Weekly Disability Information Update for Hawke's Bay

2nd September 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

September

2nd **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

3rd **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**

3rd **Visually Impaired Bowls** – Heretaunga Bowls Club, Victoria Street. Tuesday, February to October 10.00am, coaching and fun, all welcome, contact Grant 878 4778

3rd **Te Kupenga Hauora Ahuriri**-All welcome to attend the free Kia Ora Programme 'Living well with a long-term condition' course, which runs for 7 weeks and is based at TKHA, 5 Sale Street, Napier in the 'activity room'. Course starts on Tuesday 27th August 2019 at 10.00am – 12.30pm. For more information contact Faryn Ngawaka on (06) 835 1840 ext: 720 or via email, **faryn.ngawaka@tkh.org.nz .**

4th **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

4th **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**

4th **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

4th **Blind foundation-** Inviting you all to attend our information day on 4th September 2019 from 10am to 2pm at St Andrews Hall, 300 Market Street South. Hastings. For further information please click **here** or contact us on **www.blindfoundation.org.nz** or via phone on, 0800 24 33 33.

5th **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.

6th **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

6th **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

7th **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

9th **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

10th **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**

10th **Visually Impaired Bowls** – Heretaunga Bowls Club, Victoria Street. Tuesday, February to October 10.00am, coaching and fun, all welcome, contact Grant 878 4778

10th **Te Kupenga Hauora Ahuriri**-All welcome to attend the free Kia Ora Programme 'Living well with a long-term condition' course, which runs for 7 weeks and is based at TKHA, 5 Sale Street, Napier in the 'activity room'. Course starts on Tuesday 27th August 2019 at 10.00am – 12.30pm. For more information contact Faryn Ngawaka on (06) 835 1840 ext: 720 or via email, **faryn.ngawaka@tkh.org.nz .**

11th **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

11th **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**

11th **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

12th **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.

13th **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

13th **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

13th **Dementia HB Annual Golf Tournament – Hastings Golf Club, Bridge Pa –** Starts at 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

14th **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

16th **Beacon Aotearoa-** Offering Free FASD Caregiver Programme, this is the last session. For further information contact, Lisa Smith at **lisa.beaconaotearoa@gmail.com** or 027 841 5530

16th **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

17th **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**

17th **Visually Impaired Bowls** – Heretaunga Bowls Club, Victoria Street. Tuesday, February to October 10.00am, coaching and fun, all welcome, contact Grant 878 4778

17th **Te Kupenga Hauora Ahuriri-**All welcome to attend the free Kia Ora Programme 'Living well with a long-term condition' course, which runs for 7 weeks and is based at TKHA, 5 Sale Street, Napier in the 'activity room'. Course starts on Tuesday 27th August 2019 at 10.00am – 12.30pm. For more information contact Faryn Ngawaka on (06) 835 1840 ext: 720 or via email, **faryn.ngawaka@tkh.org.nz .**

18th **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

18th **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**

18th **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

19th **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.

19th **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

19th **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

20th **DRC living life connected Open Day –** Join us for our Open Day. Come at any time between 9am to 3pm. Displays of our activities; See our clients' recognition of amazing achievements; live performances from our talented clients; fresh baked scones; giveaways; raffle; free sausage sizzle at lunch time. No charge to come – save the date! We'd love to see you! 204 Nelson Street South, Hastings. For more information contact us on **06 873 8210** or **information@drchb.org.nz**

20th **Blind foundation-** #Blackout for Brain Injury campaign will be on 20th September 2019 to raise awareness for this often-invisible injury. For more information contact Dee Withers at **Dee.Withers@braininjuryhb.co.nz.**

24th **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**

24th **Visually Impaired Bowls** – Heretaunga Bowls Club, Victoria Street. Tuesday, February to October 10.00am, coaching and fun, all welcome, contact Grant 878 4778

24th **Te Kupenga Hauora Ahuriri-**All welcome to attend the free Kia Ora Programme 'Living well with a long-term condition' course, which runs for 7 weeks and is based at TKHA, 5 Sale Street, Napier in the 'activity room'. Course starts on Tuesday 27th August 2019 at 10.00am – 12.30pm. For more information contact Faryn Ngawaka on (06) 835 1840 ext: 720 or via email, **faryn.ngawaka@tkh.org.nz .**

25th **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

25th **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**

25th **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

26th **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.

27th **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 **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

28th **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 **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

News

Age Concern- Fundraiser, Movie Night, 'Downton Abbey' Movie, tickets cost $22. Viewing starts at 6pm on Tuesday 17th September 2019 at, Focal Point Cinema & Café, 126 Heretaunga Street East, Hastings. Tickets available from Age Concern Hawke's Bay Inc: 415 Heretaunga Street East Hastings, Phone **06 8709060**, or 3 Porangahau Road Waipukurau, CHB, Phone **06 8589158**.

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

DRC living life connected – Everyone welcome to come along to our Open Day on Friday 20th September, 204 Nelson Street South, Hastings. Come when it suits you between 9am and 3pm – free sausage sizzle at lunchtime. Check out the displays of our activities; live performances from our talented clients, or chat with us with a relaxing cuppa and a freshly baked scone. See our clients' recognition of amazing achievements. Raffle, giveaways, information galore! For more information contact us on **06 873 8210** or **information@drchb.org.nz**

Directions Youth Health- World Suicide Prevention Day, raising awareness, free sausage sizzle, performances by local youth, activities and more on Tuesday 10th September 2019, 12-3pm at Hastings Clock Tower. For more information contact Stacey Tito at Directions Youth Health on **022 639 1645.**

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

Napier Council- Celebrate Safer Napier Whānau Fun Fest on 21st September 2019, at 11am-2pm. All is welcome, free entry at King's House Church, 190 Riverbend Road, Napier, Please click **here** for more information or contact, Liz Lambert at **lizbell3@hotmail.com** or Tanya Jain at **Tanya.jain@napier.govt.nz.**

Te Kupenga Hauora Ahuriri-All welcome to attend the free Kia Ora Programme 'Living well with a long-term condition' course, which runs for 7 weeks (27th August to 8th October) and is based at TKHA, 5 Sale Street, Napier in the 'activity room'. Course commences on Tuesday 27th August 2019 at 10.00am – 12.30pm. For more information contact Faryn Ngawaka on (06) 835 1840 ext: 720 or via email, **faryn.ngawaka@tkh.org.nz.**

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: New Possibilities for Young People with Disabilities. To see article, click here

NEWS ARTICLE: Landmark Report Released into Maori Aging and Disabilities. To see more click **here**

NEWS ARTICLE: Kawerau can lady, 81, does her bit for Cancer Society - one can at a time. To see article, click **here**

NEWS ARTICLE: 'There was no hope': Treatable disease often mistaken for Alzheimer's. 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