



NorthAble

DISABILITY SERVICES

NorthAble Information Update 28/02/2018

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

Information of Interest



The year has started off busy for the team at EQ+. We have been working on a new look and have rebranded our Mobile Van and Equipment Shop – hopefully you will see the difference next time you are driving past or see us out and about on the road!

Kaz's calendar is filling up fast with Equipment and Disability Information Presentations. Kaz has many years of experience in the disability sector and is passionate about her role in educating and informing people around keeping themselves safe in the home and community and using equipment correctly. Kaz's presentations are free, fun and informative. She presents to Health professionals, Service Providers, the Educational sector and community groups. If you would like to book a presentation, please contact Equipment Plus on 09 430 3469 or email equipment@northable.org.nz.

Getting Out and About: Please remember that NorthAble Equipment Plus have an All-Terrain Buggy in our hire pool available for families with Children with Disabilities (up to 70kgs) to access. The cost is a gold coin donation for 3 hours or less, or \$5 per day. This is a great resource to support families wanting to be active in the community – and with the Beach to Basin event not that far away, this would be a great time to reserve it.

For Sale



NISSAN SERENA 2006 WHEELCHAIR MOBILITY VEHICLE \$17,995 ono

1900cc, automatic, 117500km, 2 Owners from new (imported 2013). Reversing camera, ABS brakes, alarm, central locking, electric sliding side/rear doors, electric mirrors. Driver & passenger airbags, power steering. Rego to July 2018, WOF to Feb 2019. Nissan mobility vehicle with rear electric/hydraulic folding ramp to position wheelchair or mobility scooter behind driver. Also has 1 x fixed and 2 x folding rear seats. One owner since imported. Very good condition & excellent to drive. Regularly serviced.

NB: Not suitable for carrying passenger seated in wheelchair without upgrading existing restraints. Fine for transporting power chair or scooter if user can transfer to passenger seat. PH: 022 323 1177.

Situations Vacant

Situation Vacant: Community Development Adviser: Whangarei District Council. To promote community engagement and achieve Council's strategic outcomes for the community through collaborative relationships, capacity building, advice and liaison between the community and council. If you have any questions, please feel free to contact People & Capability team on: 09 430 4200 or [0800 932 463](tel:0800932463). To apply for this position go to www.careers.wdc.govt.nz Applications close 5.00pm Thursday, 1 March 2018.

Awards

Entries open for 2018 Diversity Awards NZ™. It's time to celebrate the New Zealand organisations championing diversity and inclusion in the workplace. Entries are now open for the 2018 Diversity Awards NZ™. Entries close on Friday, May 11. Find out how to enter or read about previous winners and entrants at www.diversityworks.nz/diversity-awards/

Events

MARCH

Kerikeri Brain Injury Association Support Group. Thursday, 1 March, 10am–midday. St Johns Ambulance Kerikeri. For people living with the effects of brain injury and their families/ whanau / carers and friends. For enquiries please phone The Brain Injury Association Northland (09) 459 5013.

Blind Foundation Whangarei Support Group. Thursday, 1 March, 1pm-2pm. Upstairs at the RSA, 7 - 9 Rust Ave, Whangarei. The support groups provide an opportunity to meet with others who are living with a vision loss. Peer support and a safe forum to share concerns, ask questions and brainstorm. Held on the first Thursday of every month.

Parkinsons Northland Hydrotherapy Exercise. Thursday, 1 March, 2:15-3pm. Hydrotherapy pool, Whangarei Aquatic Centre, Whangarei. Hydrotherapy exercise class for people with Parkinson's. Run by Isobel Finlayson, this is a great way to move and exercise gently in the 'weightless' environment of warm water. All enquiries to Vicki Sadgrove, Parkinson's Northland Community Educator phone 027 2684973 or email educator.northland@parkinsons.org.nz

Parkinson's Northland: Whangarei Support Luncheon. Friday, 2 March, 11am-1pm. Masonic Hall, 224 Maunu Road, Whangarei. Support for people with Parkinson's their caregivers and families. Social get together, entertainment and guest speakers. Bring a plate. Contact Trisha Ryan phone 09 438 4282 or email northland@parkinsons.org.nz

Parkinsons Northland. 2nd March 10.30 – 12 noon. Whangarei Morning Tea to be held at The Kamo Club Rooms, Meldrum Street, Kamo. Guest Speaker; Isobel Finlayson – Physiotherapist.

Arthritis 20+ Support Group. Saturday, 3 March, 10am-midday. New Hope Church, cnr Princes St and Nixon St, Kensington, Whangarei. Social group for people who have arthritis to meet with other people for coffee and a chat. 1st Saturday of each month. Cost is \$2 per person. Phone 0800 663 463 or email 20plussupportgroup@hotmail.co.nz

Ruakaka Surf day 2018. A great event for people with disabilities! Date: Saturday 3 March. Time: 10am – 2pm. Ruakaka Surf Lifesaving Club, Ruakaka Beach. Registration essential - spaces are limited. Sign in starts at 9am. To register, please contact Arlene at Tiaho Trust - ph 430-3406 or email arlene@tiaho.org.nz

Celebrate Childrens Day Whangarei. The Pulse. 59 Raumanga Valley Road. Whangarei. Sunday 4 March 2018, 10:00 am-1:00 pm. A fun and free day out for families, everything is free like - slippery slide, bus service, sausage sizzle, lego station, prizes, face painting, making instruments, drawing, big board games, mobile library, children rights games, padder tennis, volley ball, pop up play, parent tent, photography, hand printing, free books, chop stick challenge, art n craft, eco art, bouncy castle, blasting plaque off teeth, trying instruments, competitions, free giveaways, goggle game, sports, free fruit, dancing, singing, stage performers, fire safety and fun with a big water gun, police dog, cool music from Ngati Hine. www.childrensday.org.nz/find-a-local-event/northland/whangarei-childrens-day-the-pulse/

Alzheimer's Northland Sunday Lunch. Sunday, 4 March, midday. Alz House, 148 Corks Road, Tikipunga, Whangarei. Held the first Sunday of the month. A great get-together where you can relax in comfortable familiar surroundings and enjoy a nice meal. Phone 438 7771 to make your reservation and find out what is on the menu. Cost: \$20 per person.

Monday 5th and every 1st and 3rd Monday of the month: Alcohol and Drug Whanau Support Group. A group for people who have whanau with alcohol and drug issues to come together to talk about their experiences, be provided with information and offered support. First and Third Monday each month 4pm – 5.30pm. At the Alcohol & Drug Service, 5 Three Mile Bush Road Kamo Group Room (Kai Papahu). Tea and Coffee Provided. For more information: Steve (09) 470 2706, Northland DHB Alcohol and Drug service, Cath 027216383 or Francil 0800732825.

Whangarei MS Exercise Classes. Monday 5 March, 11am–midday, Kensington Gym Whangarei, Studio 2. These classes are facilitated by Isabel Finlayson physiotherapist. These classes are free to MS Northland members thanks to the Oxford Trust. Carers are welcome to join in. Contact Gaye or Wende on 09 438 3945.

Trustpower Community Awards entries open soon. Entries for the 2018 Trustpower Community Awards open Monday 5 March, 2018. The Awards covers 26 regions around New Zealand and award winners are recognised for their services to areas ranging from Health and Wellbeing to Sport and Leisure. To find out more and to enter, please click through to the [Awards website](#).

Census day is coming - Tuesday 6 March - for accessibility resources see www.census.govt.nz/support-resources: An example of the [access code letter](#) people are receiving. A [support guide](#) for completing the census. [An easy read version of the census access code letter](#). [A large print version of the census access code letter](#). People over 50 can go to get help to complete the census online at a [local SeniorNet centre](#). Census and Deaf Radio have created [a video in NZ Sign Language](#). For the blind or sight-impaired, online census forms have been built to work with screen readers and assisted technology. Unable to complete the census? Field teams will follow up after census day to assist.

Boccia: Tuesday, 6 March, 3.30pm – 5pm. ASB Leisure Centre, Corner of Kensington Ave and Western Hills Drive, Whangarei. Get Rollin Join the Action A sport designed for people with Physical Disabilities For more information email luke@boccia.org.nz or phone 0800503603 extn 3 or check our website www.boccia.org.nz

Stroke Club Ten Pin Bowling. Wednesday, 7 March, 1.30pm-3pm. Ten Pin Bowling center at 129 Port Rd, Okara, Whangarei. Come along for some fun with Special Olympics. We meet regularly on the first Wednesday of every month. Meet at 1.30 for 2pm start. \$8 shoe hire.

Young Enduring Social Support. Wednesday, 7 March, 2.30pm-5pm. Arthritis New Zealand office, 1st floor, 25 Rathbone Street, Whangarei. Support Group for anyone aged 20 - 40 or close to who has a long-term condition. Tea and coffee provided. We look forward to meeting you. Venue is wheelchair accessible.

Whangarei Youth Space Talks 2018. Date: 12 March 2018. Time: 12.30pm - 5pm. Forum North, Whangarei. An awesome afternoon for Youth Workers to hear directly from the Commissioner for Children and the Minister of Youth about their vision for youth in Northland. Don't miss out on some inspirational thinking. Save a spot by emailing WYSTalks@youthspace.co.nz or enquire at ph 09 972 7248. Tickets \$30, available from www.youthspace.co.nz

Age Concern Seminar. March 15, 9.30-11.30am. What entitlements are available for you from Work & Income? What you need to know about Work & Income. Speaker: Lorna Child Services for Seniors Manager Work & Income. Registrations essential. Please contact Age Concern Whangarei Inc. (09) 438 8043. Fee: \$5 donation for seniors & unemployed; \$25 for waged. At Age Concern, Whangarei. Free parking, Age Concern Car Park. Avoid staff parks!

Parkinsons Northland. 15th March 11am–1pm. Kerikeri Luncheon, St Johns Ambulance Station. Guest Speaker; tba.

Parkinsons Northland. 16th March 10am –Noon. Waipu Morning Tea, Waipu Presbyterian Church Hall. Guest Speaker; Tiana Edney.

Mental Health and Addiction Whanau Support Group. 19th and every 3rd Monday each month: Supporting Someone with a mental illness or addiction? Supporting Families offer a safe place to share experiences, gain practical resources and strategies, and hear from guest speakers. 3rd Monday of every month, 10.30am – 12pm, 7 Donald Street, Regent, Whangarei. FREE. Contact: Francil, 0800 732825. Francil@sfauckland.org.nz. www.supportingfamilies.org.nz

Alcohol and Drug Whanau Support Group. 19th and every 1st and 3rd Monday of the month: A group for people who have whanau with alcohol and drug issues to come together to talk about their experiences, be provided with information and offered support. First and Third Monday each month 4pm – 5.30pm. Alcohol & Drug Service 5 Three Mile Bush Road Kamo Group Room. Tea and Coffee Provided: Steve (09) 470 2706, Northland DHB Alcohol and Drug service, Cath 027216383 or Francil 0800732825. Supporting Families Northland.

Forum on “Focusing on Child Mental Health”. This is an event for Primary Care, NGO's and new practitioners to ICAMH/AODA. Topics: Core concepts in child mental health, Developmental perspective, Engagement with children and whanau, Childhood disorders. Date: Friday 23rd March 2018. Venue: Venue information will be provided once registrations have closed. Location: Whangarei/Kaipara. Phone number: 09 923 1267. There is no cost for attendance. Registrations will close Friday 16th March 2018. For queries regarding this forum contact l.barker@auckland.ac.nz To view the flyer click [here](#) See www.werryworkforce.org/professionals/training-and-events/Regional-Forum-MAR-2018

ASID Conference – call for papers. This year's [Australasian Society for Intellectual Disability \(ASID\) Conference](#) is all about Building Partnerships that Enrich Lives and will be held at Rydges Hotel during the 2 -3rd of July, 2018. Registrations will be opening soon. However, ASID are now calling for papers on specific topics.

In the news

Below are some reads that have featured in the news in the past week or so, if you want to media watch:

[Resources for visually impaired and blind NZers a step closer - Faafoi'](#)

[Innovation can help create an inclusive society for disabled Kiwis](#)

[The 'ignorant, threatening' note left on a disabled woman's car](#)

[Vanuatu selected for seasonal work project](#)

[12 years in court and still fighting: Disabled adults and their carers](#)

[Inside Story: Young stroke survivors](#)

[Employers encouraged to take on more workers with disabilities](#)

[The cost of looking after a disabled adult child](#)

[Government enters into pay equity talks for mental health workers](#)

[Carmel Sepuloni – rebuilding the social safety net](#)

[What would a truly accessible city look like?](#)

[Design thinking for a better you](#)
