

27 August 2018

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

Further information can be found at www.firstport.co.nz. This website holds a wealth of information related to disability in New Zealand.

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 get into the update please have details into us by Monday morning at the latest.

Events

August

5th Aug – 30th Sep Getting Started (Disability) Programme. Hastings Sports Centre is running a disability programme for primary school aged children which is specifically designed for children with physical and/or learning disabilities. Sundays, 11am-12pm. Hastings Sports Centre, Railway Road, Hastings. Cost \$5 per session. Register online or on the day. www.hastingsdc.govt.nz/hsc. Call 06 878 0051 for more information.

15th Aug - 14th Sep Strive Rehabilitation @Hawke's Bay Silent Auction. Fundraising for the trip around Hawke's Bay. Contact Kim Herd at kim.herd@strivehb.org.nz or 06 830 1254 for a list of items to bid on. The successful bidders will be contacted after Friday the 14th of September.

27th 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, 4122. Phone 028 4132 451 for further details.

28th Easie Living Mobile Van. An innovative service providing easy access to disability information, advice, aids and equipment for independent living. Tuesday, 10am-2pm. DRC, 204 Nelson Street South, Hastings. Eftpos is available. For more information phone 06 353 2743 or 027 551 7948.

28th LifeKeepers. The LifeKeepers programme aims to equip communities and whānau with the knowledge and skills needed to help prevent suicide. Tuesday, 9am-5pm. Napier, venue TBC. Register at www.lifekeepers.nz.

28th System Transformation Question and Answer Session – Providers. Programme Lead, Sacha O'Dea will be giving live question and answer sessions on the transformation of the disability support system. 11:30am-12pm, watch online on the Youtube channel: www.youtube.com/enablinggoodlives. Click on the video that says live. You will

need to be logged into Youtube to ask questions. Type them in to the box to the right of the video. You will need a Youtube account to submit live questions, but if you would prefer not to set one up you can email questions before the session to STfeedback@moh.govt.nz. Please state your name and that you would like your question answered in the Providers session.

29th Chronic Pain Coffee Group. Living with chronic pain can be isolating when everyone around you seems to be healthy. Come and share your story and support each other positively over a cuppa and remember you are not alone. Cost Koha. For more information phone 06 878 5401. Wednesdays, 10:00-11:30am, Heretaunga Women's Centre, cnr Russell and Eastbourne Sts, Hastings.

29th Learning Innovations Open Day – Hastings. More information TBC.

30th Learning Innovations Open Day – Napier. More information TBC.

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

30th Brain Injury HB Social Club. Last Thursday of the month, 11:00am-1:30pm. For info call 06 878 6875 ext 2.

30th Living Life Connected. Join Elana McNeill from DRC on Radio Kidnappers every Thursday at 3:05pm to hear about disability services and issues in Hawke's Bay. This week, Julia Sobkiowac and Yasmin Dubrau will be talking about the new creative arts studio being opened in Napier by Hohepa: Creative Works. Tune in on 104.7FM, 1431AM or listen online at <http://player.wizz.co.nz/kidnappers/>. A download of the show will also be available [here](#).

30th Quiz Night Fundraiser for Father's Day. Fundraising for Volunteering Hawkes Bay and Riding for the Disabled. Thursday, 7pm. Taradale RSA, 156 Gloucester St, Taradale. Tables of 4-6. \$10 tickets from Leanne, 06 873 3139.

30th How to Live your Best Life. Korrin Barrett's incredible story of survival, resilience and triumph over adversity. Korrin is a quadruple amputee. The Amputee Society are receiving \$1 from each ticket sold. Thursday, 7pm. The Blyth Performing Arts Centre, Iona College. Raffles available on the night, bring your gold coins. \$15 general admission, tickets available from www.iticket.co.nz.

31st Play. Active Families Hawke's Bay is running a free play programme in Flaxmere Park for 3-5 year olds, and children with disabilities are encouraged to come along. Weekly prizes for participation, take home ideas for more activities, a great learning opportunity for parents, carers & early childhood teachers. Every Friday during school term at 9:15am. For more information, contact Robin on 022 079 0432.

31st Daffodil Day. The Cancer Society of New Zealand's Daffodil Day symbolises hope for 1 in 3 New Zealanders affected by cancer. See [here](#) for more.

September

Blue September. Blue September is the Prostate Cancer Foundation's annual national awareness and fundraising campaign. Watch the video [here](#).

Cerebral Palsy Month. Link to website [here](#).

Breathe Better September – Asthma Awareness Month. Breathe Better September is a national campaign to raise awareness of respiratory conditions in New Zealand. See more [here](#).

1st Tarzino Trophy Daffodil Raceday – Bostock New Zealand Spring Racing Carnival. All of the gate donation fees, along with proceeds from a charity auction, and other generous parties, will support this great charity that's touched the lives of many families in the Hawke's Bay. The Tarzino Trophy Daffodil Raceday launches Group 1 racing for the season. Gates open: 10:30am, first race: 12:15pm (TBC). Hastings Racecourse, 300 Prospect Road, Hastings. Purchase tickets [here](#). General Admission Donation \$5, Members Stand \$30.

2nd Father's Day.

3rd-9th MS Awareness Week. In this week, throughout New Zealand all of our societies will be collecting funds and raising awareness to advocate for those affected by MS. Click [here](#) for more info.

4th Whanau Support Group. A group for family and friends of those with brain injury to share, learn and support. First Tuesday of the month, 4:00pm-5:00pm, Brain Injury HB office, 405c King Street North, Hastings.

5th Headway. Sharing information and education from Brain Injury Hawke's Bay. First Wednesday of the month. 10:30-11:30am, St Andrews Church, Market Street, Hastings.

8th Exclusive Screening of *The Forgotten General*. Hastings Hearing is holding a fundraising event with all proceeds going towards its community education program. *The Forgotten General* is a film about local hero Major General Andrew Russell one of NZ's greatest military leaders. Followed by a quiz and afternoon tea. Saturday, 1:30pm. Jireh Hall, St John's Church, 606 Frederick Street, Hastings. Cost: \$15, purchase tickets from Hastings Hearing, 513 Southampton St E, Hastings, 06 876 7210.

9th Fetal Alcohol Spectrum Disorder Awareness Day. Free family day. Music, fundraising raffles, free bouncy castle, food & drinks, bring your dog. Sunday, 11-2pm. The Soundshell, Napier. For further details call 027 841 5530.

9th Joy Ministries. Joy Ministries is an interdenominational Christian organisation that gives individuals with an intellectual disability the opportunity to come together to worship and learn about God. The second Sunday of every month, 2pm-4pm. Good News Bible Chapel, Goddard Lane, Havelock North. Enquiries contact Brad or Karen Spurgeon on 06 876 1106 or spurgeonnz@gmail.com.

10th World Suicide Prevention Day. Link [here](#).

10th Association of Blind Citizens. Meet every second Monday of the month, 10am. At Age Concern Hastings. Contact Margaret 06 870 0998. Morning tea. All welcome.

11th 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.

11th-12th Applied Suicide Intervention Skills Training (ASIST). A two-day interactive workshop in suicide first aid. ASIST teaches participants to recognize when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety. Anyone 16 or older can learn and use the ASIST model. Read more [here](#). Starts on Tuesday at 9:00am. Napier (venue TBA). From \$200. Click [here](#) to book.

11th Volunteering Hawkes Bay AGM. All welcome. Tuesday, 10:30am. Coastguard Building, 704 Meeanee Quay, Westshore.

12th Brain Injury HB CHB Services. Second Wednesday of the month. Central Connect, Ruataniwha Street, Waipukurau. For information call 06 878 6875 extn: 2, or email support@braininjuryhb.co.nz.

12th Information Evening: Emergency Response Volunteers. Volunteering Hawkes Bay is pleased to provide an Information Evening involving organisations that can explain and answer your questions about volunteering in the Hawke's Bay Emergency Response Services. Wednesday, 5:30pm. Greenmeadows Community Hall, Tait Drive, Napier. Enquiries: Leanne or Renata, 06 873 3139.

13th Hack your Teen's Brain. A relaxed and informative evening with psychologist Melissa Viviers. How do I support my child through the mist of being a teenager? And other topics covered. Includes Q&A, coffee and cake. Thursday, 7:30pm-9:00pm. William Colenso College School Hall, Arnold Street, Napier. Please phone to secure your complimentary seats by Monday, September 11, 06 831 0180.

14th Working with Clients with Anxiety. Angela Baker, a registered counselling psychologist, is presenting a simple, evidence-based model that clients can easily relate to. Registration includes lunch, hand outs, plus six week's access to about three hours of video presentations from Angela's latest online courses. Friday, 9:30am-4:30pm. Greenmeadows East Community Centre, 83 Tait Drive, Taradale. To register go to www.thechangeacademy.co.nz. Cost: \$189.

15th-16th CanTeen Awareness Street Appeal. Link [here](#).

15th **World Lymphoma Day.** Link [here](#).

17th **CFS/Fibromyalgia Support Group.** Support group for those experiencing CFS or Fibromyalgia. Third Monday of every month, 10am. St Lukes Church Hall, 24 Te Mata Road, Havelock North. \$2 for morning tea. Contact lizmecfshb@gmail.com or 027 224 9525 for more information.

17th **Disability Resource Centre (DRC) AGM.** You are invited to the Annual Meeting of DRC. Monday, 2pm. DRC, 204 Nelson Street South, Hastings. RSVP to 06 873 8210, or information@drchb.org.nz by 11th September.

20th **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 email sheila.roberts@cancercd.org.nz.

21st **World Alzheimers Day.** Link [here](#).

21st **New Zealand Disability Support Network Hawkes Bay Region Meeting.** This is an opportunity for you and your organization to connect and network with others from the disability sector in Hawkes Bay. Friday, 10-12:30pm. Disability Resource Centre (DRC), 204 Nelson Street South, Hastings. Please register online for this free event by going to [NZDSN Events](#). Registrations close 10th September. Open to all. Queries to admin@nzdsn.org.nz.

21st **Hastings Stroke Club.** Guest speakers, entertainment, stroke support. Third Friday of each month, 10:30am. Brittany House Hall, 221 Wolseley Street, Hastings. Contact: Chair. Tony Hurrelbrink, 06 870 8994.

25th **Eating your way to Good Health.** Healthy Eating Clinical Nutritionist, Phillipa Page & Village Green Café owner Carol Eivers talk food and health. Fundraising for HB Multiple Sclerosis Society. Tuesday, 6:30pm for a 7pm start. Village Green Café, Donnelly Street, Havelock North. Tickets \$35 from [Eventfinda](#), door sales \$45. Nibbles included.

27th **Decision Making.** Steps in the decision making process. Governance training module with Volunteering Hawkes Bay. Anyone is welcome to join, if you have governance experience and want a refresher, or you are starting off as a board/committee member, or thinking about joining an organisation. Thursday, 6pm-7pm (snacks at 5:45). Little Elms, 310 Orchard Rd, Camberley, Hastings. Cost: \$30. RSVP to Renata Lehmann, admin@volunteeringhb.org.nz, 06 833 6691.

27th **Next Steps Lifestyle Expo.** Join Age Concern Havelock North for this free community event learning about what's out there for seniors, their families & carers. Free entry, refreshments and entertainment. Thursday, 9:30am-2pm. Havelock North Function Centre, 30 Te Mata Road, Havelock North. For more information contact Age Concern Havelock North, 06 877 6488, info@ageconcernhb.org.nz.

28th **Loud Shirt Day – Deaf Children Awareness Day.** Link [here](#).

29th **Funny Money Casino Night.** Muscular Dystrophy Association is holding a casino night as a fundraising event, with a fundraising auction, raffles and prizes. Saturday, from 6:30pm to roughly 9:30pm. Greenmeadows Community Hall, 83 Tait Drive, Taradale. Tickets \$25 per person on [Eventfinda](#) or by contacting Penny Piper on 027 535 5653.

30th **World Deaf Day.** Link [here](#).

News

[New Zealand suicide rate highest since records began.](#) The number of people who have taken their own lives in New Zealand is the highest since records began, with 668 dying by suicide in the past year. It was the fourth year in a row that number has increased. It was also the highest number of suspected suicide deaths since the coroner's annual provisional suicide statistics were first recorded in 2007-08. Read more [here](#).

[Spring into Action with 'Breathe Better September 2018'.](#) Asthma and Respiratory Foundation NZ kicks off its Breathe Better September 2018 campaign. This coincides with the first day of spring - 1 September 2018- when asthma and other respiratory conditions can become an increased risk to sufferers. Read more [here](#).

Autistic artists exhibit their works. A collection of works created by autistic artists is currently on display at the Otago Museum's Skinner Annex. The exhibition gives people with autism a chance to express themselves through art, and display their work. View [here](#).

Hohepa looking for interest in Kapa Haka group. Hohepa is looking to start up a Kapa Haka group for people with disabilities at their facilities in Clive. In order to have a greater number of people participating, they are looking for interest from other organisations and the public. Any enquiries contact Julia Sobkiowak, 06 870 0486 ex 744, Julia.sobkowiak@hohepa.com.

Hearing Assisted Technology (HAT) Assessments for special smoke alarms and equipment for people who are deaf or hearing impaired. To organise an assessment and funding, contact Rose Shand at Life Unlimited, 06 8767210, 021435795, Lee Bullivant, Deaf AOTEAROA, 021459005 (text only) or Jill Baldwin, Deafblind Coordinator, Blind Foundation, 06 3502578 ext:7016.

Tremains Community Trust. The Tremains Community Trust is a registered charity for the purposes of financially aiding individuals that are in need of assistance. Whether it is some respite from caring for a family member, or a donation for desperately needed essentials, it is designed to ease the burden for those who don't normally put their hand out in our community and make a difference in their lives. If you know of anyone who is in need of financial assistance, whether it be a friend, a family member, a neighbour or someone in your community, please put their name forward. Nomination forms will be available at our Tremains offices and to download from October 2018. See [here](#) for more.

Weekly updates shown on:



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