

**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 22 May 2017**

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

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**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 20<sup>th</sup> June, 9.30am-1pm. Please contact Sanny Chan at Disability Connect for more information on our meetings. To see flier in [English](#) or [Chinese](#) click here Contact Sanny 09 526 1298 (DDI) or 09 636 0351 or [sanny@disabilityconnect.org.nz](mailto: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. 29<sup>th</sup> June. 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](mailto:asoka@disabilityconnect.org.nz)

### **Indian Families Social Group - Otahuhu**

This is held at Otahuhu Town Hall Community House. 12<sup>th</sup> June 6-8pm. Indian families 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](mailto:admin@disabilityconnect.org.nz) or [asoka@disabilityconnect.org.nz](mailto: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.

# **DISABILITY CONNECT** **SEMINARS AND INFORMATION**



## **2017 Seminars by Disability Connect**

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

### **Education Legal Issues**

*Central Auckland* – Thursday 25<sup>th</sup> May, 12-2pm,  
Disability Connect, 3b Olive Road, Penrose  
*West Auckland* – Wednesday 7<sup>th</sup> June 7-9pm  
Hubwest, 27 Corban Ave, Henderson

### **Individualised Funding – The last IF seminar scheduled for 2017**

*Central Auckland* – Monday 12<sup>th</sup> June, 7-9pm,  
Disability Connect, 3b Olive Road, Penrose

### **Living Options**

*Central Auckland* – Wednesday 24<sup>th</sup> May, 7-9pm,  
Disability Connect, 3b Olive Road, Penrose  
*East Auckland* – Thursday 1<sup>st</sup> June, 7-9pm  
Highland Park Community Centre, 47 Aviemore Dr,  
Highland Park - **SPACES AVAILABLE BOOK NOW**  
*North Auckland* – Thursday 22<sup>nd</sup> June 7-9pm  
Yes Disability Resource Centre, 3 William Laurie Pl,  
Albany

### **Planning for Adulthood**

*South Auckland* – Thursday 25<sup>th</sup> May 6.30-9.30pm  
Clover Park Community House, 16 Israel Ave, Clover  
Park

### **Transition**

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

### **Transition Expo – 8 August 2017 – save the date!!!** “The progression from school to community life”

Our popular Expo is happening again. Mt Eden War Memorial Hall, 489 Dominion Road, from 9am – 2.00pm

### **Work and Income**

*North Auckland* – Tuesday 27<sup>th</sup> June, 7-9pm  
Yes Disability Resource Centre, 3 William Laurie Pl,  
Albany

### **Sexuality Education for people with intellectual disabilities workshop - NOW FULLY BOOKED ALL DAYS**

Annette Milligan is a sexual health nurse and educator who has developed a series of resources to support parents and educators teach people with intellectual disabilities about all those intimate things that can be so hard to deal with. Topics – Relationships, dating, asking permission, safety in relationships, hygiene, how to ask for help. Parents, teachers, caregivers, teacher aides or anyone interested in the development of people with learning disabilities. Wednesday 12<sup>th</sup> July 1-2.30pm (fully booked) and 7-8.30pm (fully booked) and now 11<sup>th</sup> July 1-2.30pm (fully booked). These are identical workshops so only need to attend one of these. Disability Connect, 3b Olive Road, Penrose. Please register [admin@disabilityconnect.org.nz](mailto:admin@disabilityconnect.org.nz) or 09 636 0351.

### **An introduction to self and peer advocacy for disabled people and their families.**

Your rights and how to access them. Disabled people and their families have more rights to quality support and inclusion than ever before. Yet to put these into effect people need to: know their rights, confidently speak up so their views are heard and taken seriously. The three session course is interactive with participants working in small groups. In the afternoons, new learning and skills applied, using scenarios based on issues commonly faced disabled people and their families. Topics are: Self advocacy and peer advocacy. 3 consecutive fortnightly Mondays 9.30am-2.30pm. Enrolling in this course means completing all three dates. Monday 29<sup>th</sup> May, 12<sup>th</sup> June and 26<sup>th</sup> June. Individuals with a disability or parents/family members are largely subsidized by Te Pou though there is a small charge of \$30 per attendee. To enrol please contact Disability Connect, [admin@disabilityconnect.org.nz](mailto:admin@disabilityconnect.org.nz) 09 636 0351. This is being held at Onehunga Community House, 83 Selwyn St, Onehunga

### **Activities, after school and holiday programmes**

### **Conferences / Events outside of Auckland**

### **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**

### **Upcoming Events across Auckland May-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

# **SEMINARS/TRAINING/ CONFERENCES**

## **Altogether Autism Network Meetings**

Learn about all that Altogether Autism can do to support you. Be upskilled on autism from both a professional and a lived experience viewpoint. Have your questions about autism answered. Enjoy a light lunch with others working and living with autism.

[Albany](#) - Wednesday 31<sup>st</sup> May, 9.30am-2pm, Albany Executive Motor Inn, 15 Corinthian Drive, Albany.

[Henderson](#) - Tuesday 30<sup>th</sup> May, Quality Hotel Lincoln Green, 159 Lincoln Road, Henderson. Free. Please invite anyone who is interested and register [auckland@altogetherautism.org.nz](mailto:auckland@altogetherautism.org.nz) or 0800 ASD info, or 027 808 3943

## **Choices**

The NZDSA and IHC Community Advocacy welcome you to free fun workshops to help you think about how you make your own decisions and choices. Wednesday 15<sup>th</sup> and 29<sup>th</sup> June - 10am-1pm. Te Ngakau Waiora Mercy Spirituality Centre, 104 The Drive, Epsom. Register by 12<sup>th</sup> May [neo@nzdsa.org.nz](mailto:neo@nzdsa.org.nz) or 0800 693 724 press 1 – Zandra

## **Child Matters**

Child Matters is running a 1-Day Workshop: "Identifying and Responding to Vulnerability and Child Abuse" in Auckland - Central on the Tuesday 20<sup>th</sup> June 2017. With recent changes to legislation and New Zealand's horrific child abuse record, there has never been a better time to invest in Child Protection Training. Early intervention is key! Anyone working with children on a daily basis is best placed to notice if a child is at risk. 1-Day Public Workshop, Numbers are Limited - Maximum 30. Cost per Person \$185.00 excluding GST. To register, please see:

[https://www.tfaforms.com/401541?tfa\\_7628=tfa\\_7629](https://www.tfaforms.com/401541?tfa_7628=tfa_7629)

## **Dealing with Anxiety – Children's Autism Foundation**

This workshop will include examples of social interaction that lead to anxiety, what is anxiety and strategies for dealing with anxiety (Anxiety toolkits). 2 hour workshop covering dealing with anxiety, 1st June, 7-9pm, St Columba Centre, 40 Vermont St, Ponsonby. Speakers Arletta van den Bosch – Family and Child Counsellor and Gera Verheul – Children's Autism Family Consultatn. Free for families and carers who register [www.autism.org.nz](http://www.autism.org.nz) or \$40 per professional.

## **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 2 every Tuesday morning 9.30am-12.30pm, 2<sup>nd</sup> May-4<sup>th</sup> July, course costs \$50. Email [elizabeth@whanaumarama.co.nz](mailto:elizabeth@whanaumarama.co.nz) or [tamati@whanaumarama.co.nz](mailto:tamati@whanaumarama.co.nz) or 09 441 0209.

## **FASD Informed Practice workshop**

This workshop brings to the fore intervention practice to maximise success for children and adolescents affected by FASD and for those entrusted with their care. The information shared by our specialist guest speakers will inspire and inform anyone working with or raising tamarika/mokopuna where FASD might be a factor. Thursday 1<sup>st</sup> June 9.30am-4pm, Jet Park Conference centre, 63 Westney Rd, Mangere. Please confirm registration by sending name, organisation and contact details of person(s) attending before 25<sup>th</sup> May to [christine@ahw.org.nz](mailto:christine@ahw.org.nz) or 09 520 7036. This is free of charge to those who register by email.

## **Free help for families in need**

City Impact Church has its next Community Impact Day on 10 June and is looking for families who need assistance with house repairs, maintenance work, moving, clothing donations etc. Read more. To refer a family, please send their contact name, address, telephone number and information about the assistance they require. Contact Mary-Kath Laita 477 0300 or [communityimpact@cityimpactchurch.com](mailto:communityimpact@cityimpactchurch.com)

## **Hands on Autism Day Workshop – Children's Autism Foundation - Orewa**

Saturday 17<sup>th</sup> June, 9am-4pm. If you are living or working with a child, young person on the autism spectrum this workshop is for you. It will provide practical tools and strategies that you can easily implement in the home, school and community. Topics include: Guide to Autism, Strategies for behaviour, sensory issues, dealing with anxiety. St Andrews Hall, 107 Centreway Road, Orewa. Gera Verheul – Service Manager and Joline Zwart, Family Consultant, Christine Farquarson – Occupational Therapist, Arlette van den Bosch – Family and Child counselling and Lisa Martin – Disability Connect. \$20 per ticket for families and carers, \$140 for professionals, lunch included. Please register [www.autism.org.nz](http://www.autism.org.nz) or [enquiry@autism.org.nz](mailto:enquiry@autism.org.nz) 09 415 7406

## **Managing Behaviours in children**

Using Visual Strategies and Resources, 11<sup>th</sup> August 2017, 9.30-11.30am, \$45 per person. Learn how to use supports that visually provide behaviour management strategies. Blockhouse Bay Community Centre. 524 Blockhouse Bay Rd, Blockhouse Bay, Auckland. To book a place email [info@improvinglifeoutcomes.org.nz](mailto:info@improvinglifeoutcomes.org.nz) places are limited.

## **Mental Health First Aid Training**

This programme is free for all Counties Manukau Residents. Register by email [mhfa@middlemore.co.nz](mailto:mhfa@middlemore.co.nz) or 0800 338 356.

## **NZSL Tester Classes – Free**

A free 45 min New Zealand Sign Language Class – learn signs you can use every day! We come to you. For schools, healthcare providers, businesses, clubs etc. Throughout May and through terms for schools.

## **Parent to Parent Training Courses**

### **Altogether Autism Network Meeting**

Learn about all that Altogether Autism can do to support you. Be upskilled on autism from both a professional and a lived experience viewpoint. Have your questions about autism answered. Enjoy a light lunch with others living and working with autism. To register call 0508 236 236

Auckland - Henderson Tue 30 May 17

Auckland (Albany) Wed 31 May 17

## **Social and Friendship Skills Workshop – Children’s Autism Foundation**

This workshop is for families and carers of children 2-12 year olds who are on the autism spectrum. Topics include – Boosting your child’s self esteem, learning to problem solve, making friends and getting on with others. 2 hour workshop, 4<sup>th</sup> July June, 7-9pm, Yes Disability, 3 William Laurie Place, Albany. Speakers Arletta van den Bosch – Family and Child Counsellor and Gera Verheul – Service Manager. Free for families and carers who register [www.autism.org.nz](http://www.autism.org.nz) or \$40 per professional.

## **Supported Decision Making Workshop**

The NZDSA is calling for final registration from families and people who support or educate people with Down Syndrome in Auckland to attend this workshop facilitated by Community Advocacy Team at IHC. Wednesday 14<sup>th</sup> – June - 5.8pm or 28<sup>th</sup> June 10am-1pm. Te Ngakau Waiora Mercy Spirituality Centre, 104 The Drive, Epsom. Register by 12<sup>th</sup> May [neo@nzdsa.org.nz](mailto:neo@nzdsa.org.nz) or 0800 693 724 press 1 – Zandra

## **Using Visual Strategies and Resources for Learning Workshops**

9<sup>th</sup> June 2017, 9.30am-12.30pm. \$55 per person. Learn About - Visual strategies for learning at any age. Great ways to support learning. New strategies for school or home. Extra support for learning difficulties. Blockhouse Bay Community Centre. 524 Blockhouse Bay Rd, Blockhouse Bay, Auckland. To book a place email [info@improvinglifeoutcomes.org.nz](mailto:info@improvinglifeoutcomes.org.nz) places are limited.

## **Understanding Autism – Children’s Autism Foundation**

3 hour workshop, for families and carers who live or work with children on the autism spectrum. Topics include: Understanding the autism spectrum and strategies for living and working with an autistic child. 3 hour workshop, 8<sup>th</sup> June, 9am-12pm, Totara Park, 5 Melwood Dr, Warkworth. Speakers Arletta van den Bosch – Family and Child Counsellor and Gera Verheul – Service Manager. Free for families and carers who register [www.autism.org.nz](http://www.autism.org.nz) or \$40 per professional.

## **Unpacking Attitudes & Legal Protections: Mental Illness Stigma & Discrimination**

Thrive and Auckland Disability Law, as part of the Like Minds, Like Mine - Rangatahi Tuatahi kaupapa, are pleased to co-present this education session. The session explores the cultural values, attitudes and barriers, including stigma and discrimination, that Rangatahi Maori, Maori youth with mental illness encounter and the legal rights and processes available to them. This session is for all who work within the

mental health and addiction area and for those who have a commitment to working with Rangatahi Maori. 15 June 2017, 10am to 12.30pm, The Terrace Room, Potters Park Event Centre, Auckland Deaf Society, 164 Balmoral Road, Auckland. Register by 8 June 2017 To register give us your name, role and name of organisation, email address and contact phone number. Please email us at [info@adl.org.nz](mailto:info@adl.org.nz) or text 027 457 5140 or ring 09 257 5140. For further information: [Unpacking Attitudes and Legal Protections Flyer](#)

## **Wilson Home Trust Updates**

You are warmly invited to a workshop to hear the results of the recent survey undertaken to share your ideas on ways that the Trust can support children with physical disabilities and their families. Tuesday 23<sup>rd</sup> May, 10am-12pm – The Hub, 27 Corban Ave, Henderson. Wednesday 24<sup>th</sup> May 7-9pm, Erson Ave, Royal Oak. Thursday 25<sup>th</sup> May 10am-12pm, Nathan Homestead Manurewa, Sunday 28<sup>th</sup> May, 1-3pm, Wilson Home Conference Centre, Monday 29<sup>th</sup> May, 7-9pm, Yes Disability Albany. Thursday 1<sup>st</sup> June, 11am-1pm, Highland Park Community Centre. For more details contact [info@wilsonhometruster.org.nz](mailto:info@wilsonhometruster.org.nz)

## **UPCOMING EVENTS AND ACTIVITIES**

### **Adapted Gymnastic Classes**

Gym City Papatoetoe’s new disabled programmes. These are great opportunities for disabled young athletes to learn gymnastic skills. Preschool classes are held Mondays 1-2pm \$84 per term and Gymfun (5-12year olds) Wednesdays 3.30-4.30pm, \$18 per term (Kiwisport funding confirmed). To register contact Gymcity Manager Rowena 09 279 9400.

### **Art and Soul – North Shore**

There are open days on Wednesday mornings in Milford senior citizens hall, 10.15-11.45am which explain all the programmes they offer, how to pay for this. There is a 1:4 ratio of carers to young adults. Offer several programmes – Art Club, Band and Drumming, Computer Skills, Dance Club, Day Tripper Club and Zine Club. Run throughout the week for over 21year olds who have left full time education, based for families living on the North Shore. More details can be found in our activities attachment page. For more information phone Kate 021 028 36465 or email [artandsougroups@gmail.com](mailto:artandsougroups@gmail.com)

**Artist in Movement Classes** Māpura Studios has openings in their Artist in Movement class (Mondays 12.30-2pm) for adults with disabilities and their Kids’ Open Studio class for children aged 5-12 with ASD and other special needs (Tuesdays 4- 5.30 pm). Enrolments are also open for Creative Music Group with the new time of Thursdays 1-2.30pm Contact [info@mapurastudios.org.nz](mailto:info@mapurastudios.org.nz) 09 845 5361

**[Auckland Whanau Special Needs Support Group](#)**  
PACT Building, 311 Great South Road, Papatoetoe. A great way to meet other families and just get together. Meetings are held monthly, June 6<sup>th</sup> - mid winter lunch, July 14<sup>th</sup>, August 8<sup>th</sup>, September 5<sup>th</sup>, October 17<sup>th</sup>, November 7<sup>th</sup>. Please bring a plate to share. Children are very welcome and there is a big play area for them.

**[Diabetes Self-Management Programme January-December 2017](#)**

6 weeks duration, designed for people living with type 2 diabetes and or their caregivers. The DSMP diabetes programme helps participants to develop self-management skills to deal with the challenges of living well with diabetes. Available in Samoan, Cantonese, Mandarin, Hindi and Punjabi languages and at venues and times to suit different communities within West Auckland Waitemata DHB.

**[Disability Week at Tri-Star Gymnastics](#)**

June 12<sup>th</sup>-18<sup>th</sup>, Why not try gymnastics. Does your child like to bounce on a trampoline, swing on bars, swim through a foam pit. Do they love to run and play and move? For one week only, try an age based, one hour structured lesson for \$5. Lessons are open to in-class parent/guardian/support worker if needed or participants can attend on their own. Limited spaces available, email [leigh.dawson@tristar.org.nz](mailto:leigh.dawson@tristar.org.nz) or 09 625 4354, located at 55 Arundel Road in Keith Hay Park, Mt Roskill. Schedule of times is [here](#)

**[Drama Classes – Interacting Theatre](#)**

Mondays 1-2.30pm, \$10 per class. Phab, Auburn St, Takapuna, For more details and bookings contact Paula 09 849 5595 [interacting@ihug.org.nz](mailto:interacting@ihug.org.nz)

**[Enabling Good Lives Workshops](#)**

The NZ disability sector is currently undergoing a System Transformation. A working group is meeting regularly to progress this transformation. They are reporting back after each meeting. Here is a link to the key information from the 11<sup>th</sup> April meeting including in Te Reo, Brf file for Braille, Easy-Read and an audio link.

**[Fitness Fun Class](#)**

In term 2 under our new brand, we will be launching a fitness fun class for children with special needs or learning difficulties (including things like dyslexia, etc). This class will have fun activities for learning balance, agility, fitness skills, upper body strength as well as activities which encourage both sides of the brain to function. The class will have routines to follow and fun free time. Confirmation of whether the class will run on Saturdays or Sundays will be made soon. Please email [info@improvinglifeoutcomes.org.nz](mailto:info@improvinglifeoutcomes.org.nz) if you are interested in finding out more about the class or enrolling.

**[Framework South Timetable Apr-June](#)**

Community learning programmes. It delivers community based mental health and intellectual disability services. The programmes include:

interacting with nature, swimming, computer basics, social groups, basketball and cultural awareness. To attend groups please register by completing our referral form and returning it to us with all required documents. Once registered you will be contacted for an induction meeting so you can find out more about our service and enrol in the programme/s which best suit your goals. ph 09 815 5113 or [PF.admin@framework.org.nz](mailto:PF.admin@framework.org.nz)

**[InMotion Matariki Community Workshop](#)**

Thursday 8<sup>th</sup> June. The Cloud, Session 1 – 10-11.30am and Session 2 – 12.30-2pm. Attached is a workshop flyer that has the breakdown of the day and activities. The day has been structured so people with a range of learning needs can drop in and out of the three sessions. We are completely flexible with attendance times and involvement in activities, we are here to meet your needs. An area will also be available to facilitate people with different learning needs. If you have any questions about the workshop don't hesitate to ask me. Contact Juliet Allardice 09 550 6464 or [www.touchcompass.org.nz](http://www.touchcompass.org.nz)

**[Interact 2017](#)**

Corban Estate, Henderson. 25-27<sup>th</sup> October. Contact Paula, [interactfest@gmail.com](mailto:interactfest@gmail.com) or ph 09 849 5595 or check out our website [www.interacting.org.nz](http://www.interacting.org.nz)

Have you produced art work? Dance, music, Kapa Haka or performance pieces? Wearable art for the parades? You don't have to prepare something new, it may be something you have already performed but would love to share it with all the people who come to InterACT. It takes 2 mins to fill out this link and it's the first step to being part of this exciting event. <https://tinyurl.com/interactfest>

**[Jubilee Sailing Trust – Set Sail Adventure](#)**

This programme will only be running between 3<sup>rd</sup> May and 8<sup>th</sup> August this year so book now to secure an adventure of a lifetime! All ages welcome. JST is a globally unique, UN-accredited charity which utilises the adventure of tall ship sailing to unlock human potential and break down barriers between people of different circumstances - especially between people living with disability and the non-disabled. Our vessel, Tenacious, is the world's largest operating timber hulled vessel and has voyaged over 18,000 nautical miles from Southampton UK to deliver a programme of voyages and day sails in New Zealand. She has been built from the ground up to accommodate a crew where half can have a disability or impairment of some kind and the other half is made up of people who are non-disabled. The JST voyage experience is open to all ages and encourages self-discovery and cultivates active participation. The supportive and well-designed environment quickly breaks-down prejudice, promotes equality and mutual understanding. It is where people find new strengths and learn to see strengths in others without being diverted by a perceived weakness. The effect is an immersive personal development experience, increasing life skills and self-belief. It is also about enjoying yourself and making new friends. To see a video of our life on board click [here](#) or check out our website for more details – [www.jst.org.nz](http://www.jst.org.nz)

Our programme in New Zealand is open to all ages but will only be running between May and August this year so book now for the adventure of a lifetime with a crew like no other! To check out our voyages go to [www.JST.org.nz/voyages](http://www.JST.org.nz/voyages)

### **Little Gems Playgroup**

Hi everyone, my name is Lorena. I'm a mother of a gorgeous 6 years old boy, his name is James. My little man was formally diagnosed with autism when he was 3. I know firsthand how difficult it can be for parents looking to do their best after their child diagnosed. I decided to create a playgroup for children up to the age of five (or six if they haven't started school), would be based on free play. The playgroup would also allow parents who faced the same experiences with children with autism to share advice and frustrations. Siblings are welcome. Every Tuesday from 7<sup>th</sup> March, 10am-12pm, 192 Parnell Road, Parnell, Parnell plunket rooms. Gold coin donation. Contact Lorena 022 307 9263 or Annalee 021 264 2668

### **Mum's Kitchen Rules**

Three free fun and friendly workshops for family cooking on a budget. For pregnant mums or families with children 0-2years. On completion of the third session you will receive a free cooking goodie bag. Thursday 4<sup>th</sup> May, 11<sup>th</sup> May, 18<sup>th</sup> May, 10am-12pm. Plus a weaning foods option extra 25<sup>th</sup> May. Manukau City Baptist Church, 9 Lambie Dr, Papatoetoe. Ring Jess Bevan 021 531 712 to register or text your name and MKR and someone will contact you within 48 hours. Registration form [here](#)

### **Nelson Ark – Compassion in Action**

Vision that all young people have the change to learn the life skills they need to make their way positively in the world. Our mission is to heal and empower at risk young people to teach them compassion and give them hope for the future. The programmes offered are based on group work and animal assisted therapy. The Nelson ARK is the only satellite service delivering Healing Species outside the USA and they are looking to grow this practice in Auckland. Nelson ARK coordinator Karen Howieson will be in Auckland on May 22 2017 for a presentation at the Fickling Convention Centre in Auckland. The presentation will begin with a general overview of the Nelson ARK and Healing Species. Then, Karen will give a 30minute presentation on training to become a Healing Species Facilitator. May 22 2017, 6pm to 8pm, Fickling Convention Centre. Contact Karen Howieson [www.thenelsonark.co.nz](http://www.thenelsonark.co.nz) 03 542 3866. Flyer [here](#). To become a healing species facilitator look [here](#).

### **Numicon Courses Term 2**

Auckland 1<sup>st</sup> June, Numicon for years 1-6 including special needs  
This is a full day course conversing all aspects of maths using Numicon. The fee includes a Maths Bag and morning tea. Bring your own lunch. There is a cafe nearby. 9:15am - 3:00pm

### **Pain Self Management Education**

16<sup>th</sup> August running for 6 weeks, 10am-12.30pm. East Health Trust, 260 Botany Road, Unit B, Golflands. For people with chronic pain lasting more than 3 months. Topics include Healthy Eating, problem solving, communications, strategies for managing pain, fatigue and frustration. Contact Shirley Bernhard on 538 0599 or email [shirleyb@easthealth.co.nz](mailto:shirleyb@easthealth.co.nz)

### **Papatoetoe Football Adapted Programme**

A great opportunity to learn football or enhance skills under Papatoetoe United Football Club coaches! The programme runs for 8 weeks and is open to young people (5years plus) with a physical impairment who are ambulant or uses walkers or sticks for mobility. Saturdays 1-2.15pm, Kolmar Centre (Indoor Cricket Nets) off Sutton Cres, Papatoetoe \$85 for the year. Contact Paul Ralph 021 456 534 [paulralph@advancemarketing.co.nz](mailto:paulralph@advancemarketing.co.nz) to register

### **Speaking the Unspeakable; Safe discussions around suicide prevention.**

Friday 2<sup>nd</sup> June 11am-3pm, Fickling Convention Centre, 546 Mt Albert Road, Three Kings. Kaumatua George Hill (Ngāti Whātua) and Changing Minds welcomes you, whanau and loved ones to a safe space to hear professional perspectives, ask questions and share concerns and opinions around the new suicide prevention strategy. Taimi Allan (CEO Changing Minds) will kick off at 11am sharp with our Panelists. Dr David Codyre - Psychiatrist, Mental Health lead PHO. Manu Fotu - Waitemata District Health Board Strategy. Dr Jemaima Tiatia- Seath - Akl University Senior Lecturer Pasifika suicide prevention lead. Shaun Robinson - CEO of Mental Health Foundation. Leigh Murray - District Health Board-Family Advisor. Lucy McSweeney - Youth MH in Education. Kayte Woodward - ASIST and safeTALK Trainer, Kieran Moorehead - Changing Minds  
We will be collating questions PRIOR to the event so if you have a question you would like to ask any one of our panelists or just in general please email questions to Tamara - [tamara@changingminds.org.nz](mailto:tamara@changingminds.org.nz) A light lunch will be served. We will facilitate four break out groups for you to discuss the prevention strategy and form the feedback. Peer Support workers from both Mind and Body and Vakatautua will be present to support anybody who is triggered or would like a chat.

### **Sensory Processing Workshops – Making Sense of the Senses**

Making sense of the senses – 23<sup>rd</sup> June 10am-1pm, A workshop for caregivers or professionals who work with children and youth. This workshop will look at how sensory processing can impact on children's learning and daily functioning at home and school. Cost \$95 + GST, including morning tea. Meadowbank Community Centre, 29 St Johns Road, Meadowbank. Email [rachel@sensorycorner.co.nz](mailto:rachel@sensorycorner.co.nz) 09 271 0951

### **Te Ata Timetable Term 2**

Monday Zee Zumba 11am, Mosaic and Crafts, 1pm.  
Tuesdays Doubles Pool 10am, Art Journalling 1pm.  
Wednesdays Board Games 10am, Pamper Class 1pm  
Thursdays Art 10am, Film Class 1pm  
Fridays Creative Writing 10am, Pool Comp 1pm  
Held at H2 and H3 52 Keeling Road, Henderson 09 837 0671, email [te-ata@xtra.co.nz](mailto:te-ata@xtra.co.nz)

## **Toolbox Parenting Courses and Parenting Through Separation**

### **Term 2 2017, Toolbox Parenting Courses**

Early Years (0-6yrs): starts Monday 1<sup>st</sup> May, 7pm to 9.15pm (for 6 weeks) – Early Years is now full but taking registrations for August. Building Awesome Whanau (0-12yrs): starts Tuesday 2<sup>nd</sup> May, 7pm to 9.15pm (for 6 weeks) OR Thursday 4<sup>th</sup> May, 10am-12.15pm (for 6 weeks), Tweens and Teens (12+): starts Wednesday 3<sup>rd</sup> May, 7pm to 9.15pm (for 6 weeks)

**Parenting Through Separation:** once every week (alternating Thursday 6pm to 10pm, and Saturday 10am to 2pm). Both at Lifewise Family Services, 3131 Great North Rd, New Lynn. Ph Jess Hale 09 818 0205 email [jessh@lifewise.org.nz](mailto:jessh@lifewise.org.nz)) or [www.lifewise.org.nz](http://www.lifewise.org.nz) for more information.

## **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 1<sup>st</sup> May. For more information contact Jen Ryckaert, [Jennifer@rmtc.org.nz](mailto:Jennifer@rmtc.org.nz) or 09 360 0889.

## **Wellbeing Support Groups – North Shore**

Mindfulness, Wednesdays 3<sup>rd</sup> May-7<sup>th</sup> June 10.30am-12pm. Raeburn House \$85 or free with doctor referra.

Art Therapy, Mondays 8<sup>th</sup> May-3<sup>rd</sup> July, 10am-12.30pm, Norman King Community Hub, Northcote, \$105 or free with doctors referral

Moving past depression Sunday 21<sup>st</sup> May-9<sup>th</sup> July, 1-3pm, Raeburn House, \$95 or free with doctors referral.

Overcoming Anxiety, Monday 1<sup>st</sup> May-29<sup>th</sup> May, 6.30-8pm, Norman King Community Hub, Northcote, \$85 or free with doctor referral.

Parenting Anxious Tweens and Teens, Sunday 21<sup>st</sup> May-11<sup>th</sup> June, 1-2.30pm, Norman King Community Hub, Northcote, Free for all.

Confidence, Wellbeing and Employment Guidance, Thursday 4<sup>th</sup> May for 6 weeks, 10-11.30am, Norman King Community Hub, Northcote, Free for all  
Tuesday 13<sup>th</sup> June for 6 weeks, 1-2.30pm, Norman King community Hub, Northcote, Free for all.

## **Wellbeing Support Groups – West Auckland**

Mindfulness, Monday 22<sup>nd</sup> May for 6 weeks, Walsh Trust, Henderson, \$85 or free with doctors referral.

Moving Past Depression and Anxiety, Thursday 11<sup>th</sup> May for 6 weeks, Walsh Trust, Henderson, \$105 or free with doctors referral.

## **Wellbeing Support Groups – Rodney**

Enhancing Self Esteem and Communication Skills, Thursday 25<sup>th</sup> May-29<sup>th</sup> June, 7-9pm, Stanmore Bay \$95 or free with doctors referral.

Overcoming Anxiety, Monday 12<sup>th</sup> June-3<sup>rd</sup> July, 6.30-8pm, Orewa, \$85 or free with doctor referral.

## **Working with Parents' Anger**

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

## **NOTICES**

### **Access4all**

ACCESS4ALL is a New Zealand-wide Accommodation and Activity Guide specifically designed for anyone, young or old, who has mild to major mobility difficulties. It is mainly visual so travellers and their support team can see and decide for themselves whether accommodation and/or activities in a particular destination might suit – because they are the experts. We do have some knowledge of this field as we have a few mobility impairments ourselves. Contact Richard 09 479 7702.

### **AT HOP accessible concession process**

Auckland Transport are reviewing the AT HOP accessible concession process and would like to hear your feedback, about any issues/problems you have experienced or anyone you know in terms of getting the card. Anna Haggerty is the lead. Can you please contact Anna email [Anna.Haggerty@at.govt.nz](mailto:Anna.Haggerty@at.govt.nz). Anna will contact you about the next steps.

### **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](mailto: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](#).

### **Big White Wall**

Big White Wall is an online support site available 24 hours per day, 7 days per week for people living in Auckland region. The site has over 15,000 members and contains resources and online group programs for a number of problems (eg. depression, anxiety, trauma). People use the site for a variety of reasons including loneliness, frustration, work stress, depression, and anxiety and gain support from talking to other users or just expressing their own experiences. You can access the site for free at [www.bigwhitewall.com](http://www.bigwhitewall.com) and entering an Auckland postcode

### **Care Matters**

Care Matters is a ground-breaking carer learning and wellbeing resource service, designed in New Zealand by carers specifically for carers in the disability community. Phone 0508 236 236

### **Carer/Housekeeper Required**

Carer/Housekeeper required for a person CFS (chronic fatigue syndrome) requires a housekeeper/carer – “family of 3 require mature kind capable caring woman to look after our home and help with care for a mother and daughter 5 days /week for free boarding and wages”. For more information contact Helene 027 308 9247. Based in Clevedon on a farm.

### **Carer required Bucklands Beach**

Chinese family with a 14 year boy with Autism live is looking for a support person to look after the child for after school or weekend. Male and Mandarin speaking prefer but not necessary. 6 hours per week, days and duration negotiable. If anyone is interested, please contact Jenny on 021 269 5192

### **Carer required Dannemora**

Thursday and Fridays - 8.30am to 3 pm – in home care, Dannemora, East Auckland. 21yr old young man, with special needs, verbal, mobile and happy, easy going when one on one, happy to chill at home or do some outings with the carer. Phone mum – Denise 021 2261362.

### **Carer Required Henderson**

We are in need of a carer to care for my 6 year old boy in Henderson on an ongoing part-time basis. He suffers from Tuberous Sclerosis, is non verbal and can't walk. He suffers from epilepsy which is partially controlled. Hours 2.30-4.30pm on weekdays (Monday to Friday) and then full time in the school holidays. In the school holidays, you will be working 8am to 4.30pm although the ability to start as early as 6.30am is an advantage. Some light household duties around child would be required as well - such as unloading dishwasher, and doing the child's washing. You will also do personal care. No work experience is needed, although a background in childcare and/or experience working with children with special needs is highly desirable. To be suitable, you will: Need to be able to make a long-term commitment (at least a year) Be able to work as a self-employed contractor. This means that you will have to pay your own income tax. Please note that if you are currently holding a student visa, you are unlikely to be able to work as a self-employed contractor due to your visa conditions. If you have any questions about your student visa conditions, it is best to contact Immigration NZ for the most up to date advice. Be caring and reliable. Your own transport is an advantage, however there is public transport to the job location. Hourly rate is \$17-\$20, to be advised based upon experience. Please email Anita Garrett, [anita.garrett@icloud.com](mailto:anita.garrett@icloud.com)

### **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. Check out any books and if they don't have them they can get them in for you.

### **Community Investigation**

Community Investigation invites you to take a holistic look at community and explore questions such as, what does a healthy community look like and how can we create it? How does reciprocity work in

community? It also provides methods and tools for exploring the talents of the community. This in turn should lead to a targeted allocation of practical and financial resources and in turn increase productivity for your organisation. It will allow you to look at and challenge the way your organisation functions on a day to day basis while remaining true to its vision. You will also develop a fresh understanding of how your organisation fits into the wider community. Community Investigation will empower your organisation to adopt fresh, innovative ideas and increase you relevance while providing tools for you to shed ideas that may be limiting your life in the community. Community investigation is an experience that empowers your organisation to be agents of change in an ever changing world. For more information contact Gray Ruffell, [info@grayruffell.co.nz](mailto:info@grayruffell.co.nz), 027 303 1079 / 06 870 8212

### **Global Food and Friends**

Calling all migrants and Kiwis. Join us at our friendship centre. Learn about kiwi culture, find out local services that can help to settle in NZ. Try foods from around the world and bring a small plate of finger food to share. Wide range of speakers and activities. Meet others, make friends and have fun. Everyone welcome, bring your friends and family along. Wednesdays 17<sup>th</sup> May, 7<sup>th</sup> June, 21<sup>st</sup> June. 10am-12pm. Level 1, Norman King Community Hub, 65 Pearn Cres, Northcote. Ph 09 441 8989 or email [info@raeburnhouse.org.nz](mailto:info@raeburnhouse.org.nz)

### **Healthcare – where should I go?**

Multilingual social media campaign:Aim: Promote family doctor (GP) enrolment and benefits of seeing a regular GP, pharmacist or urgent care clinic for urgent and less serious health concerns, and when to visit a hospital emergency department (ED) when seriously unwell or an emergency. As well as promoting cervical screening to Asian women (focus on those in the 25–29 age group who have low coverage) who would benefit from opportunistic screening. Launched for 8 weeks focusing on Asian, new migrants and students – primarily Chinese, Indian, Korean and Filipino groups living in the Auckland DHB area. Click here to see fliers in [English](#), [Chinese](#), [Korean](#), [Hindi](#).

### **Healthcare – where should I go Videos in English, Chinese, Korean?**

#### **Week 2**

**English** - Cindy went to hospital as she had diarrhoea, but had to wait for several hours while she ran back and forward to the toilet. She was given relief medication and was sent home to see her family doctor (GP). Cindy visited her local GP the next day. “I was pleased I could get my tests and treatment done without the wait. Back home in Asia we always go to a hospital for any health problem, now I know how the GP can help me. They even said I could get my cervical smear done at the same time by the GP or practice nurse - it was that easy”.

**Chinese** -菲律宾女孩辛迪因为腹泻前往医院，在数小时的等待过程中她只能不停往返厕所解决肚子不适的问题。终于她在医院拿到了一些缓解症状的药物，医院建议她其实可以去看家庭医生。第二天辛迪去当地家庭医生那里就诊。“原来我是可以在家庭医生那里做各项检查和治疗的，并不需要在医院排那么久队。因为在菲律宾，我们通常习惯生病时直接前往医院，现



在我知道，原来家庭医生就在我身边可以帮助我。我还了解到这里的家庭医生或护士可以同时帮我做宫颈涂片—就这么容易”，辛迪兴奋地说道。

**Korean** - 신디는 설사 때문에 병원을 방문하였습니다. 그렇지만 많은 시간을 기다려야 했고 기다리는 동안 화장실을 여러 번 다녀와야 했습니다. 그녀는 진정제를 받은 후 가정의(GP)를 만나보라는 말을 듣고 집으로 돌아갔습니다. 신디는 다음날 가정의를 찾아갔습니다. “기다리지 않고 검사와 치료를 받을 수 있어서 좋았어요. 아시아에 있는 제 모국에서는 건강문제가 있을 때 마다 항상 병원을 찾아갔어요. 이제 이 곳에서는 가정의(GP)가 어떻게 나를 도와줄 수 있는지 알게 되었어요. 자궁경부검사도 가정의나 간호사한테 받을 수 있다고 알려 주었어요 - 아주 간편 했습니다”

### Week 3

**English:** Sarah felt the start of a cold coming on and it developed into a cough by the evening. She visited HealthPoint ([www.healthpoint.co.nz](http://www.healthpoint.co.nz)) online to find the nearest pharmacy that was open and went to ask the pharmacist for advice on how to relieve the symptoms. "I was happy that the pharmacist could help me by suggesting the right medicines. This was an easy and hassle free way to see a health professional without needing to book an appointment".

**Chinese:** 一天晚上，独自在新西兰留学的中国女孩 Sarah 李梦感到浑身发冷，并且很快发展成重感冒。情急之下，她在 HealthPoint ([www.healthpoint.co.nz](http://www.healthpoint.co.nz)) 的网站上找到了离家最近的药店，确认药店开门后便前往药店。药剂师根据她的症状给了她贴心的建议。“我觉得特别温暖，大晚上一个人生病，但是药剂师非常耐心帮我寻找适合的药，还细心的帮我排除一些可能起药物反应的药品。这真的是非常人性化和便捷的体验，让我不用去预约等待医生，就能在紧急时候得到专业的健康指导。”

**Korean:** 사라는 감기에 걸렸다는 것을 느끼기 시작했고 저녁에는 기침을 하기 시작했습니다. 그녀는 온라인으로 헬스포인트 (healthpoint.co.nz) 웹 사이트를 이용해서 제일 가까운 곳에 문을 연 약국을 찾았고, 약사에게 증상을 완화 할 수 있는 방법에 대해 조언을 구했습니다. “약사가 저에게 맞는 약을 추천해 줘서 좋았어요. 심지어 제가 복용 할 감기 약에 방해가 되는 다른 약들을 먹고 있는지도 물어 보았어요. 예약없이 복잡하지 않고 쉽게 의료 전문가와 만날 수 있었습니다.”

### Week 4

**English:** The Kim family recently arrived in Auckland. "Our friends said to enrol with a local family doctor (GP) straight away so we could pay cheaper doctor visits and fees on most prescription medications. It's really good to have a regular GP here that you can trust. The practice knows my family well and they're in touch regularly, especially when my son needed his immunisations. The New Zealand health system can be confusing for many Korean immigrants when they first arrive in the country. You don't know where to go to get tests, or how to get your child immunised. When you're enrolled, you have one doctor taking care of family, from blood tests to regular health checks - it's great".

**Chinese:** 金氏家族最近刚刚落户奥克兰。他们的经历是这样的：“朋友介绍我们注册本地家庭医生后，可以享受更低的诊费和更便宜的处方药价格。能够有一名固定并且值得信赖的家庭医生真的很棒。我的医生了解我的家庭，和我们保持规律的联系。尤其是当我的儿子需要接种疫苗时，都非常方便。其实很多像我一样的中国移民刚刚来到新西兰时，这里的医疗系统有点让我们摸不着头脑。你可能不知道去哪里做化验，或是如何给孩子接种疫苗。而当你注册家庭医生后，一名医生可以帮你照料从验血到常规身体检查等等几乎所有方面。这真的非常棒。”

**Korean:** 김씨 가족은 최근에 오uckland로 왔습니다. “저희 친구들이 가정의(GP)등록을 바로 하라고 말해 줬어요, 그래서 덕분에 저렴하게 진료와 약 처방을 받을 수 있었어요. 여기에 믿을 수 있고 정기적으로 방문할 수 있는가정의를(GP)를 두는게 정말 중요해요. 의사와 간호사가 제 가족을 잘 알고 저희에게 정기적으로 연락을 해줘요. 특히 제 아들이 예방접종 해야 할 때가 되면 이를 알려주지요. 뉴질랜드 의료체계가 많은 한국인 이민자들에게 처음엔 혼란스러울 수 있어요. 예를 들어 어디에서 건강 검진을 받아야 하는지, 어떻게 아이의 예방 접종을 받을 수 있는지를 잘 모릅니다. 그렇지만 가정의 등록을 하시면 우리 가족을 돌보는 한 명의 의사를 두게 되는 것이고, 혈액검사부터 정기적인 건강 검진까지 가정의를 통해서 도움을 받을 수 있게 되죠 - 정말 편리합니다”

### One small step for your child, one giant leap for their education

Hi, my name is Julie and I am your local Footsteps Teacher working in the heart of the North Shore. I work with many local families in the area to provide the Footsteps 'Learn' Programme. Funded by the Ministry of Education our free home-based programme entitles your child/ren to receive regular visits from a qualified early childhood teacher like me when there is a caregiver (other than you, the parent) in place. The caregiver can be anyone who provides regular care to your child such as a nanny, grandparent, relative or friend. I am trained to provide fun, one to one learning support, advice and ideas to ensure your child gets the best start. At Footsteps, we are committed to the highest quality which is why I receive an industry-leading 20 days training a year and have up to 75% smaller caseloads than other providers. When you enrol with Footsteps you will receive: 1:1 support to ensure tamariki are getting a personalised learning experience, regular visits from one of 55 qualified early childhood teachers working nationwide. Free learning resources tailored to your child's needs and interests. Learning folder - a folder celebrating your child's life story and achievements. Access to subsidies - to ensure you are getting the support your family is entitled to. Keen to find out more about how Footsteps can support you and your child? Call Marion on 0800 366 878 or go online to [www.footsteps.co.nz/learn](http://www.footsteps.co.nz/learn)

### IHC Volunteering

The IHC volunteer programme is about friendship in the community. This is what makes a volunteer for IHC so unique. Spend time doing what you want to do, when you want to do it, with a person with an

intellectual disability. By taking a moment to connect with someone with an intellectual disability you can make a positive change in someone's life and a new friend in the process. For more information click [here](#) and to find volunteers in your area for your young person.

### **Job Café**

Supporting Disability Employment. Our exceptionally important group of New Zealanders on the diversity spectrum needs more help than most – jobseekers with a disability. We help people find people. Whether you are a jobseeker, employer or recruitment agency we are keen to help our clients succeed. Our Purpose: Helping to make New Zealand a better place to live, work and play. Job Posting on JobCafe and/or using our talent pool (on-line recruitment system) To find out about advertising services, rates for JobCafe or to setup your own Job Posting Account or enquire about using our talent pool solution - Email [Tony Cutting](mailto:Tony.Cutting) or call / txt Tony on 021 911 722. JobCafe Coaching Services JobCafe provides Career Coaching services for people who need assistance in developing a career plan then executing this with a solid marketing strategy. Our JobCafe 'Available Now' service was developed to market these clients to employers across New Zealand. For employers and recruiters we can help develop you into proactive recruiters who build solid referral networks, attractive brands and find the people you are looking for. For further information about JobCafe Coaching services please contact Tony Cutting on 021 911 722 or email [tony.cutting@peoplenet.co.nz](mailto:tony.cutting@peoplenet.co.nz) or visit our JobCafe Coaching website at [jobcafecoaching.com](http://jobcafecoaching.com)

### **LifeKidz Youth Group – Community Participation Programme**

This programme is developed for Very High Needs and High Needs Youth for over 18 year 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](mailto:deearna@lifekidz.org.nz)

### **Mind over Manner**

Are a charity organisation that presents workshops to strengthen communication and connection with those teenagers who think learn and work differently. These workshops are designed for the parents, siblings, families, community members first responders and professionals in close association with these teenagers. The teenagers may be undiagnosed high functioning or diagnosed with such labels as Asperger's, OCD, ADHD, Dyspraxia, ADD, ODD and others. They normalize what's often viewed as dysfunction or disability and reframes it as cognitive difference, levelling communication barriers between all of our neurodiversity. That person that's been put

in that "label or box" is just another person. They were established because there is a desperate and exponential need for our workshops. We are all aware there is a significant increase in teenage anxiety, youth alienation, unemployment, teenage runaways and youth suicide. Helps parents and professionals keep going when they just don't know what to do next. Mind over manner uses applied theatre techniques and works with theatre practitioners. By re-constructing highly-charged events drawn from life experiences, exercises deliver "active-reality" scenarios so parents, family, caregivers, teachers, youth workers and police have the chance to participate and reassess their responses to these most difficult times. If you are interested in booking a Mind over manner workshop please visit our website [www.mindovermanner.co.nz](http://www.mindovermanner.co.nz) or contact Susan Haldane 027 665 8084 (txt only) [sue@mindovermanner.co.nz](mailto:sue@mindovermanner.co.nz)

### **Music Therapy with Shari**

Shari is an Auckland-based, NZ Registered Music Therapist, providing contract music therapy services to a variety of facilities including a mental health service for older people in a hospital setting, aged care in residential and health settings, a choir for people living with neurological conditions, day services for adults living with disabilities, as well as private practice with clients in locations across Auckland. From young children to older generations; one-on-one, with families and in groups; in schools, rest homes, health care facilities and private homes; working with people with special needs, mental health needs, intellectual and physical disabilities and within neuro-rehabilitation. Email [shari.storie@outlook.co.nz](mailto:shari.storie@outlook.co.nz) or phone 021 574 274.

### **MyCare**

If you're looking for caregivers to support you and your child, take control of your home support needs and connect with a nationwide network of caregivers and support workers on [MyCare](#). MyCare is an easy-to-use online platform and app that allows you to browse through thousands of helpers and support workers to assist with a wide range of services. Whether your child needs support with activities, a buddy, or help with personal care, MyCare gives you the power to select a helper that best suits your family's needs. Worker profiles allow you to check interests, experience and qualifications. You can also read reviews from other users to help gauge if their personality and skills are a good fit for you and your child. Simply download the app on [iOS](#) or [Android](#) or log onto [www.mycare.co.nz](http://www.mycare.co.nz) to list a job for free and find a suitable worker. Next, it's as simple as booking their time and making a payment through MyCare's secure payment system. [hello@mycare.co.nz](mailto:hello@mycare.co.nz), 0800 677 700, [www.mycare.co.nz](http://www.mycare.co.nz)

### **Primary Schools No Exceptions Training – All sports Halberg Trust**

Increase the participation of physically disabled young people in sport and physical education at primary school. No Exceptions Training empowers teachers and coaches to adapt sport, physical education and recreation activities to include physically disabled young people at primary school to increase their participation. For more information please contact your local Halberg Disability Sport Advisor via website [www.allsports.org.nz/contact](http://www.allsports.org.nz/contact)

### **Skids After School Programmes**

Running out of Bairds Mainfreight Otara, Mayfield, Nga Iwi, Randwick Park, Robertson Road, Sutton Park after school quality programmes and are able to cater for some special needs children. Can provide most times a free service. Have arts and crafts, technology, cooking, movie day, fun day, sports and more. Provides healthy nutritious food and physical activity every day. Check out the above flier. For more information contact Ajneeta 027 627 5001 or email [ajneeta.skids@outlook.co.nz](mailto:ajneeta.skids@outlook.co.nz)

### **Supported Learning Courses**

We have 2 new programmes below that help learners whom have learning disabilities, it's designed to support students who need extra help, to gain skills and confidence to take on further study and or employment in the future. We currently have a variety of students with different needs we also keep class to a minimum of 10-12 for effective one on one learning. It is a free course for students 16 years and over. I have attached the Supportive Learning Brochure - Level 1 - NZ Certificate in Skills for Living, 20 weeks (55 credits)  
Level 2 - NZ Certificate in Foundation Skills  
21 weeks (60 credits)  
Manukau City Campus, MSL Training, 601-603 Great South Road, Manukau. Ph 0800 224 38 or [info@msltraining.ac.nz](mailto:info@msltraining.ac.nz)

### **StarJam spaces available**

Singing, dancing, drumming workshops for young people with disabilities in Auckland. Contact [auckland@starjam.org](mailto:auckland@starjam.org) for more information.

### **Talking Works Counsellor - Tom Didovich**

Tom is a well qualified NZAC Registered Counsellor, Coach and Mentor based in New Lynn, Auckland. He has worked with young adults on the autism spectrum and with mental health challenges. He specialises in anger management, emotional regulation and working with a wide range of issues including grief & loss, stress, anxiety and depression. He also works with couples, and facilitates therapeutic groups for men living without violence. Tom is a qualified pianist/musician and can bring musical elements into therapy, as well as drawing on his many years of experience working with animals. Contact Tom [tomdidovich@gmail.com](mailto:tomdidovich@gmail.com).

### **What would an accessible Waitemata board area look like**

You're invited to come and share with us what your local Waitemata area would be like if it was truly accessible. Thursday, 25 May, Blind Foundation Recreation Centre, 545 Parnell Rd, Newmarket, 10 am to 12 pm. RSVP: please let us know if you're planning to join us by 4 pm on 22 May, and include with your RSVP any access requirements, please. We're booking NZSL interpreters at this stage, so, do confirm when you RSVP if you'll be requiring that service. RSVP to Martine Abel –

[martine.abel@aucklandcouncil.govt.nz](mailto:martine.abel@aucklandcouncil.govt.nz);

Lauren Wetini, Be. Welcome Relationship Manager and Neville Pulman, Be. Welcome Programme Director will facilitate this stakeholder workshop on the day. This is the 2<sup>nd</sup> time the Waitemata local board creates an accessible plan and your input is crucial.

We look forward to meeting up with you on the 25<sup>th</sup> to hear how your local area can become more inclusive and accessible.

## **Articles of interest:**

[Woman in wheelchair can't climb stairs. Now watch stairs turn into elevator](#)

[Funding for melatonin](#)

[PTSD in special needs parents](#)

[Boyzone star Keith Duffy talks daughter Mia's autism](#)

[2 year old born with rare syndrome meets a man with same condition](#)

[Get involved with sign language week](#)

[Pharmac funding already cash strapped](#)

[How can my student be tested for Dyscalculia?](#)

[Christchurch family of disabled child overwhelmed by garden makeover](#)

[Disabled gamers are inventing their own controllers](#)

[Two wheelchairs and a baby](#)

[49 phrases to calm an anxious child](#)

[Grants to boost NZSL](#)

[Changing the face of cancer care for young people](#)

[Foundation sets target to transform the lives of young Kiwis](#)

[Application for YHA Youth Award Development](#)

[Engine with Autism on track for new Thomas the Tank Engine blockbuster film](#)

[Te Reo singalong in NZSL](#)

[75 clever DIY ideas every parent wish they knew sooner – lots of sensory](#)

[These trikes look like a whole lot of fun but they are also a vital role in rehabilitation](#)

[Warning over blue whale game encouraging young people to take their own lives](#)

[Support for vulnerable children into adulthood needed](#)

[A life story: Alexia Pickering, disability activist dies age 86](#)

[New respect for support staff](#)

[Special school spreads wings to encourage diversity on Auckland's North shore](#)

[ANZMES raising awareness for ME/CFS Day](#)

[Partnership provides a job for James](#)

[Grants to boost use of NZ Sign Language](#)

[IHC Board member wanted](#)

[What I wish people understood about fidget toys and disabilities](#)

[Higher perceptual capacity in autism can be both a strength and a challenge](#)

[NZ Care to take over home-based support services](#)

[Home support transfer to ensure uninterrupted services](#)

[National professional association for youth workers launches](#)

[Speech to NZ Federation of Disability Information Services](#)

[Calming space for special needs](#)

[Sleep study to help kiwi kids with ASD](#)

[Councillors given taste of life with a disability](#)

[Celebrate global accessibility awareness day](#)

[Psychology student developing a resource for parents](#)

**In order to keep informed about important issues, seminars and changes to any seminars it is important that you LIKE us on Facebook !**

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

## **NEWSLETTERS**

[Auckland e-News](#) – 3 May 2017      [Auckland e-News](#) - 17 May 2017  
[Be Accessible](#) – May 2017  
[Cald Newsletter Child Health and Disability Programme](#) – April 2017  
[Carers NZ](#) – May 2017  
[Changing Minds](#) – April 2017  
[Children's Autism](#) – April 2017  
[Communitycations](#) – 26 April 2017      [Communitycations](#) – 17 May 2017  
[Deaf Aotearoa May 22](#)      [Deaf Aotearoa 15 May](#)      [Talking Hands Magazine](#)  
[e-Cald news](#) - May 2017  
[Edushop](#) – April 2017  
[Health Link North](#) – May 2017  
[Health Quality & Safety Commission E-update](#) – April 2017  
[Kia Maro Enable NZ](#) – April 2017  
[On the Radar \(Rare Disease Advocacy and Research\)](#)  
[Parent to Parent newsletter](#) – April 2017      [e-news](#) 2 May 2017      [Magazine](#) – March 2017  
[Raukauri Newsletter](#) – Autumn 2017  
[Recreate NZ newsletter](#) – Term 2 2017  
[Special Olympics Fanletter](#) – April 2017  
[Te Ata Newsletter](#) – Term 2 2017  
[The Asian Network Newsletter \(TANI\)](#) – Autumn 2017  
[Vaka Tautua](#) – May 2017  
[Waitakere Health Link](#) – April 2017  
[Whanau Marama](#) – May 2017



*helping families*

**From the Disability Connect Team**  
**Lisa, Virginia, Robyn, Sanny, Angela and Asoka**  
[www.disabilityconnect.org.nz](http://www.disabilityconnect.org.nz)

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