

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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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!

Rolling with Resilience Workshop – Auckland central

The Parent & Family Resource Centre Inc. is pleased to host the Rolling with Resilience workshop, presented by Debbie Espiner and Diane Guild. This free workshop explores resilience and how to strengthen it within families. This interactive workshop will provide practical ways to grow resilience. For further information on the workshop content please see below or [click here](#)

This workshop is being offered in two formats: As a single full day workshop from 9.30am till 4pm on Wednesday 26th February OR as two half day workshops from 9.30am till 1pm on Thursday 27th February and Thursday 6th March. Both workshops will be conducted at the Parent & Family Resource Centre Inc. 92A Princes Street, corner Princes & Spring Streets, Onehunga, Auckland. A comprehensive workbook will be issued to each attendee. Booking is essential for this free workshop - to book a place on this course please contact PFRC on 636-0351 or pfrcadmin@pfrc.org.nz

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

Parent to Parent Course – Central Auckland

Parent to Parent Auckland are running a one day course for families and whanau of people with disabilities. This is a free one-day course that will be held on the 15th of February and 12th of April 2014 from 10am-4pm at 15 Erson Ave, Royal Oak. [Click here](#) for more information and to register.

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@otarlaw.org.nz

Mind over Manner Workshop – Central Auckland

Mind Over Manner is a programme that aims to improve the communication skills and support for families / people working with high functioning young people with cognitive diversity – Asperger's, ADHD, Autism, Dyslexia, OCD, Dyspraxia etc. The workshop will be held on Tuesday the 25th of February from 7-9pm at TAPAC, 100 Motions Road, Western Springs. [Click here](#) for more information about this event.

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.

The Great Auckland Bed Race

The Great Auckland Bed Race 2014 is an awesome annual family fun day held to raise funds for New Zealand charitable organisations like StarJam. Highlights include a themed fancy dress parade, plus the most competitive bed race in the southern hemisphere! The theme for 2014 is 'Under the Covers – Cuddle Buddies' so let your imagination run wild. Held at the beautiful Auckland Domain on Sunday 13th April 2014, discounted Earlybird team registrations are available NOW. Get in quick. Check out <http://greaataucklandbedrace.co.nz/> for more details, or [click here](#) for the event flier.

Kids Big Day Out 2014 – West Auckland

Southern Stars in support of Henderson Riding for the Disabled, The Brain Injury Association (Auckland), and Auckland Women's Refuge are proud to bring you Kids Big Day Out 2014. The event will be held on Saturday the 8th of March from 10:30am to 3pm. **PFRC has a small number of tickets to give away – so get in quick and book via our website [here](#).**

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.

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.

INRF Open Day – West

You are invited to the Integrated Neurological Rehabilitation Foundation's Open Day on Wednesday the 5th of March from 9:30am-3:00pm at 2 Claude Brookes Drive, Henderson. [Click here](#) for the event flier.

Janet McVeagh Recreation 2014 Weekly Programme

[Click here](#) for more information on the classes by JMR for young people with disabilities. Bookings are essential. Please contact Kerrie O'Hara on jm.recreation@ihug.co.nz to confirm.

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

Halberg AllSports Update

[Click here](#) for the first update from the Auckland Halberg AllSports team for 2014.

Attitude Live: Hunter's Graduation

[Click here](#) to view the video of Hunter and his mother, Roi, talking about Hunter's amazing journey through Media Design School.

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.

Job Vacancy – North Shore

[Click here](#) for more information regarding a job opportunity at the North Shore office of the Nationwide Health and Disability Advocacy Service. Please direct any enquiries to adnet@xtra.co.nz

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.

Notice from Ministry of Health

[Click here](#) for the latest NGO update from the MOH.

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 Updates

[Click here](#) for the weekly newsletter for week beginning 27 January 2014. You can view what jobs are currently available at Deaf Aotearoa [here](#).

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.

Wilson Home Trust Newsletter

[Click here](#) for the January 29th E-Newsletter.

Sands Expressions Magazine

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

Recreate Newsletter

[Click here](#) for the latest newsletter from Recreate. Please note that as this is a large file, it may take a few seconds to download.

Boccia Information & Update

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.

[Click here](#) to view the latest Get Rolling newsletter for 2014. Please note that this is a large file and may take a few seconds to download.

Numicon News

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

News from the Land of Be.

[Click here](#) to read the January 2014 newsletter from Be. Accessible.

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.

Jubilee Trust Funding Grants

The Jubilee Trust, a funding body which supports people with a physical disability, is seeking applications for its General Grants, Education Grants and Educational Scholarships. The trust operates in Northland, Auckland and the Eastern Bay of Plenty and has extended its next application deadline to **13 February 2014**. The Jubilee Trust is supported by CCS Disability Action and grants over half a million dollars to individuals and organisations each year. It provides financial support for people with physical disabilities, helping with some of the extra costs disabled people often experience. You can read more and download all the information you need to apply on CCS Disability Action's website: <http://ccsdisabilityaction.org.nz/regions/northern-region/funding-opportunities>

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.

Disability Information Service Update

[Click here](#) for the fortnightly update for 27 January 2014.

From the PFRC Team



Lisa, Virginia and Niharika

www.pfrc.org.nz

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