



Everyday people, everyday places,  
everyday things



**12 April 2021**

Our favourite places.... Anywhere in Hawke's Bay on a stunning day!!!

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# Kia Ora,

**Welcome to this week's Disability Information and Advisory Service newsletter.**

According to research by [The Helen Clark Foundation](#), and engineering professional services consulting firm [WSP New Zealand](#), disabled people were four times more likely than non-disabled people to report feeling lonely most or all of the time.

Did you see last week Good Sorts story at the end of the 6pm Sunday news on TV1?

Ebony and George from Tauranga are making a huge difference in people's lives....

Watch Ebony and George tell their story [here](#)

In 2021 we are looking forward to continuing bringing 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](mailto:information@drchb.org.nz)

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Please feel free to email in a photo of your favourite local spot, remember to tell us why is special to you.

[information@drchb.org.nz](mailto:information@drchb.org.nz)

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## **Alert**

All of New Zealand is at Alert Level 1. [Learn more about Alert Level 1](#)



### **Stay home if you're sick →**

If you're feeling unwell, isolate wherever you are and call Healthline about a free COVID-19 test. By getting a test, you're helping keep your community safe.



### **Use the NZ COVID Tracer app →**

The NZ COVID Tracer app keeps us 1 step ahead of the virus. Scan QR codes wherever you are, and turn on Bluetooth tracing.



### **Wash your hands →**

Washing your hands is 1 of the easiest ways to keep yourself safe. Wash often. Use soap. 20 seconds. Then dry. This kills the virus by bursting its protective bubble.



## **DRC Living Life Connected**

### **Team Updates**

#### [Turning Point - Community Participation](#)

Turning Point provides a service assisting people with disabilities to be valued contributors in their community, helping them to gain the confidence and skills, and enhances the support given to them by their families and friends to reach their full potential.

The Environment Centre is Hastings is somewhere where you'll be

sure to find Turning Point volunteers dismantling all kinds of electrical devices and gadgets. Did you know that at the environment centre you can?

- bring in your old computers, fans, phones, printers, TV's and much more!
- see if you can find any second-hand devices to suit your needs.
- recycle batteries, coffee capsules, oral care products and old cell phones as well.
- bring your empty containers in and choose from a range of eco-friendly products for us to fill for you.

### Turning Point - Transition

It's never too early to think about what happens next for ORS students when they are ready to leave school. Our transition team is happy to come out to meet with you, your family and school to share how we can continue to support you on your family member as they continue on their life adventure. Please call us on 06 873 8210 to arrange a time for a chat, we'd love to meet you.

### Network Personnel

Do you have a long-term disability or health condition (six months or more) that is impacting your ability to find employment? Perhaps we can help, give Robin or Kylee at Network Personnel a call on 06 8738210.

Network Personnel is always on the lookout for job placement opportunities so if you are looking for that extra bit of help, or know someone who is, please call us on 06 8738210.

### Scopze

The weather was absolutely perfect when we visit the orchard surroundings where Ihakara lives. As well as getting out into the fresh country air, the Scopze crew relished the opportunity to pick apples straight from the trees. Ihakara's Koro delighted everyone with stories about the history of the area and the people. The next

step is for the Scopze to turn these yummy apples into something delicious in the kitchen after the zillions of apples have been peeled and cooked.

Check out Susans's hero story on our Facebook page [here](#).

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On April 19<sup>th</sup> Scott and I will be supporting one of our athletes to run an online Basketball Officials workshop and it would be much appreciated if you could extend an invite to all the athletes within your clubs. Toby Adams is a member of Special Olympics Greenhithe and has recently completed a placement with Scott. As well as playing basketball Toby is a qualified referee and would like to run a workshop for any athletes who may want to give refereeing a try in their regions.

This session will be facilitated by Scott and I as well as Toby leading the majority of the basketball specific content. This session will be on zoom at 6pm and finish no later than 7pm. I encourage you to register by emailing Kylie at [admin@specialolympics.org.nz](mailto:admin@specialolympics.org.nz) and then Kylie will send a link.

Thanks in advance

**Gary Peacham**

Sports Director | Special Olympics New Zealand

**P:** + 64 21 274 6975

**E:** [sport@specialolympics.org.nz](mailto:sport@specialolympics.org.nz)

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In response to many requests, we have launched our new **Education Sessions**. These will be presented by our **Community Liaison Team**, each Tuesday, in the Hastings Education Room. The same topics will be presented each week, so if you miss one session one month, you can attend any other month. Places are limited, so please remember to register your attendance by emailing [education@dementiahb.org.nz](mailto:education@dementiahb.org.nz)

We are also working at developing the delivery of these education sessions via such platform as Zoom, so that we are able to support more clients who may not be able to attend these face to face sessions.

A flyer for "Community Education Sessions" set against a background of green fern leaves. The title "Community Education Sessions" is written in a white, cursive script at the top. Below the title, the following details are listed in a white, sans-serif font:

Date: Every Tuesday  
Time: 1:30pm -2:30 pm  
Location: Hastings Education Room  
106 Windsor Avenue, Hastings  
Facilitators: Community Liaison Team

Week 1 Overview of Dementia - The Brain & Symptoms of Dementia  
Week 2 Living Well with Dementia  
Week 3 Communication and Behaviour Strategies  
Week 4 Caring for Carers and Healthy Brain messages

To register, email: [education@dementiahb.org.nz](mailto:education@dementiahb.org.nz)

At the bottom center of the flyer is the Dementia Hawkes Bay logo, which includes the text "Dementia Hawkes Bay" and the stylized leaf graphic.



**Parent to Parent**  
connect • inform • support

The school holidays are fast approaching! For some parents, it is a welcome relief. For others, it can be quite stressful. Whether you are juggling work and children or are at home frowning at the noise and mess, please remember to be kind to yourself. You are doing the best you can and that is enough. Grab a coffee and check out the latest newsletter [here](#)

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continence  NZ



# TOILET TACTICS FOR KIDS

## FREE INFORMATION SESSION

AN OVERVIEW OF BOWEL AND BLADDER PROBLEMS IN CHILDREN

FOR ANYONE INTERESTED IN FINDING OUT MORE ABOUT:  
TOILETING ISSUES, SOILING, CONSTIPATION, BEDWETTING  
AND DAYTIME WETTING.

PRESENTER: LISA SMITH - A PAEDIATRIC NURSE WITH OVER  
17 YEARS OF EXPERIENCE DEALING WITH CONTINENCE  
ISSUES IN CHILDREN.

Hastings Presentation

Date: Tues 13th April

Time: 7pm-8pm

Venue: Education Centre, Hastings Memorial Hospital

Napier Presentation

Date: Tues 4th May

Time: 7pm-8pm

Venue: St Mary's Church, 58 Osier Road, Greenmeadows, Napier

RSVP to: [lisa.beaconaotearoa@gmail.com](mailto:lisa.beaconaotearoa@gmail.com)

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## StarJam Hawke's Bay Workshops have now started

[StarJam](#) is a not-for-profit organisation that aims to create new and exciting opportunities for young kiwis living with disabilities through the power of music, dance and performance.

After much anticipation and excitement, StarJam's weekly workshops have started in Hawke's Bay. Did you know they are in 3 different locations? Napier, Camberley and Havelock North.

To support the delivery of their awesome workshops, StarJam are also on the look out for more volunteers. Some of the feedback from the volunteers from the first couple of workshops has been amazing, "the time flew past", "that was way too much fun", "can't wait for next week".

Please email [Sally](#) if you are interested in volunteering, to register as a Jammer or just to find out more.



### Parent2Parent Support Groups Hawkes Bay

Does your child/teenager/young adult have a disability, special need or 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](mailto:hawkesbay@parent2parent.org.nz) and she will welcome you to the group! Just ask at the counter to point you in my direction on your arrival.

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## What's on in the Bay?

Don't forget to email us with your activities and events for 2021  
[information@drchb.org.nz](mailto:information@drchb.org.nz)

### 13 April

**Parent2Parent Hastings Coffee Support Group** Come and have a coffee with us at Bay Espresso, Karamu Road, on us - see above for more details

**Toilet Tactics For Kids** - Hastings Presentation see above for more info.

**Dementia Hawkes Bay** - Community Education Sessions Week - Week 2- Hastings Education Room, 106 Windsor Ave, Hastings 1.30-2.30pm see above for more info, to register call 02 265 48941 or email [education@dementiahb.org.nz](mailto:education@dementiahb.org.nz)

### 14 April

**Shake Rattle & Roll** - A music and dance group for adults with intellectual disabilities to socialise and have fun. Each Wednesday 10.00am to 11.15am. Napier Baptist Church, 36 Riverbend Rd, Maraenui. \$3.00 includes morning tea (caregivers free). For more info contact Gail on 027 495 5172

**Bay Autism Support** - Coffee Group at Empire Café on Wednesday, 9 Allen Berry Avenue, Pirimai, Napier

**Dementia Hawkes Bay Memory Café Napier** - Café Ahuriri 16 Mahia Street, Napier 10-11am. A social group for people with dementia and their care partners/whanau/family members. You only have to pay for your own coffee/tea/snacks.

### 15 April

**The Brain Injury HB Taradale Peer Support Group** - Bay Espresso, Gloucester Street, Taradale 10-11am, meetings will be held on the second Thursday of each month. Please phone the office on 06 878 6875 to register

### 16 April

**Altogether Autism** - By Autistics for Autistics Zoom group for adults, every Friday 2pm, register at [info@altogetherautism.org.nz](mailto:info@altogetherautism.org.nz) This is a group for autistic teens and adults, run by two autistic hosts (host is Paul Freeman, co-host is Jolene Stockman).

### 20 April

**Dementia Hawkes Bay Care and Share Group Hastings** - Education Room, 106 Windsor Avenue, Hastings 10-11.30am. A group for people supporting a person who has dementia and is living in the community. Tea and Coffee will be available.

### 21 April

**Shake Rattle & Roll** - A music and dance group for adults with intellectual disabilities to socialise and have fun. Each Wednesday 10.00am to 11.15am. Napier Baptist Church, 36 Riverbend Rd, Maraenui. \$3.00 includes morning tea (caregivers free). For more info contact Gail on 027 495 5172

**Bay Autism Support** - Coffee Group at Empire Cafe on Wednesday, 9 Allen Berry Avenue, Pirimai, Napier

**Dementia Hawkes Bay** - Community Education Sessions Week - Week 3- Hastings Education Room, 106 Windsor Ave, Hastings 1.30-2.30pm see above for more info, to register call 02 265 48941 or email [education@dementiahb.org.nz](mailto:education@dementiahb.org.nz)

### **25 April**

**Altogether Autism** - By Autistics for Autistics Zoom group for adults, every Friday 2pm, register at [info@altogetherautism.org.nz](mailto:info@altogetherautism.org.nz) This is a group for autistic teens and adults, run by two autistic hosts (host is Paul Freeman, co-host is Jolene Stockman).

### **27 April**

**Dementia Hawkes Bay Care and Share Group Napier** - Church of Christ, Douglas McLean Avenue Napier 10-11.30am. A group for people supporting a person who has dementia and is living in the community. Tea and Coffee will be available.

### **28 April**

**Dementia Hawkes Bay** - Community Education Sessions Week - Week 4- Hastings Education Room, 106 Windsor Ave, Hastings 1.30-2.30pm see above for more info, to register call 02 265 48941 or email [education@dementiahb.org.nz](mailto:education@dementiahb.org.nz)

### **29 April**

**The Brain Injury HB Peer Support Group** - Last Thursday of each month. National Services Club, Market St Hastings 11.30am-1pm. Please call the office on 878 6875 to register

### **5 May**

**Dementia Hawkes Bay Memory Café Hastings** - Serendipity Café, 1412 Pakowhai Road, Hastings 10-11am. A social group for people with dementia and their care partners/whanau/family members. You only have to pay for your own coffee/tea/snacks.

### **15 May**

**Celebrating Cultural Diversity** - Soundshell, Marine Parade Napier 11am-3pm Celebrate Napier's diverse cultures with food, stalls, performances and activities at this free family event

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## Articles of Interest

[All Banks Should have a Neuro-Diverse Person on Their Board](#)

[Loneliness - and how it affects disabled people](#)

[Covid helped to normalise diverse workplace arrangements, let's normalise diversity](#)

[Disability strategy launched at function](#)

[Wellington Museum introduces inclusive low-sensory hour](#)

[New Zealand Deaf & hearing led company Equal Voices Arts - Laura Haughey & Rachel Turner](#)

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### 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.

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](mailto:information@drchb.org.nz).

**Keep up to date with us on Facebook** [facebook.com/drchb](https://facebook.com/drchb) and visit our website at [www.drchb.org.nz](http://www.drchb.org.nz)



Click [here](#) for Firstport

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