

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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SEMINARS/TRAINING

Transition Seminar – Papakura

Due to popular demand, we will be running another seminar on the 5th of November at Laura Fergusson Rehabilitation Trust from 12:30-2:30pm. [Click here](#) for more information, or contact Niharika on 636 0351 or email niharika@pfrc.org.nz to book.

Individualised Funding including Respite Seminar – Auckland Wide

This seminar will be presented by Karen Smith of the Ministry of Health, and hosted by Parent & Family Resource Centre. The workshops will be held in Central, South, North, West and East Auckland. [Click here](#) for the seminar dates and locations and for more information about seminar content. **RSVP is essential.** Phone Niharika 636-0351 or email niharika@pfrc.org.nz to book your place!

Trusts & Welfare Guardianship seminars – October/November – Central, North, South

The Parent & Family Resource Centre is hosting another round of popular Trusts & Welfare Guardianship seminars at venues in North, South and Central Auckland over late October and November. 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 and biscuits 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

African Families Disability Seminar – Central

Auckland District Health Board (in association with Counties Manukau and Waitemata Health Boards and Parent and Family Resource Centre) have developed a Parent Disability Workshop for African and Other Families. This seminar is designed to help families understand the health and disability system – including the support services available and how they can be accessed. This free seminar includes presentations, stalls, morning tea, interpreters and childcare. The workshop will be held on Thursday the 17th of October 9am-1pm at the Fickling Convention Centre in Three Kings. [Click here](#) to view the event flier. Please RSVP by 13th October to Sadiqa on Sadiqa.hajee@adhb.govt.nz, or phone her on 09 639 0200 Ext. 27452 / 021 938 570. You may also register with Hyma on Hymavathi.danthala@adhb.govt.nz or phone her on 09 639 0200 Ext. 27507 / 021 0211 9335.

Recovery Conference – North

This conference will be held on the 30th of October at the AMI Netball Courts, 44 Northcote Road, Northcote from 9:30-2:30pm. [Click here](#) for the conference flier. If you would like to attend, please RSVP to Eileen on 489-0543 or email Eileen@raeburnhouse.org.nz

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.

Resilient Community Leader & Community Worker Workshops – North

[Click here](#) to view the schedule for upcoming workshops for October-November 2013. To register or for more information, please contact Kimberly Lamb on 441 8989 or email kimberly@raeburnhouse.org.nz

Dyspraxia Support Trust

Auckland Dyspraxia Support Trust (ADST) was established 20yrs ago by Bonnie Williams to provide proactive support for individuals and families experiencing Dyspraxia and related conditions. Bonnie can attend health, education and legal meetings to provide support and advocacy. On 11th October ADST will collaborate with Wilson Home Trust to offer an Expo and Play Day. [Click here](#) to read more. To learn more about ADST and their other events visit their website at www.aucklanddyspraxia.org.nz

Intercultural Awareness & Communication in the Workplace – Northcote

This is an interactive training workshop for Service Providers, Customer Service professionals, Community Workers and Newcomers. The Northcote workshop is on the 1st of November. [Click here](#) to view the workshop flier. To register, contact Kimberly Lamb on Kimberly@raeburnhouse.org.nz or call 441-8989 before 2:30pm Mon-Fri.

Specialised Parenting Course – ADHD

Every Day with ADHD is running a Parenting Course at Highland Park Community Centre. The course runs over 7 weeks, from Tuesday 15th October to Tuesday 26th November, 7 - 9pm. This program has been developed by Kerry Cooney, who was introduced to ADHD in her career as a Social Worker then as a mother with an ADHD child. These courses have been held successfully in Australia for over 10 years and more recently have included a book and a series of DVDs. Jenny Tebbutt - who runs ADHD Rotorua as well as working with SPELD NZ has brought Everyday with ADHD to New Zealand. [Click here](#) to view the course outline, and [here](#) for Everyday ADHD's profile.

The ADHD Association has some funding available - the course is normally \$330.00 pp (including Kerry's book RRP \$50.00). The course will be partially subsidised and cost \$85pp. To receive this discount you must join the Association - \$30 per year, which includes regular newsletters and information relevant to what is available to those involved with ADHD. Please contact Tracey on 09 576 0744 or 021 162 3014 or evanandtracey@vodafone.co.nz for details.

UPCOMING EVENTS

ARMS workshops – South & Central

The Auckland Regional Migrant Services (ARMS) Manukau team are hosting a couple of workshops coming up this month: on the 18th of October, from 10am-12pm, there will be a workshop on the NZ Health System for the new migrant community. The workshop will be held at ARMS office, 2 Osterley Way, Manukau. [Click here](#) for more information or contact manukau@arms-mrc.org.nz or 09 263 5490 to register. On Tuesday the 22nd of October, from 9am-1pm, there will be a volunteer showcase which is designed to provide more information on volunteer work opportunities in Auckland. The workshop will be held at the ARMS office in Three Kings, 532 Mt Albert Road. [Click here](#) for more information. To register, contact 625 2446 or email reception@arms-mrc.org.nz.

Artist in Residence - Katie Robertson – Howick

Art Exhibition (limited ticket sales) on Wednesday 9th October, 6:30-7:30pm. Art Exhibition venue details will be provided with purchase of ticket. [Click here](#) to view the event flier (please note that this may take a few seconds to download due to its size). For tickets please contact Leah Jennings 021 128 6007 or email leah.june.j@gmail.com. You can also like Katie's official Facebook page here: facebook.com/KatieRobertsonArtist

Spark Centre Memory Exhibition – Central

Spark Centre artists living with stroke affect are exhibiting their works at Artstation from 9th Oct – 21st Oct 2013. **Opening night of this wonderful exhibition titled *Memory* is at Artstation on Tuesday 8th October from 5-7pm.** '*Memory*' presents the creative works of a group of Spark Centre artists who have personal experience of stroke-affect, who have initially engaged in art-making as a healing, rehabilitative form. Over the last couple of years they have grown in their arts practice and competencies as visual artists. Memory is of particular piquancy to someone who has experienced stroke - parts of the brain function differently to before – life is irrevocably changed – the art-making process evokes a sensory approach - insight and recall are altered – the order and sequence of things becomes reorganised - life has a different perspective. The exhibition presents a comprehensive and diverse collection of works based on personal interpretation and imagining. [Click here](#) for the event flier.

If you are able to make it along to Opening night please call Donna ph 845 5361 or email donna@sparkcentre.org.nz to give us some idea of numbers attending. Otherwise please do pop into Artstation (1 Ponsonby Road, Newton, Auckland Central) to view this exhibition from 9th October – 21st October – it will be one not to be missed.

Spirit of Adventure

Each year 30 youth with physical challenges that are between the ages of 16-20 yrs are taken on a 5 day development voyage aboard our purpose built 45m tall ship Spirit of NZ. Participants come from all over NZ and are selected by referrals from organisations and schools. The focus of the program is to provide an opportunity to face challenges outside their usual boundaries, gaining confidence and achieving things that previously may have looked impossible.

Participants have an amazing experience and this is one of our most looked forward to voyages; if you know of anyone that would benefit from our program or if you could get the word out would be great! [Click here](#) for the application pack. If you would like more information about us please visit the Spirit of Adventure website on www.spiritofadventure.org.nz, alternatively you can contact Kylie Sisley on 373 2060 or email kylies@spiritofadventure.org.nz.

Chinese Families Autism Support Group – South Auckland

The Parent & Family Resource Centre has been running these support groups since April in South Auckland at Manukau SuperClinic (with support from Counties Manukau District Health Board). These support group meetings are held every month to assist with information sharing, discussion and networking amongst South Auckland Chinese families raising a child with autism. The October and November meetings will feature a presentation on Behaviour Management (presented in Mandarin). Please [click here](#) to view our English version flier for the October meeting and [click here](#) to view the Mandarin version flier.

Building Resilience Programme

[Click here](#) for the full programme brochure for information on programmes to manage stress, anger, anxiety, depression, etc as well as programmes on health conditions such as diabetes and chronic pain, etc. To register or to find out more, please contact Kimberly Lamb on 09 441 8989 or Kimberly@raeburnhouse.org.nz

Counties/Manukau Special Needs Support Group

This is a fantastic opportunity for parents of children with special needs to get together once a month from 9:30am-12pm at Papatoetoe Adolescent Christian Trust, 311 Great South Road. There is plenty of play equipment so parents are welcome to bring their children. [Click here](#) to view the flier. Please contact Marlene on 021 120 3235 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.

Open Studio Art Groups for Children is for children of all abilities from 6 years plus. Mondays and Tuesdays 4-5:30pm each school term. [Click here](#) to view the flier.

Contact: Angie Richardson: 09 845 5361 or e-mail: angie@sparkcentre.org.nz ASAP to secure a place for your child.

InterACT Disability Arts Festival – West

Building on the outstanding success of their 2012 season the annual **InterACT Disability Arts Festival** returns for its third year; with an action packed three-day season of performances and workshops at Corban Estate Arts Centre from 23 - 25 October, 10am – 2pm. This is a free event. [Click here](#) to view the event flier. To read the media release for the event, [click here](#), and the programme for the three days can be found [here](#). There will also be a film premiere on Wednesday the 23rd of October at 2pm – for more information [click here](#).

Tennislife: Adapted Tennis Programme – North

This programme is for young people between the ages of 5-15 years old who have a physical disability. The programme will be running throughout Term 4 on Tuesdays from 5-6pm, at Forrest Hill Tennis Centre. [Click here](#) to view the advertising flier. To register, please contact Kevin or Sue at Tennislife 410 8804 or email info@tennislife.co.nz.

Janet McVeagh Recreation – Holiday Programmes & Camps – Auckland Wide

JMR offices are closed from Monday the 30th of September to Wednesday the 16th of October. No holiday programmes will be running in term 3 holidays. Creative Dance classes will start back on Monday the 21st of October, Sports and Boccia will start on Wednesday 16th of October and Trampoline classes start back on Friday the 18th of October.

Weekend at Kerrie's

This is an all-ages weekend from Friday the 18th – Sunday the 20th October. The cost of the weekend is \$349.60 (carer support and ACC accepted as a form of payment). [Click here](#) for more information, or contact Kerrie jm.recreation@ihug.co.nz or Txt Kerrie on 021 2119882 to confirm.

Halloween/Guyfawkes Sleepover

This sleepover will be from Friday the 8th – Saturday the 9th of November at the Icon Trampoline Club, 137 Buckland Road, Mangere. This is an all-ages event and costs \$174. [Click here](#) for more information, or email Kerrie jm.recreation@ihug.co.nz to RSVP.

Everyday OT – Upcoming Events – Various locations

Everyday OT is running a range of events and camps to assist children on the Autism Spectrum, children with Dyspraxia and DCD and other learning differences to participate more confidently in recreational activities. [Click here](#) to view the upcoming events, and [here](#) for holiday programmes. To register, contact Carolyn Lotawa on 02102326398 or email carolyn@everydayot.com. [Click here](#) to view their general newsletter. To view the Everyday Skate term 4 programme, [click here](#).

NOTICES

Disability Information Service Newsletter

[Click here](#) to read the October 2013 edition of the Digest. Please note that this is a large file and may take a few seconds to load.

News from the land of Be.

[Click here](#) for the September 2013 edition of Be. Accessible's e-newsletter.

Information about FASS and the Funded Family Care Operational Policy

Funding advisory and support services (FASS) is an organisation which has been established to assist those people who have been approved to use family funded care (FFC) to get the information they need about administering FFC. [Click here](#) for more information.

Help needed for next Autism Game

Message from Druhin Mukherjee, developer of the game 'Nurf Land':

"After the success of the first game, Nurf Land, and parents giving good feedback, I am in process of making my second game called Dost which will encourage autistic kids to make friends while playing a video game. As a result, I am in process of raising funds. It will be great if you can donate a small amount or share the information. The link is <https://www.pledgeme.co.nz/1370>. Thank you."

The Well-Being Game

Come on board and Play the Wellbeing Game. [Click here](#) for the media release. You can register a team for your organisation, or you are welcome to join the Raeburn House team – The Rae Burners. Contact Kimberly Lamb if you are interested on kimberly@raeburnhouse.org.nz or phone 441 8989.

WARM UP Flyer

We can help your patients avoid respiratory conditions by having their homes insulated for free! [Click here](#) for the WARM UP Flyer. For more information contact the Warm Up Counties Manukau team on 09 262 9583 or email Warmup@CMDHB.org.nz

Rhythm for the Soul – North

These interactive music sessions involve the use of world instruments such as drums, didgeridoo, shakers plus singing, dancing & games. Sessions are held on Saturdays from 1-2pm at Recreation Hall at the Wilson Home, 1 St Leonards Rd, Takapuna. [Click here](#) for more information. Registrations are essentials as only 20 spaces per session are available. Please contact Chewy on 0274 334 627 or email chewydrummer@hotmail.com for registrations or questions.

Raukauri Newsletter

[Click here](#) for the Spring edition of the *Espressivo* newsletter. Please note that as this is a large file, it may take a few seconds to download.

Dance Therapy NZ Newsletter

[Click here](#) to read the Term 4 newsletter.

Research on parents' experience of undiagnosed conditions

The study is called "Living with uncertainty: The role of hope, social support and illness cognition in raising a child with an undiagnosed medical condition" This study aims to gain insight into the unmet needs of parents with the goal of improving coping resources and support available to them. Individuals who are 18 years or older and have at least one child with a medical condition that has remained undiagnosed for more than 2 years are invited to participate. Participation involves the completion of an anonymous online survey which should take approximately 30 minutes to complete. This study is being conducted by a Masters of Genetic Counselling student from Griffith University, Brisbane Australia, and will be conducted in accordance with the National Statement on Ethical Conduct in Human Research. [Click here](#) for the survey. It is open over the next 12 weeks to the end of November 2013. If you have any questions about the study please contact: Tatiane Yanes, Student Investigator (Masters of Genetic Counselling) at Griffith University on Tatiane.yanes@griffithuni.edu.au

Auckland Halberg AllSports Update

To view the September 2013 update, [click here](#).

West Links Newsletter

[Click here](#) to read the September 2013 edition of the Office Echoes Newsletter. Please note this is a large file and may take a few seconds to download.

Otago University Parent Survey

"I am a student at the University of Otago, writing a thesis about the quality of health information on the Internet. My goal is to identify ways to put New Zealanders in touch with better quality Internet health information. As part of my research, I have put together a 10 minute online survey for parents living in New Zealand, to ask about how they find and use online health information. The survey collects no identifying information, and has been ethically approved by the Human Ethics Committee of the University of Otago. I'd like to ask you to please share my survey link www.healthsurvey.kiwi.nz through your website or in your newsletter. Your support for my research would be much appreciated. Kind regards, Hayley Cross."

Unique Families & ADHD Assoc. Newsletter

[Click here](#) to read the September newsletter "Hyper Express". Please note that this is a large file and may take a few seconds to load.

Waitemata DHB Newsletter

To view the September edition of the Waitemata DHB's CALD newsletter, [click here](#).

Numicon News & Specials

[Click here](#) to view the latest update from Numicon.

New Free Book

IHC, with funding from the Freemasons Charity, offers a free book to families who have a child with an intellectual disability. This scheme, which until now was available for families of 0-12 year old children, now includes a 6th book, "Believing in Better: steps to an ordinary life for your family member with an intellectual disability: a workbook." This New Zealand book, published in 2010, is for families of teens and young adults 13-24 years of age. More information and a request form are available online at <http://www.ihc.org.nz/information-for-families/free-book-project/> or the family can phone or email us.

Auckland Women's Centre

[Click here](#) to read about the workshops and courses on offer from the Women's Centre this Spring.

Parent to Parent E-News

[Click here](#) to view the updated e-newsletter from Parent to Parent.

TANI Newsletter

[Click here](#) to view the Spring edition of the newsletter. Please note this is a large file and may take a few seconds to load.

Card of the Year Competition

People First NZ is running a competition for artists with a learning disability. [Click here](#) for more information and the registration form. Alternatively, you can contact Cindy Johns on 0800 20 60 70 for more information.

Spark Centre Artists Need Your Help!

[Click here](#) to read more about the good work that Spark Centre have been doing, and information on how you can support them by becoming a friend.

Accessible House for Sale

"We are shifting and our house is on the market. It is completely wheelchair friendly, located in Flat Bush, close to Manukau City and Barry Curtis Park." For more details and to view the property, [click here](#).

Open for Better Care – E-update

[Click here](#) to read the 4th issue of the e-update.

New research aims to explore the difficult world of caregiving

Are you a parent of someone with dyslexia, or autism? Do you care for an aged parent with a chronic illness or disability? Do you know of any family or friend who cares for someone or has been a caregiver in the past? If you are an unpaid caregiver past or present Tracey-Lee wants to hear from you.

After being hit by a car in 2003, Tracey-Lee Dalton's world flipped upside down. Formerly she was a caregiver then in an instant became the care recipient. Now she is conducting research at The University of Auckland into caregiving and wants thousands of New Zealand caregivers to share their experience in a **confidential** online survey. [Click here](#) to view the information flier or to go straight to the survey [click here](#). For more information please contact Tracey-Lee Dalton via email at tracey.lee.dalton@gmail.com or mobile 021 116 2950.

Health Quality and Safety Commission E-Update

[Click here](#) to view issue 29 (9 September – 22 September 2013) of the e-update.

TIDES Flyer

TIDES stands for Transition Independence Development Education Strength. [Click here](#) for the updated flyer.

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.

Boccia Newsletter

[Click here](#) to view issue 27 of the Get Rolling newsletter. Please note that this is a large file and may take a few seconds to load.
P.S. Don't forget to see highlights of the Boccia Ambassador and X Factor star Taye Williams on the 'Good Morning' TV show [here](#).

Expressions Magazine

The Spring edition of the magazine is here! You can read it [here](#).

NZORD Newsletter

[Click here](#) to view the October 2013 newsletter from the New Zealand Organisation for Rare Disorders.

ADSA Newsletter

[Click here](#) to view the e-update from ADSA for week ending Friday the 27th of September.

ADSA Charity Golf Day & Auction

[Click here](#) to view the flier for the up-coming event on the 24th of November. Mike Rudkins, who organises the DADS group, would like to enter a team in the ADSA Golf Day on Sunday 24th November. If you are interested and would like to have a go, please contact Mike. His details can be found [here](#).

Wilson Home Trust – Family Matters Newsletter

[Click here](#) to view the e-newsletter for the week ending 30th September. You can view the September-October edition of Family Matters newsletter [here](#).

NZDSN Update

[Click here](#) for the NZDSN Auckland update for the 1st of October.

Want to join a band?

[Click here](#) for more information or contact Amelia on 0220919566 or email amelia_frodyma@hotmail.com

Disability Support Services Newsletter

[Click here](#) to view issue 50 of the DSS Group's 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.

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 and morning tea for parents/caregivers. [Click here](#) for more information and contact details and [click here](#) to visit their facebook page.

From the PFRC Team

Lisa, Virginia and Niharika

www.pfrc.org.nz

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