



Everyday people, everyday places,  
everyday things

**21 September 2020**



Our favourite places.... Napier Foreshore

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# Kia Ora,

Welcome to the 39th week of the year and the new  
Disability Update for Hawke's Bay.

[Monday 21 September is World Alzheimer's Day](#)



Alzheimer's disease is the cleverest thief because she not only steals from you, but she steals the very thing you need to remember what's been stolen.

*Jarod Kintz*

It's also the first day of Mental Health Awareness Week. The courageous people who face this long and unpredictable journey have a significant chance of experiencing mental health challenges due to ongoing stress and uncertainty they face.

Addressing mental health is vital,  
for tips on how to live well visit [www.mentalhealth.org.nz/home/ways-to-wellbeing/](http://www.mentalhealth.org.nz/home/ways-to-wellbeing/)



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Don't forget to check out who in our team at DRC team loves the Napier foreshore.

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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## **\*COVID-19 UPDATE\***

**From 11.59pm Monday 21 September Hawke's Bay will be at Level 1.**

We will continue to sign in and out of the Centre.

We will continue to use hand sanitizer.

We will continue to maintain safe social distancing protocols.

Please help us by:

Keeping up your good hand washing practices, using soap and water for at least 20 seconds, and drying thoroughly.

Coughing and sneezing into your elbow.

Continuing your good habits with face coverings, even at Alert Level 1 when it's no longer compulsory.

Staying at home if you're sick is especially important at Alert Level 1.

**Please visit the [New Zealand Government dedicated COVID-19 information portal](#) for current updates and changes to Alert Levels as and when they arise.**

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## DRC Living Life Connected

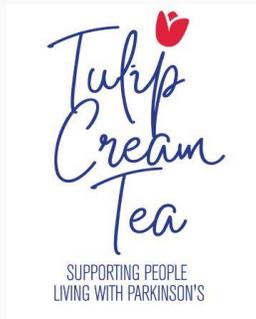
Each week we will focus on one aspect of our services in more detail and this week we explore **Transition** in more detail. It is coming up to that time of the year when decisions need to be made about what's happening next year.



**We will work with Ongoing Resourcing Scheme (ORS) funded students as they transition out of education to create a plan that focuses on their wants, needs, aims and aspirations. Working with you, your whanau and your school, we will look at what you want to achieve with your life after school, and what steps may be required to enable you to be successful.**

**We will draw up a plan that supports all the things you want to do, focusing on creating opportunities in everything from jobs and training to your hobbies, interests and activities.**

**[Find out more about Transition](#)**



It's certainly been a challenging year so far. But that shouldn't stop you from having something to look forward to!

Parkinson's are hosting their 2020 Tulip Cream Tea fundraiser, with all proceeds raised going towards social and clinical services for those living with Parkinson's in the Hawke's Bay region.

Come and join us for an afternoon of tea, scones and slices in the beautiful Keirunga Gardens on Sunday, 11th October. There will be a Dilmah sampling station, raffles, bespoke aprons and face masks for sale crafted by our amazing supporters, and some relaxed entertainment in the sun (we hope!). Not to mention some great company. Children welcome.

Tickets are available on iTICKET for \$15.00 each. Details [here](#).

We look forward to seeing you there. Let's enjoy some tea and scones, and forget the world for a while.....

Please contact me if you have any queries.

### **Ngā Mihi**

Leanne Havill  
Community Engagement Advisor – **Central**  
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027 383 1155



## Articles of Interest

[He Designed a Mountain Bike to Bring Adventure Back to People With Disabilities – Like Himself](#)

[Auckland woman with disability wins years-long immigration battle](#)

[Disability Sector Funding Crisis Continues; Time For Political Parties To Step Up](#)

[A New Approach To Mental Health In Nursing](#)

[National's Health Targets No Magic Bullet](#)

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This is a gentle and uplifting read for families who are caring for loved ones and those who are self carers, grab a cuppa and put your feet up.

Click [here](#) to check out the latest edition of FamilyCare New Zealand Magazine from CarersNZ.

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## Why the Napier foreshore is my favourite local spot...

**This is a calming and relaxing place for me, the perfect spot to unwind and de-stress.**

**Roy DRCHB**

### **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, 0800 693 342, 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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