

**disability
connect.**

helping families

Vision

That people with disabilities and their families are able to lead the lives they want

Core Value

To respect and support choice

Mission

To lead change and influence change for people with disabilities and their families.

e-bulletin – week beginning 13 February 2017

Parent & Family
Resource Centre
Trading as
Disability Connect
www.disabilityconnect.org.nz
Phone: 09 636 0351
PO Box 13385, Onehunga
3B Olive Road,
Penrose

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Embedded in the text of this E-bulletin are links which open up to pages of more information. Any blue underlined text is a link and can be clicked on for fuller information. We do this in order to provide you with as much information as possible in our E bulletin.

Please note that going forward due to increasing costs, it is necessary for us to charge professionals \$50 including GST each per seminar. There is no charge for parents.

Disability Connect news

Support groups – Disability Connect

Disability Connect offers culturally appropriate support (including three support groups) to families with children of special needs as part of the CALD service (Culturally and Linguistically Diverse Disability Information and Advisory Service):

Chinese Families Autism Support Group

Runs every third Tuesday of the month. This month our meeting is on the 21st February, 9.30am-1pm. Topic will be after school and holiday programmes presented by Lisa Martin, CEO Disability Connect. Please contact Sanny Chan at Disability Connect for more information on our meetings. Our [English](#) flier and [Chinese](#) Flier 09 526 1298 (DDI) or 09 636 0351 or sanny@disabilityconnect.org.nz

Culturally Diverse Support Group (Otahuhu)

This support group runs monthly at Mt Richmond School, 30 Albion Road, Otahuhu, 5.30-8pm. 23rd February. Topic this month is "When friends are not enough" Celia King from Specialised Counselling will be speaking and she specialises in Disability. All families with special needs are welcome to join this group – we welcome everyone from any culture and any disability. It is a great opportunity for parents to

share their experience and network with each other. Please contact Asoka at Disability Connect for more information or bookings – phone 09 636 0351 or 027 457 8571 or email asoka@disabilityconnect.org.nz

Parent Support Group for the Indian Community – Clover Park

This is held at Clover Park Community House. 6th March 6.30-8.30pm. Indian families raising a child or supporting a person with a disability are very welcome to this meeting. It will follow a relaxed 'conversational' environment. Everyone is free to talk amongst themselves, make new friends, connect for support or just ask any questions you may be interested in. Please email admin@disabilityconnect.org.nz or asoka@disabilityconnect.org.nz or phone 09 636 0351 or text/phone 027 457 8571 to book.

Disability Connect has a Social Worker

This [social worker role](#) is to provide advocacy, support and practical help to families and individuals with a disability. Click on the link to find out more about this service which is free to families. We welcome new referrals either directly from families or from professionals. Referral forms are available on our website.

We're here to meet your needs - We at Disability Connect would really like to know what topics you would like covered in a series of one off seminars – any topics can be requested and here a few examples. Once we have collated some data we will be able to work out what people would like to hear about – Speech therapy, Occupational Therapy, Sensory Issues, Play, Sexuality, Puberty, Holiday programmes and Recreation Activities, Autism sector, Dance Therapy, Art Therapy, Ministry of Education Special Education, Communication skills for parents, Taikura Trust, Social and friendship skills, Stress Management, Counselling, Special Schools, Our Cultural service we provide, Managing tantrums/intense emotions, Behaviour Management. Any topics will be so welcome as we are trying to organise one off topics for all parents please let us know on 09 636 0351 or email admin@disabilityconnect.org.nz

SEMINARS/TRAINING/ CONFERENCES



2017 Seminars by Disability Connect

[For a link to all upcoming seminars in PDF form click here](#)

Education Legal Issues

Central Auckland – Tuesday 14th March, 12-2pm, Disability Connect, 3b Olive Road, Penrose
North Auckland – Tuesday 28th March 7-9pm Yes Disability Resource Centre, 3 William Laurie Pl, Albany
South Auckland – Tuesday 9th May, 7-9pm Clover Park Community House, 16 Israel Ave, Clover Park
Central Auckland – Thursday 25th May, 12-2pm, Disability Connect, 3b Olive Road, Penrose
West Auckland – Wednesday 7th June 7-9pm Hubwest, 27 Corban Ave, Henderson

Individualised Funding

Central Auckland – Monday 3rd April, 12-2pm, Disability Connect, 3b Olive Road, Penrose
Central Auckland – Monday 12th June, 7-9pm, Disability Connect, 3b Olive Road, Penrose

Living Options

Central Auckland – Thursday 2nd March, 12-2pm, Disability Connect, 3b Olive Road, Penrose
South Auckland – Tuesday 30th March, 7-9pm Clover Park Community House, 16 Israel Ave, Clover Park
West Auckland – Wednesday 2nd May 7-9pm Hubwest, 27 Corban Ave, Henderson
Central Auckland – Monday 8th May, 12-2pm, Disability Connect, 3b Olive Road, Penrose
Central Auckland – Wednesday 24th May, 7-9pm, Disability Connect, 3b Olive Road, Penrose
East Auckland – Thursday 1st June, 7-9pm

Highland Park Community Centre, 47 Aviemore Dr, Highland Park
North Auckland – Thursday 22nd June 7-9pm Yes Disability Resource Centre, 3 William Laurie Pl, Albany

Planning for Adulthood

West Auckland – Wednesday 15th March, 6.30-9.30pm Hubwest, 27 Corban Ave, Henderson
Central Auckland – Wednesday 29th March, 12-3pm, Disability Connect, 3b Olive Road, Penrose
North Auckland – Wednesday 3rd May, 6.30-9.30pm Yes Disability Resource Centre, 3 William Laurie Pl, Albany
South Auckland – Thursday 25th May 6.30-9.30pm Clover Park Community House, 16 Israel Ave, Clover Park

“Transition”

Central Auckland – Wednesday 21st June, 12-2pm, Disability Connect, 3b Olive Road, Penrose
South Auckland – Wednesday 5th July 7-9pm, Mt Richmond School, 30 Albion Road, Otahuhu

“Work and Income”

East Auckland – Wednesday 8th March, 7-9pm Highland Park Community Centre, 47 Aviemore Dr, Highland Park
West Auckland – Tuesday 21st March, 7-9pm Hubwest, 27 Corban Ave, Henderson
South Auckland – Tuesday 4th April, 7-9pm Clover Park Community House, 16 Israel Ave, Clover Park
Central Auckland – Wednesday 17th May, 12-2pm, Disability Connect, 3b Olive Road, Penrose
North Auckland – Tuesday 27th June, 7-9pm Yes Disability Resource Centre, 3 William Laurie Pl, Albany

Access for all Campaign Forum

This is a significant initiative bringing together disability sector leaders, hosted by the newly formed Access Alliance. We will formally introduce the Access Alliance at the Forum. Monday 27th February, 10am-4pm, Sudima Auckland Airport hotel, 18 Airpark Drive, Airport Oaks. Lunch and refreshments will be provided. We will organise taxis leaving from the Blind Foundation at 8.45am. Keynote speakers incl Dr Marie Bountrogianni from Ontario, Canada as our international keynote speaker. She authored the world-leading Accessibility for Ontarians with Disabilities Act 2005 in her role as Ontario cabinet minister, Minnie Baragwanath, from Be. Accessible, will share thoughts on the state of accessibility in New Zealand, Todd Kriebel and Michael Bealing from the New Zealand Institute of Economic Research(NZIER)will release the report “Valuing Access to Work”, Different speakers from the Alliance, and wider disability sector, will share their insights on accessibility. Please RSVP

<http://www.surveymonkey.com/r/accessforallforum> to secure your spot by 16th February and any direct questions to Jacqui O’Connor via email joconnor@blindfoundation.org.nz

Amazing Assertiveness for Women

This seven week course with Carol Rewega starts next month on Tuesday February 28. As always we would really appreciate any assistance/help with promoting our courses to any women you feel might be

interested in attending. Find it hard to say NO? Feel resentful that people take advantage of you? Don't seem able to get what you want? Keep things bottled up, then find yourself "exploding"? Feel that people don't listen or take you seriously? If you answered "yes" to any of the above, then this is the course for you. Join other women in a supportive environment to find out how to make positive changes in your life through being assertive. Fun, informative and really, really helpful! (7 weeks). Tuesdays 28th February - 11th April, 6.30-8.30pm. 7 weeks. Auckland Womens Centre, 4 Warnock St, Grey Lynn. Sliding scale \$70-\$140. If you would enrol but can't manage the full cost of the workshop please contact us about a reduced rate. info@womensz.org.nz. 09 376 3227 xtn 0.

"Building a Richer Life though Family Governance"

The two day workshop enables families to envision a richer future for sons and daughters who have a disability. Facilitator, Lawrence Chok shares his own journey as a parent and those of others who have journeyed with him. Over the past nine years, they have guided their sons and daughters with disabilities, to lead more meaningful, independent and sustainable lives in their communities. Supporting one another they have worked together to build on their gifts, passions, interests and dreams. To overcome the disadvantages they faced they used intentional planning to grow lives full of purpose, with a sense of belonging to their communities. Then, afraid that these could not be sustained "when we are no longer around", they explored succession planning and ways to build long term sustainability into their work. The results astounded them, in many ways exceeding their dreams. Yet all journeys have their hard times and they found that the support of other like-minded families in their collective was vital. This is the power of working in a collective based on shared goals and values. Lawrence having emulated and based on the Queensland family governance model, the following video link shows a brief of the 3 Australian family groups who have been operating together over the past 28 years:- <https://vimeo.com/112461517>. For those interested to attend the 2 Day workshop, email to lawrencechokia@gmail.com or text 027 872 3968 for further information.

Building Bridges with Community

Monday 20th February, 9.30am-3.30pm, Yarnton House, Erson Ave, Royal Oak. One day workshop with Janet Klees. Janet has extensive knowledge and practical experience in assisting individuals with disabilities and their family / whanau create authentic and enduring relationships within their community. Free for disabled people / family members. \$135 for paid professionals including IF / EIF staff. This one day event will explore

- (i) the importance of community life, especially for people who are marginalised
- (ii) influences and practices that tend to isolate people
- (iii) what it takes to hold a vision for community life
- (iv) how to build bridges and pathways within community life
- (v) how to overcome obstacles
- (vi) how to create a context for relationship, and
- (vii) sustaining our efforts over time. Register [here](#)

Don't miss Unpacking Disability Law

Registration is now open for Auckland Disability Law's Unpacking Disability Law programme starting 7th March.

This community based programme is focused on making your legal rights on disability easy to understand. Sessions will include your rights on disability and discrimination, mental health, employment and when dealing with the Police. For further information see the attached [flyer](#) or email info@adl.org.nz

Effective Discipline

Most suitable for parents of children 4-11 years. You will learn 24 practical skills and strategies of how to positively discipline your child by building a strong relationship with them. This relationship enables them to be more willing to listen your instruction and guidance while teaching them to take care of their personal responsibilities. Term 1, every Tuesday morning 9.30am-12.30pm, 7th February - 11th April, Term 2 every Tuesday morning 9.30am-12.30pm, 2nd May-4th July, course costs \$50. Email elizabeth@whanaumarama.co.nz or tamati@whanaumarama.co.nz or 09 441 0209.

Effective Discipline - Mandarin

有效的教导 - 国语授课 2017年 第一学期 (共九周) 每周五 早上9:30至中午12:30 从2月10日开始至4月7日结束 适用于 4-11 岁孩子的家长 总费用 \$50.00 你将学到非常实用的 24 个技巧与策略, 以用于 巩固你与孩子的关系并能够使孩子更自觉听从 你的教导 · 更自愿学习如何承担自己的个人责任

Contact in Mandarin

haiying@whanaumarama.co.nz

Helping Migrants to Settle in New Zealand

Hosted by Citizens Advice Bureau Browns Bay - Migrant Connect. Tuesday 21st February, Glenfield Library, 90 Bentley Avenue, Glenfield. How Citizens Advice Bureau helps migrants to settle in New Zealand. Migrants stories and experiences of New Zealand. Overview of migrants in our community. Consumer rights. Questions and answers. Presenter: Sonette de Koster (CAB North Shore Manager) Esther at 489 3873 or Sonette at 479 2222 or email settlement.northshore@cab.org.nz

Individualised Education Plan Seminar

As a parent or caregiver of a student with special education needs you have a very important role in your child's education. The IEP workshop is about knowing what your child is entitled to and how you can ensure the best outcome for your child. Thursday 2nd March 7-9.30pm, Yes Disability, 3 William Laurie Place, Albany. If you have any queries about this seminar, please contact us on 027 808 3943 / 09 625 5021 or email auckland@parent2parent.org.nz

Incredible Years Franklin Family Support

Franklin Family Support are now taking enrolments for the Pukekohe 2017 Incredible Years parenting programme. This programme is a FREE 14 week programme for parents and caregivers of children 3 - 8 years old. It focuses on building positive

relationships between parents and their children and supports parents to explore new strategies for managing problem behaviour. They run a Monday morning session from 9:30am – 12pm starting February 27th 2017 and a Monday evening programme which starts 27th March. To register, please visit <http://www.familysupport.org.nz/how-we-can-help/parenting/incredible-years-3-8/> where you will find the registration form along with more information. If you have any queries, please do not hesitate to contact Annabel Waller at awaller@familysupport.org.nz

Kiwi Parenting for Newcomers to New Zealand

Suitable for parents/grandparents of all cultures Monday 3rd April 10:00am-2:30pm Free One Day Workshop in 2017, Lunch provided, You will discover a little of our countries parenting history from pre-European Maori through to the present day, as well as several practical positive discipline skills and strategies for children of all ages You will discover a little of our countries parenting history from pre-European Maori through to the present day, as well as several practical positive discipline skills and strategies for children of all ages www.whanaumarama-parenting.co.nz

Live your dream Empowering Ethnic Women Entrepreneurs

Women Entrepreneurship Centre (WEC). The Women Entrepreneurship Centre (WEC) is proud to announce the first series of FREE workshop for 2017 supported by Infinity Foundation, The Office of Ethnic Communities and Waitakere Ethnic Board. We will be conducting series of workshops in Auckland Feb-September, communities entitled "Live your dream". The program encourages people to develop self-awareness and inspire their creative potential. Participants are motivated for starting their own enterprise and briefed on the opportunities available for such enterprises. We think this may be of interest to some of our families. The program encourages people to develop self awareness and inspire their creative potential. Participants are motivated for starting their own enterprise and briefed on the opportunities available for such enterprises. For more information visit <http://wencentre.org.nz> Link: http://wencentre.org.nz/?page_id=9 Facebook: <https://www.facebook.com/WEN-Centre-1786535468234901/>

Numicon Courses Term 1 2017

[Auckland – Learning Support](#), [Auckland Years 1-3](#), [Auckland 3 – Years 3-6](#), [Auckland Years 7-9](#) Courses planning for term 2, Greymouth, Otago and Southland, Morrinsville, Auckland and Whangarei. If you are interested in hosting a course at your school contact me www.numicon.co.nz or 09 520 4022 / 0800 678 581. Ken and Margi Leech.

Parenting Adolescents

Most suitable for parents of teens 11-15 years. Term You will learn 23 practical skills and strategies to strengthen your relationship with your teen and help them to be willing to listen to your guidance and consistently take care of their personal responsibilities. Term 1, every Tuesday evening 6.30-9pm, 7th February – 11th April, Term 2 every Tuesday

evening 6.30-9pm, 2nd May-4th July, course costs \$50. Email elizabeth@whanaumarama.co.nz or tamati@whanaumarama.co.nz or 09 441 0209.

Parenting Adolescents - Korean

십대를 둔 부모를 위한 한국어 코스

텀1 (9 주) 2017 년 매주목요일 오전 9:30 분--12 :3 0 분
2월 9일 부터 4월 6일까지 저희코스에 대한더 많은정보 를 원하시면 아래홈페이지를 방문해주세요 .. 이코스에서는 10대자녀들과의 유대관계를 강화 시키고 자녀 들이부모의 가르침을 잘 따르 도록도와주며 자녀 들이개인적인 책임감을 인지 하고지속적으 로 지켜 나갈수 있도록 도와주는 21가지실천가능 한기술과 전략 을배우게 됩니 다. Contact in Korean jumi@whanaumarama.co.nz

Parenting programme, Mt Wellington from March

Family Works is offering The Incredible Years parenting programme that gives families the confidence to succeed. It's for parents of children aged 3-8 years and involves weekly sessions for 14 weeks. Held Thursdays, starting 2 March, 9.30am-12noon, at St Peter's Church, 7 Harrison Rd, Mt Wellington. To book please call 580 1284 or contact Anna 021 048 1404 or Stephanie Stephanie.hills@fwn.org, 021 808 098.

Positive Discipline for under 4's

Most suitable for parents of newborn to 4 year olds. You will learn about your child's brain development, their bonding to you, how to get them to listen, how to effectively manage when they test limits and how to deal with tantrums. Term 1, every Wednesday morning 9.30am-12.30pm, 15th February – 5th April, Term 2 every Wednesday morning 9.30am-12.30pm, 10th May-28th June, course costs \$50. Email elizabeth@whanaumarama.co.nz or tamati@whanaumarama.co.nz or 09 441 0209.

Reducing Social Isolation Workshop

Held at Shanti Niwas Charitable Trust, 14 Spring St, Onehunga. 27th February, 9.30-10.30am. This workshop is an opportunity to work together with others to develop ideas migrant and refugee background women have for reducing social isolation. Come and hear from women about what has worked for them and bring your own thoughts, experiences and ideas about improving social connection and making a good life here. There is a small investment fund available to help develop collaborative project plans too so we can build on our thoughts, ideas and experiences and make a difference. Creche available and the workshop includes lunch. No cost! RSVP to judith@positivewomen.nz

Social and Friendship Skills Workshop 7-9pm

Interactive workshop on feelings, emotions, making and keeping friends and problem solving. Wednesday 29th March, Freemans Bay (for parents 2-12 years). For free ticket please apply on registration.

Success with Sue Larkey

Friday 10th March, 9.30am-3pm, Holiday Inn, Auckland Airport. For all children with Autism. Cost \$195 full registration. [Registration form](#)

Supporting Bonding and Attachment Workshop

22nd February, 6.30-8.30pm, Birkenhead. Free for parents, families and person with autism. Bonding forms the basis for social and emotional development. We will introduce parents to support learning through their parent-child relationship. This workshop is suitable for parents of children/young people up to 19 years with autism who maybe struggling to engage in connection and family life, whom may need support with social interaction and expressing emotions/feelings. 0800 730 7587 by Idea Services. Register [here](#)

Conferences/Seminars outside Auckland

7th International Carers Conference

4-6th October, Adelaide Australia. The conference aims to re-imagine caring into the future, providing a catalyst for innovation and collaboration; sharing improvements in the way we support unpaid carers, care-recipients, their families, networks and communities. In addition to recognising and learning from past achievements, this conference will focus on the future, the challenges and opportunities ahead, and showcase innovation in policy and practice. The International Carers Conference theme – Caring into the Future: the new world? - will focus on innovation, partnerships, future challenges and new opportunities. A stimulating program is being developed with challenging debates, thought-provoking presentations, interactive workshops and new exhibition zones to inspire, inform and drive forward sector collaboration.

Fetal Alcohol Spectrum Disorder Research Conference

The 7th International Conference on Fetal Alcohol Spectrum Disorder is an advanced level conference that continues to bring together experts from multiple disciplines to share international research. It provides an opportunity to enhance understanding of the relationships between knowledge and research and critical actions related to FASD. First held in 1987, the conference brings together people passionate about this work in a stimulating environment where they can learn and forge new partnerships. From the pure science, to prevention, diagnosis and intervention across the lifespan, the conference will address the implications of this research and promote scientific/community collaboration. 1st-4th March 2017, The Westin Bayshore, Vancouver, BC, Canada.

Hands on Autism – Day Workshops

Tuesday 7th March, 9am-4pm The Link, Corner River Road and Te Aroha St, Hamilton. For practical 'Hands On' tools and strategies. Topics – Guide to Autism, Strategies for behaviour, Dealing with anxiety, Sensory Issues. For a free ticket please apply for sponsorship on registration. Speakers and facilitators – Arletta van den Bosch (Family and Child Counselling), Elisa Slaat (ABA behaviour therapist), Christine Farquharson (Occupational Therapist)

International Initiative for Disability Leadership

The best learning initiative for Disability Leadership is a unique international leadership forum that shares knowledge, innovation and effective practices to support the vision of a full life in the community for children, adults and elders with a disability. IIDL is a collaboration of four countries: Australia, New Zealand, Ireland and Canada. 27-28th February, Auckland and 2-3rd March Sydney Australia.

Moral Coherency 2017 Workshop – Sydney Australia

The implementation Project, How to function morally, coherently and adaptively in a world that is dysfunctional, including its human services. 3rd-7th July 2017, Dunmore Lang College 130-134 Herring Road, North Ryde, NSW 2113, Australia. The training Institute developed this workshop to equip people with a special combination of worldviews, preparation, support considerations and strategies needed to function with high moral ideas, with integrity intact and even with effectiveness in the world generally in human services that are full of imperfections and never ending problems

Numicon Courses Term 1 2017

[Hauraki Years 1-8](#), [Tauranga Years 1-8 including learning support](#), [North Canterbury Years 0-9](#), [Ashburton Years 1-6](#), [Christchurch Intermediate and Secondary focus for learning support and RTLB](#).

Courses planning for term 2, Greymouth, Otago and Southland, Morrinsville, Auckland and Whangarei. If you are interested in hosting a course at your school contact me www.numicon.co.nz or 09 520 4022 / 0800 678 581. Ken and Margi Leech.

Supported Learning for students over 16

They provide courses in Supported Learning for students aged 16 and over who need extra help to gain skills and confidence to take on study or employment. The support learning programme is under a new zero fee funding offered to learners with learning disabilities. If you'd like to know more about the programme email info@msltraining.ac.nz or visit their website <http://www.msltraining.co.nz/>

Understanding Autism – 2 hour workshop

Monday 6th March, 7-9pm The Link, Corner River Road and Te Aroha St, Hamilton. All welcome! Free for families, carers and support workers. Come learn more about autism in an open and supportive environment. For a free ticket please apply on registration.

UPCOMING EVENTS AND ACTIVITIES



Accessible information for Myers Park medley

26th February, 12-5pm. Waitemata Local Board aims to make this year's Myers Park Medley accessible for as many people as possible. Audio described tours. There is an audio described tour for blind and vision impaired visitors. The Audio Described Tour will last for 60mins and starts at 12:15pm, meeting at the accessible carpark area in Lower Greys Ave/Neales Lane carpark. The tour starts with a guided walk through the park up to the Moses stage (near the Moses statue) for live poetry by the artist Dominic Hoey (Tourettes) at 12:40pm. There will then be the opportunity to have custom poems made for you by the artist on a braille typewriter from 12:55 to 1:15pm. Participants then have the option of an additional 45 minute tour of the festival stalls, which would go from approximately 1:15pm to 2pm. The tours will be facilitated by the team at Audio Described Aotearoa. It is essential to register for the audio described walks. To register, please email Nicola at audiodescribedaotearoa@gmail.com or text or phone Nicola on 0210358513.

Active Families Programme Glen Innes

Active Families is a free physical activity and nutrition based programme for inactive children 5-12 years of age. Every Tuesday 4-5.30pm, from 7th February, Tamaki Recreation Centre, 60 Elstree Ave, Glen Innes. Nutrition workshop and fun family events. Dietician and Physical Activity Support for family. Weekly Activity Sessions. Speak to your GP or Nurse to be referred or go online to self refer www.sportauckland.co.nz. Active Families, Sophie Pearce, 09 623 8560 / 022 043 1295, sophie@sportauckland.co.nz

Art Classes for Children

Concept lead, skills based programme for 7 year old plus. Professional Visual Art tuition. Fully equipped art studio. Monday 3.45-5.15pm, \$200 for 10 week term. Mapura Studios, Rocky Nook Ave, Fowlds Park, St Lukes. \$225 per term (10 weeks) materials provided. Ph 09 845 5361 or email info@mapurastudios.org.nz

ASD Basketball Programme

Siblings and peers welcome. NZ Breakers stadium, 7 Atlas Place, Mairangi Bay. All sessions are on Sundays. Cost \$40 per family/per term. ASD Kids Trust run this event.

Cartooning Class

Wednesday 4-5.30pm, Mapura Studios, Rocky Nook Ave, Fowlds Park, St Lukes. \$225 per term (10 weeks) materials provided. Ph 09 845 5361 or email info@mapurastudios.org.nz

Circability

We are offering a new [Applicable Circus Class](#) for physically disabled people (16-30yo) and a new [Funky Friday](#) mixed ability class for all ages at Circability Central in Victoria Park. Please register [here](#).

City Impact Church – Volunteers offer to help families

City Impact Church has its first Community Impact Day for 2017 coming up on 11 March and is keen to hear from anyone who knows a family in need of help. To refer a family, please send their contact name, address, telephone number and details about the help they need. See the Community Impact [website](#) website or email communityImpact@cityimpactchurch.com or phone 477 0300.

Clip n Climb North Shore

Come along to try it out, session for families with autism. For bookings email info@clipnclimbnorthshore.co.nz 2017 dates - 26th February, 26th March, 28th May and 25th June, 27th August, 24th September, 29th October, 26th November. 9am-10am private Admission (Autism Foundation guests only). Please also complete the online waiver form. Please arrive 20 minutes before the session on the day. If you come for the first time with your child, please send Arletta an email (arletta@autism.org.nz) and she will send you a 'social story' to help you prepare your child. info@clipnclimbnorthshore.co.nz or ph 09 447 1428

Coffee and Support Groups

Coffee mornings in different parts of Auckland should be up and running soon. Open to all parents raising children and young people with special needs and disability, for support, networking/socialising and information sharing. Free coffee and cake as funding allows! We are on the look out for parents to help run these, so if you are keen to help please email us at auckland@parent2parent.org.nz Volunteers will receive a petrol voucher as a thank you.

Counties Manukau Support Group

PACT Building, 311 Great South Road, Papatoetoe. A great way to meet other families and just get together. Meetings are held monthly, February 14th, March 7th, April 4th, May 2nd, June 6th, and mid winter lunch July 14th, August 8th, September 5th, October 17th, November 7th. 9.30am-12pm. Please bring a plate to share. Children are very welcome and there is a big play area for them.

Creative Music Group

Māpura Studios have a new class, starting 24th February, which will be exploring music, sound and creativity & more – a collaborative sensory experience programme open to all abilities. Cost \$80 for 8 weeks, Fridays 4-5.30pm. Join us for a sensory

experience exploring music, sound and creativity. Jam with the art of noise to make soundscapes, songs and audio atmospheres. Create recordings, CDs and websites to share your creations and extend your practice. Design CD covers, posters and web pages to accompany your music. Perform live in front of an audience. This collaborative, "give it a go" programme is open to all ages and abilities. No previous musical experience or skill is necessary. Ph 09 845 5361 or email info@mapurastudios.org.nz

Cruise the Bays – Bubbles and Balloons Colour Cruise

Round the Bays, Geneva Healthcare \$10 entry fee. Choose between 3 exciting races: 500m, 1.5km and 3km. Lunch and entertainment provided. Race day 10:30am-2pm, Friday 10th March, location: Mission Bay Fountain, Tamaki Drive. RSVP by 8th February, www.genevahealth.com/signup.

Disability Gymnastics at Tri star Gymnastics

Gymnastics is a great way to improve coordination, balance, motor skills and strength in a fun and safe environment. In Vancouver, I have been the lead coach/coordinator for a Special Needs gymnastics program for the last three years. We are non-discriminatory and are open for anybody, regardless of age or ability-level, who simply needs a more personalised approach to learning. Many of our athletes in Vancouver are individuals living with Autism, Cerebral Palsy, Down Syndrome or developmental delays and I am hoping to connect with the same communities here in Auckland. For more information and flier click [here](#).

Disability Gymnastics Papatoetoe

GymCity Papatoetoe starting Mon 13th Feb 12.30 till 1.30 preschool class for children 0-5 with a disability....cost \$84 per term. Gym Fun class for children aged 5-12 with a disability starting Wed 15th Feb 3.30 till 4.30 Cost \$94 per term.

Drama Queens

\$5 per family, locations across Auckland – Orakei Community Centre, 156 Kepa Road, Orakei, Monday 11am-12.15pm, Tuesday 10-11.15am, Friday 11am-12.15pm. Western Springs – Western Springs Community Hall, 956 Great North Road, Western Springs, Wednesday 10-11.15am and Mt Wellington – Mt Wellington Community Church, 5a Waipuna Road, Mt Wellington, Thursday 10-11.15am. No bookings required.

Emmanuel Family Camp - 31st March – 2nd April 2017

A weekend camp for families who have a child with a disability. For more information ph 09 636 4763 email familycamp@elevatecdt.org.nz

Flourishing Friendships

Flourishing Friendships is a social, friendship and dating organisation for all people over the age of 18 who have a disability, but open to all. There is a launch party being held Saturday 18th February 2-4pm in Papakura. Please RSVP to flourishingfriendships16@gmail.com or call Sarah 021

135 3560 or Diane 027 629 0696. For more info click [here](#) and [here](#).

Idea Services Art Therapy

Arts Therapy uses art, drama, music and movement therapeutically to support wellbeing. A Registered Arts Therapist works from a psychotherapy, counselling and child development framework. Arts therapy is a visual, sensory-rich, concrete and interactive means of expression. \$110 per session 45-60mins. Contact specialist.support@idea.org.nz

Idea Services ASD Plus

ASD Plus aims to increase parental knowledge and skill in supporting their pre-school child with autism. It is person-centred and individualised and participants learn about autism in relation to a range of topics over seven modules. Our team of facilitators are skilled and experienced specialist workers who have experience in supporting young children with autism and their families. ASD Plus is delivered over seven modules covering a wide range of topics including: communication, learning, stress, behaviour and planning for the future. ASD Plus can be delivered via group sessions, individual sessions, or by distance learning. This flexibility allows us to meet the needs of people in rural and isolated locations, and to better cater to cultural and language needs. All of these options come with follow-up support for families, to help with using these skills at home. Contact: asdplus-education@idea.org.nz

Interacting Theatre Community Classes

For Young people with a disability. These fun, well classes take place weekly during term time and give the opportunity to make friends, learn skills and build confidence. We operate out of four Auckland venues and classes are \$10 per session. For more details contact Paula 09 849 5595. Drama on Mondays in Takapuna 1-2.30pm, Drama and film making on Thursdays in Manurewa 10am-12pm and 12-2pm. Drama on Fridays in Henderson 9.30-11.30am and Hip Hop on Fridays in Henderson 12-1.30pm. Drama in Mt Albert on Fridays 12.30-2pm.

Janet McVeagh Motu Moana Summer Camp

10th-12th March, 90 Connaugh St, Blockhouse Bay, \$349.60. 7pm Friday, pickup 2.30pm Sunday. Activities – flying fox, water slide, confidence course, camp fire, group games and projector night. [General info sheet](#) Email jm.recreation@ihug.co.nz or text 021 211 9882.

Janet McVeagh Summers Out Merc Camp

17th-19th February, 6pm Friday pickup 4.30pm Sunday. Sir Peter Blake Marine Education Centre, Beach Road, Long Bay. \$480.70. Activities include rock climbing, archery, kayaking, body boarding, slingshot and stack them, projector night, beach games [Merc general info](#). [Map to merc](#), [medical form Merc](#). Email jm.recreation@ihug.co.nz or text 021 211 9882.

Janet McVeagh Waihi Surfing Camp

17th–19th March, Waihi Top 10 Holiday Resort, Waihi Beach. Drop off Onehunga Community House, 83 Selwyn Street, Onehunga. Friday 6.30pm pickup Sunday 5pm or Hinau Road, Karaka, Friday 7.30pm pickup Sunday 4pm. Email jm.recreation@ihug.co.nz or text 021 211 9882.

Japan Day

Sunday 26th February, 10am-6pm, The Cloud and Shed 10, Queens Wharf. Includes tea ceremony, Kimono trial, Taiko drums, Martial arts, Ikebana, Bonsai, Origami, Calligraphy, Anime, J-pop, Cosplay, Rice cake pounding and lots of stalls.

Jonesy's Youth Foundation Fun Day

26th February, 12-1pm, open to all kids 5-18 years. Free entry and bbq. Holding a fun day on the water with Olympians at North Shore Canoe Racing Club, Lake Pupuke. All people with disabilities are welcome. For further information contact Michael Jones 021 765 980 michael@jyf.co.nz

Jumping Beans for pre-schoolers

Tuesdays Feb to April 2017, Grey Lynn Community Centre 1.15-2.15pm. \$120 per term or \$20 per session (subsidised).

Kids Connect Camp 2017

A camp specifically for children with physical and mild disabilities aged 9-16. 10-12th March. It is held in Blockhouse Bay, Auckland. Our camps are conducted by experienced staff. We focus on building strong, healthy relationships with other children (with or without physical disabilities). We have a weekend packed with activities, action and fun. Team games, competitions, songs, orienteering on a wheelchair accessible track, quad bikes, crafts and lots of food. Camp fee will be approx. \$135 (subject to change) and also accept Carer Support Forms. For a registration form please email info@cbm.org.nz or phone 09 630 5271, www.cbm.org.nz.

Kids InkWars Gaming Event

Inkwars is a family friendly ipad/tablet game. Ipad will be supplied for the day. The event will include learning to play the game, game tournament with prizes, colouring of Inkwars characters. Saturday 25th February, 10am-1pm, Henderson. \$5 per child with a maximum of 10 children participating. Suitable for children 7-10yrs who already play Ipad games. Please contact nicole.coe@idea.org.nz

Magical Glow in the Dark Bush Walk

A part of the Auckland Arts Festival, [Power Plant](#) brings to life a captivating nocturnal bush walk through the Auckland Domain. Having already made its way around the world, 75,000 others have fallen in love with this quirky idea and now it's our turn! As the sun starts to fall at the start of March 2017, you'll be able to make your way through an enchanting forest surrounded by spectacular light installations intertwined within the trees and plants. Vibrant pops of colour and crazy shapes will make all your childhood fairytale dreams come true. To take it to the next level, Power Plant have added a one-of-a-

kind sound show created by five internationally acclaimed artists and New Zealand artists from sonics from scratch. You will hear subtle wildlife noises, haunting whistles and everything in between. You will never view the city location the same. So, rally up your friends, parents, sister, kids or even solo it for a truly magical one-hour adventure. Wednesday 8th March – Sunday 12th March, Tuesday 14th March– Sunday 19th March. 8.15-10pm.

Manage Better, Feel Stronger, free courses start his month

Are you, or someone you care for, managing an ongoing health condition? Join a friendly group providing support and information for two and a half hours per week for six weeks. Courses are free and include a cuppa. Venues in Otara, Flat Bush, Manurewa, Glen Innes, Mt Roskill, Henderson, Ranui. Hindi, Chinese and Tongan courses in some areas. . To register or for more information call Ula 274 7823 ext 9144 or Ruby ext 9821 or email: ulas@ethc.co.nz

Mess It Up – Messy Play

Thursday 16th February, 23rd February, 2nd March, 9th March, 16th March, 23rd March, 30th March, 6th April, 13th April. 10-11am. Meadowbank Scout Hall, 28c Rutherford Terrace, Meadowbank \$15 casual entry. Our unique one-hour Messy Play sessions involve free play using paint, slime, play dough, foam, water, ice, finger paint, rice, pasta, and many different mediums. Come and have some messy fun with your child where you don't have to clean up the mess afterwards. It's not about making a mess, it's about making memories. Messy or sensory play can help your child's development on a number of levels. This type of creative play gives children endless ways to develop and learn. Young children rely on sensory input to learn about their environment. Research suggests that sensory play helps build neural connections that support thought, learning and creativity. Sensory play supports language development, cognitive growth, fine/gross motor skills, problem solving/reasoning, and social interaction. Children will experience lots of opportunities to develop their fine motor skills - squishing and squeezing can help develop pre-writing skills. There is potential for early Mathematics by discussing size, shape, height, weight and counting and grouping of various mediums. There are endless opportunities for early Science experiments with mixing, dissolving, temperature, and different textures.

Mt Albert by-election

On Saturday 25 February, people in the Mt Albert general electorate will be voting to elect a new member of Parliament. An inner-city electorate in urban Auckland, Mt Albert includes the suburbs of Pt. Chevalier, Grey Lynn, Westmere, Owairaka, Mt Albert, and parts of Sandringham and Kingsland. If you live in this electorate and you're living with a disability, or caring for someone who does, make sure you, or the person you care for, doesn't miss out on having a say on who will represent your community in Parliament. It's your right to have a say on who makes local and national decisions that affect the disabled – but only those who are correctly enrolled can vote. If you're not yet on the roll, do it now! It only takes a few minutes. Go online at www.elections.org.nz, call 0800 36 76 56, pop into a Postshop or text your name and

address to 3676. If you know someone who needs assistance to enrol, or you have any questions about enrolling for the disabled, get in touch with Tanya Brand, your local Registrar of Electors on 09 820 2517 or email her at mt.albert@elections.org.nz
Information about enrolling and voting in the Mt Albert by-election is available in a range of accessible formats at www.elections.org.nz

Oakura Boardriders Halberg Surf Day

Register now to experience the thrill of surfing! For physically disabled New Zealanders. Saturday 25th February 9am-12pm. Oakura Beach, Tasman Parade, Oakura, Taranaki. To register contact Halberg Disability Sport Advisor John Sigursson on 021 190 4881 or johns@halberg.co.nz

Otahuhu Family Fun Day

25th February, Toia 28-34 Mason Ave, Otahuhu 10am-2pm. A great day for the family with loads of entertainment. We will be there as well offering and giving out our information

Pain Self Management Education Course

For people with chronic pain lasting for more than 3 months. Wednesday 15th February 2017 runs for 6 weeks, 10.00am - 12.30pm, East Health Trust PHO 260 Botany Road, Unit B, Golflands (Behind East Care A&M) Topics Include - Healthy Eating, Problem Solving, Communications, Strategies for managing: Pain, Fatigue, Frustration. To Register please contact Shirley Bernhard ph 09 538 0599, email shirleyb@easthealth.co.nz or ask your doctor or nurse about a referral. For Further Information about this programme, contact: David, Parvin or Shirley 09 538 0599.

Papatoetoe United Adapted Football Programme

A great opportunity to learn football or enhance your skills under Papatoetoe United Football Club coaches! The programme runs for 8 weeks and is open to young people 5+ with a physical impairment who are either ambulant or use a walker or sticks for mobility. Saturdays 11th February, 9.30-10.30am. Kolmar Centre (Hockey turf) off Sutton Crescent. Cost \$85 for the year. Contact Paul Ralph, 021 456 534 or paulralph@advancemarketing.co.nz. Funding may be available via Halberg Disability Sport Foundation Ability Fund, contact Maia Lewis maia@halberg.co.nz 021 995 951

Pasifikability – Free Disability Dance Classes

Proudly presented by Niu Ola Trust. Classes starting on January 20th 11am- 12pm (every Friday until 25th August). Te Rito Community Centre, 7 Piki Thompson Way, Otahuhu. And on Mondays 11am-12pm every Monday until 26th June. Otahuhu Town Hall, 10 High Street, Otahuhu. Self expression Tutors - Valeria Pierbon: Dance and Movement Therapist and Yoko Obata: Movement Based Art Therapist. For more information contact Susannah 021 806 769 or stauponiuola@gmail.com

Pasifika Autism Support Group

10.30am-12.30pm Riverside Community Centre – Cnr Peace and Bernard St, Mt Wellington Saturday 25th

February, 29th April, 24th June, 2nd September, 11th November: Contact - Brian 021 216 7772 (text), asdpasifika@gmail.com

Courses and Workshops for Parents

Raeburn House offer groups including Overcoming Anxiety, Managing Anger and Stress, Moving past Depression, and Art Therapy for individuals 18yrs and over. These are free with a referral from your GP. www.raeburnhouse.org.Nz for more information. Venues at Northcote Central and Milford. 09 441 8989 and ask for Brigid.

Sharing your Experiences

If you live with a disability or impairment or have supported a person and have received care in Counties Manukau Health within the last 2 years. We would like to invite you to share your experiences. This insight that you give us will enable us to better develop our staff so that they can provide excellent care that consistently meet the needs of patients and their whanau. 22nd February, 10am-12.30pm, Ko Awatea Building 107, Middlemore Hospital. Please advise if you require a sign interpreter or any additional support for this event. Light refreshments will be available. Please RSVP with support requirements to Vicky.Bradley@middlemore.co.nz or 021 235 9689.

Sibling Camp

As an organisation, Parent to Parent supports families raising children with disabilities. As part of Auckland Airport's annual '12 Days of Christmas' campaign, we are excited to announce that we have been given a \$10,000 grant to help fund a Camp to support the siblings of children with disabilities. These SibCamps are very popular and there are limited spaces, so be quick! Open to all siblings aged 8-18 years. Dates: 10-12 March 2017 Venue: Piha Mill Camp, close to Piha Beach, Waitakere. Fill in registration form [here](#)

Spirit of Adventure Trust 5 Day Inspirational Voyage

The Spirit of Adventure Trust was established to provide the youth of New Zealand with access to a character development programme conducted in a maritime environment. Our voyages are seen as a unique environment for youth development. Where the focus of learning for the trainees is on team-work and developing skills of communication, self-reliance, self-discipline, self-esteem, resilience, confidence and leadership. The voyage is from Sunday 27th March – Thursday 31st March.

Stars, Arts 4 us and Dance 4 Us Therapy Schedule Term 1 2017

Weekly dance movement and art-making sessions for adults and children on the Autism Spectrum and related disorders including ADHD, Anxiety, PDD and Developmental Delays, focussing on developing social skills, emotional literacy, friendship skills and sensory integration. Location: Dunkirk, Henderson, Onehunga, Orakei, Mt Albert, Mt Wellington, Northcote, Pakuranga. www.dancetherapy.co.nz or email admin@dancetherapy.co.nz

Tasman Paddleboard Day

Register now for a fun day on the water and experience the joy of paddle boarding. For physically disabled New Zealanders. To register for this event contact Halberg Disability Sport Advisor. Justin Muschamp 027 224 8123 justin@halberg.co.nz
Sunday 19th March, 10am -2pm. Tahunanui Beach

Te Roopu Taurima – Ready for Mahi

Free e-learning modules. These accessible and trilingual modules provide the opportunity for people to learn some of the basic skills they need to get ready to work.

Through the Horse's Eye – Horse Therapy

Equine therapy is a therapy where the horse is the therapist, teaching a person about themselves and enabling them to solve their own problems in a low pressure, non-judgemental environment. Horses are prey animals, which mean they have to be very good at reading others and communicating with one another. They are also very social creatures and want to create bonds; this represents safety to them. Due to this they are also very good at reading people and often mirror our thoughts and behaviours. Call 021 025 27770, Waiuku (15 mins south of). \$20 per session – 75 mins long.

Tune In "Speech and Music Co-Therapy Group"

Fun filled group sessions led by a music therapist and a speech therapist that use musical activities to develop social and functional language skills. The groups are organised around themes to help children develop their vocabularies and language comprehension, while allowing for plenty of opportunities for development of social skills and friendship through peer engagement and musical games. Preschool group age 2-5yo with caregivers, Monday 1.45-2.30pm, School age group 6-10yo with or without caregivers Monday 3-3.45pm. Raukauri Music Therapy Centre, \$30 per session. Starts 13th February. For more information contact Jen Ryckaert, Jennifer@rmtc.org.nz or 09 360 0889.

UBU Playgroup for our kids with a difference

Started 7th November, Grey Lynn Community Centre, Monday 1-3pm. We're encouraging parents and caregivers to come along, connect and support one another at our new pre-schoolers playgroup with a focus on our children with extra needs. Differences are embraced in a fun and safe environment which offers free or supported play. Contact 378 4908 for more information.

Working with Parents' Anger

Taking the heat off the child. For people working with parents, caregivers and families. Auckland 18th and 19th May. Mercy Spirituality Centre, Te Ngakau Waiora, 104 The Drive, Epsom, \$275 incl GST, 9am-4.30pm.

NOTICES



Jobs Available – Dan Le Noir (In the Dark) – exciting new restaurant concept in Auckland!!

Dans le Noir? is a project being set up by Dans le Noir? and Rydges Auckland. "Dans le Noir?" (French for "In the Dark?") has several restaurants in Europe (Paris, London, Barcelona) offering patrons a unique human and sensory experience by eating in complete darkness, guided and served by either a visually impaired or blind staff. Dans le Noir? are seeking guides/waiters/waitresses for their Auckland restaurant. Please read the advertisement carefully before applying. Send your CV to Chanael at danslenoir.auckland@gmail.com

Auckland Disability Law Supported Decision Making Resources

They have developed a set of resources as part of a project. The resources can be downloaded and distributed. If you would like printed copies please email info@adl.org.nz. [Let's talk about Supported Decision Making](#), [Let's talk about Supported Decision Making – easy read](#), [Promoting Supported Decision making and the protection of personal and property rights act](#) and a [roadmap to success poster](#).

Autism Awareness Day

Sunday 2nd April. We encourage everybody to support autism awareness by wearing light blue and taking part in fundraisers and awareness events.

CCS Disability Action – How's it Going?

Opening up new conversations is a free tool that can support people to work out whether they are living the life they want. People can also use it to talk, or think, about where they are at and where they want to be. For more information click [here](#).

CCS – What's new in the Library

You can request free books from this service from CCS and will be couriered to you, like a library. Latest update November 2016

Celebrate Children's Day

The 5 March 2017 is Children's Day. Children are our treasure! Children's Day is a chance for all of us to get together and celebrate the precious young people in our lives. Children's Day – Te Ra O Te Tamariki, provides New Zealanders with an opportunity to give time to children. Children's Day has been running since the early 2000's and is on the first Sunday of March each year. Hundreds of events happen all over the country each March, some big and some small. Children's Day is about treasuring our children, including: Giving time, Praising and encouraging, Listening and talking, Sharing Love and affection, Exploring new experiences

Da Homies – A social group of four young men on the Autism Spectrum

We thought we will share this interesting story about how two caregivers supported and promoted the friendship of four young men on the Autism Spectrum to form their own social group "Da Homies". If you would like to know more about promoting social connectedness and/or more about this process, please contact Bobbie Chadderton (bobbie.chadderton@gmail.com)

Digital playgrounds return to Auckland parks

Magical Park – an app that transforms a normal park into a digital playground – is back for the rest of the year at three Auckland sites following its successful two-month trial. Specifically made for children aged 6-11, the app augments the real world with 3D digital images via a smartphone or tablet. "We know children spend a lot of time on their screens and this app enables them to get moving while using their devices," she says. "The app's trial had some really positive results; we saw a lot of families getting out in our parks collecting dinosaur eggs or catching kittens. So we're really excited to bring Magical Park back to three of our parks for more children to enjoy," she says. The parks which will host the app until the end of the year are: Onepoto Domain, Onewa Road, Northcote – near the Community Hall, Harbourview Peoples Park, Te Atatu Road and Gloria Ave roundabout, Te Atatu Peninsula, Barry Curtis Park, Flat Bush – near the playground off Stancombe Road. Each park has a game specifically designed for it and the games cannot be played outside the designated areas within the park. The game spaces are clearly signposted and boundaries are pre-programmed to blackout and show warning signs to stop children running into hazards or onto roads. Players can go to [Geo AR Games](#) if they need game support.

Eye on Nature Family Day

Auckland Botanic Gardens Event site (enter Everglade Drive). Saturday 1st April 11am-5pm. Free event. Wearable arts fashion parade and entertainment 6-8pm. This year's focus is 'Edibles' from ground to table. For more information www.beautifulmanukau.org.nz

Family Start Service

Family start is a home visiting programme that focuses on improving children's health, learning and relationships, family circumstances, environment and safety. It helps families who are struggling with challenges or problems that make it harder for them to care for their baby or young child. For more information contact 09 276 3729, www.atwc.org.nz

Good Vibrations Music Therapy

Sophie Buxton is a qualified and registered music therapist who has just started to offer this therapy in Helensville in term 4. She is available to provide sessions for children, teenagers and adults with intellectual / physical disabilities. Sophie Buxton 021 525 609, or email sophieb@musictherapy.associates

Government launched Disability Confident Campaign

25th November encouraging employment of people with disabilities. The campaign is about showcasing the wide range of easily accessible and practical information available to support employers of disabled employees. One in four New Zealanders have some form of disability. This group represents a vast pool of talent that employers can tap into to enhance workplace diversity and make a valuable contribution to their business. More information is [here](#).

"Ice-Breaker" Anti-Bullying Workshops for Young People

A workshop designed by *The Cube and Yes Disability* delivered by six young leaders from within the disability sector. Have a look at the [flier](#) for contact details.

Lifekidz Team Leader needed

After school and holiday programmes for special needs children. Part time 25 hours per week (increased hours during school holidays). We are looking for a person experienced in looking after people with disabilities/special needs. The applicant must be flexible, positive, enthusiastic and energetic and have excellent behaviour management strategies with strong planning and organisational skills. The ability to supervise, support and mentor young staff members in a busy, challenging, rewarding environment would be advantageous. Email cv to deearna@lifekidz.org.nz

LifeKidz Youth Group – Community Participation Programme

This programme is developed for Very High Needs and High Needs Youth for over 18year olds. Running Monday to Wednesday 8.30am-3pm. The vision for the youth programme is to: form a group for 18 year olds and over where they can express and excel in everyday life and experiences and join in the local community. Our facility at The Depot is wheelchair friendly, we have a large gym, playground, quiet rooms, large kitchen and social room. Our goal is to do a variety of activities every day including cooking, swimming, visiting our local library, villages and participating in community events. We will create personal goals for each youth member and help achieve them. Call Deearna and make a time to come and visit. We can discuss payment options with you. 09 533 6360 or email deearna@lifekidz.org.nz

Mum creates the easiest cookbook

Wellington mother Jenny McClure has released a cookbook she wrote especially for her son and others that struggle with traditional cookbooks. 30 year old Joe McClure suffered a traumatic brain injury after he was hit by a car while cycling in Cambridge, UK, 17 years ago. The then 13 year old spent 10 days in an induced coma and underwent major surgery. Years later when he left home to go and live by himself, it soon became clear that standard cookbooks didn't work for him, she couldn't believe how crazily and complicated they were and her son really struggled to follow them and so the idea for Short Takes: Making cooking simple was born.

Family First Welfare Trust

Their vision is have a multi-ethnic and well integrated society where Muslim families are dignified, empowered and can live a life free from fear and violence with their own unique identity, contributing towards Aotearoa and community while exercising their rights and choices in a responsible manner. They provide all possible support to the families based on NZ law focusing on Islamic values in a family crisis or family breakdown situation. Based at 269 Great South Road, Otahuhu, 09 276 1785 / 0800 435 7786 email info@familyfirstwelfare.org.nz

Looloo Toilet Training Solutions

How to toilet train my son – answers to all your questions and more.

MyCare

The new way to find support workers. MyCare is bringing technology and community together in a dedicated online platform for people needing at-home care and support. They've built a mobile marketplace, connecting individuals needing help to live comfortably at home to a nationwide network of care workers, part-timers and volunteers. The service aims to break down the barriers. The site already has nearly two thousand workers from nurses and care workers to students looking for work while they study. Here is their updated [flier](#). Visit www.mycare.co.nz or phone 0800 677 000. In October, we released new tools and people can now set up a contractor agreement using MyCare's templates, book their support worker's visits through their MyCare account, assign tasks for the day and keep their support circle of family and friends in the loop. They'll be able to see all visits at a glance and know what's happening every week. Once they've registered, users will have access to these tools:

- **Match** – find someone to provide support or care for themselves or a family member
- **Manage** – it's easy to coordinate support visits and pay workers safely and securely
- **Share** – invite family and friends into the support circle so they know what's happening just by logging in.

If you have any questions about how the service will work for members of your community, you may like to visit our [Help Centre](#)

Numicon

Want to learn more about the Numicon approach click [here](#). Their new firm foundations info is [here](#) - Learning through play is the key feature of this new publication. Teachers are loving it! They are enjoying conversations with children in play and workshop situations, even talking about numbers higher than 20! Early childhood teachers and New Entrant teachers are using New FF. And also all their new resources are [here](#).

Pain Self Management Education

For people with chronic pain lasting more than 3 months. Programme is Free and runs from Wednesday 16th February for 6 weeks. 10am-12.30pm. East Health Trust, 260 Botany Road, Golflands. Register contact Shirley Bernhard ph 09 538 599 or email shirleyb@easthealth.co.nz.

Phab Social Groups

Our North Shore senior social group (age 35ish) and over are looking for new members, if you or anyone you know is keen please email chewy@phab.org.nz or call 09 488 7490. The group runs in Takapuna on Tuesday from 6.30-8.30pm. Our social group runs throughout school terms and involve different activities such as ten pin bowling, movie visits, baking nights, meals out, community projects and more. The group decides at the beginning of each term and we support them in their social outcomes. This is fun and interactive way to make friends and get out in the community.

Te Ata Timetable Term 1

Includes Zumba, Mosaic and Crafts, Pools, Art Journalling, Relaxtion and Pamper Class, Art, Movies, Creative Writing and Pool Competition. 52 Keeling Road, Henderson.

Smalltalk Therapy

Have some sessions available with a speech language therapist who have specialist skills in paediatric disability. They cover East and South Auckland.

Strengthening Families – North Shore

Are you feeling overwhelmed on how to navigate funding for your child, and would you like to receive increased support from the professionals and schools involved with your family? Julie Walker can help you with this by co-ordinating round table meetings with all those involved, identifying any further help that you can access for you or your child, collaboratively formulating an action plan, and facilitating a safe space where your concerns can be heard. This is a Ministry of Social Development free service, and is based at Raeburn House in Northcote Central. Phone 09 441 8989/027 498 7074

Support Worker Available covering Onehunga – Drury

I am a support worker who has been working with people with special needs and disabilities for 10 years. I am looking for work during the school holidays. I'm also happy to look after your kids while parents go out and do Christmas shopping or just so they can go out and have a little bit of 'me' time as I know parents don't get a lot of that. I'm available Monday, Tuesday and Thursday from 9am till 2:30pm and I will work in South Auckland from Onehunga to Drury. I can work with micky buttons, ng tubes, all hoists, can drive mobility vehicles, know New Zealand Sign Language and can look after children with high needs. I have references if you would like to contact them. Thank you and I look forward to meeting more parents and working with your children. I am also willing to be paid through IF and carer support days. My hourly rate is \$18-\$20 an hour depending on the child's needs also I charge a bit more for more than one child which price can be negotiated. Please contact Jackie Riley on 0211402891. I look forward to hearing from you.

SWAN NZ – Syndromes without a name

SWAN New Zealand is a support group for New Zealand patients and families affected by an undiagnosed genetic condition – a 'syndrome without

a name'. SWAN NZ was established by the New Zealand Organisation for Rare Disorders (NZORD) in 2016. For more information email swannz@nzord.org.nz or 04 385 1119

Standing Tall Transforming Abilities Survey

Standing Tall Recruitment and Advisory is proud to announce that we will be conducting Disability Sensation and Awareness Training for a global ride share service soon. Contact driver@standingtall.co.za for more information

TimberNook NZ Announces new provider in Christchurch

TimberNook New Zealand names new Christchurch South provider as the first South Island site for our popular outdoor programmes that integrate sensory experiences, imagination and nature for all children.

Uber Total Mobility Trial

Uber is a smartphone app that lets you get a safe, reliable, affordable ride in minutes. It has been operating in Wellington and Auckland for the last 18 and 24 months respectively and have upwards of 2000 active drivers. Uber services are typically up to 40% cheaper than normal taxi fares in Wellington and Auckland. They operate two classes of service – UberX and UberASSIST. UberX is their standard ridesharing product, and is very similar to a taxi. [UberASSIST](#) provides additional assistance to people who are limited in their mobility (ie. scooters, walking frames, utilising fold up wheelchairs) by providing drivers who have received additional training from Be.Accessible. The details are as follows: – The trial will run for two months for each participant, running starting in January or February, 2017 in Auckland or Wellington. – Participants will be given 50% discounts on up to \$500 worth of Uber trips per month. – The discount will be automatically applied to participants accounts. – There is the hope that they will utilise the service during the testing period as much as they would like in order to develop a good understanding of the parts of the Uber service that work well and those that need improvement. – Training/phonecalls on getting Uber set up will be available if necessary. – Participants will be asked to complete a short survey at the end of the first month and again at the end of the trial. This will be in written format or can be done over the phone. It will cover their experience, and what Uber can do to improve the service.

Universal Design Symposium

Universal Design makes things safer, easier and more convenient for everyone. The Universal Design Hub provides access to a range of resources and guidance to support a design process that recognises our common needs through each of our individual life stages. A universal approach recognises human diversity and various life scenarios such as pregnancy, childhood, injury, disability and old age. This means developing places and homes that can be used and enjoyed by as many people as possible. Here you will find resources to ensure your next project is built to be accessible for all life stages and scenarios. For more info email universaldesignsymposium@aucklandcouncil.govt.nz

Wilson Home Trust Survey

The Wilson Home Trust needs feedback to ensure we meet the needs of beneficiaries. Looking into the future, The Wilson Home Trust is running a survey to identify the needs of children and young people with physical disabilities and their families. The survey is managed by buzz Channel, an independent provider. All responses will be confidential. To participate in the survey click [here](#).

[Counselling Services and Support Groups](#)

[Disability Sector Project Information and research](#)

[Discounted Activities across Auckland listed by Region](#)

[Holiday Programmes and Holiday Activities](#)

[Other organisations information](#)

[Playgroups, activities, after school and holiday programmes](#)

[Upcoming Events February - July](#)

Please click on the above section links to see more information and providers

Please look on our [Useful Links](#) section of our website for more services / organisations

Articles of interest:

[Autism and meltdowns – so what is the difference between a child’s tantrum and a sensory meltdown](#)

[Manager sees 6 year old with Down Syndrome at checkout. That’s when he escorts him to office](#)

[Bar managed entirely by people with Down Syndrome](#)

[Disabled dogs get a chance to run and play for the first time](#)

[7 Systems that work for out of the box learners](#)

[Kids books recognized for disability storylines](#)

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helping families

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