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**SEMINARS/TRAINING**

**Trusts & Welfare Guardianship Seminars**
We are offering another round of Trusts & Welfare Guardianship seminars in Term one, presented by Nan Jensen, Enrolled Barrister and Solicitor of the High Court. This seminar explores some of the disability legal issues such as forming family Trusts to manage finances and assets, and securing Welfare Guardianship for a young person with a profound intellectual disability. Seminar dates/venues are listed below. For more information regarding these seminars please [click here](#).

- **North Auckland**
  - Wednesday 27 February – 7-9pm
  - YES Disability Resource Centre, 3 William Laurie Place, Albany

- **South Auckland**
  - Wednesday 6 March – 7-9pm
  - Nathan Homestead, 70 Hill Road, Manurewa

- **West Auckland**
  - Wednesday 27 March – 7-9pm
  - Integrated Neurological Rehabilitation Foundation, 2 Claude Brookes Drive (off Edmonton Road), Henderson

- **East Auckland**
  - Wednesday 3 April – 7-9pm
  - Eastgate Community Trust, 427 Pakuranga Road, Pakuranga

The cost of this seminar is $30 per family. To book please contact Niharika on 09 636-0351 or niharika@pfrc.org.nz

**MOH Disability Support Services Consumer Meetings**
The Ministry of Health is running a series of Consumer meetings throughout New Zealand to discuss Disability Support Services. Proposed changes to DSS under the MOH New Model will also be discussed – including respite, supported living, individualised funding, etc. Please [click here](#) to view the information flier including dates/venues for this free event. In Auckland there will be a Fono on 19th February (9.30am - 2pm) and a Forum on 20th February (9.30am - 1pm).

**Parent to Parent 'Navigating the System' workshop - West**
Parent to Parent is running another Navigating the System workshop for families on Tuesday 26th February from 10am till 2pm (morning tea and light lunch provided) at St. Johns Education Centre Hall, 247 Edmonton Road, Te Atatu South. This workshop explains the various health and disability system supports available and how they can be accessed. There will be presentations by Taikura Trust, MOE (Special Education), CCS Disability Action, Work & Income and Ministry of Health (Individualised Funding). [Click here](#) to view the flier. To book contact Parent to Parent at auckland@parent2parent.org.nz or phone 625 5021.

**Community Development Strategic Action Plan - Community Feedback Workshop**
Are you excited about Social Enterprise and Community Economic Development? Please join us for lively discussion & share your valuable insights. This is an opportunity to help work out Council’s role in supporting Social Enterprise and local CED. If you are an individual, group, network exploring or engaged with social enterprise and/or community economic development, you will be interested in attending this workshop. The workshop will be held Tuesday 26th February from 9.30am – 12pm at the Wesley Community Centre. [Click here](#) for more information.

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**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.

Parent & Family Resource Centre
www.pfrc.org.nz
Phone: 09 636 0351
PO Box 13 385
Onehunga
92a Princes St
Auckland
Sexuality Education Seminar for those with Intellectual Disabilities - Central
Click here to see the flier for this seminar 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, caregivers, teacher aides and anyone interested in the development of people with learning disabilities. The seminar is Friday 15th February, from 10:30am – 12:00pm at Disability Resource Centre, 14 Erson Ave, Royal Oak. RSVP to info@menow.co.nz by Thursday 14th February.

Art on the Spectrum – Group Art Therapy - Central
SPARK Centre of Creative Development are running a structured arts therapy group for six children on the Autism Spectrum (ASD) aged approximately 8-11 years facilitated by two Arts therapists. This group provides the children with a supportive and encouraging ASD friendly environment in which they can individually and collaboratively explore their creativity and develop self-expression. The programme offers opportunities for effective communication and social engagement; the development of peer relationships are encouraged through interactive group art making. The children simultaneously develop skills in drawing, painting, collage, sculpture, clay, creative writing, role-play, puppet and mask making. The structure of each session involves group games, individual and group art-making activities, social time (fruit break) as well as end of session discussions and exhibitions. Click here to view the flier. Contact Abi Raymond by phone: 09 845 5361 or e-mail: abi@sparkcentre.org.nz ASAP to secure a place for your child in the group.

Active Lives programme - West
This programme is for disabled school leavers and young adults looking to gain independence and have fun with other like-minded individuals. Click here for more information.

Grief Centre Groups/Seminars - North
The Grief Centre will be running the Seasons for Growth programme on Thursdays from 10am – 12pm, starting on 21st February in Birkenhead. This programme is aimed at people who are caring for a family member with a long term and/or chronic illness. Cost is $25 and includes a copy of the programme manual. The programme runs for two hours each week, over a four week period. It will be led by Bronwyn Alleyne, a trained Seasons for Growth companion, who is also a qualified counsellor. Click here to view the flier. To register attendance or for more information, contact The Grief Centre on 4181457, email info@griefcentre.org.nz or phone Bronwyn on 021 127 7738.

111 Train-the-Trainners Workshop - Central
This workshop will be held at Royal Oak on Saturday 16th February, 10am – 12:30pm. The more we report crime and suspicious activities, the easier it is for the police to allocate resources for our better protection. Asian Council on Reporting Crime (ACRC), in conjunction with Independent Living Service (ILS), is holding a workshop about reporting crime. This is a great opportunity for community leaders to learn what's in calling 111 and how to share their knowledge with their own network. Click here for details.

Law in a Nutshell - South
Learn how the law can help you and your community with this practical law course. Cost $40. Click here to see the flier including course topics and dates (courses running all throughout 2013).

Lightening the Load of Caregiving seminar - Central
John Hibbs, Counsellor, has designed and will present this seminar on ways to ease the stress and responsibility of caregiving. There are two workshops – 23rd March and 31st August. They are both held at Selwyn College in Kohimarama from 9:30am - 3:30pm. Click here to view the flier. Click here to book. You can contact John Hibbs directly at hibbs@xtra.co.nz

UPCOMING EVENTS

ZUMBA Fitness with Felice!
Autism New Zealand proudly present ZUMBA Fitness with Felice on Friday 15th February, 6-7pm. This will be held at Leys Gymnasium Hall, 20 St Mary’s Road, Ponsonby. Cost: $10 for an adult, $5 for students and children. All proceeds will go to Autism NZ – Auckland Branch. Click here for the flier. Email Auckland@autismnz.org.nz for more details.

Parent to Parent NZ SibSupport Camp
There are still some places available for the SibSupport Camp on 5-7th April 2013. This is a weekend for children and young adults who have (or have had) brothers or sisters with disabilities. The weekend will include:

- A time for fun, relaxation and a break from home.
- Workshop sessions and other opportunities to share feelings and issues.
- A chance to make friends with others who understand.
- A wide range of fun activities are included: drama, games and kayaking – just to name a few.

Click here to view the brochure.
Interacting Theatre Drama and Film Classes – Various Auckland locations
Interacting Theatre presents drama classes for young people with a disability in Takapuna. Interacting Theatre are also offering film-making and drama classes in the following locations: Corbans Estate Art Centre (Henderson), Nathan Homestead (Manurewa) and TAPAC (Western Springs). Please click on the locations above to view the relevant fliers for more details. You can also email interacting@ihug.co.nz or phone Paula on 849 5595. Check out the Interacting website at www.interacting.nz

3rd National Disability Conference - Wellington
The Health and Disability Commissioner will be hosting the 3rd National Disability Conference on Monday, 17th June 2013 in Wellington. Click here to view more information.

Raeburn House – Life Skills Programme - North
The Raeburn House Life Skills programme is now open for enrolments! This term there is a great range of groups and workshops with a focus on increasing personal wellbeing, building resilience, and connecting with others. All courses are led by skilled facilitators and a sliding scale is in place to ensure that everyone has the opportunity to get involved. Click here to view the brochure. For more information visit the Raeburn House website http://www.raeburnhouse.org.nz/, phone 09 441 8989 or email learning@raeburnhouse.org.nz

The Big Event 5-6 April 2013 - Central
Click here to view the flier (front of flier) and here (back of flier) for The Big Event 2013. Click here for information on booking a stall at The Big Event.

Recreate – New programmes
Recreate Stanmore Bay Retreats: Recreate NZ has taken the initiative to run regular respite weekends for juniors and youth/young adult groups. This initiative is aimed at providing low-key weekends away for participants, offering activities such as cooking, indoor games, movies, walks to the beach and self-directed creative tasks. Click here for more information. Seeking Summits: Recreate's new programme 'Seeking Summits' is kicking off in February 2013 with a white water rafting weekend down the Rangitata river in Canterbury – it's going to be Extreme! Click here for more information. Click here to be taken to our latest general newsletter NOTE: the newsletter is large at 8mg, so be patient when downloading, or alternatively view the programmes on our website www.recreate.org.nz. Also click here to find out more about a disability friendly community centre available in central Auckland.

Show Your Ability – Disability Equipment Expo - West
New Zealand’s premiere annual equipment show includes all kinds of items for younger and older disabled people and older persons care equipment. This expo will be in Auckland on 19th February, 9am – 3pm at Trusts Stadium, Waitakere. Click here for the flier.

NOTICES

Accessible Home to Rent Wanted
An Auckland family of 6 (2x adults, 4x children) are searching for a wheelchair accessible home to rent in Auckland. The family currently live with extended family in Grey Lynn and would prefer a home relatively central in Auckland though all available wheelchair accessible homes for rent would be gratefully considered. It is essential the home has wide doorways and flat level bathroom access for a wheelchair. Please contact Lisa at PFRC on 636-0351 or lisa@pfrc.org.nz to discuss further and obtain the families contact details.

Variety Voices Singing Group
Variety Voices is a singing group for ages 7 – 18 of all abilities. The group performs at various corporate, community and charity events, producing a high-quality professional level of performance. Being part of Variety Voices is a great opportunity for talented kids to perform in high profile situations, and to be part of a charity that is focused on helping disadvantaged Kiwi kids. The choir is also designed to represent the community we live in - which is why we want young people of all abilities to be represented. For more information visit the website: http://www.variety.org.nz/whats-on/2013/2/14144/2013

International Angelman Day, February 15th 2013
The first International Angelman Day will be held on 15th February this year. Click here to view the media release and click here to view the poster. The Angelman Network is a registered charitable trust that has been established to support those affected by Angelman Syndrome. Click here to view their flier. Their website is an excellent resource and also provides updated information about exciting new research being carried out - www.angelmannetwork.com

Health Link North Newsletter
Click here to view the February edition of the Health Link North Community Newsletter. It is a great way to stay up-to-date with health care developments in the Auckland North Region.

Numicon - Latest Newsletter and Workshops
Numicon workshops until June 2013 are now advertised on their website www.numicon.co.nz. Please click here for their first newsletter of the year.
**ADSA Buddy Walk**
The organisation of ADSA’s 8th annual Buddy Walk is in full swing and again we have our Everyday Hero pages up and running. **Mark 24 March** on your calendar and invite friends or family that have never been to our event. Buddy Walk is a great day for the whole family. ADSA would really appreciate it if you are able to support them by setting up a fundraising page or by donating an item to be used at Buddy Walk. To set up a fundraising page, [Click here](#).

**Whanau Marama Parenting**
We are an organisation that believes great things can be accomplished through unity and co-operation and that everyone can be a star in Whanau Marama. Whanau Marama is made up of a collective of passionate people who's goal is to encourage the principles of Whanau (Family) and Koha (giving), and provide a forum for like minded people to work together to benefit the community. We have created a place for Artists, Carvers, Actors, Writers, Directors, Producers, Dancers, and Health Professionals to come and work with us on our community projects. Experience isn’t required to be a member, our motto is that anyone can join as long as they support each other like a whanau and are able to give a koha of their time to help make our world a better place. [Click here](#) to view Whanau Marama newsletter

**Altogether Autism Conference – Call for Papers and Presentations**
The planning committee for the conference “Inspiring Excellence in Autism” announces a call for papers and presentations from individuals and groups who have research or experience which will expand our knowledge and understanding of how best to enhance the lives of people with ASD living in New Zealand through best practice and scientific excellence. The conference will be held on 9-10th July and interested parties are invited to submit a brief proposal to be received not later than March 15th 2013. [Click here](#) for more information.

**Stepping UP: Come to Your Census**
Stepping UP: Come to Your Census (CYC) is a promotional campaign aimed at encouraging households to complete their census forms online at a nearby Stepping UP training centre or a local Community Access Site. Volunteers will be on hand to provide any assistance required in logging in to the census online site ([www.census.govt.nz](http://www.census.govt.nz)). Stepping UP Training Centres and Community Access Sites are community-based facilities with computers and internet connections where people in the target regions can go to complete their census documents online. Community access sites will be open on Census Day, Tuesday 5th March. Public sites will be open all day from 9am - 7pm; other sites such as those in schools will be open from 4-7pm. People must bring their Internet Access Codes and paper census forms to the Community Access Site in order to complete the census online. Delivery of the census forms and Internet Access Codes start on 16th February and will be completed by 5th March. [Click here](#) for more information.

**Boccia**
[Click here](#) to view the latest Boccia: Get Rolling Newsletter, Issue 19. Other information regarding Boccia, is available on the NEW Boccia New Zealand website: [www.boccia.org.nz](http://www.boccia.org.nz)

**ADPN Newsletter**
[Click here](#) to read the ADPN Newsletter for the week ending 8th February.

**NZORD – New Zealand Organisation for Rare Disorders**
[Click here](#) to view NZORD’s Newsletter 2013 #1 - 28 January 2013

**Violin Teacher Wanted**
A family are looking for a violin teacher to teach their 27 daughter who has a learning disability. She has been learning using ‘Geza Szilvay’s ‘Violin ABC Colour Strings Book’. If you teach the violin or know of someone who does, please email pfrcadmin@pfrc.org.nz with your details.

**ASD Basketball – North, South, West**
**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](http://www.asdkidstrust.com) 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

**Calling Auckland artists living with disability & much creativity!**
You are warmly invited to participate in Perspectives – a visual art exhibition curated by Spark Centre for creative development. This exhibition forms part of the Big Event – Expo & Market Place to be held at ASB Showground, Auckland 5th & 6th April 2013. [Click here](#) for detailed information and submission formats for any artist with a disability living within the Auckland district who would like the opportunity to have their work selected for exhibition. Submissions are invited from individual artists, or from studios or organisations representing their artists. Please note that all submissions (on-line) must be in by 28th February 2013 which is surprisingly close – so artists, get creating! If you have any inquiries please contact admin@sparkcentre.org.nz
From the PFRC Team

Lisa, Virginia and Niharika

www.pfrc.org.nz
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