

18th November 2019

News alert- Workshop- a notice to all community workers, only 3 places left.

NZDSN- Community Participation Workshop Series at East Pier Hotel, Nelson Quay, Ahuriri Hawkes Bay on 21st and 22nd of November 2019.

This 2-day workshop is from 9.30am to 3.30pm.

Content will focus on self-awareness, self-determination, community strengthening and to include a focus on people with very high support needs. Funding support from MSD enables these workshops to be offered at a subsidised rate of \$225 plus GST per person.

For further information and to register your interest please contact, DRC on, 06 873 8210 or email: information@drchb.org.nz.

Disability Action Plan 2019-2023

The plan was launched on 14th November 2019 by the Minister for Disability Issues.

This important plan presents priority work programmes and actions developed through a co-design process by government agencies, disabled people and their representatives.

For further information please click [here](#).

Napier Pilot City Trust's

Welcomes you to attend a Child Friendly Forum on the morning of Wednesday 20th November 2019 from 8.30 am to 1 pm at the MTG Century Theatre 65 Marine Parade Napier. This is a free event, for more information please email: info@napierpilotcity.co.nz

DRC Contacts Book 2019

DRC Contacts for Disability Services November 2019 Edition available in electronic format. Please email: information@drchb.org.nz for requests for the booklet.

PLAY- Sports Hawkes Bay

Community-based fun activities for young children of all abilities, for free, Monday to Friday, during term time at five different park venues within the bay. For more information please click [here](#) or contact Katie Owen on, 06 845 9336.

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.

Keep up to date with us on Facebook: www.facebook.com/drchb, and visit our website at www.drchb.org.nz



Have you heard of Firstport? This website holds a wealth of information related to disability in New Zealand. Great tool for everyone – Service Providers and Service Users. **If you are a Service Provider, please make sure your contact info is on this website** www.firstport.co.nz

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. In order to keep the information streamlined we are unable to include multiple attachments. However please continue to send your flyers, and we can extract the information, plus add your contact details for readers who want further information about your event. Thank you for the feedback about the update so far.

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.


Events

November

18th Multiple Sclerosis Hawkes Bay – Meets every fortnight (Mondays) 9.30am to 2pm. St Thomas More Parish Church Hall, 92 Wycliffe Street, Pirimai. Small cost involved. For more info contact Robyn 843 3000 or 027 733 0304

18th BPD Family Support Group - Do you have a family member or friend who has been diagnosed with Borderline Personality Disorder – BPD? Do you want to learn more and find support? Every 2nd & 4th Monday of the month, 6:30-8:30pm. Heretaunga Women's Centre, cnr Russell & Eastbourne Streets, Hastings. Phone 028 4132 451 for further details

18th Play – Community-based fun activities for young children of all abilities, for free, with take home ideas for more activities. Every Monday from 10am-11am at Kirkpatrick Park during the school term. For more info contact Sport Hawke's Bay ph 845 9336.

19th Peoples Advocacy Society –  Free service available to anyone seeking advice and assistance in dealing with Work and Income and IRD and the general field of welfare. Tuesday 9.30am – 1.30pm Level 5, 215 Railway Road, Hastings 4122. Ph 06 650 6412 or info@pashb.co.nz

19th Play- Community-based fun activities for young children of all abilities, for free, with take home ideas for more activities. Every Tuesday from 10am-11am at Ebbett Park during the school term. For more info contact Sport Hawke's Bay ph 845 9336

20th Kapa Haka group classes- Every Wednesday between 12.45pm and 1.45pm at St Augustine hall corner Latham Street and Riverbend road, cost is \$2, a great place to get together for Waiata, Kemu, Karakia, Te Rakau. For more information contact Brenda Ericson at Community Connection via email at ahuriri.region@ccslt.org.nz

20th 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

20th Parkinson's Hawkes Bay Exercise Classes – Every Wednesday 10.30am – 11.30am St Mary's Parish Centre, Osier Road, Greenmeadows. Essential exercises for those living with Parkinson's. Qualified instructor. Members \$2 per class; non-members \$5 per class. Cuppa and snack afterwards. For further info ring 844 9135


20th Play- Community-based fun activities for young children of all abilities, for free, with take home ideas for more activities. Every Wednesday from 9.15am-11am at Maraenui Park during the school term. For more info contact Sport Hawke's Bay ph 845 9336

21st Literacy Aotearoa - Literacy course run at Hastings Library every Thursday afternoon. Classes will be ongoing and are free within a warm, welcoming all-inclusive environment. For more information please email Marianne Gannaway at mgannaway.205@literacy.org.nz or phone on 06 8355544.


21st Play- Community-based fun activities for young children of all abilities, for free, with take home ideas for more activities. Every Thursday from 10am-11am at Bill Mathewson Park during the school term. For more info contact Sport Hawke's Bay ph 845 9336

22nd Age Concern Havelock North – Morning Tea Fridays at Age Concern Havelock North. St Luke's Hall, 24 Te Mata Road, Havelock North. 9.30am, everyone welcome. Come and make new friends. \$3 donation. Enquiries phone 06 877 6488

22nd Play – Community-based fun activities for young children of all abilities, for free. Weekly prizes for participation. Take home ideas for more activities. Every Friday at 9.15am Flaxmere Park during the term. For more info contact Sport Hawke's Bay ph 845 9336

23rd Inclusive Disability Sports Club –  Every Saturday between 5pm and 7pm, Hastings Sports Centre, 503 Railway Road, Hastings. First 2 sessions are free. For further information contact Fred Howley 834 0393 or 027 245 1446

25th Play – Community-based fun activities for young children of all abilities, for free, with take home ideas for more activities. Every Monday from 10am-11am at Kirkpatrick Park during the school term. For more info contact Sport Hawke's Bay ph 845 9336.

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News

Autism NZ being supported by Countdown Supermarkets- From the end of October 2019, every Wednesdays from 2.30-3.30pm, 'Quiet Hour' will be adopted across, all Countdown supermarkets in support of Autism New Zealand. This enables customers to shop within a low noise levels environment, toned down lighting and distractions. Spread the word.

Bay Autism Support Group – For info contact Sharron on **021 164 8406** or via email bayautismsupport@xtra.co.nz

Epilepsy Hawkes Bay – free confidential information, support and advocacy. 7 Lee Road, Taradale, Napier. Info: www.epilepsy.org.nz or **06 835 5537**.

November is **Epilepsy Awareness Month**, please see click [here](#) to find out more, on how you could provide invaluable support and attend a seminar.

The Phone News HB – Free news service for those who cannot hold or read a newspaper. Phone **06 280 5051** and follow the prompts

News Articles

NEWS ARTICLE: People with mental health problems will be shot by new armed police, foundation says. To see article, click [here](#)

NEWS ARTICLE: Government reveals new plan to help more than 1 million Kiwis with disabilities To see more click [here](#)

NEWS ARTICLE: Free EpiPens to go towards thousands of at-risk New Zealanders. To see article, click [here](#)

NEWS ARTICLE: Cannabis-based medicines: Two drugs approved for NHS. To see more click [here](#)

NEWS ARTICLE: Meningitis Foundation calls for PHARMAC to protect everyone. To see more click [here](#)

NEWS ARTICLE: Dentists continue to ignore fluoride's effect on the brain. To see more click [here](#)

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