

## 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](#)



### **Like us on Facebook and follow us on Twitter!!**

*Parent and Family Resource Centre have recently joined Facebook and Twitter.*

*Please visit our Facebook page [here](#) and 'like' us. You can follow us on Twitter [here](#).*

## 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](#).

- West Auckland**      Wednesday 27 March – 7-9pm – **spaces available**  
Integrated Neurological Rehabilitation Foundation, 2 Claude Brookes Drive (off Edmonton Road), Henderson
- East Auckland**      Wednesday 3 April – 7-9pm – **spaces available**  
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](mailto:niharika@pfrc.org.nz)

### 'Navigating the System' workshop - North

Yes Disability Resource Centre and Parent to Parent are running a Navigating the System workshop for families on Friday 15<sup>th</sup> March from 10am - 2pm (morning tea and light lunch provided) at Yes Disability Resource Centre, 3 William Laurie Place, Albany. 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. RSVP by 8<sup>th</sup> March to [Sharron@yesdisability.org.nz](mailto:Sharron@yesdisability.org.nz) or ph 09 414 5360

### Working together with HDC - Central

The Health and Disability Commissioner invites you to a free consumer seminar. This seminar is for people with high and/or complex care and support needs and their carers and family members who use any form of disability support services. It will cover topics such as your rights as a consumer of health and disability services and how HDC can assist you when things go wrong. This seminar will follow-up and put into action some of the suggestions from the first similar seminar (held in November 2012) including a panel discussion. It will be held at Fickling Convention Centre, 546 Mt Albert Road on Wednesday, 27<sup>th</sup> March 2013 from 10am – 12.30pm (Morning tea will be provided). [Click here](#) to view the flier.

### Open Studio Teen Group and Art on the Spectrum – Central

There are two places left in the Open Studio Teens group run by Spark Centre. It follows a similar format to Open Studio Kids but is aimed at teenagers of all abilities aged 12 years plus. [Click here](#) for more information.

There are also two places left in the Art on the Spectrum group. This is a structured arts therapy group for children on the Autism Spectrum (ASD) aged 7-11 years facilitated by two Arts therapists. [Click here](#) for more information.

Contact: Abi Raymond: 09 845 5361 or e-mail: [abi@sparkcentre.org.nz](mailto:abi@sparkcentre.org.nz) ASAP to secure a place for your child.

### **Way to Play Programme - Playing with a child on the Autism Spectrum - Central**

Way to Play is a 1 day introduction to playing with a child on the Autism Spectrum presented by Autism NZ. Often adults are left bewildered when trying to play with a child on the Autism Spectrum. The course offers some simple, easy to use strategies to begin playing joyously together with the child. This workshop costs \$80 inc. GST and is held on 18<sup>th</sup> March from 9.30am - 3.30pm at 642 New North Rd, Mount Albert. [Click here](#) to view the flier and [click here](#) for the registration form.

---

### **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 – 23<sup>rd</sup> March and 31<sup>st</sup> 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 [jhibbs@xtra.co.nz](mailto:jhibbs@xtra.co.nz)

---

## **UPCOMING EVENTS**

### **Brainwave Trust presentation - Central**

The Raukatauri Music Therapy Centre invites you to attend a presentation by Keryn O'Neill, a Researcher with the Brainwave Trust. The presentation is on Wednesday 13<sup>th</sup> March, from 7.00 – 8.30pm. [Click here](#) to view the flier. To book a place, please contact Claire on (09) 360 0889 or email: [claire@rmtc.org.nz](mailto:claire@rmtc.org.nz).

---

### **Rehab Innovations: Presentations and Networking Event - Central**

IRIS Rehabilitation are providing the "Rehab Innovations: Presentations and Networking Event", which will take place from 3:30 – 5:30pm on Thursday 21<sup>st</sup> March. This will feature power point presentations by service users Lynette Loye and Yung Chen, who will share their art therapy journeys as a part of a review of client led service development. Other presentations include: "Educate About Us By Us" disability awareness and there will be an overview of physiotherapy, arts therapy and occupational therapy programmes for 2013. [Click here](#) to view a flier. Contact Marion Gordon-Flower, ph. 846 6295 ext 830 or email [mgordon@iris-health.org.nz](mailto:mgordon@iris-health.org.nz)

---

### **Housing Forum - Central**

Housing forum featuring Guest Speakers from Whangarei Accessible Housing Trust and Auckland Council. This is an opportunity to share your experiences of Auckland's housing issues and discuss possible solutions, with a focus on affordable and accessible housing options. This forum is held at CCS Disability Action, 14 Erson Ave, Royal Oak on Thursday 21<sup>st</sup> March 12:30pm – 3:30pm. Please RSVP to Jacqui Carlson at [Jacqui.Carlson@CCSDisabilityAction.org.nz](mailto:Jacqui.Carlson@CCSDisabilityAction.org.nz) or (09) 625 9378. This is an accessible venue but if you require specific support please contact us by 15 March. [Click here](#) for more information.

---

### **Muscular Dystrophy Northern Ice Skating - West**

Summer heat got you melting? Ready to slide into some fun? Join us for a special MDN session of ice skating – *Wheels on Ice!* Wheelchairs are welcome – both of the power and manual varieties. For those members who are unsteady on their feet but don't have a wheelchair of their own, we will have a couple of spare manual chairs and there are special skating frames available to hire for use on the ice. At Paradise Avondale, 150 Lansford Cres, Avondale, Saturday 23<sup>rd</sup> March, 1-4pm. The discounted rate for people with disabilities is \$7 and caregivers get in free. RSVP to Darian Smith (MDN Fieldworker) [darian@mdn.org.nz](mailto:darian@mdn.org.nz)

---

### **ADSA Buddy Walk 2013 - Central**

The Buddy Walk is a 3.5km walk followed by a fun fair and entertainment. It is a great day out for the family to promote the acceptance and inclusion of all people with Down syndrome. It is also to raise awareness for the Auckland Down Syndrome Association. You can show your support by walking with us on the day, or sponsor those who are walking via [www.everydayhero.co.nz/event/buddywalk2013](http://www.everydayhero.co.nz/event/buddywalk2013). It is on Sunday 24<sup>th</sup> March 2013 at Tahaki Reserve, 250 Mt Eden Road, Mt Eden, Auckland. Registration is from 9am and the walk begins at 10am. [Click here](#) for the flier and registration form.

---

### **Janet McVeagh Recreation – Kelly Tarltons Sleepover**

There are some spaces left for the Kelly Tarltons Sleepover. Date/Times: Saturday 16<sup>th</sup> March 7pm – Sunday 17<sup>th</sup> March 9am. Cost: 2 day Carer support funding. [Click here](#) for more information. Contact [jm.recreation@ihug.co.nz](mailto:jm.recreation@ihug.co.nz) to confirm.

---

### **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. March 11 & 18, April 8 & 15, from 12-1:30pm 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](mailto:maia@halberg.co.nz)

---

### **Parent to Parent NZ SibSupport Camp**

There are still some places available for the SibSupport Camp on 5-7<sup>th</sup> 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.

---

### **The Big Event 5-6 April 2013 - Central**

The Big Event Expo and Marketplace is a fun and free event that celebrates accessibility, with more than 130 stands showcasing daily living products and services, education workshops with guest speakers, a dedicated youth area, the latest accessible technology, innovation, sport and entertainment. [Click here](#) to view the flier (front of flier) and [here](#) (back of flier) for The Big Event 2013. For more information, visit the Big Event website [www.thebigevent.org.nz](http://www.thebigevent.org.nz) and [click here](#) for the Big Event Newsletter.

---

## **NOTICES**

### **Research participants needed**

#### **Research on the brain basis of high functioning autism and common co-existing conditions.**

High functioning autism falls under the umbrella term of autism spectrum disorder (ASD). ASD and other conditions such as ADHD, anxiety and obsessive compulsive disorder occur together 30-50% of the time. Why is there such a strong association between these disorders? We are seeking research participants with high functioning ASD and healthy controls to try to find out if there is a brain-based reason for these co-existing conditions. This project requires adult participants both with and without a diagnosis of ASD and their immediate family members. We will ask participants to come to our lab at The University of Auckland and attend two sessions over the period of one year. This will involve questionnaires, computer based tasks, and a recording of your brain activity using electroencephalography (EEG). Each session will take no longer than 1.5 hours and participants will be rewarded with \$20 in petrol or grocery vouchers for each session they attend. In addition, participants' first degree relatives will be invited to participate in the research by answering a number of questionnaires provided to them by their participating family member that will take no longer than one hour (and does not require coming into the University). Relatives will be reimbursed \$10 in vouchers for their time if they choose to participate. Data collected from this research project will serve as a basis for the researcher's PhD thesis. If you are interested in participating or would like to know more please contact Ashleigh Saunders on [ashleigh.saunders@auckland.ac.nz](mailto:ashleigh.saunders@auckland.ac.nz) for more information. Approved by the University of Auckland Human Ethics Committee on 16/11/2012 for (3) years, Reference Number 8697. [Click here](#) for a detailed participant information sheet and [click here](#) for a flyer.

---

### **New "Hang OuT with Mates" occupational therapy based holiday program - North**

Everyday OT is delighted to offer "HangOut with Mates" - an occupational therapy based holiday program. This program is to be held on the Shore at Belmont Intermediate School during the April School Holidays. Week 1: 23 - 24 April, 2013, 9am - 12.30pm is for 4-6 year olds - mini Mates! This program will focus on play and school readiness. Looking at self regulation and social skills as well as the developmental gross and fine motor skills needed for school. Week 2: 30 April-2 May, 2013, 9am - 3pm is for 7-12 year olds. A big emphasis is going to be on self regulation, social and emotional skills through play and team activities plus loads of chill time and creative activities. Eligible families will be able to claim carer support at the completion of the program however they need to be able to pay first. As sample of the staff includes two OT's on each program, peer mentors and a martial arts/ special ed teacher for the older children. Cost is \$70 for mini mates per day and \$120 for Mates per day (\$20 an hour) which is exceptional value for a family goals based therapeutic program. [Click here](#) to view the flier. Contact Carolyn Lotawa on 021 023 26398 or [carolyn@everydayot.com](mailto:carolyn@everydayot.com)

---

### **Feedback needed from disabled community on rail crossings**

Further to the dreadful incident that occurred at the Morningside Drive rail crossing this week, KiwiRail wants assistance from the disabled community to help identify the crossings that urgently need upgrading, to increase their safety. Following a meeting on 27<sup>th</sup> February with KiwiRail staff, Stephen Collett, Northern Regional Manager – Infrastructure and Jenni Austin, Communications Advisor, the following main items were agreed:

- Immediate feedback to KiwiRail on the difficult/potentially unsafe crossings in Auckland
- Work with KiwiRail to devise improved standards for pedestrian crossing design
- Investigate a system to make it easier in the future for people to advise KiwiRail of crossings that need maintenance.

There are 54 on-grade crossings within the Auckland region and we can greatly assist in keeping them as safe as possible by contacting KiwiRail direct. Ring KiwiRail on 0800 801 070 and select option 5 or email [kiwirail@kiwirail.co.nz](mailto:kiwirail@kiwirail.co.nz). Alternatively, you can email me (Vivian Naylor) at [Vivian.naylor@ccsdisabilityaction.org.nz](mailto:Vivian.naylor@ccsdisabilityaction.org.nz) or ring me or ring me on (09) 625 3305 and leave a message if necessary. Advise us of the location of the crossing and description of the problem.

---

### **Applications open for volunteering fund**

Community and Voluntary Sector Minister Jo Goodhew announced that the new funding round for the Support for Volunteering Fund is now open. The Support for Volunteering Fund provides over \$500,000 each year to projects and organisations that promote and support volunteering in New Zealand. The funding is divided between Volunteering New Zealand, regional volunteer centres and selected projects in the volunteer sector. The focus for the current funding round is Māori, Pacific and ethnic community projects. Organisations applying for funds must have legal entity status, appropriate governance and management structures and processes in place and be able to show they have the capability to successfully achieve the project outcomes proposed. Applications to the fund must be submitted by 4.00pm on Wednesday 1 May 2013. Community Advisors in Department of Internal Affairs offices across the country are available to help with applications. Further information about the Support for Volunteering Fund and application forms are available by visiting <http://www.communitymatters.govt.nz> or calling 0800 824 824.

---

### **Numicon Newsletter**

[Click here](#) for the latest Numicon newsletter which includes specials and course updates.

---

### **Wheelchair Accessible home available for sale in Paihia**

[Click here](#) for more information.

---

---

**Friend/Minder For 'Sheldon' – part time job**

A family in Milford are looking for a minder to work with their 17 year old son who has Aspergers. It is for two afternoons a week, 1:30 – 4:00pm. [Click here](#) for more information.

---

**Part time employment wanted**

PFRC has been approached by a young man with Down Syndrome who is currently looking for some part time employment (9-15 hours per week). He is active, energetic, positive and proficient with using the computer, and has excellent retention skills. For more information please call Niharika on 636 0351 or e-mail [niharika@pfrc.org.nz](mailto:niharika@pfrc.org.nz) for his CV.

---

**Free 45 minute New Zealand sign language taster classes**

Each May, Deaf Aotearoa New Zealand organises NZSL Week - a celebration of one of the country's official languages, New Zealand Sign Language (NZSL). NZSL Week helps promote the language as well as raise awareness about New Zealand's Deaf community and the issues/challenges its members face each day. When you attend a taster class you'll learn how to fingerspell the alphabet, sign greetings and some words and phrases commonly used everyday. The idea is to get you started on a lifelong journey of discovering this beautiful language. The duration of the class is approximately 45 minutes and is taught by – in most instances – a Deaf tutor giving you a chance to learn firsthand from a “native speaker” of NZSL. The class is available for Schools and Workplaces during New Zealand sign language week 2013. Click here to register for a taster class for your workplace. Visit the following website for more information <http://www.nzslweek.org.nz/>.

---

**“Motivating Disabled consumers towards self-empowerment” Resource**

PMC (Pam MacNeill Consulting) will shortly publish this innovative new resource of relevance to people working within the New Zealand disability sector. Motivating disabled consumers towards self-empowerment is a handbook that will help you work effectively with disabled consumers: providing support and encouragement to achieve their dreams. For more information on what the handbook includes, [click here](#).

“Motivating consumers towards self-empowerment” will be available from 1 March 2013. Produced as an environmentally friendly and screen reader accessible PDF document on compact disc, this handbook costs just \$58.00 including GST, packaging and postage. Please e-mail [pmacneillconsulting@gmail.com](mailto:pmacneillconsulting@gmail.com) or phone 0274 575 461 to place your order for “Motivating consumers towards self-empowerment”.

---

**Indoor Soccer**

Come and Play Indoor Soccer – affiliated with Special Olympics Auckland. All Abilities, No Experience Needed. Saturday 2:30-3:30pm (during school term) at Mt Roskill Youth Zone, Wesley Community Centre, 740 Sandringham Rd. Please call Tracy on 027 554 4323 if interested or just turn up! [Click here](#) to view the flier.

---

**Ministry of Health – Disability Support Services Newsletter**

[Click here](#) to view the February edition of the MOH DSS Newsletter.

---

**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](mailto:lisa@pfrc.org.nz) to discuss further and obtain the families contact details.

---

**West Links Family Services Newsletter**

[Click here](#) to view the February edition of the Office Echoes 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 9-10<sup>th</sup> July and interested parties are invited to submit a brief proposal to be received not later than March 15<sup>th</sup> 2013. [Click here](#) for more information.

---

**Boccia**

[Click here](#) to view the latest Boccia: Get Rolling Newsletter, Issue 20. 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 8<sup>th</sup> March.

---

**NZORD – New Zealand Organisation for Rare Disorders**

[Click here](#) to view NZORD's Newsletter 2013 #2.

---

---

### **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 A'. If you teach the violin or know of someone who does, please email [pfrcadmin@pfrc.org.nz](mailto:pfrcadmin@pfrc.org.nz) with your details.

---

### **TANI (The Asian Network Incorporated)**

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

---

### **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 2<sup>nd</sup> and 4<sup>th</sup> 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](mailto:lisa@pfrc.org.nz) if you would like further information.

---

### **From the PFRC Team**



**Lisa, Virginia and Niharika**

[www.pfrc.org.nz](http://www.pfrc.org.nz)

Join us on [Facebook](#) and follow us on [Twitter](#)

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.

PFRC – CC21603 – is a registered charitable entity in terms of the Charities Act 2005.