



living life connected

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



"Be different. Be original.

Nobody will remember a specific flower in a garden filled with thousands of the same yellow flower, But they will remember the one that managed to change its colour to purple."

- Suzy Kassem, ' Rise Up And Salute The Sun'.

15 November 2021

Kia Ora,

Advisory Service newsletter.

It's Play Week Aotearoa which is a celebration of play and its value to tamariki, whānau and communities across Aotearoa.

It's about encouraging play at home, in your neighbourhood and within your local environments, where lockdown restrictions allow.

Play is the easiest way for tamariki and whānau to stay active.

Play is fun, it offers freedom and chances to take risks.

It's how our tamariki learn to problem solve, get creative, make mistakes and create new friendships.

They get to build the attitudes, skills and life-long love of being active.

Say yes to play, not just this week, but every week :-)

IN THIS WEEK'S EDITION

StarJam End of Year Concert

Meet the Team Brain Injury Hawkes Bay

Carers New Zealand Respite Survey

IHC - Let's give it a go!

Altogether Autism Journal

Age Concern Growing through Grief Workshop

What Makes a Good Life for Disabled Children and Young People?

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

COVID UPDATES



- Hawke's Bay is currently at Level 2
- At Alert Level 2, there are no restrictions on who can be included in your household bubble.
- You can go to work, and all businesses and services can open but legally must follow public health rules.
- Early learning services, schools, kura and tertiary education facilities are open to everyone.
- Even if you have been vaccinated, you still need to follow the rules to keep everyone safe.
- For more information regarding Alert Level 2 please click [here](#).



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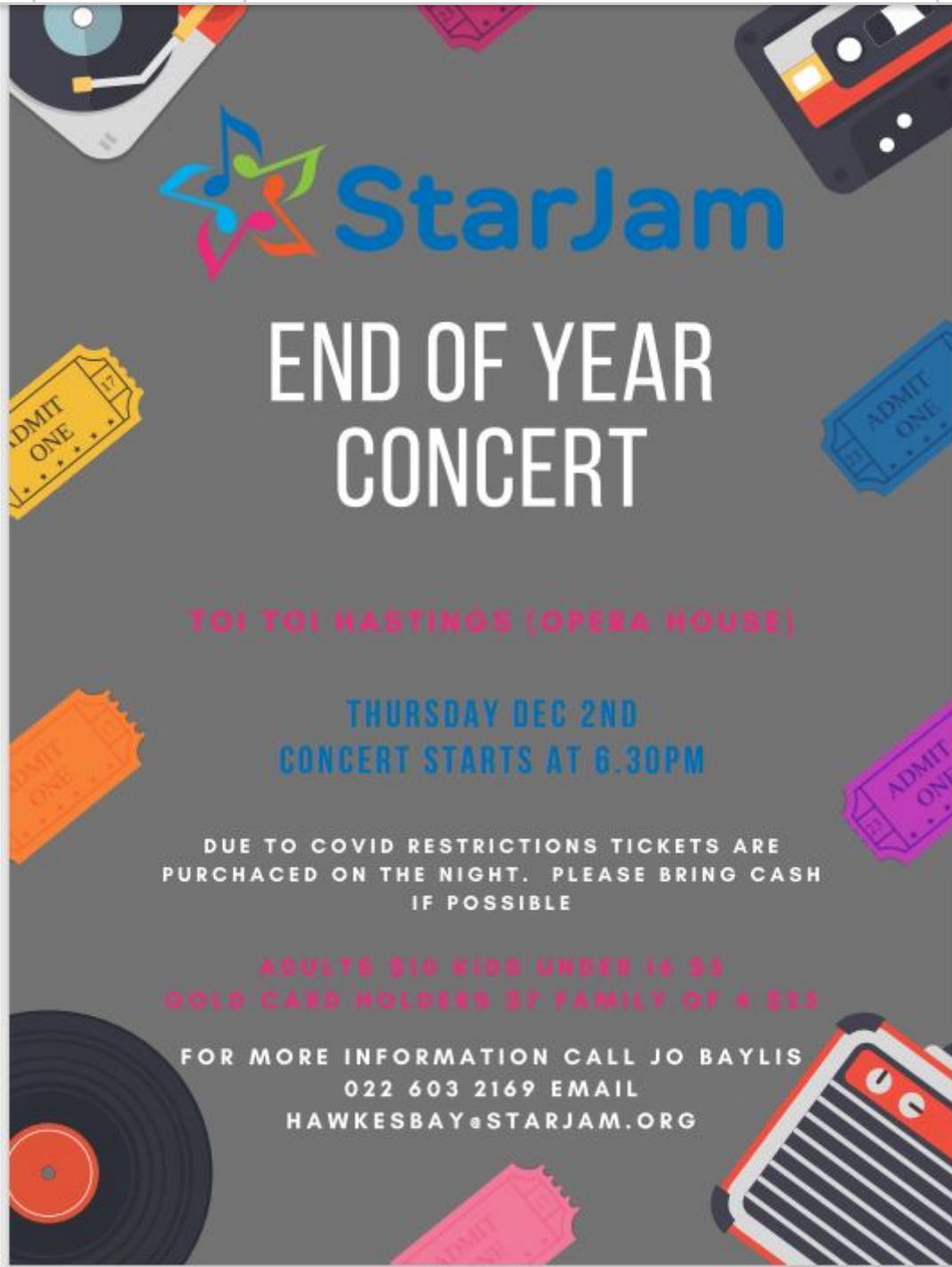


Do you follow the DRC living life connected Facebook page?

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

STARJAM

End of Year Concert

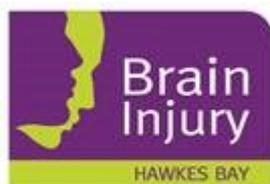


Thursday 2 December 2021
 Toi Toi Hastings (The Opera House)
 Starts 6.30pm

Tickets available on the night
 Adults \$10
 Kids \$5
 Family of four \$25
 Gold Card Holders \$7

email hawkesbay@starjam.org

Brain Injury Hawkes Bay



In their latest Radio Kidnappers show the whole Brain Injury team got together to chat about the services they offer.

Click on the link below to meet the team and hear what they get up to.

[Introducing the team with Vicki](#)

Survey on Respite



Carers NZ and Carers Alliance - Survey on Respite

It's been a tough few years! If you help to care for someone in your whanau who is unwell or has a disability, when did you last have a break (respite)? Please complete this very quick survey to help Carers NZ and the Carers Alliance build a picture about respite – you'll be in to win one of four \$300 draws!

<https://www.surveymonkey.com/r/92NPP9X>

Let's give it a go!



IHC is launching Let's give it a go! where people with intellectual disabilities can come together through a series of fun and engaging online video sessions – including music therapy, drumming and sing-a-longs.

This week's schedule is as follows:

Tuesday 16 November

- 10.00am to 10.45am - Music Therapy with Ahjay Stelino
- 1.30pm to 2.15pm - Music Quiz and Singing with Ahjay Stelino

Wednesday 17 November

- 2.00pm to 2.45pm - Drumming Session with Chewy

Friday 19 November

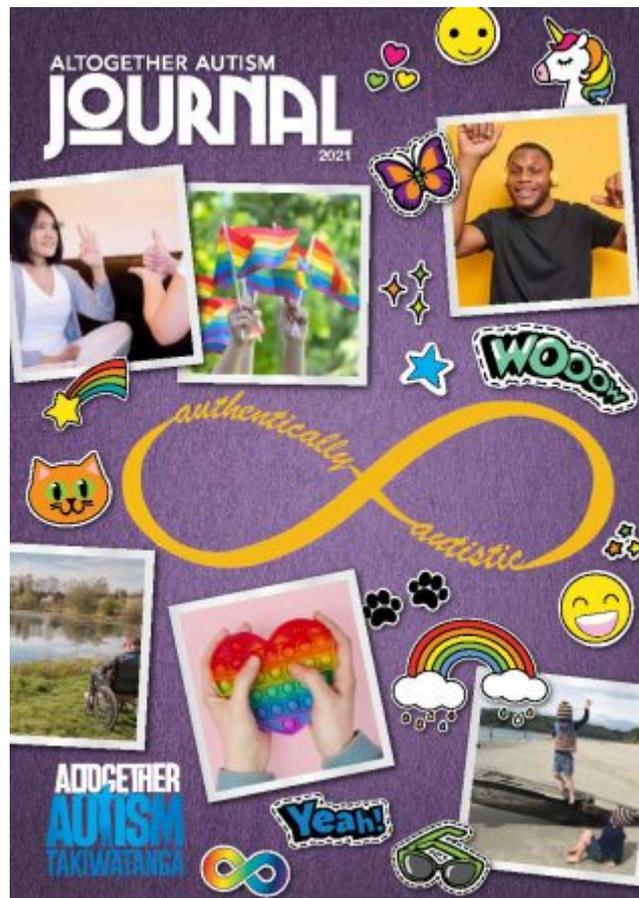
You must have Zoom installed on your device to access the sessions. Once installed, click the Zoom meeting links on our Let's give it a go! page or copy into your browser.

<https://ihc.org.nz/lets-give-it-go>

All this is thanks to money and tech tools kindly donated to IHC by our Association and members.

Let's give it a go! sessions are available to anyone with an intellectual disability in New Zealand.

Altogether Autism Journal



The Altogether Autism Journal is produced especially for autistics, their whanau/families and professionals.

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Fill in our online form [here](#) to get the **FREE** Altogether Autism Journal delivered to you by post or via email.

You can also subscribe to our regular e-News updates.

Age Concern Growing through Grief Workshop



Thinking about Loss and Grief



Change and loss happens to all of us. Sometimes we don't recognize the grief that can be part of this. Sometimes we try to ignore the grief that is very present.

This workshop will briefly explore the impact change, loss and grief can have in our lives and offer ways to respond to future changes.

When: Wednesday November 17th, 2021
Where: Age Concern Hastings
Time: 1.30pm-3pm (Cuppa from 2.30pm)
Cost: Free
Speaker: Sandie and Sue from Growing Through Grief HB

Please register your interest to Andrea Rust on 068709060 or socialworker@ageconcernhb.co.nz

What a Makes a Good Life for Disabled Children and Young People

A new report has been released by the Office of the Children's Commissioner entitled *What Makes a Good Life for Disabled Children and Young People?*

Key messages from 474 disabled children and young people included:

- Acceptance is a struggle, with discrimination widely experienced by disabled children and young people. Many reported the need for people to have more awareness and understanding of disability, including knowledge of invisible disabilities, and respecting the privacy of someone with a disability.
- Many disabled young people reporting feeling dehumanised from accessibility barriers. Suggestions included having voiceover announcements installed in trains and buses to assist those with vision impairments.
- Disabled children and young people reported feeling unsafe in ways unique to them, such as feeling unsafe around too much noise, or cigarette smoke as it would interfere with their senses which they rely on more than other young people.
- Young disabled people reported wanting education to be more flexible, tailored and to have more choice and control, such as flexible start and finish times. Inclusion in the mainstream environment was also key, along with additional support, interaction and patience from teachers.
- Young disabled people were concerned about equal employment opportunities, including concerns of discrimination, lack of support programmes and networks that could assist with job opportunities.
- Many disabled young people valued the support received by those around them, but in turn wanted their family, whānau and communities to be supported. Support looked different for everyone, including support with mobility, participation, learning as well as finances to cover the cost of disability.

[Read the full report on the Office of the Children's Commissioner's website.](#)

PARENT TO PARENT HB SUPPORT GROUPS



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 and Blanche will welcome you to the group! Just ask at the counter to point you in Blanche's direction on your arrival.

Parent2Parent Coffee Groups

Hastings Coffee Groups

1. *Wednesday 1st December - 11-1pm*

Bay Espresso Karamu Road Hastings

Waipawa Coffee Groups

1. *Tuesday 30th November - 11 - 1pm*

Taradale Coffee Group

1. *Saturday 28th November - 11 - 1pm*

At Bay Espresso Taradale, paid parking around the back

All these Coffee groups are hosted by Blanche, if you require information please contact Blanche to bring it along on the day. Parent to Parent will also provide one free coffee per person.

Bay Autism Support Coffee Groups

1. *Tuesday 16th November - 10 - noon*
2. *Tuesday 30th November - 10 - noon*

- These coffee groups are hosted by Sharron at Bay Autism Support which is a local volunteer group to support families and individuals with Autism.
- These Support group are held at Café at Watermen's Russell street Hastings.

USEFUL LINKS

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

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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 for 2021 and 2022
information@drchb.org.nz

We will be updating this section as we receive confirmation of activities becoming available.

Please email your events/activities to information@drchb.org.nz

ARTICLES OF INTEREST



[Disability As Diversity: The Right To Be Ordinary.](#)

[Enrich Group Supports Disability Reforms](#)

[Polish Girl With Down Syndrome Sends Painting to Queen Elizabeth and is 'Over the Moon' Receiving a Reply](#)

[France's First Public Official with Down Syndrome Helps Everyone See Disability Differently](#)

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.

Keep up to date with us on Facebook [facebook.com/drchb](https://www.facebook.com/drchb) and visit

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