



living life connected

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DRC – Living Life Connected is a quarterly publication of events and stories from around Hawke's Bay. As the Disability Information Centre for the region, DRC also publishes a weekly update outlining events that are coming up in the near future as well as news items of interest. This quarterly newsletter is about covering what has happened at a selection of those events, as well as stories that are relevant to those with disabilities.



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As the blue symbol from the DRC logo, the information service shares advice freely about Hawke's Bay support available for those with disabilities – temporary, permanent, new and old.

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The Federation
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- Sketch of a slumped female depicting Chronic Fatigue Syndrome, by Jem Yoshioka

CHRONIC FATIGUE SYNDROME AWARENESS DAY

The 12th of May was International Chronic Fatigue Syndrome (CFS) Awareness Day. To bring more awareness about this condition, we are going to share a story of a local lady who experiences this disability.

Joan (her name has been changed to protect her identity) is a person living in Hastings with three disabilities. CFS is one of them, hydrocephalus (otherwise known as water on the brain) is another, and she also experiences a mental illness which has been diagnosed as delusional disorder.

One of the biggest challenges that Joan experiences with CFS and her other disabilities is that they are hidden disabilities. Hidden disabilities are those that in a brief encounter, there's not much chance of immediately recognising that the person has a disability.

"Hidden disabilities can be hard to deal with because a person you come into contact with may not always 'click' that you have a disability" says Joan. "People don't necessarily believe that you have disabilities."

This can make everyday tasks such as going to the supermarket more difficult in the way that serving staff treat her. "More understanding and acceptance would make life easier, if the checkout operators and other staff were more open and treated me with more kindness I would feel more accepted."

In general Joan's CFS and other disabilities cause her to take longer to do things, and therefore she is able to do less than most other people. Her income is lower as a result, and she has difficulty socialising which is not helped by the hidden nature of her disabilities.

In Hastings it would be helpful for her to have more frequent bus services, however it is a smaller place than, for example, Wellington, so it is easier to get around.

Joan would mostly like to get across that due to her CFS things take longer. So, if you see someone moving slowly in a shop or on the street, it is possible that they have CFS or another hidden disability.

- Elana McNeill

STROKE AWARENESS WEEK

and the “Big Blue Brunch”

There was a fantastic array of wonderful activities and events happening all over the Central Region in Stroke Awareness Week this year (2-8 April 2018).

Some of the events were new including many Big Blue Brunch events tailored to the needs of the many clubs and individuals who wanted to fly our flag and raise awareness of stroke.

A lot of people went outside their comfort zones and were duly rewarded. Not only with funds raised but also the support of the public and fellow stroke supporters. Some who we didn't know before we opened our doors.

There were Big Blue Brunch events held in many towns, some held in addition to the Annual Street Appeal.

Stand out events were definitely the Big Blue Brunch in Waipukurau who filled out a full café with supporters; they even had the attendance of the Mayor of Central Hawkes Bay. The whole café was Blue and the people came to try out the scones and the coffee and learn something about Stroke at the same time.

Les Cunningham, Stroke Field Officer thanking the Brain Injury Association and the participants at the BBB (Big Blue Brunch) in Hastings.



Other events in our area were a morning tea and bingo morning hosted by the Brain Injury Association and well supported by Strive Rehabilitation Hawkes Bay. The Spirit of Napier Lions laddies also hosted a morning tea with the outcome being a very generous donation. Les Cunningham the HB field officer is going to attend their club meeting on the 5th June to promote stroke prevention. Grey Power Hastings District also made a very generous donation.

We had the Stroke Awareness stands and collections across the region and for most the weather was kind to us!

Many Stroke Clubs had good attendance of volunteers and covered the usual spots, but some increased their coverage with a second day of collection on the Saturday.

The reports so far from most collections are that they have collected record amounts in most places, so it will be interesting to see the final total.

Additionally, our coverage was increased and we had radio coverage across the whole Central Region through The Breeze and More FM. We also had coverage in all the main local newspapers which really helped to spread the word and raise awareness.

We had great support from Perpetual Guardian who sponsored all of our advertising and we had the help of our volunteer Samara Wylie with some new marketing ideas and designs.

- Les Cunningham, Field Officer, Stroke Central Region.

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SEARCHING FOR INFO RELATED TO DISABILITY?

FIND IT ON FIRSTPORT.

Have you had a chance to check out the new Firstport website yet? If not, head over soon and have an explore.

Having gone live at the end of the last year, the website has since welcomed thousands of visitors looking for the information they need about disability-related subjects.

When you visit Firstport you can find information broken into sections such as 'funding assistance', 'employment', 'education', 'transport' and 'modifications'. Within these sections you will find an overview of what is available, how you can find out if you are eligible for support and who to contact next.

There are also sections where you can search for your nearest Disability Information Centre or support groups that you could benefit from and the site also features latest local, regional and international news and details of events that might be of interest.

The website also has a Facebook page where it posts and shares resources, links, news articles and updates from disability organizations across New Zealand. You can follow them at www.facebook.com/FirstportNZ

Over the next couple of months, Firstport is running a photography competition called 'Life Through a Lens'. They are inviting people to submit photos that reflect their view of life with a disability in the hope they can fill Firstport with images that resonate with their audience. 'We were aware that the imagery used on Firstport didn't accurately reflect the people using the site so we decided to run this competition to give people a chance to share their view of living life with a disability,' says Amanda, Web & Technology Manager for Firstport.

There is a \$500 Prezzy giftcard as first prize, as well as 6 runner up prizes of \$100 giftcards. There are seven categories to choose from including 'everyday life', 'support networks' and 'assistive technology' and you can submit as many entries as you'd like. Find out more about the competition and how to enter by visiting www.firstport.co.nz/photocomp The closing date is Sunday 15th July – good luck!

And if you're keen to help promote Firstport to people or networks that you think could benefit from the site then there are a range of promotional materials available to download to help you spread the word. Please contact comms@firstport.co.nz to request the files.

- Rhi Galpin, Firstport
www.firstport.co.nz



FIRSTPORT

Explore. Discover. Live.

LIFE THROUGH A LENS

PHOTOGRAPHY COMPETITION



**CAPTURING THE LIVES
OF THOSE LIVING WITH
A DISABILITY IN NEW
ZEALAND.**

www.firstport.co.nz/photocomp

PINK RIBBON BREAKFASTS

There were a number of Pink Ribbon Breakfasts held throughout Hawke's Bay in the month of May. Breast cancer can be a disabling condition, with women (and men) facing abrupt changes to their lives. Here we have details of a couple of the breakfasts, one held in Napier and one held in Hastings.

NAPIER

Renee Moffitt and friends hosted a wonderful Pink Ribbon Breakfast at the Hawke's Bay Sports Fishing Club in Napier on Sunday the 27th of May. All proceeds went to the Breast Cancer Foundation NZ and they raised \$2,500. There were spot prizes, raffles, and auctions. One local lady shared her story with breast cancer, and how the funds help. For example a prosthetic breast or a wig can be supplied.



HASTINGS

The Swim Gym hosted a Pink Ribbon workout and brunch on the 27th of May as well. They held a workout in the gym as well as an aqua jogging class. Local businesses contributed spot prizes that were given away at the brunch that was held after the classes. A great event, with the efforts raising \$550.

