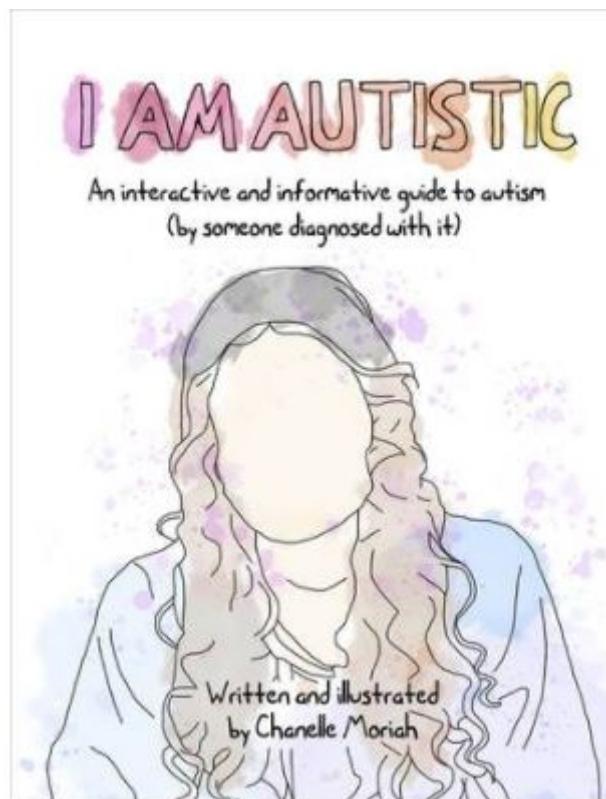




**Everyday people, everyday places,
everyday things, everyday times**



04 April 2022

Kia Ora

April is Autism Awareness and Acceptance Month

Autism is a neurodevelopmental condition that affects cognitive, sensory, and social processing, changing the way people see the world and interact with others.

I recently heard about a brand new book written by Chanelle Moriah, a young NZ author, entitled *I Am Autistic*.

On the morning it was released last week, I raced off to the local book shop to purchase a copy.

Oh my goodness, I started reading it and could not put it down.

Everything about this book is brilliant - the style of book, the colours, the font used, the illustrations and the hardcover ... but most of all I love the message and seriously recommend this book. I totally agree with the reviews that *I Am Autistic* will help people feel less alone in their autism and offers up first hand knowledge to an often-misunderstood condition.

You can find out more about *I Am Autistic* in this newsletter.

Have a great week.

IN THIS WEEK'S EDITION

COVID Connector for the Disability Community

I Am Autistic - Chanelle Moriah

Hidden Disabilities Sunflower Lanyard

Sport Hawke's Bay Disability and Inclusion Newsletter

Parent to Parent - Champion Your Needs

Firstport Upgrade - Stage 2

Parent to Parent Support Groups

2022 Disability Services Contacts Booklet

We are looking forward to continuing to bring you news about inclusive events and happenings in the Bay, so if you have something to share, please let us know.

information@drchb.org.nz

COVID-19 Support for the Hawke's Bay Disability Community

Local community organisations are working to support people in the community by delivering food and essential items, and supporting you and your household to self-isolate safely.

The Disability Resource Centre (DRC living life connected) has been appointed a community connector to support any disabled people with COVID-19 (and their families) who have been directed to self isolate and require assistance.

DRC living life connected can help you with -

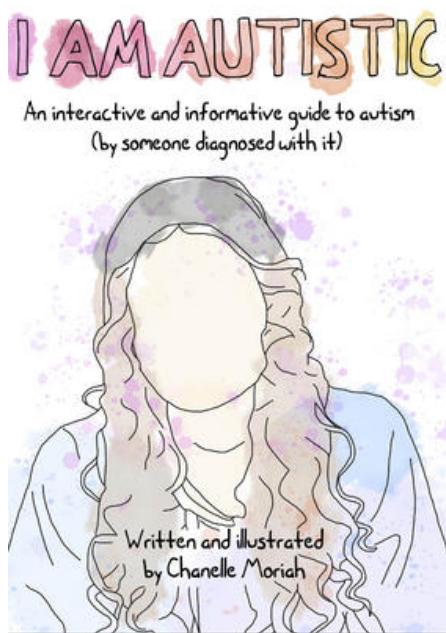
- food
- shopping
- picking up Rapid Antigen Tests
- welfare calls
- medicine/essential supplies collection

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In addition, DRC living life connected can help you to register your positive COVID test results. Simply call on 06 873 8210 for assistance.



I Am Autistic



I am Autistic

An interactive and informative guide to autism (by someone diagnosed with it)

From the publisher - Allen and Unwin - An essential guide to understanding autism - for autistic people and their families, friends and workmates.

Hungry for information, Chanelle looked for a simple resource that could explain what autism is and how it can impact the different areas of an autistic person's life, but found that there was little written from the perspective of someone who is autistic.

So Chanelle decided to create that missing resource.

Chanelle discovered just how difficult it can be for autistic adults - particularly females or those assigned female at birth - to be diagnosed or even be assessed for autism. This is partly because there is very little understanding of the different ways autism can present itself.

I Am Autistic is a tool for both diagnosed and undiagnosed autistics to explain or make sense of their experiences. It also offers non-autistic people the chance to learn more about autism from someone who is autistic.

With clear sections describing the different aspects of autism, accompanied by Chanelle's beautiful illustrations, and with space for readers to write down their thoughts, this book is designed to be personalised to the individual's experience.

I Am Autistic helps people feel less alone in their autism and brings knowledge to an often-misunderstood condition.

Click here to listen to Chanelle talk about her book on RNZ



DRC living life connected



Do you follow the DRC living life connected Facebook page?

Check out some of the cool stuff that DRC living life connected is involved in [here](#).

Making the Invisible Visible

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NOT EVERY DISABILITY IS VISIBLE **SOME ARE HIDDEN**



**One in five New Zealanders have a disability
and 80 per cent of those are invisible ones.**

**People with hidden disabilities experience
challenges as they travel or visit facilities
around the country**

Not all disabilities look like this



Assisting adults and children with hidden disabilities

Not all disabilities are visible – some are not immediately obvious, such as autism, chronic pain, dementia, anxiety, visual or hearing impairment. Living with a hidden disability can make daily life more challenging for many people, but it can be difficult for others to recognise, acknowledge or understand the challenges you face.



The Hidden Disabilities Sunflower makes you visible

Wearing the Hidden Disabilities Sunflower discreetly indicates to people around you including staff, colleagues and health professionals that you need additional support, help or a little more time.

Life Unlimited Charitable Trust and its sub brands Altogether Autism and Mobility Centre are the authorised New Zealand distributor.
To find out more visit:

www.lifeunlimited.net.nz/sunflower



If you, a friend or whānau member would like a sunflower lanyard, the Mobility Centre stores have them available for purchase. They are also available to [buy online](#).

Continence NZ

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Welcome to our Autumn newsletter which is packed with tips and information, including advice for anyone who is isolating at home.

We are excited to announce our **World Continence Week** campaign - this June 20-26 we will focus on tamariki and teenagers, and the help that is available for them and the whole whānau.

We know living with, or supporting someone with incontinence, can feel lonely. So we wanted to remind you we are here to help. We know the difference picking up the phone can make. It can be lifechanging.

You can read more about our Continence Nurse Specialists Lisa Smith and Louise Mills below. They are available on our Continence Helpline (0800 650 659) from 9am to 5pm, Monday to Friday. Please call us if you need support or advice. You can also email us at info@continence.org.nz.

Read the Continence NZ newsletter here

We love to help!

The Continence NZ team

Sport Hawke's Bay Disability and Inclusion Newsletter

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DISABILITY AND INCLUSION NEWSLETTER



Kia ora everyone,

I hope this finds you all safe and well.

While this is our third newsletter of 2022, unfortunately this is the last newsletter I will be coordinating here at Sport Hawke's Bay. After an epic 2.5 years I have resigned from my role as the Disability Inclusion Advisor and my last day will be on Friday 8th April. This is certainly a bitter-sweet message to be writing and after Easter I will be joining the team at Recreation Aotearoa as their Disability and Inclusion Programme Manager. I would like to extend a huge thank you to everyone who has played a part in this past couple of years, and for the support we have received for this role and our disability and inclusion kaupapa.

With the Regional Disability Advisory Group for Play, Active Recreation and Sport now established, a regional strategy adopted, and with the developments of more opportunities in the Bay, I am really confident in the growth that will continue to take place to create even more opportunities for disabled people to be active in our region.

In the meantime, we are currently recruiting for the Disability and Inclusion Advisor role here at Sport Hawke's Bay and you can read more about this below. This month we also have new programme and event opportunities to share with you all.

If you have any questions, or if you have something you would like to share within these updates, please don't hesitate to get in contact with [Ryan Hambleton](#).

**Read the Disability and Inclusion Newsletter
here**

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Noho ora mai,
Katie Owen
Disability and Inclusion Advisor
katieo@sporthb.net.nz

Parent to Parent



Do you have a disabled child?

Are you struggling to get what you need from education, health or disability professionals?

Many parents and caregivers feel overwhelmed with the sheer number of professionals they need to communicate with in order to get the best for their disabled child or child with a health impairment.

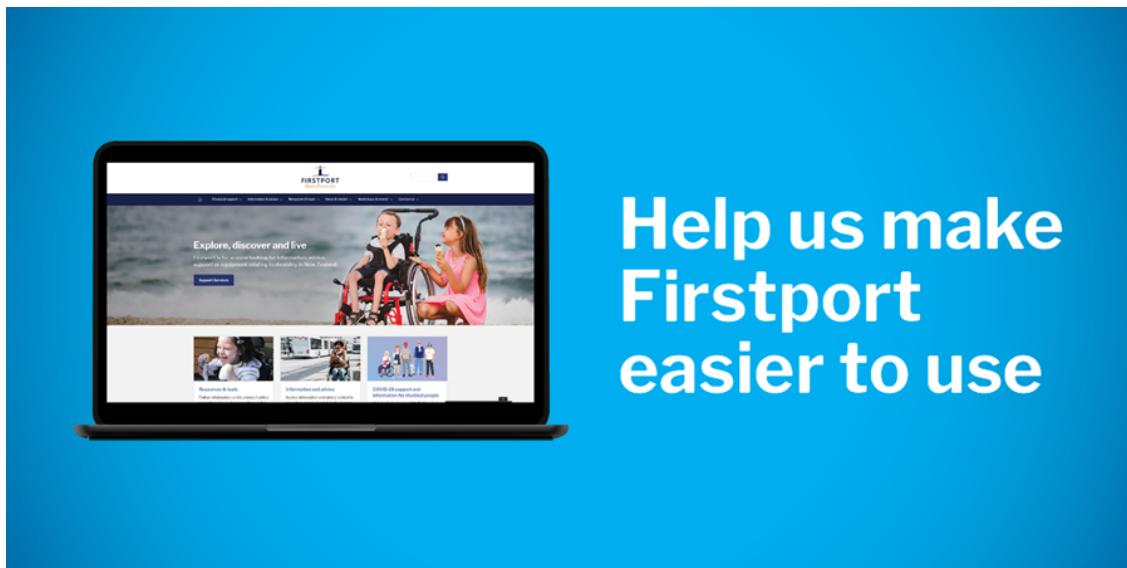
This comprehensive workshop will teach you how to champion your needs in any setting.

From assertiveness skills and active listening to negotiation and problem solving, you will come away with a range of new tools to effectively communicate the needs of your child, yourself and your

When: 9th April from 9.30am to 4.30pm via zoom.

For more information

Firstport Upgrade Stage 2



Help us make
Firstport
easier to use

Kia ora!

A big thank you to everyone who shared our card sort research activity to help us improve Firstport, we really appreciate it.

Following the results from the card sort, we have launched another research activity to help us further refine the navigation for the Firstport website. In this activity, participants are asked to find a certain piece of information and are presented with a list of links. They then clickthrough the list until they arrive at one they think helps them complete the task. It takes around 5-10 minutes to complete. Everyone who completes the activity will go into the draw for a \$50 New World gift card (if they provide an email address so we can contact them).

You can access the activity by going to:

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your community. The more people who complete it, the more data we'll have to enhance Firstport's user experience.
If you'd like to post about the activity on Facebook, there's a post on our Facebook page with all the info

[View the Facebook post](#)

If you have any questions, please feel free to email us at comms@firstport.co.nz

Ngā mihi,

Dylan

Dylan Gowan

Communication and Marketing Adviser

Enable New Zealand

PARENT TO PARENT HB SUPPORT GROUPS



Parent2Parent Support Groups Hawkes Bay

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health impairment? Would you like to meet other parents? Share experiences? Access information? Get support and meet new friends? Come along and meet other parents of children with different abilities in a relaxed and informal coffee group. You can drop in for as long or as short a time as suits you.

All welcome, however please remember to RSVP for the CHB and Taradale catchups.

Meet-ups are still once a month for this year. You are welcome to join us let Blanche know 020 40118711 or email hawkesbay@parent2parent.org.nz and Blanche will welcome you to the group! Just ask at the counter to point you in Blanche's direction on your arrival.

Hatuma Cafe CHB Friday 8th April 11am - 1pm

Bay Espresso Taradale Sunday 8th May 11am - 1pm

Bay Espresso Karamu Road Hastings Monday 9th May 11am - 1pm

Hatuma Cafe CHB Friday 13th May 11am-1pm

Please feel free to pass the word around or bring friends along, remember the coffee is on us!

Local Disability Services Contacts Booklet

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The 2022 Edition of the Disability Services Contacts Booklet for the Bay is now available in pdf form [here](#)

Every effort has been made to ensure that these contact details are up to date and accurate.

If you spot an error or think we have missed a contact, please let us know by emailing information@drchb.org.nz



The image shows the front cover of the 2022 Disability Services Contacts booklet. The cover is light blue with the DRC logo at the top, which consists of the letters "DRC" in a large, grey, sans-serif font with a stylized swirl graphic inside the "C", and the tagline "living life connected" in a smaller, grey, sans-serif font below it. Below the logo, the title "Disability Services Contacts" is written in a bold, black, sans-serif font, followed by "2022" in a slightly smaller bold font. The central part of the cover features a photograph of three people in a park setting. A man in a dark sweater and jeans is bending over to feed ducks on the grass. In the background, another man in a wheelchair and a woman pushing a stroller are also interacting with the ducks. The park has trees with autumn-colored leaves and a small body of water.

**The community is enriched by
the participation of people with
diverse abilities**

Hikoi4Life [Facebook page](#)

All Abilities Gym hbitf.org.nz/all-abilities-fitness-gym/

IHC Library [IHC Library](#)

Inclusive Taekwon do www.nz-itf.org/

Hawkes Bay Parent to Parent [Parent to Parent HB](#)

StarJam [Website](#)

USEFUL NUMBERS

COVID-19 Helpline - 0800 358 5453

Healthline - 0800 611 116

Lifeline - 0800 543 354 (0800 LIFELINE) or free text 4357 (HELP)

WHAT'S ON IN THE BAY

Don't forget to email us with your activities and events on your calendars in 2022

information@drchb.org.nz

ARTICLES OF INTEREST



[Free Fares Petition Is Handed Over At Parliament](#)

[Disabled 'losing dignity'](#)

[All aboard! CPlay's inclusivity lauded](#)

[A SHOW OF EXCITING POSSIBILITIES](#)

[Whanganui actor Libby Hunsdale wins New York award for Poppy](#)

[The greatest SIGN](#)

EDITOR'S NOTE

We are pleased to be able to send out this information and to keep the community informed about what's going on. Please continue to send us your flyers, and any information you have about cool stuff happening here. Don't forget to add your contact details for readers who want further information about your event.

We also appreciate any feedback you have about this newsletter. Tell us what we got right, got wrong or just let us know what you want to see.

Friendly reminder

To ensure your notices, news items and information gets into the update, please have details into us by this **Friday 12pm midday** at the latest. The update gets sent out weekly on a Monday.

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in this update. Feel free to share and use this information.

To place a notice, phone 06 873 8210, or email
information@drchb.org.nz.

Keep up to date with us on Facebook facebook.com/drchb and visit our website at www.drchb.org.nz

DRC is a Principle member of:



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HASTINGS 4156

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204 Nelson Street South
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