 11.00am. Contact Trisha Ryan, Parkinson's Northland. Email northland@parkinsons.org.nz Phone 09 437 6878.

21st: Leg Health Day. NorthAble EQ+ staff are qualified consultants able to measure people for compression stockings and travel stockings. Book now for a free no obligation presentation to learn more about the benefits of compression stockings and socks. Short presentation followed by FREE appointments on June 21 from 9:15 – 1:15pm at NorthAble EQ+, 73 John Street, Whangarei. Limited appointments available. Book your space by calling 09 430 3469, 0508 637 200 - or pop in!

27th, 28th: Safeguarding children roadshow will be held in **Whangarei** on June 27th and **Kaitaia** on June 28th. Child Matters and Community Networks Aotearoa are jointly delivering presentations to volunteers and volunteering organisations. Understand roles and responsibilities when engaging with children and get access to resources to assist in developing safe child protection systems and environments. Enrol at www.tfaforms.com/4605186 For more information contact Ros Rice 04 4723364 or eo@communitynetworksaotearoa.org.nz

In the News

LOCAL. Invitation to poetic workshops. Northern Advocate. 13 May 2017. CCS Disability Action is running workshops where young people can create and perform their own stories as poetic monologues. www.nzherald.co.nz/northern-advocate/news/article.cfm?c_id=1503450&objectid=11854844

LOCAL. ADHD med use spikes - driven by older users Newshub. 12 May 2017. New figures from Government drug-buying agency Pharmac show use has tripled in Northland since 2013. www.newshub.co.nz/home/health/2017/05/adhd-med-use-spikes-driven-by-older-users.html

The mother of an autistic teenager claims the health system let her son down. One News .9 May 2017. The mother of an autistic teenager claims the health system let her son down by locking him up under the Mental Health Act when he has no mental health disorders. However, the Taranaki District Health Board says drastic measures were needed. www.tvnz.co.nz/one-news/new-zealand/mother-autistic-teen-says-health-system-let-her-son-down-locking-him-up-under-mental-act

Information of interest

Key design challenges around funding, choice and control were discussed at the latest MOH-organised disability workshop. The group tasked with co-designing a new disability support system reflected it was working well together and was aligned on principles. Find out more at this link: www.bit.ly/2q7PiMJ