Weekly Disability Information Update for Hawke's Bay

22nd July 2019

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

July

22nd **Beacon Aotearoa-** Offering Free FASD Caregiver Programme, today at 7pm to 9pm at Saint Mary's Church, 58 Osier Road, Greenmeadows, Napier. For further information contact, Lisa Smith at **lisa.beaconaotearoa@gmail.com** or 027 841 5530

22nd **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, corner Russell & Eastbourne Streets, Hastings. Phone 028 4132 451 for further details

22nd **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

23rd **Repair Café-** Free event at Hohepa Creative works, Napier from 11am to 12.30pm. Bring your broken stuff and let's see if we can fix it! (we've got an experienced volunteer who fixed broken CD players, kitchen mixers, electric toothbrushes…) Also, if you are interested in volunteering your fixing skills, contact Julia Sobkowiak at **julia.sobkowiak@hohepa.com**

23rd **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**

23rd **Visually Impaired Bowls** – Heretaunga Bowls Club, Victoria Street. Tuesday, February to October 10.00am, coaching and fun, all welcome, contact Grant 878 4778

24th **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**

24th **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

24th **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

25th **Arthritis Exercise -** Increase mobility with our exercise group. Every Thursday, 9:30am, St Mark's Hall, corner Queen St and Park Rd, Hastings. Phone Jan Finnimore 06 876 9327 or Eleanor Chote 06 878 3913

25th **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.

26th **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 phone 845 9336

26th **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

27th **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

30th **Seed and Recipe Swap-** Free event at Hohepa Creative works, Napier from 11am to 12.30pm. Bring your collected seeds for the garden to swap or recipes for home-made alternatives of usually store-bought products (crackers, wraps, biscuits, bread etc.) We want to show how easy it is to replace a lot of things by making your own. Good for your wallet and good for the environment! For more information contact Julia Sobkowiak at **julia.sobkowiak@hohepa.com**

30th **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**

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31st **Hearing Association –**Join us for lunch and meet our audiologist, Barclay Winter at Napier RSA, Vautier Street, Napier from 10.30am. Tickets cost $17.50, per person. Reserve your seats by Monday 29th July 2019. Transport is available and for more information please contact**, 06 835 7790.**

31st **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

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Events

August

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2nd **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 phone 845 9336

2nd **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

3rd **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

5th **Association of Blind Citizens** – meet second Monday of every month. Age Concern hall, Heretaunga St East (opposite New World). 10.00am, morning tea provided. Contact Margaret 870 0998. All welcome.

5th **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, corner Russell & Eastbourne Streets, Hastings. Phone 028 4132 451 for further details

5th 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

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6h **Napier Stroke Club** – Guest speakers, entertainment, Boccia, outings, stroke support. Meet second Tuesday of each month, 10.30am. Breakers Restaurant, Gloucester Street, Taradale. Contact Colleen Hannan 06 844 8604

6th **Visually Impaired Bowls** – Heretaunga Bowls Club, Victoria Street. Tuesday, February to October 10.00am, coaching and fun, all welcome, contact Grant 878 4778

7th **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

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9th **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 phone 845 9336

9th **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

10th **Creative Inclusion CAN**- for people with disabilities ages 4 to 18 years of age. Meets every second Saturday of the month, until November, from 10.00am to 12 noon at Napier Community Arts Centre, 16 Byron Street, Napier. For more information contact, Annie Spiekerman at CCS Disability Action on 027 245 2682.

10th **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

13th **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**

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15th **Cancer Society Carers Support Group** – Open group for carers of people with cancer. Third Thursday of the month at the Cancer Society HB Centre, 310 Orchard Road, Camberley, Hastings, 1:30-2:30pm. For more information phone 06 876 7638 or 027 836 7934 or email **angie.thompson@cancercd.org.nz**

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16th **Hastings Stroke Folk** – meet every 3rd Friday of the month 10.30am to 12 noon. Hastings Baptist Church, Hastings

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News

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

Dementia HB Annual Golf Tournament – Hastings Golf Club, Bridge Pa – Save the date 13th September 2019. 12.30pm Shotgun start with entry fee $500 + GST for a team of 4. Great prizes to be won, hospitality to be enjoyed and an important charity to support. For further information contact Sarah Reddish on **admin@dementiahb.org.nz** or Phone 651 8804

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

Hearing Association – Our upcoming events for 21st and 31st of July 2019; Lunch and opportunity to talk to our audiologist, Barclay Winter and to participate in our fundraiser, Trivia Bingo. Both events will be held at Napier RSA, Vautier Street, Napier. Please see our newsletter link **here**, for more information about both events.

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

Trikes New Zealand- Come on Tuesday 30th July and see what Trike NZ can do for you on, Trike Demo Day Napier at All Saints Church, 23 Puketapu Road, Taradale, Napier, from 10.30am until 3pm. For more information contact Brian Gilbert on 06 3678272/ 021 485 459 or at **brian@trikesnz.co.nz**

News Articles

NEWS ARTICLE: Services for disabled stretched to breaking point – NZDSN. To see article, click here

NEWS ARTICLE: Man with Down syndrome 'dancing' after winning change in KiwiSaver rules. To see more click **here**

NEWS ARTICLE: Clients could be turned away from disability support providers. To see article, click **here**

NEWS ARTICLE: Study finds biological predisposition to anorexia, not just psychological illness. To see more click **here**

NEWS ARTICLE: Three months after I was paralysed, I was back at work: To see more click **here**

NEWS ARTICLE: Wimbledon 2019: Gustavo Fernandez wins men's wheelchair singles title. To see more click **here**

Weekly updates shown on:

FIRSTPORT
Explore. Discover. Live.

DRC is a Principle Member of:

The Federation
of disability information centres

Funded by:

MINISTRY OF HEALTH
MANATŪ HAUORA