

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.

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The Board and Staff of the Parent & Family Resource Centre would like to extend a very warm welcome to our newest staff member Niharika Puri who has joined the team as a Community Information Advisor.

We would also like to extend our congratulations to Wendy Duff, board member here at PFRC, who was recently awarded a NZ Order of Merit for her work for people with autism. Read more about Wendy Duff's work for autism [here](#).

SEMINARS/TRAINING

111 Train-the-Trainers Workshop - Central

At Royal Oak on 16/2/2013. 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.

No Exceptions Training - South

GymSports NZ is running this free No Exceptions training for school and club gymnastics coaches. Enhance your ability to deliver quality sport opportunities to physically disabled young people. Monday 21st January, Pukekohe Gymnastics Club. [Click here](#) to view the flier or contact Andy Adams on 021 834 320 or andy.adams@gymsportsnz.com

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).

The Certificate in Learning Support (Inclusive Education), Level 4

Do you have teacher aides, support workers or parents who might be interested in gaining a qualification? [Click here](#) for more information and [click here](#) to view the brochure. Starts in Feb.

UPCOMING EVENTS

Disability Surfing Day - North

Awesome Saturday Surfing Day for people with physical (and other) disabilities. With the help of local surfers and the community, you can get out on the waves for fun, freedom and fitness! 26th Jan, Ahipara, Northland. [Click here](#) for the flier and contact details. Also [click here](#) to see photos of the last Awesome Surfing Day!

Janet McVeagh Recreation

[Click here](#) for the January summer holiday programmes, [Click here](#) for January Road Trip and holiday programs and [Click here](#) for the General Information form to fill out. Email Kerrie O'Hara at jm.recreation@ihug.co.nz

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.

Free train rides for families with special needs children - South

The Manukau live steamers club is holding their annual day of free train rides for special needs children and their families. The date is Wednesday, 6th February 2013. You are invited to come and ride the trains between 11 am and 4 pm. A caregiver must accompany each child please. Manukau live steamers members will be there to help with the loading and unloading of the kids. Wheelchair accessible toilets are available. The railway track is situated at; Centre Park, 141 Robertson road, Mangere. There will be a Mad Butcher sausage sizzle for lunch. For information ph: Lynne Giles 5358577 or 021 959106

Te Kauwhata Blind Lawn Bowls Tournament - South

The annual Te Kauwhata Blind Lawn Bowls tournament will be held on Waitangi day Wednesday 6th February. Register with Kath by the weekend of the 2/3rd of Feb. Starts 9.30am. Email Kath at dkmonk@clear.net.nz

Lightening the Load of Caregiving seminar Designed & Presented by John Hibbs - Central

John Hibbs, Counsellor has designed this workshop to explore ways to ease the stress and responsibility of caregiving. This workshop will be held on Saturday 31st August 2013 at Selwyn College in Kohimarama. [Click here](#) to view the flier. Contact John Hibbs directly to book or for more information at jhibbs@xtra.co.nz

The Big Event 5-6 April 2013

[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.

January School Holiday Program - North

Special Kids Care is excited to announce a school holiday programme aimed at children with special needs on the North Shore! Drop off at 8.30am and pick up at 4pm from Wairau Valley Special School. Payment is one carer support day per day or \$76 per day. Contact Diana by email at specialkids care1@xtra.co.nz or by phone 021 382 000, or [click here](#) to view the flier. (14th – 25th Jan).

Celebrate 'Seeking Summits' - Win 2 Tickets to Haggis Honking Holes in Waitomo

[Click here](#) for an amazing adventure opportunity and a chance to win with Recreate! This competition is to celebrate the launch of Recreate's new program 'Seeking Summits' which 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.

Sailability Auckland - West

An introduction to sailing for people with a disability. [Click here](#) to view the flier and see how to give sailing a go. Contact Tim Dempsey on 09 834 0557 or email sailabilityauckland@xtra.co.nz Alternatively, check out www.sailabilityauckland.org.nz

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. Trusts Stadium, Waitakere, 19th February from 9-3pm. [Click here](#) for the flier.

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

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.

NOTICES

Recreate

Welcome to the Recreate NZ newsletter for Term 4, 2012 / Term 1 2013. This newsletter covers all the Term 1 activities for 2013, and as we know the summer programmes do book up fast! Click [here](#) to be taken to our latest 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.

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 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

Caregiver Available – central/east Auckland

A teacher aide is available as a caregiver for a young person with a disability over the school holidays. To view his CV details please contact Lisa at Parent & Family Resource Centre on 636-0351 or lisa@pfrc.org.nz

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

Mauri Ora Father's Circle - Central

Come along to this support group for fathers aiming to provide a safe place to share father related issues, with understanding and hope to strengthen fathering abilities. Wednesdays 7 – 9pm at the Onehunga Community Centre. [Click here](#) to view the flier.

DRC (Disability Resource Centre) Name Change: ILS (Independent Living Service)

DRC has officially had a name change to the Independent Living Service (ILS). [Click here](#) for more information including email and website details.

Carabiner Mentoring Programme

Carabiner are looking for young people who have the aspiration and determination to see their dreams through to reality. We are recruiting mentees (young people aged 17 – 24 years) to be part of Carabiner for 2013. Carabiner is a powerful one-on-one mentoring programme for young people with disabilities who have a specific goal. Mentees are carefully paired with mentors who have successfully achieved in a specific area and together they create a one year development plan, with specific milestones to set them on a journey to achieving their dreams. [Click here](#) to view the Mentees application form or [click here](#) to view the brochure.

Martial Arts - Central

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.

AllSports Update

Auckland AllSports Updates are brought to you by The Halberg Disability Sport Foundation. Every few weeks they will endeavour to send you information about upcoming sporting opportunities for physically disabled young people. They're also going to put the spotlight on a couple of their partners who are delivering great sporting opportunities for physically disabled young people. Firstly though, [click here](#) to read a little about Halberg Disability Sport Foundation.

YMCA Star Dance Movement Therapy for Children on the Autism Spectrum and Arts 4 Mums

Once again, the YMCA Mt Albert in partnership with Dance Therapy NZ is pleased to announce our very successful YMCA-Stars! Dance Movement Therapy for Children on the Autism Spectrum (and with related disorders including Dyspraxia, ADHD, Anxiety, PDD and developmental delays) which will be running again in Term 1 at the YMCA Mt Albert. The groups begin the week of 20th February, and run for 9 sessions. The fee is \$180 for the term and there are some funding options available if necessary. There are a range of groups available for different age groups and levels. Contact Plus [click here](#) to see information about NEW North Shore programmes starting in March and NEW Home school Dance Therapy/Arts Therapy Programme, along with contact details.

Occupational Therapy - Central

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

Masada Holiday and After School Care - East

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

NZORD - the New Zealand Organisation for Rare Disorders

New Zealand Rare Disease Day is 28 February 2013. 'Support the Rare Gems™ in our community' is the 2013 theme. Rare Disease Day provides you with an opportunity to raise awareness about your disorder, and raise funds for your group. Check out the options and resources on the dedicated website www.rarediseaseday.org.nz Here you will find ideas and resources needed to run a fundraiser in your school, workplace or community, however small your group is. Promote the Rare Gems™ theme for multi-day, dress-up day, gold coin donation, or other fundraisers for your group. This [easy steps guide](#) sets out how to run an event. [Click here](#) for more information.

TANI (The Asian Network Incorporated)

[Click here](#) to read TANI's Summer Newsletter

Numicon Newsletter

[Click here](#) for Numicon specials, courses and email reminders.

Special Kids Play/Coffee/Support Group - South

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.

Wilson Home Trust E-News

[Click here](#) for the December 2012 issue of the Wilson Home Trust E-News.

Boccia

[Click here](#) to view the latest Boccia: Get Rolling Newsletter, Issue 18. Individual membership (players and associates – [click here](#)) and club affiliation (schools and groups – [click here](#)) are now available for the 2012 - 2013 year.

Special Bees Playgroup - North

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.

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, Virginia, Melissa and Niharika

www.pfrc.org.nz

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