



## FASD-CAN

Fetal Alcohol Spectrum Disorder  
Care Action Network

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### NOVEMBER NEWS

Kia ora Kath

As we head towards the last couple of months of the year, (I'm sure it's getting faster and faster each year!) those with tamariki and rangatahi still at kura/school may be finding it a real challenge keeping them on track. And as year-end events start to ramp up for all our whānau members, keeping our homes calm and regulated is always tricky.

This is very real for me at the moment as our tama, our boy has decided this is the end of his school life. Our girl (who is two years younger) thinks her school year is finished too. In her mind the many wind-up school events and assemblies signals the end of the year, and helping her see beyond this takes an extra layer of energy.

So, it's back to our website for a revision of [meltdowns and de-escalation strategies](#) for us. If your whare is ramping up at this time of the year, I hope you can find some ideas and support from our resources pages too – I know I have.

Meanwhile, we have recordings from the FASD Symposium, new resources, new support groups and some great events coming up! And if you haven't yet registered for our AGM this Saturday at 4.30 – please do take this last chance support us via the event link below.

Ngā manaakitanga

Stephanie

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**Webinar recordings now online**

**FASD Symposium 2024, Tāmaki Makaurau**



In September, Alcohol Healthwatch hosted a two-day symposium on FASD: *'Ko te FASD kei a hau, ehara i a hau. FASD is what I have, NOT who I am'*. This important hui brought together researchers, policy advisors, decision makers and health leaders working in FASD.

Its goals were fostering collaboration, sharing latest research and taking action on FASD in Aotearoa New Zealand. A host of distinguished speakers included several from FASD-CAN: Chair Dr Leigh Henderson; Principal Advisor Kim Milne, Navigator Anna Gundesen and FASD-CAN founder Claire Gyde.

[Click here](#) to watch these and many other essential videos.

### **Youth Justice 2024: 'Prevention not Detention', New South Wales**

This important event in mid-September featured presentations from national and international experts, psychiatrists, paediatricians, professors, researchers, lawyers, trauma counsellors and those with lived experience. Our youngest board member, Harmony Moki, gave an honest and emotional talk on her own lived experience with whānau. Check this and others out on the first tab on our 'Police and Justice' professionals page [here](#) (scroll down).

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## **New Resources**

### **Continence Issues**



We have a new resource page on toileting problems on our website. The wonderful Lisa Smith of Children's Continence Services presents her 'continence 101' webinar 'FASD & the 4 B's + E - Brain, Bladder, Bowel, Behaviour + Environment', as well as a free new series of seven webinars on continence, funded by the IHC. Lisa's

decades of professional expertise combined with her Scottish humour brings rave reviews from parents, caregivers and whānau when negotiating tricky toilet issues. [Click here](#) to check it out on our Caregiver and Whānau page.

### For educators: LORS – not LAWS



We've created a new double-page info sheet to help educators when working with ākonga / students with FASD. Usual laws don't really work for those with FASD, so we've put this together as an alternative resource for kaiako / teachers.

You'll find it with our other pānui on our resources page [here](#) and also on our Professionals page under 'Educators' [here](#).

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### New Caregiver Support Groups: Thames and Invercargill

Big thanks to Chantal Cullinane in Thames and Andrew Buxton in Invercargill for stepping up to start new kanohi ki te kanohi support groups in these areas!



Chantal is a registered nurse who has five kids, mostly adult but her youngest is ten. She says: "My goal is to provide a safe space for whānau to share stories and knowledge and just be comfortable amongst others who are having the same experiences."

The first group in Thames will happen on November 20, 6-7pm at Moanataiari School, 101 Kuranui Street, Thames. If you're keen to go along, please let Chantal know on 021 268 1311 or by email at: [c.cullinane@xtra.co.nz](mailto:c.cullinane@xtra.co.nz)



Andrew fosters five girls with his wife Liz. One of them is finding Year 7 challenging and with a background in volunteering, Andrew says, “A support group in the Invercargill/Southland area would mean that both parents and kids can encourage and support each other – and hopefully find some good friends.”

There’s no set date or venue yet for this group so if you’re keen to join others who get it, get in touch with Andrew on 021 0289 2787 or by email at: [andrewandliz10@gmail.com](mailto:andrewandliz10@gmail.com)

[Click here](#) to go to our Caregiver Support Groups page and find out more about these two and our other amazing caregiver support group facilitators.

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## Upcoming Events



### **November 9 – FASD-CAN Annual General Meeting, at 4.30pm**

It’s your last chance to register for our AGM! We hope you’ll join us for a brief get-together this Saturday afternoon to find out what we’ve been up to and what’s coming up.

[Click here](#) for more info and to register.

### **November 14 – Te Pou Webinar:**

#### **He Aka Hui | FASD, the Hidden Disability**

**10am-12pm ONLINE / FREE**

This webinar has had unprecedented registrations – over 650 and counting! Essential knowledge about FASD, best-practice approaches and strategies for professionals in the disability and mental health workforce to support people with FASD to achieve healthy life outcomes. Presented by FASD-CAN’s Kim Milne and Dr Leigh Henderson. Don’t miss out – [click here](#) to register now.



## **Pizza Club – Friday December 6, 5pm-8pm**

Our final get together for rangatahi 16+ for this year will be happening on Friday December 6. Please do note the earlier start time of 5pm – we’re going to Clip ‘N Climb this time instead of bowling! As usual, the pizza and entry fee is free thanks to the [FASD Centre Aotearoa](#). More info [here](#), but there's no need to register, just turn up!

## **Caring Families Family Fun Days 2024**

Registrations are now open for loads of CFA family events happening around the country this year, from the upper north to the deep south, running throughout November and December. These events are a fantastic way to enjoy a free family day out and as we head towards Xmas, Santa will definitely be out and about... thanks to our friends at Promotional Development Services (PDS), you can request tickets by filling out a quick and easy ticket request on [this page](#).

## **FASD-CAN Online Group Meetings**

Two of our online groups for have now finished for the year – but if you’re a FASD-CAN member (join us [here](#)) you can sign up for Ngā Tupu Rau, our educators group [here](#) and LANSAS, our social workers and support workers [here](#) to participate in 2025.

Our next online [Caregiver Support Group](#) meeting is this Thursday at 12.30, and the final one for the year is on December 5 at 12.30.

## **IDP4 – 21-23 February 2025 – save the date!**

After the success of our last Individuals Development Group this September ([click here](#) for a short roundup and video featuring our participants), we are thrilled to announce that we have secured funding for the next one! It will be held on the third weekend in February at the same place – [El Rancho Conference Centre](#) on the Kapiti coast. We’ll have more details for you in our December newsletter.

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## **Disability Support Services survey**

Last, but definitely not least – a public consultation for DSS has just opened and will **close on November 22**. This is a vital chance for you to engage directly with the Disability Support Services (DSS) Taskforce about the future of funding for disabled

people in Aotearoa. The Taskforce was set up in September, following the [announcement](#) in August from the Minister for Disability Issues of an [independent review](#) of DSS in Aotearoa.

Some of our members who were eligible for DSS may have experienced recent funding cuts; most of those with FASD are ineligible unless they have a diagnosed intellectual disability (an IQ of under 70). **This must change** – the [UNCRPD and WHO definition of disability](#) make it quite clear that people with FASD do have a disability and our people should be eligible – as [our report](#) showed, DSS funding can be literally life-changing.

Click through to the survey [here](#) – and please share!

**NOTE:** *there are other important surveys and petitions on our website currently – a petition for warning signage in alcohol outlets for pregnant women and their whānau; for ending youth homelessness; and short surveys for Oranga Tamariki and Carers Alliance. If you have time, please take a minute to check these out [here](#)!*

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That's all for this month! We hope the coming weeks are not too stressful, and that you're able to take some essential downtime.

**Mauri ora**

**Your FASD-CAN Team**

Stay in the know about FASD in Aotearoa. If you've been sent this email by someone else, please join us as a member to receive newsletters!

If you would like to donate to FASD-CAN, to help us in our mahi, [click here](#) to go to our donation page.

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This email was sent to [kath@disabilityconnect.org.nz](mailto:kath@disabilityconnect.org.nz)

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