



NorthAble Information Update 24/05/2017

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

24th. Know more about the New Zealand Healthcare System. Session by: Manaia Health PHO, North Haven Hospice, Supporting Families, Nationwide Health & Disability Advocacy Service. 24 May between 10am -12 pm. Organized by Multicultural Whangarei. Venue Suite 12, 71 Bank Street, Whangarei.

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

25th: Take up the Halberg Tri Challenge! A charity sports event raising funds for disabled Kiwis. On Thursday 25 May the Halberg Tri Challenge will see teams run, row and cycle in a sports race to raise funds for the Halberg Disability Sport Foundation. As well as live at Spark Arena, Auckland: there is for the first time a virtual option - challenge your friends, family and colleagues across the nation. Send your best results from any 20 minute session from your stationary bike, treadmill or rowing machine. Email a snapshot of the console reading showing the time and distance covered to larisa@halberg.co.nz no later than 10.00am, 24 May 2017. See also www.halbergchallenge.co.nz

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/

27th May- 7th June: 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. 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.

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. Kaitaia. (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

31st: Karanga Maha Run by the CCS Disability Action Northern, Karanga Maha provides a platform for whanau huaa (whanau with a lived experience of disability) to share their voices and experiences. You and your whanau are invited to come along to our first Karanga Maha community hui in Kaikohe. Kai provided. Kaikohe Senior Citizens Hall, 55 Tawanui Rd, Kaikohe, Wednesday 31 May 2017, 5:00pm – 9:00pm. Queries, contact Robert Nathan (027) 807 9666.

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.

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.

8th: Workshop to hear the results of the recent survey undertaken and to share your ideas on ways that the Wilson Home Trust can support children with physical disabilities and their families. This 2 hour workshop will be run on Thursday June 8th in the May Bain Room at the Whangarei central library. RSVP to info@wilsonhometruster.org.nz

9th: Applications close for Blind Foundation Winter Camp 2017 – July school holidays. Winter Camp July 6-9 at Taupo is a fun and exciting opportunity for 8-12 year olds that provides peer support and friendship. Learning outcomes include increased self confidence, individual growth and development, team building skills, try new activities, increase independence. For registration details contact Latesha Sharp, Recreation & Community Advisor, Blind Foundation, Phone: (09) 281 6503. M: 027 808 1148. Email: lsharp@blindfoundation.org.nz

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, 11am. Contact Trisha Ryan, Parkinson's Northland. Email northland@parkinsons.org.nz Ph 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, call 09 430 3469, 0508 637 200.

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

Information of interest

Change of opening days/hours for mobility parking/total mobility service at CCS Disability Action Northland office, 291 Kamo road, Whau valley, Whangarei. From 1 June 2017 the above Administration office will be changing its opening hours from 5 days a week to 4 days a week as follows: Monday to Thursday, 9 am – 4.30 pm. Administrator lunch break, 1 pm – 2 pm. Fridays the office is closed, but there is a drop box available for completed Mobility Parking Permit Applications with correct payment. For further information call the Northland Branch on: 09 437 1899.

Key messages from the two day disability system transformation workshop are on the Enabling Good Lives' website www.enablinggoodlives.co.nz/system-transformation/transformation-papers/system-transformation-updates/may-1617-workshop/

In the News

Sleep study to help Kiwi kids with ASD New Zealand Herald. 22 May 2017. A just-funded study aims to tackle sleep problems making life tougher for a growing number of Kiwi kids with autism spectrum disorder (ASD). www.nzherald.co.nz/nz/news/article.cfm?c_id=1&objectid=11860814

LOCAL. Helping youth get into sport Whangarei Leader. 17 May 2017. Young Northlanders living with a physical disability will next month have the opportunity to try new sports, in a day designed to engage youth in sport. www.neighbourly.co.nz/e-edition/whangarei-leader/17333

LOCAL. How many people does it take to change a writers block? Northern Advocate. 13 May 2017. Jonny Wilkinson column A Different Light. www.tiaho.org.nz/news/entry/disability-awareness-a-hard-yakka