

Vision

Disabled people and their families are able to lead the lives they desire.

Core Value

Respecting and supporting choice

Mission

To empower disabled people and their families through leading social change.

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Welcome back to a brand new year, filled with exciting news, opportunities and developments – we look forward to sharing our journey with you! From the Team at PFRC.

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Please visit our Facebook page [here](#) and 'like' us. You can follow us on Twitter [here](#).



SEMINARS/TRAINING

Trusts & Welfare Guardianship seminars – March/April – Auckland Wide

The Parent & Family Resource Centre is hosting another round of popular Trusts & Welfare Guardianship seminars at venues in North, South and Central Auckland over March and early April. The attendance fee of \$30 includes a comprehensive resource pack with a CD of all relevant sample documents and other useful information. A light supper is served halfway through the evening presentation, and tea & coffee and biscuits are available before the daytime presentation. [Click here](#) for the dates/venues. To book or for more information please contact Niharika at PFRC on 636-0351 or niharika@pfrc.org.nz

IF including Respite Seminars – Auckland Wide

This seminar will be presented by Karen Smith of the Ministry of Health, and hosted by Parent & Family Resource Centre. The workshops will be held in Central, North, West and East Auckland. [Click here](#) for the seminar dates and locations and for more information about seminar content. **RSVP is essential.** Phone Niharika 636-0351 or email niharika@pfrc.org.nz to book your place!

Tilting the Seesaw – Autism NZ pilot programme for education staff

This is a programme that focuses on strength based practical strategies to support children with Autism in Primary School, specifically aimed towards **Teacher Aides, Teachers and SENCOs**. If you have a child with Autism and you want them to be included more fully in everyday activities, encourage your child's teacher to attend! The programme is split into 6x 2 hour sessions from 12:30-2:30pm. Sessions begin on Monday 24th February until Monday the 31st of March. The programme will be held at the Autism NZ office, 642 New North Road, Mount Albert, Auckland. For the programme flier, [click here](#), and for the registration form, [click here](#). To register, please contact Pat Gluck on 04 803 3501 or email pat.gluck@autismnz.org.nz

'Working with Parents' Anger' Workshop 2014

This 2-day training workshop is designed for practitioners and focuses on applied skills and increasing understanding, confidence and effectiveness in working with parents whose anger or distress is harming their children. The workshop will be held on the 10th and 11th of March 2014 at the Mercy Spirituality Centre in Epsom. [Click here](#) for the information flier and registration details. Please note that as this is a large file it may take a few seconds to download.

Down Syndrome Success in School Course

Auckland Down Syndrome Association has revamped their "Down Syndrome – Success in School" course and are very pleased to announce this is now a 2-day course with a variety of speakers. The course is planned for Monday 24th February 2014 (day 1) and Monday 3rd March (day 2) and is for SENCO's, teachers, teacher aides, specialist staff, occupational therapists and parent educators. These are two full day courses from 9:00am to 3:30pm. The cost of the programme is \$350 (GST inclusive) per person. Morning tea and lunch will be provided. [Click here](#) for the course programme, or contact Christel van Baalen on clo@adsa.org.nz or 09 636 0351 to book your place.

Boccia Leader Award Courses

Boccia New Zealand are currently seeking Expressions of Interest for their free Professional Development Course. This has been designed to provide participants wishing to get involved in the sport with the skills and knowledge to be able to run your own Boccia group/club. For more information please visit <http://boccia.org.nz/pages/courses.html>.

Not-for-Profit Management Workshop – Wellington

This workshop is being facilitated by the internationally renowned expert on not-for-profit management, Peter Brinckerhoff. The workshop will be held on Tuesday the 11th of February, from 9am-4:30pm at Westpac Stadium, Wellington. The price is \$110 for NZDSN members or \$330 for non-members (including GST). Registrations close on February 5. [Click here](#) for information on how to register.

Legal Lunchbox Series 1 – Otahuhu, Papakura, Pukekohe

This series of seminars is termed the Consumer Series. The programme is in three weekly sessions, with sessions on the 4th, 11th, and 18th of February in Otahuhu, 5th, 12th and 19th February in Papakura, and 13th, 20th and 27th February in Pukekohe. [Click here](#) for more information. To register, please contact 09 274 4966 or email wipere.mita@otaralaw.org.nz

UPCOMING EVENTS

Paediatric Disability Update workshop – West Auckland

This workshop focuses on a multi-disciplinary approach to nutritional issues, positioning solutions and medication management. The workshop will be held on Monday the 31st of March 2014 (please note that there is an error on the flier) at 3:30pm in the Awhina Conference Room, Ground Floor, Snelgar Building, Waitakere Hospital, 55 Lincoln Rd, Henderson. Early bird registrations cost \$52 (before 21st February), and normal registrations cost \$64 (registrations close 14th March). [Click here](#) for the registration form.

Smokefree Programme – East Auckland

[Click here](#) for more information on a free 7 week Smokefree programme starting Monday the 10th of February. To register, please contact Parvin, David or Melissa on 09 538 0599 or text 021 1880986.

Raeburn House Courses for 2014

Raeburn House has an exciting new programme to start the year! [Click here](#) to view the range of programmes available from January to June 2014, and [here](#) for the course start dates. Please email learning@raeburnhouse.org.nz if you have any queries.

Photographic Exhibition

CCS Disability Action is hosting an exhibition called *Do You Think I'm Sexy? A photographic exhibition exploring sexuality and disability*. The exhibition, which is on show until the end of January, aims to promote debate and discussion on the subject which is largely hidden. It presents the thoughts of four young women who, using photography as a medium, challenge societal assumptions.

Visitors are welcome during our office hours of 8.30am to 4.30pm Monday to Friday. We are located at 14 Erson Ave, Royal Oak, Auckland. For more information and a preview of the works themselves (along with a full description for people with a visual impairment) go to <http://inclusiveactioneverydaylives.wordpress.com/2014/01/07/a-virtual-exhibition/> Please note: none of images or accompanying text are of a graphic nature.

Hope and Possibility Fun Run & Walk

Join in on this 5km walk, run or wheel on the 23rd of February at North Harbour Stadium from 11am. This is an opportunity for people of all abilities to compete together. You can sign up online at www.achillesnewzealand.org. [Click here](#) for the event flier for more information.

Healthy Eating/Active Lifestyle Course – East Auckland

[Click here](#) for more information about this free six week course. The course begins on Tuesday the 11th of February from 9:30-11:30am. To register, please contact Parvin or Shirley on shirleyb@easthealth.co.nz

Generic Self Management Education – East Auckland

This is a free course for people who have long term health conditions. The course starts on Thursday the 13th of February, from 9:30am-12:00pm. [Click here](#) for more information on the course, or to register please contact Parvin or Shirley on 09 538 0599.

Blind Cricket Day 2014

What: Blind Cricket Day
Year Levels: Year 1 – 13 (Up to the age of 21 years)
For Who: Students with a vision impairment
When: Thursday 27th February, all day
Venue: Parnell Cricket Club (32 Shore Rd, Remuera)

For more information, please contact Maia Lewis from Halberg Disability Sport Foundation on 579 9931 or email maia@halberg.co.nz

Show Your Ability

This Disability Equipment expo will be held in Auckland on 11th of February at the Trusts Stadium in Waitakere from 9am-3pm. All kinds of equipment for younger and older people with disabilities will be on display. [Click here](#) for the event flier, or visit the [website](#) for more information about what will be on display and dates for locations around New Zealand.

NOTICES

Call for Feedback on Mobility Parks

Barrier Free Advisor Vivian Naylor at CCS Disability Action is seeking feedback from any mobility permit holders who have parked, or wish to park near the Ferry Building on Queen's Wharf in Auckland.

Vivian is lobbying to reinstate two mobility parks that were temporarily located near the Ferry Building during the Rugby World Cup. Without them, the nearest mobility parks are in the Downtown Car Park or the Coopers Parking Building at the back of Britomart Place. Both are a considerable distance away, and would be too far for many people to negotiate.

Would you like to see the return of these parks? If so, or if you'd like any more detailed information, please email Vivian.Naylor@ccsDisabilityAction.org.nz. She intends to use any public support gathered to boost her case to those responsible for the car parks.

Renaissance Group – Call for papers

To read more about upcoming national conference called "Supporting Change, Moving Forward – *The Next Generation of Disability Supports*" and how you can get involved, [click here](#).

Looking for a Flatmate

A 21-year old young woman with an intellectual disability is looking for a female flatmate to move in with her in her 3-bedroom home. [Click here](#) for more information. If you are interested, please contact Sandy on 021 152 4851.

Imagine Better - 'Partners' in Lifestyle Development

Imagine Better Partners with disabled people and their families to invest in lifestyle development that enables and empowers people to be active citizens.

Partners can support you and your family by providing:

- Assistance with vision building and lifestyle planning
- Assistance with staff recruitment
- Staff training and development
- Mentoring and supervision of staff
- Development of social roles, including micro-business
- Development and sustaining social networks and circles of support
- Long-term safeguarding of the support arrangement

If you would like to know more about Partners please contact: Katherine Frame, Partners Advisor, Imagine Better - katherine@imaginebetter.co.nz phone (09) 5511563 or cell: 0274934609

Deaf Aotearoa Community Weekly News

[Click here](#) for the weekly newsletter for the week ending 17th of January.

Care Kits for People Bereaved by Suicide

For every suicide, at least six people are affected by the death. These people are called suicide survivors. In NZ, about 10 people die by suicide per week. That's 60 survivors per week who need our love and support to cope with their grief and trauma, that's 3000 plus survivors per year. For more information on how you can help get care kits to NZ suicide survivors, [click here](#). If you would like to discuss this fundraising effort further, please text / phone Gemma on 021 0275 4738.

Information about FASS and the Funded Family Care Operational Policy

Funding advisory and support services (FASS) is an organisation which has been established to assist those people who have been approved to use family funded care (FFC) to get the information they need about administering FFC. [Click here](#) for more information.

'Managing Trauma, Loss and Grief in the Workplace'

Skylight has recently published the handbook *Managing Trauma, Loss and Grief in the Workplace* which is a practical and essential tool for workplace leaders, HR managers, and supervisors in the context of employees' safety, health and well-being. For more information about this resource, [click here](#). To purchase a copy of the handbook, [click here](#). To place an order you can email support@skylight-trust.org.nz or call **Skylight** on 0800 299 100.

Enabling Good Lives Newsletter

[Click here](#) to read the first issue of the Enabling Good Lives newsletter. Please note that this is a large file and may take a few seconds to download.

Sands Expressions Magazine

[Click here](#) for the 2013-2014 Summer edition of the Auckland Central Expressions magazine.

TANI Summer Update

[Click here](#) for the most recent newsletter from The Asian Network Inc. (TANI). Note: this file may take a few seconds to download.

New Boccia Information

The brand new [Boccia Information Brochure](#) is now available to view and download electronically. It contains details on what Boccia is, how to get involved, who can play, and the many opportunities and benefits associated with the sport. Please contact Luke Morriss on luke@boccia.org.nz if you would like hard copies of the brochure.

Numicon News

To read the most recent update from Numicon, [click here](#). To read about the upcoming courses in 2014, [click here](#).

New Free Book – ‘Believing In Better’

IHC, with funding from the Freemasons Charity, offers a free book to families who have a child with an intellectual disability. This scheme, which until now was available for families of 0-12 year old children, now includes a 6th book, “Believing in Better: steps to an ordinary life for your family member with an intellectual disability: a workbook.” This New Zealand book, published in 2010, is for families of teens and young adults 13-24 years of age. More information and a request form are available online at <http://www.ihc.org.nz/information-for-families/free-book-project/> or the family can phone or email us.

Healthline Symptom Checker App

Healthline has launched a free online symptom checker app as another way for New Zealanders to access free expert health advice and information. The app, which can be downloaded free via the [Healthline website](#) or direct from the Apple App Store, allows people to find their symptoms from a list, or use the ‘browse by body parts’ option. Once symptoms have been found, courses of action are suggested. It is available for Apple iPhones or iPads. The Healthline symptom checker app complements the free Healthline telephone advice service, which is funded by the Ministry of Health and provided by Medibank Health Solutions. The app’s content has been tailored with New Zealand information, such as emergency numbers. Users can add information like their doctor’s details. The app does not store any personal health information entered by users. [Click here](#) for more information.

Spark Centre Artists Need Your Help!

[Click here](#) to read more about the good work that Spark Centre have been doing, and information on how you can support them by becoming a friend.

New research aims to explore the difficult world of caregiving

Are you a parent of someone with dyslexia, or autism? Do you care for an aged parent with a chronic illness or disability? Do you know of any family or friend who cares for someone or has been a caregiver in the past? If you are an unpaid caregiver past or present Tracey-Lee wants to hear from you.

After being hit by a car in 2003, Tracey-Lee Dalton’s world flipped upside down. Formerly she was a caregiver then in an instant became the care recipient. Now she is conducting research at The University of Auckland into caregiving and wants thousands of New Zealand caregivers to share their experience in a **confidential** online survey. [Click here](#) to view the information flier or to go straight to the survey [click here](#). For more information please contact Tracey-Lee Dalton via email at tracey.lee.dalton@gmail.com or mobile 021 116 2950.

Child’s Play O.T. Ltd

Occupational Therapy and Sensory Integration Therapy practice – now in Eden Terrance AND Silverdale! We offer assessment, consultation and therapy input for children and adolescents and their family/whanau. We specialise in developmental and learning disabilities such as Dyspraxia, ASD’s, ADHD/ADD, Dyslexia, Sensory Processing Disorder, developmental delay, chromosomal dysfunctions, and much more. We are also able to consult with adults who are struggling to cope with the same difficulties. For more information [click here](#), visit www.childsplayot.co.nz or call 09 630 9314.

From the PFRF Team



Lisa, Virginia and Niharika

www.pfrf.org.nz

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