

Vision

Disabled people and their families are able to lead the lives they desire.

Core Value

Respecting and supporting choice

Mission

To empower disabled people and their families through leading social change.

CONTENT

- Seminars/training
- Upcoming events
- Notices



SEMINARS/TRAINING

School of Population Health

Auckland University is running a short course this November for people working right across the health sector. The focus is on implementation science: data collection, evaluation, taking what people know and can gather in practice to help provide better quality in practice or policy, change management etc. The course fees have been kept as low as possible. [Click here](#) for the flyer on short courses the University of Auckland is hosting.

Grief Centre Groups/Seminars

[Click here](#) to view the flier for 'Seasons For Growth' – A Support Program For Adults to explore the effects of change, loss and grief. The group will be held on Thursdays from 7-9pm from Nov 13th onwards at the Grief Centre in Birkenhead. Cost \$25.

[Click here](#) to view the flier for Managing Grief at Holiday Times seminars. This seminar will give you the opportunity to meet and talk with others who may be experiencing similar feelings, as well as gaining some more practical suggestions on ways to get through this difficult time. To register attendance or for more information call 4181457 or email info@griefcentre.org.nz

Spark Centre – Open Studio and Workshops

Spark Centre have lots of exciting Art workshops running: [Click here](#) to see the flier for an all-inclusive Kids Open Art Studio for children of all abilities – great for families, and [click here](#) for the Art on the Spectrum flier for therapeutic art groups for children on the spectrum. [Click here](#) for Open Studio in Visual Arts for adults (Contact Abi for a free trial session!) and [click here](#) for Draw to Print. Contact Abi Raymond on 09 845 5361 or abi@sparkcentre.org.nz

Active Lives

Renaissance has organised this programme for disabled school leavers and young adults looking to gain independence and have fun with other like-minded individuals. Gain knowledge and develop skills in getting out and about in your community. [Click here](#) for the flyer and registration form.

Pathways to Success Workshops

Every Day with ADHD and Challenging Behaviours is hosting a series of Pathways to Success Workshops in the North and South islands. A new professional development opportunity to New Zealand for those who work with at risk learners and student groups. Every Day with ADHD supports organisations, teachers and agencies to understand and motivate challenging students to raise achievement and improve outcomes. [Click here](#) for more details or call +64 27 297 5164.

Skills Through Play

This is a program for families with children between the ages of 2 and 6 years old. Please come along with your child to learn activities/play you can then practice at home. The sessions focus on: understanding child development, types of play and the importance of play, how to engage your child in play and what toys and resources to use. At Kelston Community Centre on Wednesday November 14th from 10 to 12 am. To register email arletta@autism.org.nz or [click here](#) for more information.

Success at High School

Mel Rea, Head of Learning Support at Rangitoto College (North Shore) is coming to talk at this Children's Autism Foundation seminars about how school and parents can work together to support children with ASD through high school for a successful experience and outcome. Mel is a teacher and also worked for 20 years as a Speech and Language therapist, including for GSE. November 15, 2012 @ 7:30 pm - 9:00 pm Grey Lynn Community Centre. Contact Veronique Manti on 09 555 0966 or events@autism.org.nz. For more information [click here](#)

Sex Education

[Click here](#) to see the flier for this North Shore sex education seminar for those with Intellectual Disabilities with Annette Milligan. Annette 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 which can be so hard to teach: friendships, dating, asking permission, safety in relationships, hygiene, how to ask for help, and more. The session will include general information and there will be plenty of time for questions. This seminar is for parents, teachers, care-givers, teacher aides and anyone interested in the development of people with learning disabilities. Friday 23rd November, 2012 from 10.00 – 11.30 am at Yes Disability in Albany. RSVP: sharron@yesdisability.org.nz

Computer Programme to help Students with Language Difficulties

Geddes Software Solutions Auckland - Seminar, 3rd December 2012. Introduction to StoryMaker and Flashcards, and Developing Skills in using StoryMaker. Suitable for parents, teachers, teacher-aides and specialist staff. An excellent opportunity for families and professional teams to work together. [Click here](#) to view the flier. For more information contact Helen at helen@geddesoftware.com or phone (03)4536544.

UPCOMING EVENTS

LiveJam

On November 25, LiveJam will be a spectacular one-of-a-kind stage show, celebrating StarJam's 10th birthday, taking place simultaneously in Auckland and Wellington, and linked by video-conferencing! Tickets are selling fast for LiveJam, which will see legendary Kiwi performers Megan Alatini, Ben Lummis, Shane Cortese, Ray Woolf and Adeaze take to the stage for StarJam's birthday party – and you're invited! Tickets available on [Eventfinda](#) (Auckland Museum Events Centre tickets) from just \$10.

Consultation on Payment for Family Carers

[Click here](#) to see the letter from Don Gray of Ministry of Health explaining the consultation and [click here](#) for the summary version of Family Carers consultation document.

Inspiration Voyage 2013

[Click here](#) for information on the Spirit of Adventure Trust's 5 day Inspiration Voyage – Creating Opportunities and Overcoming Challenges – for physically challenged young New Zealanders. Age: 16 – 20 years, Date: 30th January 2013 – 3rd February 2013, Departing and Arriving: Wellington Queens Wharf (the Spirit Trust will organise travel outside 150km), Cost: \$400 (including travel) can be covered by carer days if applicable. If you have any questions or want help filling out the forms contact Kylie Sisley on 09 3732060 or kylies@spiritofadventure.org.nz

Thriving Communities

The easy read format (both Word and PDF) of 'Thriving Communities: Auckland Council's role in supporting communities to flourish' is available now. As well as a summary overview of the document, it also contains a feedback form that people can fill in and send back. [Click here](#) to view the pdf version, and [here](#) for the Word version. Come along to the Community Hui to tell Auckland Council how they can make it easier for disabled people to be involved in our communities. Monday 19 November 2012, 10.30am – 2pm (including a light lunch) at Western Springs Community Hall, 956 Great North Road. Numbers are limited, so please RSVP by Monday 12 November 2012. Phone 09 257 5140 or email info@adl.org.nz

Staying Alive

An interactive family day with the NZ emergency services. Climb aboard a fire truck, a police car or an ambulance, and meet our brave volunteers. [Click here](#) for the flier including program of events. 1st December, 10am – 4pm. (Also be there to see Westfield Albany bring Santa onto the stage at 1pm)

Auckland Disability Law AGM

You are warmly invited to Auckland Disability Law Incorporated's Annual General Meeting and Save Disability Law Campaign Update On Thursday 22 November 2012 from 10am – 12pm at Mangere Community Law Centre, Unit 9, Shop 27, Mangere Town Centre. Come along to hear about Auckland Disability Law, vote for a new Steering Group member, or just come for a listen and some kai. We hope to see you there for 10am sharp. The venue is wheelchair accessible. There is plenty of free off-street parking at Mangere Town Centre. Phone 09 257 5140, email info@adl.org.nz or text 027 457 5140. [Click here](#) for the flier and agenda.

TANI General Network Meeting

The Asian Network Inc. (TANI) invites you to their General Network Meeting from 10am-12 on Wed 14 Nov at Western Springs Garden Community Hall. The theme is 'Mental Health Issues and Services in the Asian Community'. Free Entry. [Click here](#) to see the program. Asian style refreshments provided. RSVP to Samuel Cho for catering purposes at samuel.cho@asiannetwork.org.nz

Pasefika Festival – North Shore

[Click here](#) for the stall holder application for the upcoming North Shore Pasefika Festival 2012.

Call for Presenters

Presenters are needed for the upcoming NZ Federation of Disability Information Centres' National Training Conference on the 20/21st May 2013 in Tauranga. 'Great opportunity to both raise your profile and assist others to benefit from the work you are doing'. Email admin@nzfdic.org.nz with your topic title, a 50 word summary and a 50 word bio and photo of yourself before Friday 30th November. For further information [click here](#) or to go to the website [click here](#).

Janet McVeagh Recreation

[Click here](#) for information on the upcoming Camp Whangetau at Matakana from 16th – 18th Nov for all ages. [Click here](#) for the Christmas Camp in Hamilton, 30th Nov – 2nd Dec (Last camp of the year!). [Click here](#) for the Janet McVeagh Christmas Party on the 15th December and [Click here](#) for the summer holiday programmes. [Click here](#) for the General Information form to fill out. Email Kerrie O'Hara at jm.recreation@ihug.co.nz

Adaptive Snow Sports

Get along to Snowplanet Indoor Ski Area in Silverdale for the Adaptive Snow Sports Disabled Skiing Have-A-Go Day on the 25th Nov from 9am – 12pm. No age limit, registration is essential. [Click here](#) for the flyer. Contact James Littlejohn on 021 681 312 or email info@disabledsnowsportsauckland.org.nz Cost is \$35 which covers equipment usage and lesson.

GoalBall

GoalBall – for people with vision impairments. Have fun, get fit and meet people while learning how to play this fast paced, action-packed Paralympic sport. Coaches and equipment supplied for \$3 per person per session. Every Monday in November and December from 1-2pm at Alan Brewster Recreation Centre in Papatoetoe. [Click here](#) for the flyer or contact Maia Lewis on 021 995 951 or email maia@halberg.co.nz

Disabled Surfing

Here is a fantastic, limited opportunity to give disabled surfing a go in Auckland. There are 10 places available, so it will be first in first served. Open to physically and/or sensory impaired young people (8 – 21 years) on Saturday 1st December from 9am – 1pm at Piha. Equipment is supplied. Free (A Koha box will be there). What to bring: Warm clothing, clothing to get wet in, food and water, sunblock, a positive willing attitude. Volunteers also needed: Be there at 8:30am, must have a wetsuit, clothing suitable for on the day, food, water and sunblock. Register your interest as a participant or volunteer by Monday 19th November to Maia Lewis: maia@halberg.co.nz or 021 995 951

Sailability Auckland

An introduction to sailing for people with a disability. [Click here](#) to view the flier and see how to give sailing a go. Come along to the Sailability Have A Go Day on Sat 17th Nov from 10am-1pm at Saint Mary's Bay. [Click here](#) to view the flier. Contact Tim Dempsey on 09 834 0557 or email sailabilityauckland@xtra.co.nz Alternatively check out www.sailabilityauckland.org.nz

Children's Autism Foundation

See what's on at the Children's Autism Foundation website, including Friday Fun on the North Shore, Transitioning to High School, Skills Through Play and others. [Click here](#).

Working Together with HDC

The Health and Disability Commissioner invites you to a meeting about Your Rights and how to complain if you're not happy. At the Fickling Convention Centre in Mt Albert on Monday 19th November from 10am–12.30pm. [Click here](#) to view the flier.

Get bored on a Thursday? Come and see the crew at In2It

Join the in2it Street Crew for some awesome fun, games and new and exciting challenges for everyone. Every week a new module of activity. Every Thursday 10am–1pm, North Shore Events Centre, Argus Place, Hillcrest. For more information please check the [In2It Website](#). [Click here](#) for the flier. Proudly supported by PHAB and the PHAB staff. See you there. Come down and check us out.

Tapa Aotearoa

Tapa Aotearoa is shaping up to be the most exciting information and products and services expo ever organised for Pacific Islanders in New Zealand. 120 information and product and services stands. Cultural programs, food and much more! And it will be declared open by senior politicians. The Pacific Expo will be held on Saturday 17th November 2012 at the TelstraClear Pacific Events Centre. One whole day only to get a foothold in this fast growing market. This is a unique opportunity to interface with this community and the Pacific Island entrepreneurs at an information and product and services focused expo. [Click here](#) for the pamphlet, including the form for booking a stand, [here](#) for the floor plan and [here](#) for the Pacific NZ News article.

Recreate

[Click here](#) to check out Recreate's range of Programmes for youth with disabilities and [click here](#) for their latest newsletter.

NOTICES

ASD Basketball

HOT OFF THE PRESS - GREAT NEWS FOR WEST AUCKLAND

ASD Kids Basketball runs on most (but not all) Sunday's at West Auckland Trust Stadium 2.30 – 4.30pm. Please check the ASD Kids Charitable Trust website at www.asdkidstrust.com for sessions at West as sessions vary depending on Trust Stadium availability. Check out coach Nick explaining by video how the West Auckland basketball sessions work. ASD Kids Trust website also has information about North and South basketball and other sports, as well as a range of autism services/seminars, etc. For further details please contact Mary Henderson at maryhenderson2@me.com

Face Value

Get along to the Face Value exhibition for and about children with Down Syndrome which celebrates their lives and who they are. Running until 28th Nov at North Art Gallery in Norman King Square, Northcote Shopping Centre. [Click here](#) to view the flier.

Martial Arts

Nathan Wright, personal trainer and fitness instructor, is now running self defence and fitness classes (mainly Brazilian Jujitsu mixed with boxing and other fitness exercises) for children and adults with special needs in Mt Eden. Contact Nathan on 021-1606157 or nathan7931@yahoo.com to register your interest or [Click here](#) to for more information.

Occupational Therapy

Child's Play OT is able to offer assistance to both adults and children/adolescents through different therapy approaches, such as Sensory Integration Therapy. Services are often carried out in weekly sessions at our practice, using specialised equipment to focus on child and family centred goals. Less frequent consultations are also available. [Click here](#) to see the Child's Play brochure or call 630 9314 or visit www.childsplayot.co.nz

Noah's Autism Ark

Visit this new website for all sorts of products for children with Autism. From sleep sacks to clothes to educational toys to flash cards and so much more. Visit www.noahsautismark.co.nz

Office Echoes

[Click here](#) to view West Links Family Services' October edition of Office Echoes newsletter.

Masada Holiday and After School Care

Masada are offering respite and holiday care where MOH funding is accepted. [Click here](#) for the flier. Call 576 5229 or email masada.c@xtra.co.nz

ADSA Newsletter

[Click here](#) to view the Auckland Down Syndrome Association's E update for 2nd November.

Y-Stars Dance Therapy

Y-Stars Dance Therapy for children on the Autism spectrum is back for term 4. [Click here](#) to view the flier or contact Anaia on 021 184 9676 or email info@anaiatreefoot.org.nz

Regional Settlement Support

[Click here](#) for the Regional Settlement Support Edition 3. 2012.

Complex Carers Group

[Click here](#) to read the Complex Carers Group's Newsletter.

Be. Accessible

[Click here](#) to view the latest edition of Be. Accessible's Newsletter on Leadership.

Raukauri Music Therapy

[Click here](#) to see the Spring 2012 edition of Espresso Newsletter from Raukauri Music Therapy Centre.

NZORD – New Zealand Organisation for Rare Disorders

[Click here](#) to view NZORD's Newsletter 2012 #5, 3rd October, 2012.

Community Health Survey

At Auckland District Health Board, we would like to hear about your health and the health of your community. For the DHB, 'health' does not only mean the absence of disease - it means a state of complete physical, mental and social wellbeing. We want to hear about your experience of the health services in your area and what you think can be done to protect the health of your community. We are looking forward to hearing what you have to say. Please view the video below before starting the survey. [Click here](#).

Special Kids Play/Coffee/Support Group

These coffee mornings are for those with preschoolers with special needs and those mums who have school aged/adult children who are not working during the day. Open to all Mums/caregivers with special needs preschoolers even if you don't live in the Papatoetoe area. Held at Papatoetoe Adolescent Christian Trust 311 Great South Road. Bring a plate. Contact Marlene for dates and times of upcoming meetings at kidzclan@clear.net.nz or 0211203235.

Fun Fridays

Special Kids Care are pleased to announce that Fun Fridays will be running every Friday night during term 4 – [click here](#) to see the flier for further information. First Friday session was on Friday 19th October and the last session for the year will be on Friday 21st December. Contact Diana at specialkidscares1@xtra.co.nz or 021 382 000 to book a space.

Boccia

[Click here](#) to view the latest Boccia: Get Rolling Newsletter, Issue 17. Individual membership (players and associates – [click here](#)) and club affiliation (schools and groups – [click here](#)) are now available for the 2012 - 2013 year.

Altogether Autism Spring Journal 2012

[Click here](#) to view. Featuring Asperger's and Relationships, Seeking a Mate, Effective Strategies for Families, Making Friends, Using Social Stories and much more.

New RFFADA FASD Website

The Russell Family Fetal Alcohol Disorders Association is pleased to announce the launch of their new website which can be found at <http://rffada.org>. This amazing site has been funded by [FARE](#), the Foundation for Alcohol Education and Research.

Special Bees Playgroup

A playgroup for children with special needs aged 0-5 and their siblings. Go along to have fun with toys, games and sensory toys. Every 2nd and 4th Monday of the month from 9.30-11.30am on the North Shore. Cost is \$3 per family which includes tea/coffee/morning tea for parents/caregivers. [Click here](#) for more information and contact details. Also a new playgroup has started in Hibiscus Coast Village every Wednesday from 9.30-11.30am. [Click here](#) to see the flier.

Massage Therapy

Individual Flow Massage Therapy. \$39/hr special for family members of anyone who has a disability. A great therapeutic gift for yourself or someone you love. Choose from a range of massage styles. [Click here](#) to view the flier or contact 022 127 5643 or email handson2@xtra.co.nz

Office Space Available at Parent & Family Resource Centre

The Parent & Family Resource Centre has an office for rent at our premises 92A Princes Street, Onehunga. We are a not-for-profit Disability Information Advisory Service, contracted to operate throughout Auckland - north to Warkworth and south to Waiuku. Currently, some of our tenants include organisations working in the health/disability sector but this is not a requirement. The available office is upstairs (sorry, no lift) and would comfortably fit 2 workstations. Some utilities here at PFRC are shared such as kitchen/toilet facilities, internet access, phone system, photocopier, board room and mail delivery/postal service. We have ample free street parking and are located within walking distance to Onehunga Mall. The Onehunga train station is close by. Please contact Lisa 636 0351 or lisa@pfrc.org.nz if you would like further information.

From the PFRC Team



Lisa, Melissa and Virginia

www.pfrc.org.nz

Join us on [Facebook](#)

CAUTION – The information contained in this message or any document, file or attachment is provided for your information. Any opinion or representation of fact contained is made WITHOUT THE ENDORSEMENT of PFRC. We urge recipients to validate any claim or statement made in this message and other material conveyed for them.