



Everyday people, everyday places,
everyday things



03 May 2021

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

Kia Ora,

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

Did you get the chance to see last week's Super Moon?

One of the team at DRC captured this amazing shot just in case you missed out.

Lots of Local News this week including

All Abilities Gym

Accessible Pathway at Mitre 10 park

Paralympic dreams inspire athletes with special needs to run Taekwondo classes

2016 Toyota Hiace ZR - specialist vehicle for sale

StarJam Disco

and much more.....

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

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

 **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.

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

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

We are starting to amass an array of fidget gadgets which are proving to be very entertaining. As anyone who has ever jangled coins in their pocket or played with the zipper on their hoodie knows, having an actual physical item to focus on can transfer your anxious energy from your brain to your fingers. Bringing your hands into the midline of your body automatically involves the use of both the right and left sides of the brain. Plus, the repetitive, rhythmical movements when using a fidget result in slower breathing, overall calmness, and decreased anxiety.

**Taekwondo trio step up
Paralympic dreams inspire athletes with special
needs to run classes for others**



Camille Pruckmuller, Euanchang Yang, Alex Kelly, Maui Kupa and Lorraine Bainbridge

at Hawke's Bay's Koryo Taekwondo centre.

Three special-needs taekwondo fanatics hope to bring the buzz of their sport to Hawke's Bay ahead of its Paralympics debut. Lorraine Bainbridge, Maui Kupa and Alex Kelly will front a weekly class at Hawke's Bay's Koryo Taekwondo centre, teaching attendees the virtues of the Korean martial art.

Koryo Taekwondo NZ owner Camille Pruckmuller said the trio shared a dream of running classes for others.

"I asked how they'd feel about running their own classes and, no surprise, they all said yes," she said.

With para taekwondo to be contested at the Tokyo 2020 Paralympics for the first time, Pruckmuller said there was no better time to encourage others to take part.

"As it's now taking the world stage, different adversities such as sensory impairment, mental illness, physical disabilities, lost limbs — any reason they

may have to not be able to take part in our mainstream class can take part,” she said.

The classes, which will first run on a voluntary basis for a koha at the Hastings branch on Market St North, will aim to build up a log of students and eventually pay the trio a wage.

Two of the soon-to-be instructors, who all recently competed in the ATC online Taekwondo Championships in South Korea, are already black belts, with the other not far away.

Lorraine Bainbridge was left with brain damage after an accident as a child.

Pruckmuller said the 36-year-old has been training with her for more than 15 years and is a 2nd Dan Black Belt.

Alex Kelly, 39, was born with fetal alcohol syndrome, and has been studying the discipline for many years.

“Alex struggles day to day with the norm, and doing taekwondo has really boosted his confidence and fitness,” she said.

“To become an instructor is a dream of his.”

Maui Kupa, a black belt in ITF taekwondo, has been training at the Hastings site for over a year.

“Maui trains hard in our mainstream and has mentioned numerous times about being an instructor,” Pruckmuller said.

He said the 40-year-old, who has down syndrome, is on course to be the only double black belt with the genetic disorder in New Zealand.

“While all three suffer with different disabilities, you can’t tell once they start training,” she added.

“All three show a great admiration to all who train with them.”

The classes, which will be watched over by Pruckmuller and master Euanchang Yang, are pencilled in for 11am on Wednesday, but will be confirmed at a later date.

Other Koryo Taekwondo NZ classes include Little Kiwis (under-5s), Grasshoppers (5-7 years old), Dragons (8-12), adults and teenagers (13+),

Pink Ninjas (females 13+) and TNT Dynamite.

Check out our Facebook page [here](#)

- Hawke's Bay Today
- 20 Apr 2021
- Christian Fuller



Kia ora everyone,

Welcome to our April newsletter, you can read it [here](#).

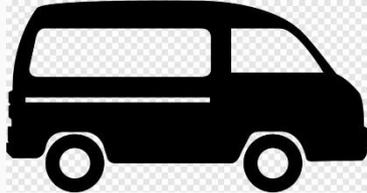
We are continually impressed by the new opportunities being presented within play, active recreation and sport for disabled people in our region, and we are especially pleased to share some success stories with you this month, as well as some important dates to put in your diary for next term.

As always, if you have any questions/enquiries, or if you have something you would like to share within these updates, please don't hesitate to get in contact with me directly.

Kind regards,

Katie Owen
Disability and Inclusion Advisor
katieo@sorthb.net.nz

Immaculate Mobility Van for Sale



Just arrived is our NZ Hiace 2.7P ZL Van having just ticked over 10000kms. This very low mileage Hiace had only travelled an average of 2000km per year and has a full service History with Toyota.

With its car like handling, THIS IS the ideal vehicle to conveniently transport a Family member or friend in comfort and safety.

To your advantage, this vehicle was professionally installed with a Wheelchair Lift/Hoist (including the harnesses etc)



For all details check out the trademe listing [here](#)

Jonathan Claybourn | Sales Consultant

Hawkes Bay Toyota | www.hbtoyota.co.nz

Phone: (06) 873 0908 | Mobile: (027) 237 0278 |

Email: jclaybourn@hbtoyota.co.nz

505 Karamu Road North, Hastings 4122 | PO Box 165, Napier 4140

StarJam 90s Disco - Everyone Welcome

Everyone from our Hawke's Bay community is invited to StarJam's 90's Disco for a fun evening to celebrate the new Jammers, their families, friends and the wider community.

Gold coin donation on entry and there will be snacks also available on the evening for a small donation.

What: StarJam 90's Disco

When: Friday 14th May

Where: Taradale Town Hall, 8 Meeanee Road, Taradale

Time: 6:30pm until 8.30pm

StarJam also welcome volunteers who are interested to support this event to please get in touch with Hannah at hawkesbay@starjam.org





Ben Evans supervises third degree Black Belt Aidan McCance as he works out on the new gym equipment.

A Hastings man's dream of opening a free gym for elderly, those with special needs and mental health issues and at-risk youth, is coming to fruition in Hastings.

NZ ITF Taekwon-do director and instructor Ben Evans first came up with the idea for All Abilities Fitness because he wanted to do something for the special needs people who train at his Hastings centre.

This changed to becoming a space for more people including the elderly, youth at risk and people with mental health issues.

The charity Special Needs Taekwon-Do Federation of New Zealand has been teaching those with special needs in the community since 2006. He had a couple of elderly people contact him saying they found gyms too expensive so Evans wants to make it available to them, as well as young people who can come with a supervisor.

Opening in early May, community organisations providing mental health or disabilities services, services for the elderly and schools will be able to apply to use the free gym for their clients. The aim is to have a safe, non-judgemental environment where people can work out most days between 9am and 7pm.

Ben first came up with the idea and logo about two months ago and “can’t believe how far it has gone with getting it all together”.

They have been successful in receiving funding from Hastings District Masonic Trust, Pub Charity and First Light Foundation.

Equipment supplier Flex Fitness Gym also took \$1000 off their bill. “I’m quite blown away that [the dream] is coming true,” he said.

They are still waiting on some equipment and have a wall being plastered this weekend, but Evans hopes the gym will open early next month. Evans would also like to be able to get wages for staff funded.

The gym will be based with the Taekwon-do centre at 115 King St South, Hastings.

Interested community organisations can contact Evans through <http://www.hbitf.org.nz/all-abilities-fitness-gym/>

Evans is also keen to hear from people who may want to get involved as staff.

Courtesy of Hawkes Bay Today

Join us to learn how the Enabling Good Lives principles can support you to have greater choice and control in your life.

This is a series of three meetings at the Napier Sailing Club from 10am -12.30pm

23 April, 11 May and 28 May

Join the 'Tenei au. This is me, here I am' gathering for disabled people



Join us to learn how the Enabling Good Lives (EGL) principles can support you to have greater choice and control in your life.

Explore how EGL can strengthen your voice and explore better and more flexible ways of working together.

'Tenei au. This is me, here I am' is a way for communities to lead the changes they want to see.

Details Ngā Whakaritenga

23 April 2021, 11 May 2021, 28 May 2021

10am – 12.30pm

Napier Sailing Club, 63 West Quay

Ahuriri, Napier 4110

• NZSL interpreters available if requested 7 days before event

Register today Rēhita mai

• www.ccsDisabilityAction.org.nz/TeneiAu

Or contact Valerie Wong

• 027 371 8370 or 0800 227 2255

• Valerie.Wong@ccsDisabilityAction.org.nz



TE HUNGA HAUA MAURI MŌ NGĀ TĀNGATA KATOA

In support of the
Enabling Good Lives
approach.





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

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" with a green fern leaf background. The title "Community Education Sessions" is written in a white cursive font. 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

The Dementia Hawkes Bay logo is positioned at the bottom center of the flyer, featuring the text "Dementia Hawkes Bay" and the stylized leaf graphic.



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 she will welcome you to the group! Just ask at the counter to point you in my direction on your arrival.



What's on in the Bay?

Don't forget to email us with your activities and events for 2021 information@drchb.org.nz

5 May

Koryo Taekwando United Diversity KTUD - 128 Market Street North Hastings 11am, koha - see above for details

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.

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

07 May

Altogether Autism - By Autistics for Autistics Zoom group for adults, every Friday 2pm, register at 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).

11 May

'Tenei au. This is me, here I am' gathering for disabled people - Napier Sailing Club register by calling Valerie Wong 027 371 8370 or 0800 227 2255 - see above for more details.

12 May

Koryo Taekwando United Diversity KTUD - 128 Market Street North Hastings 11am, koha - see above for details

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

13 May

The Brain Injury HB Taradale Peer Support Group - Bay Expresso, 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

14 May

StarJam Disco - Taradale Town Hall 6.30pm-8.30pm ,ore details above

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

19 May

Koryo Taekwando United Diversity KTUD - 128 Market Street North Hastings 11am, koha - see above for details

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

27 May

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

26 May

Koryo Taekwando United Diversity KTUD - 128 Market Street North Hastings 11am, koha - see above for details

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

28 May

'Tenei au. This is me, here I am' gathering for disabled people - Napier Sailing Club register by calling Valerie Wong 027 371 8370 or 0800 227 2255 - see above for more details.



Articles of Interest

[ACC's Policy Of Not Covering Birth Injuries Is One More Sign The System Is Overdue For Reform](#)

[Charity to build training centre](#)

[Film nominated for humanitarian award](#)

[Disabled in Oscar spotlight](#)

[Laura Fergusson Trust: Petition launched to save 'vital' disability rehab centre as mystery continues over closure](#)

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 and visit our website at www.drchb.org.nz



Click [here](#) for Firstport

DRC is a Principle member of:

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The Federation
of disability information centres



MINISTRY OF
HEALTH

MANATŪ HAUORA



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