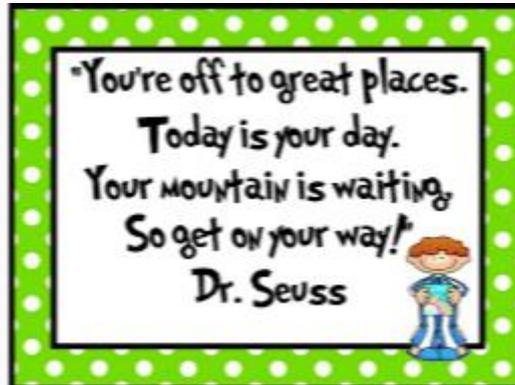




**Everyday people, everyday places,  
everyday things, everyday times**



**27 June 2022**

**Kia Ora**

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

Gosh, it's the last week of June already, the year is flying past. But looking back for a moment, what a stunning weekend weatherwise for New Zealand's inaugural Matariki observance public holiday.

We hope you took some time for:

- Remembrance- honouring those we have lost since the last rising of the Matariki
- Celebrating the present- gathering together to give thanks for what we have
- Looking to the future- looking forward to the promise of a new year.

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!

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## In This Week's Edition

COVID Connector Service

NASC

New Mask Exemption Cards Available Now

How to Update Your My Vaccine Pass- if you want to

Introducing Aphasia Hawkes Bay

Sport Hawkes Bay Update

July School Holiday programme

I am Autistic Author Talk

World Continence Week

Sensory Haven 4 Kids - NEW PRODUCT!

Food Explorer Group - NEW!

StarJam Disco

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

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## **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](#).

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**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](mailto: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

## Needs Assessment and Service 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](http://www.nrcentre.co.nz) or email referrals can be made to [referrals@nrcentre.co.nz](mailto: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.

## New Mask Exemption Cards Available Now



We know face masks are unsuitable for some people.

If you have a physical illness, a mental illness, a condition or a disability that means you can't wear a face mask, sometimes or all of the time, you can apply for an exemption pass.

We understand that these categories may not specifically explain your current situation (e.g., if you have experienced past trauma as the victim of a violent crime and so cannot wear a face covering).

Choose the one that best reflects your situation when you make your declaration.

When you apply you are making a legal declaration that at least one of these: physical illness, a mental illness, a condition or a disability applies to you.

### **How to apply**

- Visit [My Covid Record](#)
- Text 8988 (for hearing impaired)
- Call [0800 11 12 13](#)

You can apply on behalf of someone else at any of the above options.

Get assistance applying or print your pass at a pharmacy. To find a participating pharmacy near you visit [Healthpoint](#) and choose 'My COVID Documents – get in person'.

Call [0800 11 12 13](#) where they will let you know your closest participating pharmacy.

### **Apply for someone else**

- Call [0800 11 12 13](#), have their date of birth and NHI number with you

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**How to Update your  
My Vaccine Pass  
(if you want it)**

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

- An updated pass can be downloaded from 24 May for people 12 and over.
- People are encouraged to stay up to date with COVID-19 vaccinations.
- Boosters are included in the up-to-date My Vaccine Pass for those 18 and over.

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.

Find more information about the updated My Vaccine Pass:

## [More information about the updated My Vaccine Pass](#)

## Introducing Aphasia Hawkes Bay



**June was Aphasia Awareness Month,  
but it's never too late to learn about Aphasia**

What is **aphasia**?

Aphasia is a **language disability** affecting **talking, finding words, understanding spoken language, reading, writing, and using numbers**. Aphasia is always due to injury to the **language areas in the brain**. While it most commonly results from a stroke, it may also arise from any injury to the brain including **head trauma, brain tumour, or infection**.

This is a good time to let people and organisations know that AphasiaNZ now has a **Community Aphasia Advisor** (CAA) servicing Hawke's Bay, Maxine Bevin. Maxine is one of 18 CAAs in New Zealand.

**Aphasia New Zealand (AphasiaNZ) Charitable Trust** is a national organisation and registered charity, providing **support services, resources, education, and information** for anyone in New Zealand living with or affected by aphasia.

Please take time to look at the AphasiaNZ **website** and its **Facebook** page:

<https://www.aphasia.org.nz/>

<https://www.facebook.com/AphasiaNZ/>

Maxine's role as the Hawke's Bay **Community Aphasia Advisor's** role is to:

- **Coordinate** local AphasiaNZ activities
- Facilitate **Kōrero (conversation) Clubs**
- Run **support groups**
- Provide one-on-one **home and community visits**
- Facilitate **education sessions** and **workshops** in the community to increase **awareness and knowledge** of aphasia

This role is **NOT** to provide speech-language therapy.

If your organisation would like more **information about aphasia** and how to **better communicate with people with aphasia**, please contact Maxine:

- [hawkesbay@aphasia.org.nz](mailto:hawkesbay@aphasia.org.nz)
- 021 221 5291

**[Email Maxine from Aphasia Hawkes Bay](mailto:hawkesbay@aphasia.org.nz)**

[Aphasia NZ Website](#)

[Aphasia NZ on Facebook](#)

## Sport Hawkes Bay Update

**SPORT**  
HAWKE'S BAY  
KIA KAHA, KIA ORA | BE ACTIVE, BE WELL

### New Disability and Inclusion Advisor appointed at Sport Hawke's Bay



Sport Hawke's Bay's newly appointed Disability and Inclusion Advisor Blanche Paewai-Ashcroft is keen to create greater access to play, active recreation and sport opportunities in Hawke's Bay for more disabled tamariki and rangatahi.

Sport Hawke's Bay has been a nationwide leader in the Disability and Inclusion sector within sport and recreation, creating the role, first held by Katie Owen in 2019 as well as developing a Regional Disability Strategy for Play, Active Recreation and Sport in 2021.

Blanche is excited to take up the role that brings together her background in participating in sport along with being an early childcare teacher and as a Play Activator at Central Hawke's Bay District Council.

More recently she has been the regional coordinator for Parent-to-Parent, which supports parents as they navigate their way through their family's experience with disability.

"Hawke's Bay has been a leader in creating greater opportunities in play, active recreation and sport for people with disabilities and I am keen to build on the work and the connections that have been developed over the last couple of years".

"Supporting whānau and guardians of disabled tamariki and rangatahi is something that I have a strong interest in and where I think I have the potential to have a positive impact".

Blanche says she will be working alongside Sport Hawke's Bay General Manager Ryan Hambleton on the Regional Disability Reference Group as well as ensuring disability and inclusion is embedded throughout all Sport Hawke's Bay programmes as well as with other major key regional partners such as councils, educators, members from the disability community and sports organisations.

"We want to create inclusive opportunities for everyone to be active. The regional strategy has key outcomes we continue to work towards across the three years which are aligned to the work taking place across the region".

Sport New Zealand launched a \$3.6 million Disability Inclusion Fund in September last year, which Sport Hawke's Bay was successful in receiving funding for the continuation of the role and delivery of its strategy for the next three years.

In 2020 Sport Hawke's Bay undertook a community information gathering project to better understand the needs, barriers and opportunities as identified by disabled people, whānau, disability organisations, and local sport and recreation providers regarding inclusion in Play, Active Recreation and Sport. This led to the development of the Hawke's Bay Play, Active Recreation and Sport Disability Strategy in 2021 which was supported by the Disability Advisory Group, Sport Hawke's Bay and in partnership with the wider disabled community, whānau and support organisations.

The Advisory Group driving this strategy is made up of representatives from the following organisations across the region: Hastings District Council, Napier City Council, Central Hawke's Bay District Council, Blind Low Vision NZ, Kāpō Māori Aotearoa, Halberg Foundation, Special Olympics NZ, Central Football, Kowhai School, Fairhaven School, Ministry of Education, Ministry of Health and importantly includes Special Olympic and Paralympic athlete representatives, and members with a lived experience of disability.

Sport Hawke's Bay General Manager Ryan Hambleton says "We are excited about Blanche joining our team and carrying on the great work Katie has done to support inclusion across our organisation so far"

"In partnership with Sport New Zealand we are able to support Sport Hawke's Bay are leading the way and have a strong desire to improve the range and quality of sport, active recreation and play opportunities on offer for disabled people here in Hawke's Bay".

Just over one million people in New Zealand, identify as being disabled, with just over half of these having more than one type of impairment. Sport NZ's Active NZ data shows that disabled young people are less likely to participate in a range of sports and

activities, particularly play related activities such as using playgrounds and scootering.

Sport NZ's Spotlight on Disability Report in 2018 found that disabled people around the country participate less in any given week, and in few sports and activities than non-disabled people.

**[Sport Hawkes Bay Website](#)**

**[Sport Hawkes Bay Facebook](#)**

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## **July School Holiday Programme**



Did you know that there is a local holiday programme operating again during the next school holidays, especially for young people with special needs aged from 11 years and up? It was so well received in the April school holidays that it's happening again!

Angela, Mandy, Shelley, Dave and Margot will be providing a full on programme for the July holidays (Pete is gallivanting around

Australia - Lucky Man).

We like to meet the families of any potential clients just to get to know the client better and to take notes on any important details.

Our staff are all experienced and we have been told that all of our staff are wonderful with our clients.

And the Important Stuff.....

- Please book in asap so you do not miss out
- There are limited slots for some days due to transport
- Payment is \$80 dollars each day or 1 respite day per day you book in ( We can invoice)
- Check to ensure you do have enough respite days left before you book
- Book through Angela please
- Remember to have your blue respite carer support form ready for us and sign it at the bottom. We can date it to make sure it matches the dates we provide care. You can also download blank ones and fill out with your details.
- We pick up and drop off each day -sometimes it can be a bit later as it depends on the activity
- Some activities may change due to the weather
- Please let us know if you ever have any ideas for us to do so we can add it onto the next holiday programme
- Check below to see the range of fun things we have planned for the holidays

## Holiday Programme July 2022 Week 1

Mon 11 July	Tue 12 July	Wed 13 July	Thur 14 July	Fri 15 July
Superstrike 10 Pin Bowling  Frimley for Lunch  Park	Margot's Marvelous Music and Jam Session  Pizza/Sushi Lunch  Movies @ Sarah's	Onekawa Pools and slides  Anderson Park  Marine Parade Walks	Baking @ Mandys  Beach Walk	Ocean Spa  Walk on beach with lunch provided  Playground
Bring: Morning tea Lunch Drink Warm Clothes	Bring: Instrument if you play one Morning tea Drink Warm Clothes	Bring: Morning tea Lunch Drink Togs & Towel Warm Clothes	Bring: Morning tea Lunch Drink Warm Clothes	Bring: Morning tea Drink Warm Clothes Togs & Towel
Dave Margot	Ang Margot Crystal	Ang Dave Crystal	Mandy Shelly Crystal	Dave Margot Crystal
Pick up 8.30-9.30am Drop off 3.30pm-5pm	Pick up 8.30-9.30am Drop off 3.30pm-5pm	Pick up 8.30-9.30am Drop off 3.30-5pm	Pick up 8.30-9.30am Drop off 3.30pm-5pm	Pick up 8.30-9.30am Drop off 3.30pm-5pm

## Holiday Programme July 2022 Week 2

Mon 18 July	Tue 19 July	Wed 20 July	Thur 21 July	Fri 22 July
Flip Out and Laser tag at Velocity Entertainment  Lunch at Cornwall Park  Scavenger Hunt	Margot's Marvelous Music and Jam Session  Pizza/Sushi Lunch  Movies @ Sarah's	Games @ Kingsley  Frisbee Golf @ Flaxmere Park  Pakowhai Walk	Baking @ Mandys  Beach Walk	Ocean Spa  Museum  Walk on beach  Playground
Bring: Morning tea Lunch Drink Warm Clothes Flip Out Socks	Bring: Instrument if you play one Morning tea Drink Warm Clothes	Bring: Morning tea Lunch Drink Warm Clothes	Bring: Morning tea Lunch Drink Warm clothes	Bring: Morning tea Lunch Drink Warm Clothes Togs & Towel
Ang Dave	Ang Margot Crystal	Ang Dave Crystal	Mandy Shelly Crystal	Dave Margot Crystal
Pick up 8.30-9.30am Drop off 3.30pm-5pm	Pick up 8.30-9.30am Drop off 3.30pm-5pm	Pick up 8.30-9.30am Drop off 3.30pm-5pm	Pick up 8.30-9.30am Drop off 3.30pm-5pm	Pick up 8.30-9.30am Drop off 3.30pm-5pm

Any other queries or questions give Angela a call or text  
on  
027 427 1682

[Download the pdf here](#)

## I Am Autistic Author Talk with Chanelle Moriah

**It's happening on Wednesday  
evening this week....**



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 experiences. It also offers non-autistic people the chance to learn more about autism from someone who is autistic.

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.

**I Am Autistic - Published by Allen & Unwin**

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# World Continence Week



## **Jason Gunn has a special message for parents whose children are struggling with bladder or bowel issues.**

The much-loved Kiwi personality, and dad, says he knows parents just want their children to be happy and healthy. But in a video released to mark **World Continence Week 2022 (20-26 June)** he points out this isn't always the case, as one in 12 children and teenagers will have bowel and bladder problems.

Jason Gunn says we need to stop blaming ourselves and letting our children blame themselves.

“It’s not their fault, it’s not our fault. What we need to do is understand it’s a medical situation and there are people who can help.”

**He urges parents to call the Continence Helpline on 0800 650 659.**

“On the other end of that telephone there is someone who has empathy, and they’re experts. So they understand where you’re at and where your child is at. They also have a plan.”

**See Jason's Video Message in the  
Contenance NZ Newsletter**

## **Sensory Haven 4 Kids**



### **No More Tears Shot Blocker**



**Great for children and adults who have a fear/anxiety around  
needles.**

Bionix shot blocker is a unique device that makes immunisations  
and other minor injections a less painful experience.

Shot Blocker works immediately, the contact points on the underside saturates the sensory nerves and distracts the patient from the pain signals caused by the needle poke.

No waiting for topical anaesthetics to take effect.

Is reusable - can be used multiple times just wash with warm soapy water when required.

Easy to use - Just press shotblocker firmly over the injection site and administer the shot straight away through the opening.

Versatile - can be used for home injections or take with you to the doctor or pharmacist.

Cost benefits - it is less costly than anaesthetic creams or freezing sprays, faster too.

Designed by a paediatrician to lessen the pain and anxiety experienced by patients, especially children.

**[For More Info](#)**

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**Food Explorer Group  
Starting in Term Three**



Starting Term 3 - Food Explorers Group - a safe place for sensory sensitive kids to explore food using a gentle and effective sensory integration model.

Email The Playful Place if you're interested or if you have any questions.

Spaces will be limited to create an individualised supportive space.

**[Email The Playful Place](#)**

**The Playful Place Website**

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**The StarJam Disco  
Friday 1 July**



# STARJAM DISCO

**DISCO THEME**

**-BLING IT ON-**

**WEAR YOUR BLINGIEST GEAR, HATS, FEATHERS,  
GLITTER, GEMS AND GOLD MEDALIONS  
(SPOT PRIZES AND BEST DRESSED PRIZE)**

**WHO CAN ATTEND : JAMMERS, FAMILY, FRIENDS  
AND OUR WIDER COMMUNITY**

**DATE : FRIDAY 1ST JULY**

**LOCATION : TARADALE TOWN HALL**

**TIME : 6-8PM**

**COST : GOLD COIN DONATION**

**SNACKS : \$1 & \$2 SWEETS, CHIPS, DRINKS**

**PLEASE NOTE = THIS IS A PUBLIC EVENT. SO IF YOUR CHILD OR YOUNG  
PERSON NEEDS SUPERVISION, YOU WILL NEED TO STAY AND SUPERVISE  
THEM**

**ALL UNSUPERVISED GUESTS MUST SIGN IN WITH PARENT CONTACT  
NUMBER**

**ANY QUESTIONS CONTACT  
HAWKESBAY@STARJAM.ORG  
JO BAYLIS 0226032169**

# Local Disability Services Contacts Booklet



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



## USEFUL LINKS

[Hikoi4Life](#)

[All Abilities Gym](#)

[Inclusive Taekwondo](#)

[Hawke's Bay Parent to Parent](#)

[StarJam](#)

[Disability-specific Opportunities in the Bay](#)

[Amplify.U Website](#)

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## USEFUL NUMBERS

COVID-19 Helpline - 0800 358 5453

Healthline - 0800 611 116

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

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

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## ARTICLES OF INTEREST



[Axl now 'part of the conversation'](#)

[Human Rights Commissioner: NZ's quality of life record 'alarming'](#)

[Families of disabled children beg for support](#)

[Shop and chill in hideaway gem](#)

[New accessible space a hit](#)

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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://www.facebook.com/drchb) and visit our website at [www.drchb.org.nz](http://www.drchb.org.nz)

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DRC is a Principle member of:

Funded by:



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**Our mailing address is:**

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PO Box 2348  
HASTINGS 4156

**Our physical address is:**

204 Nelson Street South  
HASTINGS 4122

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