

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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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

Disability and Treaty of Waitangi Workshop - South

An insightful workshop on the Treaty of Waitangi and its influences on the disability sector today, with a focus on developing a wider cultural understanding. The workshop will be held on Thursday 30th of May, from 10am – 3pm (lunch provided), at the Manukau Room, West Annex Building, Manukau Civic Building, 31 Station Rd Manukau. Cost of the workshop is \$368 (incl. GST) per person. [Click here](#) for more information about the workshop. To register, contact Evan Clulee: 250 4346 ext 204 or training@portal.org.nz.

Trusts & Welfare Guardianship seminars – May/June – Auckland wide – 1x daytime workshop now available!!

The Parent & Family Resource Centre is hosting another round of popular Trusts & Welfare Guardianship seminars at venues in north, south, east and west Auckland over late May and June. The attendance fee of \$30 includes a comprehensive resource pack with a CD of all relevant sample documents and other useful information. A light supper is served halfway through the evening presentation, and tea & coffee are available before the daytime presentation. [Click here](#) for the dates/venues. To book or for more information please contact Niharika at PFRC on 636-0351 or niharika@pfrc.org.nz

Transition Expo 2013 - Central

The progression from school to community life. Hosted by Parent & Family Resource Centre (PFRC) and Ministry of Social Development (MSD).

When: Thursday 15th August 2013

Where: Fickling Convention Centre
546 Mt. Albert Road
Three Kings, Auckland

Time: 9am – 2.30pm

This Expo is suitable for all students aged between 14-21 years who are ORS funded, parents, family members, caregivers, education experts, careers advisors, school transition coordinators, teachers and all those involved in the care of a young adult with a disability. Transition Providers, Vocational Service Providers and 'leisure/recreation' providers will each have a stall providing information, pamphlets, booklets, DVD's and promotional material. Representatives from each organisation will be available for advice including also Work and Income, Ministry of Education and Taikura Trust. This Expo will also feature a Transition Seminar in a separate presentation room at 9.30am and midday (1.5hr seminar will run twice).

Although this Expo is aimed at ORS funded students, all students with a disability and those involved in the disability sector would benefit from information available on the day.

Please contact PFRC for further information or if your organisation would like to hold a stall, on (09) 636-0351 or pfrcadmin@pfrc.org.nz. [Click here](#) for a flier which includes a map to the venue.

Altogether Autism Network Meeting - Central

This free meeting is open to all people with an interest in Autism Spectrum Disorder with the main focus on transitioning children with ASD from secondary school. The meeting is being held on Wednesday the 29th of May at Yarnton House, 14 Erson Ave, from 7-9pm. [Click here](#) for the event flier, or call 625 5021 or e-mail auckland@altogetherautism.org.nz to register.

Makaton New Zealand/Aotearoa - Workshop for Primary Carers - Central

This workshop is for Primary Carers (family and interactors who have frequent contact with children and adults with communication problems). The workshop is spread over two Saturdays, June 22nd and June 29th, and run from 9am - 3pm, at the Auckland Down Syndrome Association office, 92a Princes Street, Onehunga. Cost is \$100 per person/family for the full workshop (4 modules). [Click here](#) for the registration form, alternatively contact 818 7115 or email makaton@clear.net.nz for more information.

2013 Arthritis Education Series – North

Arthritis New Zealand in collaboration with AUT University invites you to a series of free, interactive educational sessions, discussing different conditions with information about the management of arthritis, techniques for relief and alternative therapies for people living with arthritis. The presentations are suitable for people living with arthritis, their family, friends and health professionals interested in knowing more about arthritis. These sessions will be held at Main Entrance, AUT North Shore Campus, AF Block Foyer, on Wednesday evenings 7 – 8pm on the dates listed on the flier. [Click here](#) to view the flier.

Down Syndrome: Success in School course - Central

Auckland Down Syndrome Association is running a course "Down Syndrome: Success in School", for intermediate and high school. This has been planned for Tuesday 18th June 2013 at the Ministry of Education offices in Maungawhau and facilitated by Margi Leech. [Click here](#) for more information.

Pacific Early Learning Workshops - South

You are invited to attend the Pacific Early Learning Workshops. These workshops will cover: the benefits of early learning for your children; types of services available; information on financial support; setting up an ECE service; enrolment process etc. [Click here](#) for dates and venues and contact information.

3rd National Disability Conference - Wellington

The Health and Disability Commissioner invites you to the 3rd National Disability Conference on Monday, 17th June 2013 in Wellington. Registration closes on 30th May 2013. [Click here](#) to view the flier and [click here](#) to register online.

UPCOMING EVENTS

Recreate NZ – Photography and Art Fundraising Exhibition – Central

High quality framed and unframed prints of different sizes will be available on the night for viewing and sale. There will also be a large scale interactive mosaic installation and the launch of the new Recreate video showcasing their programmes. The event will be held on Saturday 22nd June from 4-9pm, at St. Columba Hall, Surrey Crescent, Grey Lynn. [Click here](#) for more information on the event. To RSVP, please email bookings@recreate.org.nz.

Dance Therapy NZ - Therapeutic Dance with Children - Central

Dance therapists Jacquelyn Wan and Anaia Treefoot will be teaching the introduction to Therapeutic Dance, Level 2, on Saturday the 15th of June, 10am-5pm in Newton. The programme will be focusing on the following areas: movement observation and analysis; working with groups; working with individuals. New material will be taught so you will be able to fully participate even if you have not completed Level 1. This training is suitable for Teachers, Parents, and related professionals such as Occupational Therapists, Psychologists, Counsellors, Psychotherapists and Education support workers, as well as Arts Therapy students and those interested in dance movement therapy. Contact Anaia Treefoot on (021) 184 9676 or email info@dancetherapy.co.nz for more details.

Wheelchair Basketball Programme – Auckland Wide

The Halberg Disability Sport Foundation are proud to roll out a number of youth orientated Auckland Wheelchair Basketball Have-a-go Days in May and June for physically disabled youth in Auckland. The days are being run in each of the [Counties-Manukau](#), [Waitakere](#) and [North Harbour](#) regions, and will all be followed by a 6-week coaching programme and then possibly inter-city competitions. No experience is needed, just come along if you want to have a go at this great sport.

Coaching will be delivered by members of the Auckland Breakers Wheelchair Basketball team, so the sessions will be of a high quality and will allow you to develop the skills you need to play the game. To register for one or more of these Have-a-go Days, please contact your local Halberg Disability Sport Coordinator:

Maia Lewis	Counties-Manukau	email: maia@halberg.co.nz
Stacey Roche	Waitakere	email: Stacey@halberg.co.nz
Chris Smith	North Harbour and Auckland Central	email: chris@halberg.co.nz

Indoor Sports for people with an intellectual disability – North West

Would you be interested in bringing your family member or someone you look after to a weekly class based on indoor sports & soccer, run in Kumeu? This is an opportunity to have fun, make friends and build confidence while learning new skills and getting exercise. Acorn Hamlet Trust are organising a 10 week set of indoor sports classes for people (age 16+) with an Intellectual Disability. Classes will be at 11am – 12pm on Fridays at Kumeu Gym, 156 Main Road, Kumeu, starting in April. Each session will have warm-ups, ball skills, an obstacle course and end with a fun game. Participants will attend with their own caregiver/support worker to help them throughout the class (Sorry no drop-off available). We are taking block bookings for a 10 week set of classes starting on 5th April. \$20 if paid in advance, non-refundable. [Click here](#) to view the registration form and flier. Alternatively, sign up for our \$3 casual rate (entry not guaranteed – subject to numbers on the day). Contact acornhamlettrust@gmail.com for more information.

Raeburn House Life Skills Programme - North

The latest Raeburn House Life Skills programme is now open for registrations! This programme includes an exciting range of groups and workshops designed to increase inner resilience and wellbeing, including depression support, developing inner wellbeing, harmony in relationship, managing stress and anger and much more... All groups are led by skilled facilitators and a sliding fee scale is in place to ensure accessibility. [Click here](#) for the programme flier for more details.

HDC Advocacy Conference Auckland – Mental Health and Addictions – South

[Click here](#) to view the Agenda for the conference being held on Monday the 12th and Tuesday the 13th of August at the Sudima Hotel from 8am – 4pm. To register, [click here](#).

InterACT – Auckland Wide

Expressions of interest are being invited to take part in this exciting event in October at Corbans Estate Arts Centre. [Click here](#) for more information.

Interacting theatre

Interacting theatre are offering courses in Term 2 for young people with a disability in the following locations: [Takapuna](#) (North Shore), [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.org.nz

Wearable arts classes come to Corbans!

Interacting are running a series of weekly workshops at Corbans where participants will design and create gorgeous costumes that they can parade at InterACT in October and other community events. [Click here](#) for more information.

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. Term 2: May 22nd to June 26th, Wednesdays 10.30-2.30pm. [Click here](#) for more information.

Open Studio Teen Group and Art on the Spectrum – Central

Teen Open Studio is an open studio art group for teenagers of all abilities aged 12 (approx) years plus. Particular provision is made for teens with diverse and complex needs. Thursdays from 4–5:30pm each school term. [Click here](#) to view the flier.

Art on the Spectrum is a structured arts therapy group for six children (8-11 years) on the Autism Spectrum (ASD) facilitated by an Arts Therapist and Arts Facilitator. Wednesdays 4–5:30pm each school term. [Click here](#) to view the flier.

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

Janet McVeagh Recreation (JMR) – Queens Birthday Have a Go Camp in Otimai - West

Spaces left! The camp runs from Thursday 30th of May to Monday 3rd of June. The cost is 5 days carer support + \$87.40. [Click here](#) for more information, and [click here](#) for the registration form. Please e-mail jm.recreation@ihug.co.nz to confirm your spot.

NOTICES

Press Release: Families as Paid Carers Decision

[Click here](#) to view the Press Release on the Ministry of Health's decision to pay family members as carers.

PFRC April 2013 Networker

The most recent edition of the Networker is now on our website! To view it, [click here](#).

YouthworX Newsletter – May

[Click here](#) to view the May newsletter for YouthworX.

Health Quality and Safety Commission NZ

[Click here](#) for issue 26 of the e-newsletter.

Child's Play O.T. Ltd

Occupational Therapy and Sensory Integration Therapy practice – now in Eden Terrance AND Silverdale! We offer assessment, consultation and therapy input for children and adolescents and their family/whanau. We specialise in developmental and learning disabilities such as Dyspraxia, ASD's, ADHD/ADD, Dyslexia, Sensory Processing Disorder, developmental delay, chromosomal dysfunctions, and much more. We are also able to consult with adults who are struggling to cope with the same difficulties. For more information [click here](#), visit www.childsplayot.co.nz or call 09 630 9314.

Wilson Home Trust Newsletter

[Click here](#) for the May 2013 newsletter.

Sport Gulf Harbour Charitable Trust & The Leisure Centre – North

The Sport Gulf Harbour Charitable Trust and The Leisure Centre are hosting a Special Needs Sports Programme designed specifically for interaction and connection with children with Special Needs. These sessions will run on a Wednesday from 4-4.30pm during school terms. [Click here](#) to view the flier for more details and [click here](#) for the registration form.

COMING SOON! Four Go Flattening - The Handbook

A working guide that will help you navigate the Individualised Funding System and create the independent living environment of choice for your whanau/family member. [Click here](#) to view the flier.

Research participants needed

Research project regarding the Implementation of the Convention on the Rights of Persons with Disabilities.

The project has a focus on young disabled people aged between 16-17 in Christchurch, Wairarapa and also in Auckland and regions close to Hawkes Bay. This research is looking at finding people with a wide range of impairments so anyone who has an impairment(s) can participate. Due to the age of the subjects for this research no interviews can take place unless the parents/guardians give their consent, in addition to obtaining informed consent from the young people themselves.

The Government has funded this research and we will pay for transport and any disability related costs for the young disabled people to be interviewed eg mileage, mobility taxis, NZSL sign language interpreters information in alternative formats etc. A small koha is given to each participant to thank them for giving up their time. A similar study was done in 2010 but focusing on people 18 and over which resulted in the report entitled Disability Rights in Aotearoa, New Zealand 2010. This study will examine the human rights of younger disabled people so that their experiences can be used to advocate for positive social change in NZ and will be included the report to the United Nations in 2014. [Click here](#) for a detailed participant information sheet.

North Shore, Auckland Support Group - for families supporting a loved one with a mental illness - North

To be held every 2nd Tuesday of the month at Senior Citizens Hall, 5 The Strand, Takapuna (situated between Takapuna Library and Citizens Advice Bureau), 6.45pm-7.00pm. The next support group is on 11th June 2013.

6:45pm	Mix and mingle/hot drink
7:00pm	Introduction/topics for 2013/setting ground rules
7:30pm	Presentation: An introduction to Sensory Modulation/reducing stress
8:00pm	Reflection/questions/answers
8:15pm	Supper
8:30pm	General discussion
9:00pm	End.

For further info please contact Annais or Merle at 09 4142423

AllSports Update – Auckland volume 3

Welcome to the third Auckland AllSports Update brought to you by The Halberg Disability Sport Foundation. There are a lot of opportunities happening around the Auckland region over the next couple of months for physically disabled people to try out some different sporting activities, so look below and see what takes your fancy. [Click here](#) to view the AllSports Update. To check out anything else that Halberg Disability Sport Foundation may be involved with please visit our new and improved website – www.allsports.org.nz and follow us on Facebook - www.facebook.com/Halberg-Disability-Sport-Foundation

Recreate Newsletter

The Recreate NZ term 2 Auckland Newsletter is out now. All our great upcoming events are detailed, including April Junior and Youth Holiday Programmes, Youth, Junior and Young Adult Getaways, Stanmore Bay Respite House weekends, Life-skills programme and Seeking Summits adventure trips..plus much more.... [Click here](#) to download – note it is 10meg so may take 20-30 seconds to download. Alternatively go to our website to view and book www.recreate.org.nz or email bookings@recreate.org.nz to request a paper copy.

Velca Fun Fit: An exciting new class for people with disabilities

"Velca Fun Fit is an exciting weekly 2 hour class designed for people with disabilities, to improve health and well-being while having fun and making new friends. If you love music you will love Velca Fun Fit! Our wonderful trainers ensure that the class is tailored to all abilities and that people are supported to achieve and have fun. Classes will be run during the day, evening or on a Saturday and cost 1 Carer Support day for 4 classes, or \$19 per 2 hour class (please note: Carer Support can only be used as a form of payment when the Carer is not at work). For more information about Velca Fun Fit in your area, or to discuss how to sign up, please contact Louise: 027 429 4131 (call or text) or louise@velca.co.nz. We look forward to seeing you at a class soon!" [Click here](#) to view the flier.

Is anyone interested in importing a Buddy bike?

We are seriously considering importing a 'Buddy bike' to use with our eight year old son who has autism and an intellectual disability. The cost of importing this specialized tandem bike from USA to Auckland is considerable, but not much more for importing two bikes as it is for one. Is there a family interested in also importing a Buddy Bike and we could split the shipping costs. For more info on these fantastic tandem bikes please see: <http://www.buddybike.com>. If you are interested contact Louise Inglis: louise@lansoft.co.nz

Spark Centre Newsletter

[Click here](#) to read the Spark Centre newsletter for Autumn 2013.

ADSA Newsletter

[Click here](#) to view the latest ADSA newsletter on their website.

Acorn Hamlet Trust

Acorn Hamlet Trust is a small local charitable organisation based in the Kumeu / Waimauku / Riverhead area, providing support to people with Intellectual Disabilities. We work with families to plan and deliver long term supported living arrangements for their family members with special needs, as well as organising activities and work experience.

[Click here](#) to view an overview of Acorn Hamlet Trust. For more information email acornhamlettrust@gmail.com. Visit their facebook page www.facebook.com/AcornHamlet

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 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.

Wheelchair accessible vehicle rentals

'Wheelies' Van Rentals provides a fleet of wheelchair accessible vehicles to rent from our depots in Sydney, Melbourne, Brisbane, Adelaide, Hobart, Gold Coast, Auckland and Christchurch. Our vehicles make a visit or holiday convenient and easy and we have a range of vehicles and rental plans to suit your needs. We also service the disabled community and respite centres with long term hires as required. Disability hires are our specialty so contact us for your next hire. [Click here](#) to view a brochure, or visit the website <http://www.wheeliesvanrentals.com.au/>

Special Bees Playgroup - North

A playgroup for children with special needs and their siblings aged 0-5. 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 and [click here](#) to visit their facebook page.

Also a new playgroup has started in Hibiscus Coast Village every Wednesday. Please note change of times - now from 9 – 11am. [Click here](#) to see the flier.

Boccia

[Click here](#) to view the latest Boccia: Get Rolling Newsletter, Issue 22. View other Boccia information at www.boccia.org.nz.

NZDSN Newsletter

[Click here](#) to read the NZDSN Newsletter for the week ending 17th of May.

NZORD – New Zealand Organisation for Rare Disorders

[Click here](#) to view NZORD's Newsletter 2013 #3.

From the PFRC Team



Lisa, Virginia and Niharika

www.pfrc.org.nz

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