



helping families

OTHER ORGANISATIONS

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.

Anglican Trust for Women and Children

We are an integrated family, early education and social work services and programmes to help protect, nurture and provide opportunities for up to 3000 children, young people and their families across Auckland. We aim to reconnect families/whanau and empower them to take control of their decision making so they can face the future with hope. Ph 09 276 3729 or email info@atwc.org.nz.

Anxiety New Zealand

Are now offering services in Mandarin. Please read the information in this [letter](#). ph 09 846 9776 or 24 hour National Anxiety Line: 0800 ANXIETY (0800 269 4389).

Auckland Disability Law Supported Decision Making Resources

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

Auckland Down Syndrome Association

All information and their current news can be found at their website

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 and entering an Auckland postcode

Bloom

Is a social enterprise for youth and individuals with learning disabilities. We are based in Pukekohe at Tui Glen Nurseries. You can find us at 188 Jutland Rd (far end of Princes St West) alongside Te Whangai Trust. We offer; meaningful activities for our vulnerable people, a connection to our community, an exchange of knowledge and skills between our keen volunteers and our people, a fun social work environment, some additional income to our workers and a sense of wellbeing for all participants. Every Monday, Thursday, Saturday 9am-12pm. New participants welcome on Mondays. For more information email Ineke bloompukekohe@gmail.com or 021 084 92604. Plants available for sale 10am-12pm.

“Building a Richer Life though Family Governance”

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

PO Box 13385 Onehunga Auckland 1643

P: (09) 636 0351 F: (09) 636 0354 E: admin@disabilityconnect.org.nz W: www.disabilityconnect.org.nz

CCS Disability Action – How's it Going?

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

Cerebral Palsy Group

Provide free educational information and support to those who have been affected by cerebral palsy.

Child Focus Group - Child Focus Group (CFG) was formed in October 2010 with the overarching goal of strengthening the Auckland North community's ability to effectively support children who have been affected by family violence and prevent them from further abuse by enhancing existing systems, increasing community ownership and the service response wrapped around families and whanau.

(CLIMB) Centre for Learning, Integration and Managing Behaviour

Provide support for children and teenagers diagnosed with Autism and other spectrum disorders. They also help children and teenagers with challenging behaviours and a variety of other diagnoses and difficulties. They do this by combining applied behavioural analysis (ABA) techniques with natural environment teaching (NET), in home and school settings.

Driving Miss Daisy

A service providing transportation for the elderly, children, disabled and for anyone who is unable to drive. Their special service also provides assistance in and out of the car, going to appointments, shopping and company on outings. Special needs are catered for including assistance with a walker or wheelchair. Please ph 0800 948 432 or look [at Franchise owners details](#) to see who is allocated to your area. All Daisies are ACC Registered Vendors and they accept Total Mobility Vouchers in most areas of New Zealand.

Dyslexia Support

Do you struggle to comprehend or remember what you read? Maybe your mind drifts and you lose track of time? Others may not be able to read what you've written? Could it be that you have a degree of Dyslexia? Contact Christine ph 09 444 1215.

Early Years Services Hub Franklin

A partnership between Franklin Family Services and Huakina Development Trust supporting families with children aged 0 - 6 years. Please contact admin@familysupport.org.nz

Family First Welfare Trust

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

Family Start Service

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

Family Works

We help families by working alongside you to resolve conflicts and strengthen relationships. We also support children and young people to overcome challenges at home or at school. We address issues and building strong, supportive family relationships.

Fetal Alcohol Spectrum Disorders

Have now released links to all online resources and guest speakers that have presented. The recent Workshop - FASD: Moving Forward Workshop with Jacqueline Pei and Tracy Mastrangelo from Alberta Canada, can now be viewed online. The content is in 3 parts corresponding to the topics covered. To access click either, [Part One](#), [Part Two](#) or [Part Three](#) and login using the password FASDFKNZ.

FACS NZ News!!

Foetal Anti-Convulsant Syndrome (FACS) is a preventable condition caused by taking anti-epileptic drugs (AED) (commonly prescribed for epilepsy, mental health conditions, nerve pain management or migraines) during pregnancy. FACS needs to be diagnosed by an informed specialist when the mother has taken AEDs during pregnancy and has a baby/child with a combination of dysmorphic (facial) features, physical malformations and/or neurodevelopmental or cognitive impairments and there is no other reason for these difficulties/impairments.

FACS NZ is able to provide Support, Education, and Awareness, which leads to Prevention. Please feel free to contact by email denise@facsnz.com, facebook: www.facebook.com/facsnz, or ph 021 189 4483.

Family Violence Prevention - The North Shore Family Violence Prevention Network (FVPN) is an open collaborative of individuals and agencies that advocate for Family Violence Prevention initiatives within the wider North Shore Community. Members represent both NGO and Government organizations.

Flourishing Friendships

Flourishing Friendships is a social, friendship and dating organisation for all people over the age of 18 who have a disability, but open to all. Contact flourishingfriendships16@gmail.com or call Sarah 021 135 3560 or Diane 027 629 0696.

Health Click – health education specialists

Have quality resources for people with intellectual/learning disabilities aged 11+.

Hearts and Minds

Our vision is Healthy People – Connected Communities in Auckland. Are a primary mental health provider / community development organisation with a focus on mental wellbeing and diversity. Our core focus is to support better outcomes for all. Courses and Workshops for Parents Raeburn House offer groups including Overcoming Anxiety, Managing Anger and Stress, Moving past Depression, and Art Therapy for individuals 18yrs and over. These are free with a referral from your GP. www.raeburnhouse.org.nz for more information. Venues at Northcote Central and Milford. 09 441 8989 and ask for Brigid.

IOSIS

A unique approach that combines experiential learning programmes, practical support and coaching that can lead to lasting change.

Job Café – meeting the needs of employers and job seekers

Jobcafé is an employment website that encourages diversity and inclusiveness in employment. It's free for people to register as a job seeker. In 2016 the Ministry of Social Development will be posting job vacancies on Jobcafé. Explore [here](#).

Kidpower – Healthy relationships

A new resource for teens and adults with intellectual disabilities, this programme provides practical tools to build resiliency and to prevent bullying, violence and abuse. The experiential, success-based and interactive approach helps the students learn and apply empowerment, self-advocacy, positive social interaction, and personal safety skills.

Literacy North Shore

Do you know a young person who is finding it difficult to find work or get accepted into training programmes? Literacy North Shore are now taking enrolments for their Upskilling Young People Group. All enquiries to: Literacy North Shore ph 444 0420 or email admin@literacynorthshore.org.

Manurewa Marae

Manurewa Marae is committed to improving access to health and social services for families through Whare Oranga - an integrated whanau community health centre with the aim of offering the best of both worlds, with traditional healing and clinical health services available within the one whare (facility). They offer health, fitness, education, youth programmes and more. The wide range of services we provide target a holistic approach to whanau wellness, enabling families within our community to move towards a healthier future.

Manurewa Playcentre

Very welcoming environment to all with disabilities. Free to attend (a donation is welcome but not asked for) Age 0-6yo. There is a great outdoor play area as well as warm engaging indoor space. They celebrate and welcome all cultures and families. You are able to come along to 2 mornings a week or more. This is parent based so you must attend with your child/children. 7 Lupton Road, Manurewa 9am-12pm, Monday- Friday.

Manurewa RSA

Sports and Recreation programmes, available to all in the community. The offer snooker, indoor bowls, golf, fishing, trips out in the community, darts and 8ball. Restaurant available Tues-Sun 12-2pm or dinners. They are welcoming the disability community. For more information call 9 297 0515 or 09 267 0552, email: reception@manurewarsa.co.nz, 2/8 Maich Road, Manurewa

ME Family Services

We offer young children and families a safe haven and the inspiration to develop their life skills, their enjoyment of life and their participation in a just and caring society. Our services are free and have professional services to support local families and the wider community. We support the people of Otahuhu and Mangere to help live fulfilling lives. Ph 09 280 3364 or email josephine@mefsc.org.nz.

MDA - The Muscular Dystrophy Association

Supports many neuromuscular conditions. They have four branches based throughout the country, which are supported by the National Office based in Auckland. Their unique governance structure ensures leadership of the organisation by individuals with lived experience of a neuromuscular condition.

The MDA helps families by providing information, support and advocacy. They have a free nationwide fieldworker service, funding for counselling and a range of other benefits. Regional Branches also provide community level support to members with a neuromuscular condition and their families through camps and social events.

To find out more about the conditions they cover or to join the MDA, email info@mda.org.nz, ph 0800 800 337.

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 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, 0800 677 700, www.mycare.co.nz

Mum creates the easiest cookbook

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

Myself Belts

The easier Belt which is a belt that fastens using Velcro designed for those with hand dexterity challenges. For more information please [click here](#) and [here](#).

National Autistic Society Autism and Eating Issues

Here is a useful video by Dr Elizabeth Shea from National Autistic Society. This is quite informative.

North Shore Family Violence Prevention Network

Safer Whanau Project - The Safer Whanau project is an interagency partnered response to Family Violence on Auckland's North Shore. This innovative service involves working in partnership with Te Puna Hauora and key social service providers to provide a wrap-around holistic whanau.

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

Otahuhu Town Hall Activities

A variety of different activities during the week. Chen style Tai Chi, Free CV workshops, flower arrangement, line dancing, tag, Dance17, Fit club, Yjam, cooking. For all information and other programmes [click here](#). There is also after school, before school and holiday programmes available.

Pets Assisting Therapy

Pets Assisting Therapy is a programme which involves weekly visits to homes with therapy animals, allowing the clients to establish a bond with the animals. We also run a weekly programme at Northcote Community Centre on a Tuesday 1-2pm. Animal therapy has shown that it promotes emotional wellbeing in Disability Community living homes, and rest homes. It's also used as an added therapy for children and adults suffering from a variety of illness. Animal therapy can help people cope with a variety of physical and mental health issues. To enquire about using our services please email info@petsassistingtherapy.co.nz or ph 021 025 16276.

Paraloan

Paraloan provides financial assistance for people with physical disabilities. Have a look at [flyer](#).

Parent to Parent matching database

Parent to Parent has a database matching families with similar conditions or experiences. They can find a support parent for you if you want to talk to someone "who's been there". ph 07 853 8491 or Toll Free 0508 236 236, email: matchingandinfo@parent2parent.org.nz.

Phab Social Groups

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

Pure Food Co - Smooth Puree Meals

The Pure Food Co produces texture modified foods that are delicious, nutritious, affordable, and effortless to prepare. Designed specifically for those who experience eating difficulties, providing a top quality selection of proteins, vegetables, and carbohydrates that cater to a wide range of needs.

Raeburn House

Our vision is Healthy People – Connected Communities in Auckland. Are a primary mental health provider / community development organisation with a focus on mental wellbeing and diversity. Our core focus is to support better outcomes for all. Courses and Workshops for Parents Raeburn House offer groups including Overcoming Anxiety, Managing Anger and Stress, Moving past Depression, and Art Therapy for individuals 18yrs and over. These are free with a referral from your GP. www.raeburnhouse.org.Nz for more information. Venues at Northcote Central and Milford. 09 441 8989 and ask for Brigid.

Redhill Community Centre

There are some new programmes that people with a disability are welcome to attend. A variety of games, table tennis, youth groups, lunches and way more.

Safari Multicultural Playgroup

They welcome families from all cultural backgrounds living locally, as well as former refugee families Safari Henderson – Henderson Baptist Church, 321 Great North Road, Henderson and Safari Lynfield – YMCA Lynfield, 16 Griffen Rd, Lynfield, Safari Papatoetoe – PACT building, 311 Great South Road, Papatoetoe. Time 9.30am-12pm. Contact Cherie at cherieb@arms-mrc.org.nz or 09 973 2852

SKIP Strategies for Kids App now available

This is a nationwide network of individuals, community groups, government agencies, workplaces and national NGOs. Our aim is for all children in New Zealand to be raised in a positive way by parents and caregivers who feel confident about managing children's behaviour as part of a loving, nurturing relationship. www.skip.org.nz includes free resources, tips for parents, support for communities and whakatipu

Skylight

Because grief happens and support matters. We enable children and young people their family/whanau and friends to navigate through times of trauma, loss and grief. Ph 0800 299 100 or email info@skylight.org.nz.

Solutions NZ

Provide resources and solutions that make life easier for people with different needs.

SPARX- online tool for youth

SPARX is a free online program to help teenagers (12-19 years old) who are feeling down, worried, stressed or who have depression and can help with anxiety. SPARX is now funded by the Ministry of Health as part of the Prime Ministers Youth Mental Health package. SPARX looks like a game and if users do one or two levels of SPARX a week and try out the skills in between they should start to feel better. If it is not working for them, SPARX will suggest they talk with someone else. People who are very depressed might like to use it alongside seeing a therapist or health professional.

Speech4all Speech Therapy

My name is Samantha McGillivray. I am a Speech Language Therapist working part time at Sunnydene Special School and part time as a private therapist at Speech4all. I have worked a lot with children with complex communication needs and have completed my masters research examining the language use in children with ASD. Email info@speech4all.co.nz

SPELD NZ

Providing specialised assessment, tuition and support for people with dyslexia and other specific learning disabilities nationwide. [Here](#) is their information.

Supported Learning for students over 16

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

Strengthening Families – North Shore

Are you feeling overwhelmed on how to navigate funding for your child, and would you like to receive increased support from the professionals and schools involved with your family? Julie Walker can help you with this by co-ordinating round

table meetings with all those involved, identifying any further help that you can access for you or your child, collaboratively formulating an action plan, and facilitating a safe space where your concerns can be heard. This is a Ministry of Social Development free service, and is based at Raeburn House in Northcote Central. Phone 09 441 8989/027 498 7074

SWAN NZ – Syndromes without a name

SWAN New Zealand is a support group for New Zealand patients and families affected by an undiagnosed genetic condition – a 'syndrome without a name'. SWAN NZ was established by the New Zealand Organisation for Rare Disorders (NZORD) in 2016. For more information email swannz@nzord.org.nz or 04 385 1119

Te Roopu Taurima – Ready for Mahi

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

The Parenting Place

They are on a mission to build strong families through the resourcing of parents. There's something to suit every parent and parenting stage. They offer a wide range of courses including Toolbox parenting groups, for different age groups, grandparents raising grandchildren and so many other programmes. For more information contact 0800 535 659.

Therapy 4 Children Service

Quality Rehabilitation Services Ltd are a Paediatric Team of Occupational Therapists, Speech Language Therapists and Physiotherapists that provide services Auckland-wide. Go to www.qualityrehab.co.nz or contact 0800 557 556.

W.S. Medical

Importer and distributor of quality products for medical applications. Products include a range of adaptable chairs, bespoke chairs for specific needs and chairs with pressure care seating and back supports and much more. This [training presentation](#) might be of use.

This information has been updated until 18th December, please double check if there are changes prior.

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