



NorthAble

DISABILITY SERVICES

NorthAble Information Update 11/10/2017

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

NorthAble News



E-bikes stocked. EQ+ are excited to announce that we are now selling a range of electric bikes – for more information contact us via email equipment@northable.org.nz or phone 09 430 3469 or better still, pop on in at the shop – corner John and Dent Sts, Whangarei. **Shop Closure:** With Labour weekend approaching, we wish to advise that EQ+ will be closed on Saturday 21st October, and Monday 23rd of October – we wish you all a safe and enjoyable long weekend and apologise for any inconvenience this may cause.



Disability Awareness Workshops Following multiple requests from a number of organisations to provide information and Disability Awareness Training, NorthAble is excited to launch their Disability Awareness Workshops aimed at (but not limited to) staff within NGOs, service providers, allied health providers, government and community agencies.

2017 dates: Thursday, 9th November and Monday, 4th December. Time: 9.00am – 12.30pm (morning tea included)

Venue: NorthAble Disability Services, 40 John Street, Whangarei. Cost: \$65.00 per person, or \$50 per person if 3 or more attend from one organisation. For workshop bookings, or for further information, contact Raewyn Fowlie or Cheyenne Harris on 09 4300988 or email northable@northable.org.nz

Events – Seminars – Courses – Meetings

OCTOBER

9-13th. Wacky Wonky Paper Factory Exhibition. Second week of school holidays. 9.30-2am-3.30pm. Free entry. Quest Whangarei, 58 Bank St. Papermaking demonstrations and have a go! Ph 09 459 1459 or email info@thepapermill.co.nz

9th-14th Mental Health Awareness Week. This year the theme is 'Nature is the key'. Get yourself and your workmates out for a walk on the beach or have a picnic in the park. Check out the Mental Health Awareness Week website for more information and resources: <http://www.mhaw.nz/>

11th Epilepsy - parent's support group in Whangarei. Every second Wednesday of the month in 2017. Come along and meet other families living with epilepsy. Morning tea provided, toys available for your children to play with. Everyone is welcome. Lounge 3, (next to the Toy Library), Central Baptist Church, 202 Bank Street, Whangarei 10.30am to 12 noon. Contact Margaret Dunn Phone (09) 4385498 or 0272916869 or email: northland@epilepsy.org.nz

11th Age Well. Meet every Wednesday 9am to 12pm at Senior Citizens Hall, Kaikohe. Speaker or activities and trips. Lions van will pick people up. Contact Diane 09 405 2248 or 027 7140430 dianekathleen18@gmail.com

12th. World Arthritis Day www.worldarthritisday.org.nz

15th-16th Going Bananas Show. Supporter of the Brain Injured Children Trust. Sunday 15th October, 2pm at the Turner Centre Kerikeri. Monday 16th October, 6pm at the Captaine Bouganville Theatre Whangarei. Tickets are free by arrangement for disadvantaged and special needs children and their families who would normally not be able to go to a live show. This year's show is *Kaos in the Caribbean*. The Show is aimed at the 3 – 15-year age group. Audience participation, and competitions are incorporated 90-minute interactive live stage show filled with Comedic antics and magic tricks. See www.thegoingbananasshow.co.nz/Home.aspx

20th World Osteoporosis Day www.bones.org.nz

26th Parenting Tween & Teens Course: 12.30pm, 6 weeks. At Jigsaw North, 25 Otaika Road, Whangarei. Contact cara@jigsawnorth.org.nz or Ph 09 438 8852.

OCTOBER 27th Art and Collectibles Auction. Hospice fundraiser. Friday 27th October. 5.30pm – 10.30pm. Turner Centre, Kerikeri. Auction - Live music - Wine and canapes - Local artists and celebrities. Support your local hospice. All money stays within the Mid north community. MC Shane Jones, Guest Speaker Eric Rush. Tickets \$35, tables of 10, \$350, available at Hospice mid-northland offices, 464 Kerikeri Rd, Kerikeri or Phone (09) 407 7799 or email fundraising@hospicemn.org.nz

29th Building the ADHDvantage. Auckland, 29 October 2017 – an event during ADHD Awareness Month in October. Venue: Ellerslie Events Centre, 80-100 Ascot Avenue, Auckland. With the aim of advancing those in the ADHD community in New Zealand, ADHD NZ brings to you "Building the ADHDvantage" - a conference to support and inform parents and adults living with ADHD, teachers and specialists. Get current insights on ADHD from experts in education, clinical psychology, cognitive research and nutrition. www.adhdnewzealand.co.nz/adhd-nz-awareness-month.html

Until 31st. Change Day 2017. As part of Change Day 2017 Geneva Elevator's Client, Eilish Wilkes, encourages all Kiwis to join her #ChangeDayNZ to pledge to support children in need of care by gifting her book, *Hospital Happenings*, to a child in hospital or a child you know with health concerns. The book gives children the comfort of knowing they're not alone and helps them feel less afraid of hospital visits. Inspired by her own story, Eilish wrote Hospital Happenings from her experience as a two year old when she was diagnosed with an irremovable cancerous brain tumour. To order the \$20 book, go to www.surveymonkey.com/r/MVGS5TG For change day information see www.changeday.kiwi/

In the News

Seriously disabled man-faces deportation. Three News. 10-10-17. Immigration New Zealand plans to deport a young Fijian man with serious intellectual disabilities even though his family says he has no support network back home. www.newshub.co.nz/home/new-zealand/2017/10/seriously-disabled-man-faces-deportation-despite-no-support-network.html

'My parents didn't tell me I was blind until I was 17'. NZ Herald. 9-10-17. A TED talk I gave encouraging business to value people with a disability has been viewed over two million times. And I've just launched a global campaign, #valuable, that is calling on businesses across the world to recognise the value of the one billion people living with disabilities. www.nzherald.co.nz/lifestyle/news/article.cfm?c_id=6&objectid=11931145

Interview with Golriz Ghahraman, the first ever refugee elected. NewstalkZB. 9-10-17. Ghahraman refers to one of her cases which was fighting for the family carers of disabled persons trying to get fair payment. www.newstalkzb.co.nz/on-air/andrew-dickens-sunday-cafe/audio/golriz-ghahraman-new-zealands-first-refugee-mp/

Glow kids' digital excess. Sunday News. 8-10-17. "There is an increasing amount of clinical research correlating screen time with disorders such as ADHD, anxiety, depression and increased anxiety." www.stuff.co.nz/life-style/parenting/97579974/are-digital-devices-creating-a-generation-of-glow-kid-addicts

Just a lot of aggression and get in there! TVNZ1 News. 6-10-17. It may be a grassroots event but the competition is fierce – athletes gear up for Halberg Junior Disability Games. www.tvnz.co.nz/one-news/sport/other/just-lot-aggression-and-get-in-there-athletes-gear-up-halberg-junior-disability-games

G-G Opens the Halberg Junior Disability Games. Halberg Disability Sport Foundation Press Release. 6-10-17. 146 athletes eight-21 years will be representing 12 regional teams in the national sports competition for physically disabled and visually impaired young people for three days of competition, fun and camaraderie hosted by the Halberg Disability Sport Foundation. www.scoop.co.nz/stories/CU1710/S00123/g-g-opens-the-halberg-junior-disability-games.htm

Teachers want more study on combined classes. NZ Herald. 6-10-17. Pageau said he visited the new Haeata Community Campus, a Year 1 to 13 school for 950 students in Christchurch, and asked the principal about the effect of the large spaces on pupils with attention deficit/ hyperactivity disorder (ADHD) who were easily distracted. www.nzherald.co.nz/nz/news/article.cfm?c_id=1&objectid=11930050

Family of severely disabled boy campaign to access medicinal cannabis. NZ Herald. 4-10-17. "He is resistant to all the drugs he's tried. So they either make the seizures worse or bring on a different kind of seizure or they change his personality." www.nzherald.co.nz/nz/news/article.cfm?c_id=1&objectid=11924430

Minerals might help ADHD. NZ Herald. 4-10-17. Based on observations by researchers, parents and teachers, the children consuming these micronutrients showed greater improvements in their ability to control their emotions and aggression compared to those taking the placebo. www.nzherald.co.nz/nz/news/article.cfm?c_id=1&objectid=11929027

Hiring autistic employees—a smart choice. Employment Today. October 2017. People with autism may have many skills that are sought after by today's employers—like attention to detail, diligence, perseverance and thinking outside the square. www.employmenttoday.co.nz/databases/modus/hrmag/etmagazine/JRNL-213-ET-17?tid=162390519&si=1878974471