



living life connected

Everyday people, everyday places,
everyday things, everyday times

REMINDERS FOR HARD DAYS 

1. A bad day does not equal a bad life. *You are not this struggle.*
2. Not all thoughts are true. *Phew.*
3. Feelings are not facts. *But all your feelings are valid, real, and allowed.*
4. The only way out is through. *DARN IT.*
- 5. Your worth is not contingent on circumstances. *You are LOVABLE and ENOUGH always.*
6. Nothing stays the same. *Life guarantees this.*
7. You can't be everything to everyone. *But you can be true to yourself.*
8. Be gentle with yourself. And trust your inner voice, strength, resilience, and strength. *And be vulnerable.*
9. You're not alone. It's okay to ask for help. *^*
10. Focus on the things you can control. *Let go of the rest.* *This is easier said than done.*

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07 June 2022

Kia Ora

Welcome to this week's edition of the Disability Information and Advisory Service Newsletter

We hope you enjoyed the long weekend and managed to spend some quality time doing what you like the most. According to the calendar winter is officially here now.

Just a friendly reminder that the Disability Resource Centre (HB) Trust's Community Connector service is ready and available to support people with **disabilities or significant health conditions (and their family/whānau)** who are **self-isolating** as the result of **COVID-19**, and who are living in the **Hawke's Bay area**.

Read more about the services being offered and how to access them further down in the newsletter.

Have a great week!

In This Week's Edition

Updating Vaccine Passes if Required

COVID Connector Service

NASC

Accessibility for New Zealanders Bill

Update from Pūkare Cards - Taradale High School YES

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MyWay Hastings - starts this week

Author Talk with Chanelle Moriah - Save the Date

2023 Disability Survey Summary

Brain Injury Hastings Support Groups

StarJam Hawkes Bay Disco - Save the Date

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

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](#).

COVID-19 information

Updates and information for Hawke's Bay

If you are up to date with your COVID-19 vaccinations you can download an updated My Vaccine Pass from 24 May, if you want it.

New Zealanders who are up to date with their COVID-19 vaccinations will be able to download an updated My Vaccine Pass from 24 May.

Since the introduction of My Vaccine Pass last year, the COVID-19 vaccination landscape has changed. While My Vaccine Pass is not legally required, people are encouraged to have their pass for when it might be needed.

Updated My Vaccine Passes will be available for anyone aged 12 and over who is up to date with their vaccinations for their age group and for the type of vaccine they have received. This includes boosters for those over 18.

In April 2022 the legal requirement for businesses to use My Vaccine Passes was removed. Some businesses may voluntarily keep My Vaccine Pass requirements as a condition of entry.

For this reason, it is a good idea to have an up to date My Vaccine Pass handy in case you are asked for it. Everyone should stay up to date with their vaccinations and download their updated pass as it is an important record of their vaccination status.

We have learnt over the last couple of years there are no certainties with COVID-19 and with new variants circling the globe, it is best we are prepared for every eventuality.

An updated My Vaccine Passes will have an expiry date 6 months from the date of issue. The pass can be requested at any time provided people continue to be up-to-date with their COVID-19 vaccinations.

The updated My Vaccine Pass will have a slightly different look to the current version and a refreshed design, but it will still have a QR code.

Anyone aged 12 and over can get a My Vaccine Pass if they have had their recommended COVID-19 vaccinations.

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More Information About Proof of Vaccination Status

**Community Connector Service
Supporting the Health and Disability
Community while Self-Isolating**



Hawke's Bay, we are here for you!

Introducing Eunice, our Community Connector.

Eunice is available to support people with **disabilities or significant health conditions (and their family/whānau)** who are required to be **self-isolating** as the result of **COVID-19**.

It is essential that you **register your COVID-19 RAT test results** on My COVID Record or ring **0800 222 478**. If you need any help with this, call us on **027 253 7024**.

Our Community Connector is ready to help you with -

- delivering food, RAT tests and essential items
- purchasing and delivering items you need to self-isolate safely
- connecting you to other support services if required
- or simply checking in with you to see how you are doing

To contact Eunice, email communityconnector@drchb.org.nz or call/text **027 253 7024** during the following hours:

Monday to Friday 8am-5pm
Saturday 8am-1pm



Alternatively, you could call the **MSD Covid line on 0800 512 337** during the following hours -
Monday to Friday 8am-5pm
Weekends and Public Holidays 8am-1pm

More Information

NASC

Coordination



The Needs Assessment and Service Coordination Service is for people with a physical, intellectual and or sensory impairment, or a disability that is likely to last longer than 6 months and reduces their ability to function independently.

As part of the Ministry of Health's Disability Support Service initiative to support NASC, a National Referrals Centre is being piloted and is now working alongside NASC Hawkes Bay using a 'NO WRONG DOOR' approach.

The referral process will not change, a person may self-refer, or any other person may refer on behalf of that person if they have the person's consent.

It is important to know that you can continue to send referrals to NASC Hawkes Bay (NASC.HB@hbdhb.govt.nz) and they will redirect your referral to the National Referrals centre, however the NRC is encouraging referrals to be made electronically via www.nrcentre.co.nz or email referrals can be made to referrals@nrcentre.co.nz

For those referrals that do not meet the eligibility criteria for Ministry of Health funded disability support services, you will be referred to a local organisation who will work with you to help you and your family connect with the support you need based on the same 'NO WRONG DOOR' approach.

Accessibility for New Zealanders Bill



Support accessibility legislation now - it's the right thing to do, it's the smart thing to do and it's the right time to do it.

New Zealand does not meet its binding legal obligations for disability accessibility under the United Nations Convention on the Rights of Persons with Disabilities (UNCPRD).

The Access Alliance (made up of Disabled Person's Organisations and other allies) have worked hard to ensure that Government are fully informed about the principles an accessibility law should include, and what key ingredients for a good accessibility framework would make the legislation effective.

On October 29th 2021, Government announced its intent to introduce new accessibility legislation in New Zealand.

Various Cabinet papers have been written with the latest one going to the Cabinet Social Wellbeing Committee on 19th May 2022. From what is stated in this paper it is clear that the new legislation will only partially meet four of the preferred 13 principles. It also lacks what have been deemed essential components including:

- Covering all people experiencing accessibility issues, not only those with disabilities
- Standards for accessibility
- Notification processes when barriers have been encountered
- Appointing an Independent Regulator
- Dispute Resolution mechanism

The Bill itself will be introduced to the House at the end of July. It is important that everyone helps with the Access Matters Campaign to

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conditions, those with temporary injuries, and of course parents with children in prams.

What can you do? Firstly, go to the Access Alliance site: <https://www.accessalliance.org.nz/>

Between now and July, we urge you to file access barrier 'incident reports' in the [Access Denied Diaries](#). Please put in as many reports as you can across the different categories.

We need to collect information about the access barriers you encounter in your everyday life. This will demonstrate why robust legislation is the only way to create the inclusive Aotearoa New Zealand we all want and need.

The Select Committee process will run for 6 months from August 2022 – January 2023. The Access Matters Campaign team is preparing an Accessibility Law submission guide to support people to have their say on the Government's Bill. We will share this with you when we have it.

The goal is to make this the biggest Select Committee hearing ever! We're aiming for 15,000 written unique submissions and 1000 oral submissions. Together we can do this! So, make sure you take action and spread the word.

Access Alliance Website

Access Denied Diaries

Become a Supporter

Pūkare Cards Update



The team from Taradale High School are very excited to announce that they have officially started production of Pūkare cards and want to thank Regan and the team at [Mammoth Print and Signs](#) for their support.

To find out more about this Young Enterprise Scheme project, and to place an order for your own set of cards head to the team's Face Book page [here](#)



Pūkare Cards on Facebook

MS Hawkes Bay Clothes Sale Fundraiser

Saturday 11 June

ms. Hawkes Bay

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Clothes Sale Fundraiser

In support of the Hawkes Bay Multiple Sclerosis Society

Only \$5.00 a ticket



Saturday 11 June 2022 from

12.30pm until 3.30pm

St Thomas More Parish Church Hall

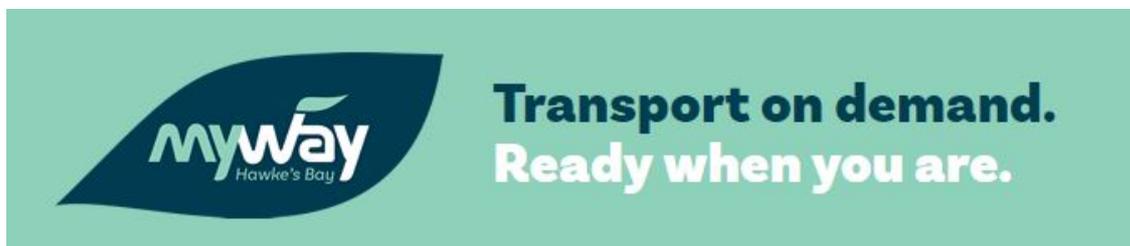
92 Wycliffe Street, Onekawa, Napier

Contact Nicola on officehbms@gmail.com

or 027-240-6621 for tickets

Get rid of the clothes clogging your wardrobe. Bring them in and buy a new wardrobe for \$2 per item. Bring your clothes in on the day but if you help clothes to donate only please contact us on 0272406621

MyWay Hastings Starts 7 June



Transport on demand. Ready when you are.

There's a new kind of public transport coming to Hastings, called **MyWay**.

MyWay makes it quick, easy, and convenient to get around. It fits around your life, taking you anywhere in Hastings at a time that suits you.

MyWay arrives today, 7 June 2022 and we can't wait to see you on board.

This 'on-demand' service replaces routes 16A, 16B, and 17 in Hastings. You'll be able to get to more parts of Hastings when it suits

Let us know where and when you want to go, and we'll do the rest. You'll be able to book through the MyWay Hawke's Bay app, call us on 0800 108 838, or drop in to one of the MyWay booking services across Hastings.

MyWay will take you anywhere in the Hastings urban area, without fixed routes or schedules. MyWay will operate Monday to Friday, 6.00am to 6.00pm. **MyWay does not provide service to Havelock North or Flaxmere at this stage.**

There are three easy ways to book your MyWay ride:

- **Use the MyWayHB App**
- **Call us on 0800 108 838**
- **Drop in to a booking service centre**

Using the MyWay app

- Download the MyWay Hawke's Bay App from the Apple App Store or Google Play.
- Set up your user profile, including any special settings like accessibility needs.
- Check your current location, enter your destination, and choose the ride that suits you. The app will show you where you'll be picked up, your route, and where you'll be dropped off. The app will notify you when your driver is approaching so you can be ready.
- You can book for groups travelling to the same destination and select special fares for children and SuperGold Card holders.
- Pay for your ride with a credit card that you upload to the app, or with your Bee Card.
- For more information, see the MyWay Hawke's Bay App User Guide.

Call 0800 108 838

- Call our customer service team on 0800 108 838 and give your name, location, and destination.
- If you have any accessibility needs, let us know.
- A MyWay customer service representative will offer a choice of pick-up times and confirm your selection. They'll let you know

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taken on the bus).

Use a MyWay booking service

- Drop into one of the MyWay booking services around Hastings and ask to book a MyWay ride.
- They'll call our customer service team and provide your name, location, destination, and any accessibility needs. Our team will let them know the pick-up times, so that you can choose the time that suits you best.
- Once you've chosen your ride, we'll let the booking service know where you'll be picked up and dropped off.
- Pay via Bee Card when your driver arrives.
- Find a list of organisations offering a MyWay booking service below. We're working hard to add new locations all the time.

MyWay Booking Services

Heretaunga Women's Centre (Incorporated Society)

Cnr Russell & Eastbourne Sts

New World Hastings

400 Heretaunga Street East, Hastings 4122

Hastings Library

201 Eastbourne Street East, Hastings 4122

Mitre 10 MEGA Hastings

614 Karamu Road North, Hastings 4122

Hastings Age Concern

415 Heretaunga Street East, Hastings 4122

Environment Centre

1004 Karamu Road North, Mayfair, Hastings 4122

Disability Resource Centre

204 Nelson Street North, South, Hastings 4122

Hastings Business Association

200 Market Street North, Hastings 4122

Hastings Health Centre

303 St Aubyn St W, Hastings 4122

The Doctors Gascoigne

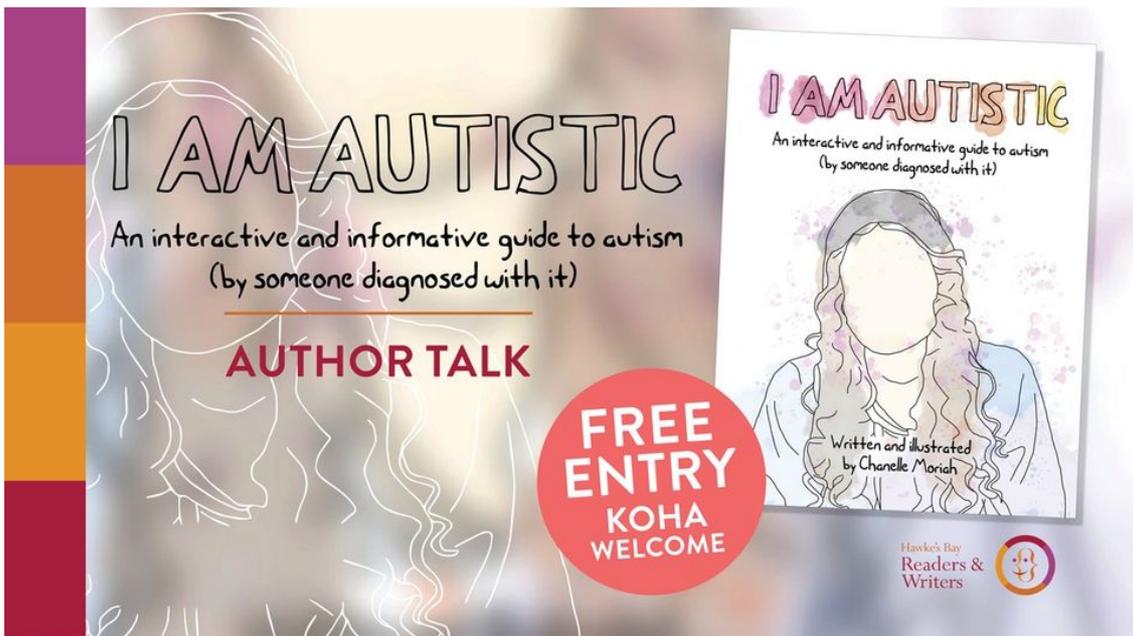
407 Gascoigne St, Raureka, Hastings, 4120

Te Taiwhenua o Heretaunga Hastings

821 Orchard Road, Hastings 4122

MyWay Hawkes Bay Website

**I Am Autistic
Save the Date**



WEDNESDAY, 29 JUNE 2022 AT 18:00
I Am Autistic - Author Talk with Chanelle Moriah

Hastings War Memorial Library

Hawke's Bay Readers and Writers Trust invites you to an evening with Chanelle Moriah. Their book, I Am Autistic, is a tool for both diagnosed and undiagnosed autistics to explain or make sense of their

When Chanelle was diagnosed with autism at 21, life finally began to make sense.

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

The book will be available for sale on the night.

All offerings are subject to the Covid Protection Framework traffic light system. Numbers may be limited, and physical distancing and mask-wearing required.

[Click here for more info](#)

2023 Disability Survey Summary



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received from their 2023 Disability Survey.

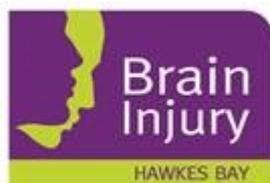
You can read this summary [here](#).

This summary does not include any final decisions about the survey yet, but the feedback received is being used to prioritise data needs, in line with the survey objectives.

We would like to thank all those who provided feedback on the survey content and look forward to continued engagement with you as we work towards a new and improved Disability Survey.

Stats NZ Website

Brain Injury Hawkes Bay Support Groups



Tuesday 7th June

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Support Group



***A group for family and friends of those with
brain injury to share, learn and support***

***First Tuesday of the month 4pm-5pm,
St Andrews Presbyterian Church,
300 Market Street South, Hastings.***

**For more information contact Shereen
on (06) 8786875 ext 2 or email
support@braininjury.co.nz**

Tuesday 7th June

Brain Injury HB

Central Hawkes Bay Peer Support Group

When: 11am - 12 noon
The 1st Tuesday of the Month
For further details and to register,
please phone Katie: 878 6875

Wednesday 8th June



BIA Dinner Group

The dinner is held in Napier, on the second Wednesday of the month, at Napier RSA and is open to those from Hastings and Napier. A chance to meet up for some conversation and laughs over a meal.

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www.braininjuryhb.org.nz

Save the Date

StarJam Disco



The next StarJam Disco will be held on

Friday the 1st July 6-8pm

More details to follow

**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



DRC
living life connected

Disability Services Contacts
2022

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

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Hikoi4Life

All Abilities Gym

Inclusive Taekwondo

Hawke's Bay Parent to Parent

StarJam

Disability-specific Opportunities in the Bay

Amplify.U 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

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Don't forget to email us with your activities and events on your calendars in 2022
information@drchb.org.nz

ARTICLES OF INTEREST



['Every life fully lived': Disability support provider Hōhepa still going strong after more than 65 years](#)

[Lack of accessible housing leads wheelchair-user to design his own home](#)

[Proposed Bill could allow childbirth injuries to be covered by ACC](#)

[Wearing health and disability on your sleeve](#)

[Great Minds: Covid-19 through the eyes of an autistic Northland teen](#)

[Access Denied: New campaign to reveal the barriers disabled people face every day](#)

EDITOR'S NOTE

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community members about what's going on. Please continue to contact 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.

DRC receives information from our many networks which we pass on 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](https://www.facebook.com/drchb) and visit our website at www.drchb.org.nz

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