

**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 17 July 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**

### **My Voice Matters – 2017 General Election**

Disability Connect is part of a group of organisations supporting the My Voice Matters campaign in the lead up to 23 September General Election. We have devised this survey to capture information on issues of concern to parents raising a young person with a disability – because the voices of disabled people and families matter! We encourage all interested parents to complete this survey. Provider organisations have a separate opportunity to provide feedback via NZDSN (their next provider networking meeting is 27<sup>th</sup> July). The survey results will be anonymous and (once collated together) will be sent to MP's to address these and other concerns at a public forum on 4<sup>th</sup> September. We will also devise a report featuring MP's responses and the various political parties disability policies – this document will be available at the Disability Connect Transition Expo 8<sup>th</sup> August. Click this link to complete the survey which closes 30<sup>th</sup> July:

<https://www.surveymonkey.com/r/7H7BRWD>

**'What happens when we're no longer here to care for our loved one with a disability'** Click [here](#) to view the video footage of the entire forum or click on the blue title above to access the video.

On Wednesday 28<sup>th</sup> June Disability Connect delivered a parents forum focussing on the issue 'What happens when we're no longer here'. This was very well attended with 97 parents and 10 staff from Disability Connect, Ministry of Health and Taikura Trust. We gathered a lot of feedback about the issues that concern parents as well as useful information from Ministry of Health about the Disability System Transformation currently underway. We welcome any further feedback or questions to [admin@disabilityconnect.org.nz](mailto:admin@disabilityconnect.org.nz)

### **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 25<sup>th</sup> July. Dates for rest of year: 15<sup>th</sup> August, 19<sup>th</sup> September, 17<sup>th</sup> October, 21<sup>st</sup> November, 5<sup>th</sup> December. 9.30am-1pm. Please

contact Sunny Chan at Disability Connect for more information on our meetings. To see flier in [English](#) or [Chinese](#) click here Contact Sunny 09 526 1298 (DDI) or 09 636 0351 or [sunny@disabilityconnect.org.nz](mailto:sunny@disabilityconnect.org.nz)

### **Culturally Diverse Support Group (Otahuhu)**

This support group runs monthly at Mt Richmond School, 30 Albion Road, Otahuhu, 5.30-8pm. Dates for rest of year - 27<sup>th</sup> July, 24<sup>th</sup> August, 28<sup>th</sup> September, 26<sup>th</sup> October, 23<sup>rd</sup> November, 14<sup>th</sup> December 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 on one Monday night per month. August 14<sup>th</sup>, 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**

*North Auckland* -Wednesday 6<sup>th</sup> September 7-9pm  
Yes Disability Resource Centre, 3 William Laurie Place, Albany

*Central Auckland* - Thursday 28<sup>th</sup> September 12-2pm  
Disability Connect, 3b Olive Road, Penrose

*South Auckland* -Tuesday 14<sup>th</sup> November 7-9pm  
Clover Park Community House, 16 Israel Ave, Clover Park

#### **Living Options**

*East Auckland* - Wednesday 30<sup>th</sup> October 7-9pm  
Highland Park Community House, 47 Aviemore Drive, Highland Park

*West Auckland* - Thursday 14<sup>th</sup> September 7-9pm  
Hub West, 27 Corban Avenue, Henderson

*South Auckland* - Thursday 19<sup>th</sup> October 7-9pm  
Otahuhu Town Hall, 10-16 High Street, Otahuhu

*North Auckland* - Tuesday 24<sup>th</sup> October 7-9pm  
Yes Disability Resource Centre, 3 William Laurie Place, Albany

#### **Central Auckland**

Wednesday 1<sup>st</sup> November 12-2pm  
Disability Connect premises, 3b Olive Road, Penrose

### **Planning for Adulthood – The Legal Framework around Disability and Disability Rights**

*Central Auckland* - Thursday 7<sup>th</sup> September 12-3pm  
Disability Connect premises, 3b Olive Road, Penrose

*North Auckland* - Wednesday 27<sup>th</sup> September 6.30-9.30pm. Yes Disability Resource Centre, 3 William Laurie Place, Albany

*South Auckland* - Thursday 26<sup>th</sup> October 6.30-9.30pm  
Clover Park Community House, 16 Israel Ave, Clover Park

### **Sexuality Education for people with intellectual disabilities workshop, (Fully booked but we're taking a waitlist for follow up seminars)**

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. We are fully booked for July and August seminars. We endeavour to offer more of these later in the year so please register you list so we can put you on the waitlist for this - [admin@disabilityconnect.org.nz](mailto:admin@disabilityconnect.org.nz) or 09 636 0351.

#### **Transition**

*Central Auckland* - Thursday 31<sup>st</sup> August 12-2pm  
Disability Connect premises, 3b Olive Road, Penrose

*North Auckland* - Wednesday 20<sup>th</sup> September 7-9pm  
Yes Disability Resource Centre, 3 William Laurie Place, Albany

*West Auckland* – Tuesday 17<sup>th</sup> October, Oaklynn Special, School, 20 Mayville Ave, New Lynn

*South Auckland* - Tuesday 31<sup>st</sup> October 7-9pm  
Otahuhu Town Hall, 10-16 High Street, 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* - Wednesday 16<sup>th</sup> August 7-9pm  
Yes Disability Resource Centre, 3 William Laurie Place, Albany

*Central Auckland* - Wednesday 25<sup>th</sup> October 12-2pm  
Disability Connect, 3b Olive Road, Penrose

*West Auckland* - Tuesday 7<sup>th</sup> November 7-9pm  
Hub West, 27 Corban Avenue, Henderson

[Activities, after school and holiday programmes](#)

[Conferences / Events outside of Auckland](#)

[Counselling Services and Support Groups](#)

[Disability Sector Project Information and research](#)

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*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**

[Children's Autism Term 3 Workshops](#)

Sensory and Play Issues 2<sup>nd</sup> August, Wednesday, 7-9pm, St Columba, 40 Vermont St, Ponsonby  
Hands on Autism, 12<sup>th</sup> August, Saturday 9<sup>th</sup> April, Ponsonby Primary School, 44 Curran St, Ponsonby  
Social Skills Workshop – 14<sup>th</sup> August, Monday 7-9pm, St Columba, 40 Vermont St, Ponsonby  
Dealing with Transition and Change – 23<sup>rd</sup> August, Wednesday 7-9pm, St Columbus Church, Botany  
Dealing with Anxiety, 31<sup>st</sup> August Tuesday, 7-9pm, Manutewhau Community Hub  
Dealing with Change and Transitioning, 19<sup>th</sup> September, Tuesday, 7-9pm, North Shore  
Children's Autism Facilitators – Arletta van den Bosch – Family and Child Counsellor, Gera Verheul – Service Manager, Christine Farquharson – Occupational Therapist, Joline Zwart – Family Consultant and Lisa Martin – Disability Connect. For information and registration contact [enquiry@autism.org.nz](mailto:enquiry@autism.org.nz) or 09 415 7406.

[Deaf Aotearoa Auckland Community Forum](#)

Saturday 22<sup>nd</sup> July, 5.30-7.30pm, The Terrace Room, Auckland Deaf Society, 164 Balmoral Road, Mt Eden. The community forum is an opportunity to meet Deaf Aotearoa's General Manager – Services. Learn about Deaf Aotearoa's services and what is happening in each service. You can also ask questions about the services they provide. This forum will be held in New Zealand Sign Language. Tea, coffee and biscuits provided. For more information contact Erica Dawson by email [Erica.dawson@deaf.org.nz](mailto:Erica.dawson@deaf.org.nz) or text 027 309 4060

[Driven to be empowered – Do you want to get your learner's licence](#)

Come and join us on 31<sup>st</sup> August to be part of a free workshop for learner's driving licence. Otahuhu Town Hall, Lower Conference Room, 10-16 High St, Otahuhu, 10.30am-1pm, Childcare will be provided.

Due to limited spaces please register before coming. Email [info@familyfirstwelfare.org.nz](mailto:info@familyfirstwelfare.org.nz) 021 435 786 / 0800 435 7786.

[Learner Drivers Workshop](#)

25<sup>th</sup> and 26<sup>th</sup> July, 9.30am-2pm, Yes Disability Resource Centre, 3b William Laurie Place, Albany. Are you wanting to get your learner driver licence? We are looking for people with disabilities who are eager to get own learner drivers licence and would like to attend our workshop. [Rachael@yesdisability.org.nz](mailto:Rachael@yesdisability.org.nz)

[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 Workshop – Free](#)

The date for our next free MHFA (Mental health first aid) course for community is 27 and 28<sup>th</sup> July. Please check with friends and family if anyone is interested. Timing 9 am-4pm. Venue to be confirmed. To send your expression of interest please email [sobia.asim@affinityservices.co.nz](mailto:sobia.asim@affinityservices.co.nz)

[Mind over Manner One off Workshop at Altogether Autism Conference](#)

July 19<sup>th</sup>, 3.30-5.30pm. Successful transitions in home, health and education for caregivers/families \$30 and professionals \$50. For those who exist in terms of their own time frames and who don't respond well to the minimal changes in their daily routine... getting from A to B, attending a healthcare check or being present at school, can become a logistical and emotional nightmare.... for all involved. Using experienced actors, this workshop will look at many of the transitions that occur for the individual and how this impacts on the professional, parents, community mentors and whānau. Workshop participants will explore a range of considerations that affect youth with cognitive and sensory processing differences. Register online as if you were coming to the conference. When they arrive at the venue, they will need to come to the registration desk (which is on the way to the Jean Batten ballroom where your workshop is being held). In Comments, note that you are coming solely for the Mind Over Manner workshop, and if they are a professional (\$50) or autistic individual or family member (\$30). When it comes to payment, select 'please invoice my organisation'. Do NOT select to pay by credit card, as this will automatically deduct the full conference price from their credit card. (If anyone does this by mistake, we will of course refund). If anyone wants to stay on for the dinner, they should add this to their comments and add \$55 to the price to pay on invoice (i.e. total to pay for the workshop and dinner will be \$105 for professionals and \$85 for autistic individual or family member). Registration form is [here](#)

[People First Pukekohe](#)

Wednesday 26<sup>th</sup> July, 6.30-8pm, 1/241 Manukau Road, Pukekohe (next to Pukekohe South Doctors

Kaleidocare). People First is an advocacy group for people with an intellectual learning disability. Contact Tina Nimeroda, [tnimeroda@hotmail.com](mailto:tnimeroda@hotmail.com) 021 183 9348

### **Youth Rights in Aotearoa**

For anyone working with youth or providing youth advocacy, this session will provide you with up to date information on the legal information you need to know. We will begin with an interactive introduction to the United Nations Convention on the Rights of the Child, Discrimination, and Legal Ages. Then explore youth and Employment Law and the Youth Justice System. Youth Law provides legal advice, information and educational resources including the following topics: relationships, health and wellbeing, police and courts, bullying and violence, welfare and benefits, and human rights. 29<sup>th</sup> August, 12-2pm, Channel View Lounge, Mary Thomas Centre, 3 Gibbons Rd, Takapuna. register [info@ancad.org.nz](mailto:info@ancad.org.nz)

## **UPCOMING EVENTS, ACTIVITIES AND COURSES**

### **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 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. Parents of children who have special needs often feel isolated, judged and frustrated until they meet other parents sharing a similar journey. To provide a fully inclusive support network for whanau or carers who are or have raised a child or is a person with special needs. They have a monthly support morning tea at PACT, 311 Great South Road, Papatoetoe on a Tuesday. For more details either look up Auckland Whanau Special Needs Support Group on Facebook or phone Marlene on 021 120 3235. For more details search [Auckland Whanau Special Needs Support Group on Facebook](#)

### **COGY test ride – Pedal/Wheelchair/Bike/Chair**

Have a look at the info below and the attached flyer and if you want to book a spot for a trail please contact me. Thursday the 10<sup>th</sup> of August, 4.30pm to 6.30pm at PHAB 8 Auburn Street, Takapuna. Please note - There are only **5** places available on the trial evening. COGY trial evening. Chance to try out COGY, pedal-wheelchair / bike-chair. COGY is originally designed in Japan. Pedalling COGY is very light, so that even people whose legs are not strong enough to stand, are able to pedal. By repeating peddling, our body learn how to move our legs. Users become stronger on their legs. safer than walking, less pressure on joints than walking, more fun than exercise, efficient for teaching our body how to walk, you can feel the wind on your face using your own body. You will find it beneficial if you - have legs paresis from brain injury/spinal injury, have legs paresis from cerebral palsy, have legs paresis from stroke, have multiple sclerosis, - have problem exercising because of your body weight and/or joint problem and/or general weakness. Here below is the story of a 10 years old boy, with CP, who continuously tried

out COGY. (For his videos, [https://www.youtube.com/channel/UC19O\\_qiuRYb2P-xUA8TqIXA/videos](https://www.youtube.com/channel/UC19O_qiuRYb2P-xUA8TqIXA/videos)). Ben is a 10 years old boy, with paresis on his legs from cerebral palsy. He is experiencing growing pain these days, which discourage him from walking/standing. Ben used to walk 10-12 mins on treadmill about 3 years ago, but not at all in the last few months. He cannot stand long enough because of the growing pain followed by the weakened muscles. His parents were worried about him getting weaker on his legs. On his 4th day with COGY, his mother reported to me, "Ben managed to walk for 6 minutes on the treadmill. His gait was wider than I have ever seen and his steps were strong." COGY did not just help with his physical issue. His mother also reports, "He has decided a bit odd muscle pain is good because its his muscles growing", "He really enjoys his time on COGY as it gives him a sense of freedom nothing else gives him", "The biggest change is that Ben has much more self-esteem than before."

### **Community Participation Service**

The personal focus, community participation service offers customised one on one support for people who express a desire to overcome barriers to education, employment and or participation in the community. For more information click here – [page 1](#) and [page 2](#). For more details contact phone 09 815 5113 or email [pf.admin@framework.org.nz](mailto:pf.admin@framework.org.nz)

### **Deaf Day Programme**

Angela Treanor is working as a Deaf Day Programme Facilitator with Mt Tabor as this organization works with Deaf Plus clients. There are four different classes which are NZSL, Arts, Cooking and Education. It is a great opportunity for Deaf plus clients to enjoy different skills in any of those classes and socialise with the others in the class in NZSL. They can have a go in NZSL class or enjoy the painting or cartoons/drawings, have a taste of cooking, and enjoy the DDP trips to different places or enjoy the computer skills, puzzles, Math or English in general. If you are interested, contact Angela Treanor for more information, email her at [angela.mttabor@gmail.com](mailto:angela.mttabor@gmail.com) or text her 0210790993. [Here](#) is a link to the programme

### **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.

### **Fitness Fun Class**

We have a range of activities to get children active, help upper body/arm strength, co-ordination, balance and agility. We have a variety of activities which we change around as the term goes along. We also adapt each task to suit the child and their level, so your child works on tasks to suit their needs. The class will be limited to 8 children so that they can all



get access to equipment and the instructors can get around helping everyone. When we get more than 8 children we will start another class and group the children according to their development level rather than their chronological age. This will be held on Sundays during term time. For any child with special needs or learning difficulty. Bookings: Please email [info@improvinglifeoutcomes.org.nz](mailto:info@improvinglifeoutcomes.org.nz). You will be sent an invoice to be paid before the class starts and a T&C sheet to sign. Please also include a description of what your child struggles with and what they can do well so that we can match activities to their needs. This will be held at Lynfield YMCA, or at a different venue in Green Bay. \$160 a term or if you have carer support, then every 8 weeks you could claim a \$87.40.

### **Framework Activities Timetable – July-Sept 2017**

Includes Cooking, Yoga, Activate, Wellbeing, Learners Driving Licence, Mindfulness and Stress Management, Chinese Social Group, Badminton, Thai Kick Boxing and 30 and under social group. For timetable click here [page 1](#) and [page 2](#). To register phone 09 815 5113 or email [pf.admin@framework.org.nz](mailto:pf.admin@framework.org.nz)

### **Free composting basics workshop Otahuhu**

Otahuhu Town Hall Community Centre, Saturday 22<sup>nd</sup> July, 1-3pm. Bookings are essential. To book call 482 1672 during office hours or go to [www.compostcollective.org.nz](http://www.compostcollective.org.nz) and register online. This workshop is an introduction to all three composting systems. Already composting? Cool, you can still come along and get advice and meet like-minded composters in your neighbourhood. All participants will be offered a \$40 discount coupon towards a composting system that suits you!

### **Free Fitlife Community Health and Wellbeing**

All fitness levels welcome, circuit training, boxing for fitness, nutrition. Join the team for the next 8 week round. Otara 31<sup>st</sup> July, Gate 11, Otara Road, Otara (MIT Tiered carpark) Mangere 1<sup>st</sup> August, Moana Nui a Kiwa Leisure Centre, Waddon Place, Mangere Rec. 6-7am. Email [D65Fitlife@gmail.com](mailto:D65Fitlife@gmail.com)

### **Input into Unitec Diversional Therapy Major**

The Bachelor of Health and Social Development programme at Unitec is currently assessing the market demand for a new major in Diversional Therapy, including understanding trends in the client centred practices (that enhance psychological, social, emotional and physical well-being of clients) and the way in which education can help meet these needs. In the past we have consulted with many of you and we wonder if you might be willing to take part in this 10 minute online survey. Follow this link to the Survey: [Take the Survey](#). Or copy and paste the URL below into your internet browser: [https://unitec.qualtrics.com/jfe/form/SV\\_6SFTPrCtDMATyZ?Q\\_DL=eeoKxCMULhe1CXX\\_6SFTPrCtDMATyZ\\_MLRP\\_7X7uhDCzS8S3VL7&Q\\_CHL=email](https://unitec.qualtrics.com/jfe/form/SV_6SFTPrCtDMATyZ?Q_DL=eeoKxCMULhe1CXX_6SFTPrCtDMATyZ_MLRP_7X7uhDCzS8S3VL7&Q_CHL=email). This survey is carried out in compliance with New Zealand Market Research Code of Conduct and the Privacy Act 1993. Your participation in this research is voluntary. Any information you have provided will be kept confidential and anonymous.

### **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) Contact Ben on [ben.gould-smith@jst.org.nz](mailto:ben.gould-smith@jst.org.nz) or 027 552 6545.

### **Mixed Abilities Rugby**

What is Mixed Ability Rugby – [here](#) is some more information in general done in collaboration with IMAS (Internationally mixed ability sports) which is a proven model started in England to include everyone in mainstream sports. Mixed ability involves players, coaches, volunteers both with and without disabilities in mainstream sport activities, generating social inclusion and improving health, confidence and social skills. Mixed Ability Rugby can sound like a daunting idea in a sport known for its physicality, however within the wider rugby offer. To start we will organise a 'Have a go' training where we would like to invite anyone who is keen to join our Mixed ability Rugby team, trainings will be on Monday evening 6.30-8pm starting 17<sup>th</sup> July, College Rifles, Remuera. Please contact expression of interest via [marugby.nz@gmail.com](mailto:marugby.nz@gmail.com) so we can inform you of start date. Or contact 027 246 8461

### **Mum's Kitchen Rules workshops, from August 9**

Free cooking classes, Mum's Kitchen Rules, are available for Māori and Pacific mums. For pregnant women or families of children up to two years. Places will go quickly. Three workshops, 9 August, 16 August and 23 August, 10am-12noon, Manukau City Baptist Church, 9 Lambie Drive, Papatoetoe. To register phone 021 512 018 or text MKR. Read more [here](#)

### **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)

### **Personal Focus 5 Ways to Wellbeing Programme**

July-Sept 2017. This 11 week programme explores each of the 5 ways of wellbeing and how it can be applied to the life of the participant. Learning from each session is reinforced and individualised through an additional weekly one on one session held in the participants community. Spaces for this programme are strictly limited. To register phone 09 815 5113 or email [pf.admin@framework.org.nz](mailto:pf.admin@framework.org.nz). [Page 1](#) and [Page 2](#)

### **Phab Hangout Days**

For over 16's. The Building" is an amazing, fully accessible, PHAB youth space in central Takapuna that has the best of equipment for you to use: Playstation 3, Singstar, EyeToy, 4 Internet Linked computers, 42 Inch screen TV, Video camera, pool table, table tennis, basketball, foosball table, liberty swing plus heaps of other games and outdoor equipment. 8.30am-4.30pm. Tuesday 18<sup>th</sup>-21<sup>st</sup> July. Cost \$76 per day+ GST. A carer support form can be used to claim this back. Activities include Movies, Pizza, Maritime Museum, Science Day, Design your own t shirt, indoor/outdoor competition day, Xtreme game zone, paint the staff, zoo. Contact [chewy@phab.org.nz](mailto:chewy@phab.org.nz) or 09 488 7490.

### **Sight and Sound Holiday Arts Programme**

9.30am-3.30pm, for students 15+, \$50 per person per day. Thursday 20<sup>th</sup> July – Music and Movement (am) Painting, Printmaking, Drawing and Clay (pm) and Wednesday 19<sup>th</sup> July Mapura Studios, Fowlds Park, Rocky Nook Ave, St Lukes 09 845 5361 [info@mapurastudios.org.nz](mailto:info@mapurastudios.org.nz)

### **Social Skills 4 All**

A group therapy course targeting specific social communication skills. Would benefit people with Autism, Asperger's syndrome, High-Functioning Autism, people with difficulty with social interactions and/or those wanting to develop social skills to improve social communication. Term 3 spaces available on Saturdays. \$40/1hr session. Based in One Tree Hill, Auckland. For more information please contact Samantha McGillivray (Speech Language Therapist) [info@speech4all.co.nz](mailto:info@speech4all.co.nz)

### **Social Club Pukekohe**

A place to gather for friendship, fun and food. Fortnightly fun and friendship. Activities include Pool, table tennis, music and activities. Pukekohe Youth Centre, 1 Roulston St, Pukekohe. Doors open 5.30pm. phone 529 8748 or email [evelyn.ritchie@idea.org.nz](mailto:evelyn.ritchie@idea.org.nz). \$2 door charge.

### **South Auckland Green Prescription (Auckland and Counties Manukau)**

Green Prescription is a referral based health and wellness programme for adults 18 years and over who would like support and motivation to get active and improve their lifestyle. For clients who are not able to speak in English or have limited English proficiency and residing in the Auckland and Counties Manukau districts, a free translator for the initial consultation will be arranged. Fact sheets are available in [English](#), [Chinese](#) (Traditional), [Hindi](#), [Korean](#) and [Punjabi](#) languages. For more information: Contact: 0800 ACTIVE or 0800 228 483

### **South Auckland Job Club**

Employment & Careers Advancement service setting up something new soon, what is it? Job Club for the Deaf community looking for work, to get together and discuss things such as, how to prepare for job interview, how to seek for job online, how to polish or set up your CV, how to dress for job interviews and also look at what skills are needed to get yourself work ready. This will be organised soon in the South Auckland area. If you have any ideas please let Jane know by either email [Jane.Crown@deaf.org.nz](mailto:Jane.Crown@deaf.org.nz) or text 021 276 5772

### **Space Out South Art Classes**

Mapura Studios have started up Open Studio Art Classes for Special Needs Teens 4-5.30pm, Tuesdays 25<sup>th</sup> July-26<sup>th</sup> September, Pukekohe Youth Centre, 1 Roulston St, Pukekohe. For more information contact Alex 022 045 3961 or Sylvia 021 160 7641 or [info@mapurastudios.org.nz](mailto:info@mapurastudios.org.nz) 09 845 5361.

### **Special Olympics Training Opportunities Programme**

Special Olympics sports training sessions are held weekly in most areas, except Public Holidays, and school holidays in some areas. Groups break around the first week in December and resume in early February. Please ensure you contact the Coordinator before attending a training session to ensure there haven't been any changes to the timetable. Activities include Ten Pin Bowling, Swimming, Equestrian, Basketball, snow Sports, Football, Basketball, Golf, Indoor sports, Table tennis, Powerlifting, Athletics, Indoor bowls, Boccia in different areas. Run in Hibiscus Coast, Greenhithe, North Harbour, Waitakere, Central Auckland, Howick/Pakuranga, Manukau, Pukekohe, Mangere, Tamaki, Papakura. Click on above link for the contact details or each area.

### **Stanford Self Management Leaders Training**

Do you want to make a difference to the communities you serve. Do you or someone you care for have a long term health condition, such as heart disease, arthritis, lung disease, depression or diabetes? Topics

include: Relaxation techniques, communication skills, physical health and healthy eating, managing depression, managing symptoms and prevention. 4 full days Monday 4<sup>th</sup>, Tuesday 5<sup>th</sup>, Monday 11<sup>th</sup> and Tuesday 12<sup>th</sup> September, 9.30am-4.30pm. East Health Trust, 260 Botany Road, Golflands. Expression of interest to [parvink@easthealth.co.nz](mailto:parvink@easthealth.co.nz) or 09 538 0599, Parvin Kapila

### **Tuesday Teens Art Class**

For teens with special needs, Tuesdays Term 3, 25<sup>th</sup> July-26<sup>th</sup> September, 4-5.30pm, Phab, 8 Auburn St, Takapuna. Alex McPherson 022 454 391, 09 845 361, [info@mapurastudios.org.nz](mailto:info@mapurastudios.org.nz)

## **NOTICES**

### **111 Txt an Emergency Txt Service**

Do you have difficulty hearing or talking on the phone? Register now for 111 TXT so you can contact Fire, Ambulance or Police in an emergency. Sometimes there are delays on the phone network. If you TXT 111 and don't get a response within 2 minutes, then cOntact 111 a different way. How do I register if I don't have a computer? Contact Deaf Aotearoa New Zealand, the Hearing Association, The National Foundation for the Deaf, for the support organisation you deal with most often and ask them to help you register. For more information visit: [www.police.govt.nz/txt111](http://www.police.govt.nz/txt111)

### **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.

### **Adaptive Athletes**

Personal Training, Fitness Programmes, Group classes, Special courses and many more. Contact Adam 021 289 5044

### **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.

### **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

### **Chinese Social Group**

Want to socialise and be part of a community, e.g picnics, beaches, cafes and make Chinese food? This is a safe environment for you to meet others with a similar cultural background. The facilitators, Jade and Andrea speak fluent Cantonese and Mandarin, please don't hesitate to contact them 021 810 301 or 027 808 3124

### **Communication Cards in Multiple Languages**

Auckland DHB have developed and made available Communication Cards in 12 languages: [Arabic](#), [Burmese](#), [Chinese \(Simplified\)](#), [Chinese \(Traditional\)](#), [English](#), [French](#), [Hindi](#), [Korean](#), [Maori](#), [Russian](#), [Samoan](#), [Tongan](#), [Vietnamese](#). The Communication Cards contain a set of icons that patient can use if they are having difficulty communicating their immediate needs, wants or concerns. The icons are in an order of hierarchy that is similar to the well-researched concept of Intentional Rounding. The focus is on priority needs: pain, elimination, positioning, environment and personal needs or possessions. The cards can be printed and left with the patient at the bedside. Patients and their families can point to the relevant icons to help their communication with staff. It is hoped that these cards will improve the safety and quality of care for some of our patients who may not be able to communicate effectively.

### **Community Liaison Coordinator – IHC – Counties Manukau**

I am the new Community Liaison Coordinator at IHC and its service arm IDEA Services in Counties. At IHC, supporting people with intellectual disabilities and their families/Whānau is what we are passionate about and we are pleased to be offering this free service to the community. I am here to help you with navigating and accessing agencies, services, and supports. If you need information and assistance, I will guide you through the process of diagnosis to linking into Ministries for additional support. The other important function of the community liaison is advocacy. It is about ensuring people's rights are being respected and that they have support when navigating agencies. Please do not hesitate to phone, email, or visit our friendly office if you would like support for yourself or a loved one. Iris Phillip Community Liaison Coordinator IHC IDEA Services Counties Mob: 022 010 8243 Ph 09 529 8714. [Iris.phillip@idea.org.nz](mailto:Iris.phillip@idea.org.nz)

### **Crossfit Power Station**

We have been running a program in Howick integrating kids and teens on the spectrum to movement, strength, agility, co-ordination for 2 years. More recently we have developed a program to help children and teens integrate into other sports, and/or learn valuable skills that will help them with confidence, co-ordination, timing, strength and agility. We have 3 trainers in the group and work on a 4:1 ratio, and the children also have an opportunity to work 1:1 with a trainer on specific skills. For 5-16 years old. The sessions run Wednesdays 4.30 - 5.30pm and cost \$20/week (10 week program). Phone Cathy Halferty 027 335 0450

### **Disability Support Guide**

We have now have the pdf document of our very popular resource in English, Chinese, Korean and Arabic for you to download.

### **First Signs Website**

Deaf Aotearoa is proud to announce the new First Signs website is now live. The site features information about the First Signs service, as well as videos for families with Deaf or hard of hearing children aged 0-5. Families can use these videos to support their child's learning and links to further resources. Big thanks to the stars of the website, Carter and Elliot, and their families. You can visit the website at [www.firstsigns.co.nz](http://www.firstsigns.co.nz)

### **Flourishing Friendships**

Provides a personalised, respectful, safe and welcoming service in your local community. If you struggle to meet new people and social media/online dating isn't for you, talk to us. We welcome people over the age of 18, from all walks of life, culture, diversity and disability. You can expect a one to one meeting with our friendly team to get to know more about you, what you enjoy and the type of people you want to meet. For more information contact us on [flourishingfriendships16@gmail.com](mailto:flourishingfriendships16@gmail.com) or Sarah 021 135 3560 / 027 629 0696 [Page 1](#) and [Page 2](#)

### **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)

### **Māpura Studios**

Māpura Studios are accepting enrolments for children, teens and adults with diverse abilities, including visual art, movement and art, cartooning, creative music group, and two new creative art classes for Teens in Takapuna, and Pukekohe. Enrol now. Contact Māpura Studios for more information 09 845 5361 or [info@mapurastudios.org.nz](mailto:info@mapurastudios.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 normalizes 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)

### **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](http://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](https://www.apple.com/ios) or [Android](https://www.android.com) 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)

### **[New Zealand to join Marrakesh Treaty](#)**

The Government will join an international treaty to improve access to written materials for blind and visually impaired New Zealanders, Disability Issues Minister Nicky Wagner and Commerce and Consumer Affairs Minister Jacqui Dean say. The *Marrakesh Treaty to Facilitate Access to Published Works for Persons Who Are Blind, Visually Impaired or Otherwise Print Disabled* is an international framework that will enable the reproduction and distribution of books and other literary works in accessible formats. "An estimated 90 per cent of all written materials worldwide are not published in accessible formats, such as braille, audio or large print. For around 168,000 New Zealanders with a print disability, this is a barrier to participation in public life and restricts employment, educational and recreational opportunities," Ms Wagner says. "This treaty will make meaningful change to the lives of thousands of New Zealanders by ensuring they have access to a greater variety of books and other publications in accessible formats. It also supports the Government's vision of creating a 'non-disabling society', as outlined in the New Zealand Disability Strategy." Ms Dean says the Government will make other changes to further improve access to copyright works. "These changes will allow more organisations and individuals to produce and provide accessible format works without breaching copyright laws. "We now need to complete the Parliamentary treaty examination process and make the necessary legislative amendments to ensure New Zealanders with a print disability can benefit from the agreement as soon as possible," Ms Dean says. Ms Dean is also pleased to announce Cabinet's decision to make the Blind and Low Vision Education Network (BLENNZ) a prescribed body under the Copyright Regulations. This will allow BLENNZ to better meet the educational needs of students with a print disability. For more information, visit: [www.mbie.govt.nz/marrakeshtreaty](http://www.mbie.govt.nz/marrakeshtreaty)

### **Rescare Homes – Day Service**

"Rescare Homes Trust is opening a new specially designed Day Service for young men with autism at our Flatbush, East Auckland lifestyle community. We have at least 3 vacancies for young men for between 3-4 days per week 9am – 3pm Monday to Friday (excluding 3 weeks over the Christmas period). Interested parties MUST qualify for Very High Needs funding (ie they must be on VHN ORRS funding at school and ready to transition from school at the end of this year - transitioning may start in October 2017 if support staff are provided) OR may already be attracting VHN funding but want a Day Service more suited to their specific needs. We believe this will be the first service in the region to cater specifically to the needs of this client group and we are very excited to see it up and running. If you would like to learn more about this service please contact Tania Shine on 09 267 3686.

### **[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.

### **[Whats New in the CCS Library](#)**

All sorts of new and a variety of different books, resources, videos, autism specific, self-care, children's books free to access.

**Articles of interest:**

[Helping Deaf people hear music](#)

[Flourishing Friendships next meeting info](#)

[Over 200 Te Reo Maori expression to be added into new mental health and disability glossary](#)

[Warriors player Charnze Nicoll-Klokstad buys disabled kid new kicks](#)

[New London underground map redesigned for people with anxiety](#)

[Little Flick's birthday party](#)

[How Alec Baldwin's casting in Blind is part of a catch-22 for disabled actors](#)

[New handbook to better support caregivers](#)

[My son with down syndrome is 'The rule breaker'](#)

[Disabled Persons Assembly election forum](#)

[Star Jump to support Starship](#)

[Family of Blenheim girl with rare genetic condition make happy memories for others](#)

[Coldplay fan crowd surfs wheelchair stage](#)

[Brave school boy with autism reacts to being bullied by classmates in an incredible way](#)

[Elections 2017: Disability Issues and your opinions - Employment](#)

[Riding for disabled volunteer motivated by helping others](#)

[Turning disability into possibility](#)

[Sudden onset of Tourettes](#)

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

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# **NEWSLETTERS**

[Altogether Autism](#) – Issue 2 2017

[Be Accessible](#) – July 2017

[Bloom](#) – June 2017

[Carers NZ](#) – July 2017

[Children's Autism Foundation](#) – July 2017

[Communitycations](#) – 18 July 2017

[Communitycations](#) – 11 July 2017

[Communitycations](#) – 4 July 2017

[Dance Therapy](#) – July 2017

[Deaf Aotearoa July 17](#)

[Deaf Aotearoa 10 July](#)

[Deaf Aotearoa 3 July](#)

[Talking Hands Magazine](#)

[eCald News](#) – July 2017

[Epilepsy NZ](#) – July 2017

[Every Kiwi Counts](#) – July 2017

[Health Link North](#) – July 2017

[Health Quality & Safety Commission E-update](#) – July 2017

[Improving Life Outcomes](#) – July 2017

[Independent Living Services](#) – July 2017

[Interacting](#) – June 2017

[Kia Maro Enable New Zealand](#) – June 2017

[Numicon](#) – July 2017

[NZDSN Newsletter](#) – June 2017

[On the Radar \(Rare Disease Advocacy and Research\)](#)

[Parent to Parent newsletter](#) – July 2017

[Magazine](#) – March 2017

[Plunket](#) – June 2017

[Raeburn House Training Workshops](#) - July-Dec 2017

[Raukauri Newsletter](#) – Winter 2017

[Recreate NZ newsletter](#) – Term 3 2017

[Salisbury School](#) – June 2017

[Sands](#) – June 2017

[Te Ata Newsletter](#) – Term 2 2017

[The Asian Network Newsletter \(TANI\)](#) – Winter 2017

[Whanau Marama](#) – June 2017

[Wise Newsletter](#) – 5 July 2017 [Wise Newsletter](#) – 12 July 2017



*helping families*

**From the Disability Connect Team**

**Lisa, Virginia, Robyn, Sanny, Angela and Asoka**

[www.disabilityconnect.org.nz](http://www.disabilityconnect.org.nz)

Join us on [Facebook](#) and follow us on [Twitter](#)

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