

NETWORK NOTES

This will be the last time I am writing to you for this year and it is frightening how close the end of the year is coming.

At the Annual General Meeting in August we welcomed 2 new members to the executive and the return of a loyal past member giving you the following committee for 2006/07. Colin Reive Epilepsy Assoc, Stuart Spackman a Supported Life, Harley Pope Brain Injury Assoc., Sue McKinnon IHC, Denis Denton Northern Stewart Centre, Chris Inglis RNZFB, Russell Vickery CCS, Bridget Sneddon Parent and Family Resource Centre, Linda Davies P.H.A.B., Denise Ganley MDA North, Jo O'Callaghan Halberg Trust. The role of Chairperson will be shared by Stuart and Colin. I am again looking forward to a busy year with a vital committee.

At the August meeting with the Ministry of Health Disability Support Services and the executive of the ADPN the paper on Auckland Issues that came out of the May forum was the subject of the agenda. It was the subject of discussion and it is hoped after the next meeting to be able to come to you with a fuller report on the outcomes. This paper also formed the basis for a submission by the ADPN to the Social Services select committee of inquiry in to the quality and care of disabled people and how it can be improved. So all the discussion was not for nothing and the APDN will keep plugging away at your issues.

To those of you who are financial members you will have received a client satisfaction survey on the ADPN. I would like to thank

those who took the time to complete the survey. The results of this will form the basis for the work programme and development of the network. The Executive held a planning session for 2006/07 at the RNZFB on October 6th.

The video package on the NZDS by the ADPN is still available and now contains a DVD so tell your friends and other organisations of the usefulness of the package and if there is enough demand we would be happy to run another seminar on how to use it. An email to me to indicate your interest will be the best way to communicate.

Membership fees are now overdue but if you want to know more about membership please feel free to call me at anytime. New members are always welcome.

This will be the last newsletter for 2006 and it does seem very early for season greetings and good wishes for a well deserved break but there it is anyway. Do not forget your ideas and suggestions for growth and development are always welcome as is your membership.

I am sure the next 12 months will be just as exciting as the last.

Judith

UP AND COMING CONFERENCES...

The Association for Supported Employment in New Zealand (ASENZ) Conference: Call for Papers.

The ASENZ Conference is to be held at the Brentwood Hotel, 16 Kemp Street, Kilbirnie, Wellington on Monday 30th and Tuesday 31st October 2006. The theme of the conference will be: "Is there life after Breakfast? Yes There Is - Supported Employment - an Opportunity for Social Inclusion".

The conference will focus on three streams for the workshops:

1. Employment 101
2. Advanced Practitioner
3. Leadership and Service Development

Abstracts are due by 5th September 2006.

For further information contact:

STEM:NZ, PO Box 261, Wanganui
Ph:(06) 342 3899 cell: 0274 574 744

email: stem@xtra.co.nz website: <http://stemnz.co.nz>

NZ Association for the Study of Intellectual Disability Conference.

The NZ Association for the Study of Intellectual Disability Conference is holding its annual conference at the Brentwood Hotel, 16 Kemp St, Kilbirnie, Wellington from 2-3 November 2006. The theme of the conference is "Getting the message; Living, Learning, Working and Playing in Inclusive Communities". Papers are being called for. Presenters should ensure that their presentation addresses the conference theme, in particular:

1. real stories about successes in making things happen
2. collaborative presentations with people with an intellectual disability
3. papers from new presenters

For further information contact:

Rochelle Wilby, NZASID Conference 2006, P O Box 4155, Wellington, New Zealand email: rochelle.wilby@idea.org.nz
website: <http://www.assid.org.au>

THANKS TO:

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Subscriptions to the Auckland Disability Providers Network are now due.

For further information please contact Judith Lunny:

Phone/Fax: (09) 410 6917
mob: 027 242 8935
email: jandblunny@xtra.co.nz
Postal address: 2/136 Beach Road,
Castor Bay, North Shore 1309.



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The Newsletter of the Auckland Disability Providers Network

IN THIS ISSUE....NORTH SHORE LIFE CENTRE, SKILLS EXCHANGE, BOOK REVIEW...

Accessible Sailing in an accessible city

Four years ago I attended a "give it a go day" held by Sailability Auckland. I had no idea of where that would lead.

I've just returned from the Mobility Cup held in Vancouver, Canada. The Cup was founded by the Mayor of Vancouver Sam Sullivan. After a skiing accident that left him a quadriplegic, Sam discovered sailing was a powerful tool in reforming his self-image. The regatta was attended by 42 sailors of varying abilities from around the world. Some competitors with more severe disabilities used a "Sip and Puff" system (controlling the boat by blowing or sucking in to a machine). I finished the regatta in 11th place in the advanced Gold fleet of 21 sailors. I had never sailed the type of boat used in the regatta so I was very pleased with my placing.

While in Vancouver we tested out their accessible public transport. Auckland can learn a few things from the Canadians. First up was the Sky Train. No need to ask for someone to put down a wheelchair ramp on this train, the platform is the same height as the train, you can even take a mobility scooter on the train. We also tried out the Ferries, once again brilliant, then on to

the buses, no problem with the accessible buses of which there were plenty. The only problem we found was that all trolley buses were inaccessible but apparently by 2010 all buses will be accessible. Last but not least we tried out the Taxis and there seemed to be a good number of taxis that could transport me in my wheelchair. We even went on a horse drawn cart around Stanley Park that was wheelchair accessible!

Here are a few tips if you travel using a wheelchair. Don't rely on your travel agent to get it right so double check everything. If you don't get the seats you want on an aircraft. Ring the airline the day before your flight and ask to be moved. Don't check your wheelchair in with your luggage, stay in it until the door of the aircraft and take any removable parts of your chair on the plane with you.

See you on the water at the Sailability Auckland "give it a go day". Who knows where it might lead you!

Tim Dempsey,
Muscular Dystrophy North

'AskChris'

In the early 1990's I had the privilege of being New Zealand's first Intermediate school counsellor. I was working in three Intermediate schools and studying for my Masters degree at the same time.

As part of my role, I saw a young boy with muscular dystrophy. I saw him walk into the school in Year 7, gradually use his 'sticks' and finally leave in a wheelchair. Even though working with him was enjoyable, my bigger concern was for the family and other siblings.

There was a lot of help for the boy with the disability but huge pressure on the family and not a lot of plusses for the able bodied siblings.

Disabilities involve a grief process. Losses of a hoped-for 'normal' life see-saw with the 'surprises' of a trip to Disneyland. However most people with disabilities would exchange any 'trade-offs' for a normal, healthy life – something most of us take for granted.

The pain this particular family struggled to cope with stayed with me for years and I wondered how I might have been able to support them in their ongoing journey. AskChris was set up for people just like this family – with no need to see if there's wheelchair access – with no pressure to say what needed to be

said when speech was difficult – with no time constraint. Helping online means that people with disabilities can access the same level of expertise as any able bodied person, and from the comfort of their own home. It also enables distress to be expressed in the moment that it is the rawest.

Many people with disabilities seem to 'manifest' symptoms more when they're anxious. So going to therapy can trigger stress. It is anxiety provoking enough for most people without adding a disability to the mix.

However my heart still sits with the rest of the family who try very hard to create some sense of normality for themselves and their other children. Yet worrying about a family member with a disability can leave one feeling like there's no-one there for them.

Normalizing feelings is part of the therapeutic process and can often be all that's needed.

So if we can help in any way then the memory I've carried for more than 10 years of a young man with muscular dystrophy AND his family, won't have been in vain.

For further information visit www.askchris.co.nz

North Shore Life Centre

Life, it is a funny thing as out of the billions of people on this planet no one is exactly the same, not even identical twins. The lives we lead are so uniquely different that they can not be recreated. There are people that rise above their challenges and others that don't believe they can. There are people that have extreme wealth and others dealing with poverty. There are some people that live short and others that get congratulations by the queen, the only similarity are that we are all human. We can not change the lives we are given but through the right attitude and open minds we can choose how they are lived.

Positive attitude, determination and ambition go hand in hand and to me this is the recipe to succeeding and living life to the max. The partner to positive attitude, determination and ambition is support from others as this is the foundation to success. Support comes in many different forms and the North Shore Life Centre (NSLC) is Auckland's newest support resource for people living with impairments. With the vision of 'optimizing lifestyle and choice', the NSLC aims to provide resources that allow people to overcome barriers and live life to the max.

The NSLC is a first stop shop, it is a place you can go to in order to access the resources you need, to be guided in the right direction and get answers to those questions you have. Through guiding people in the right direction we will support existing community organizations by creating further awareness of their existence.

To determine the services that the NSLC will offer the Disability Resource Centre (DRC) in Royal Oak, set up and led a strategic planning committee. The Strategic Planning Committee is a team

DINS and North Shore Life Centre

Disability Information North Shore Inc. (DINS) was incorporated in 1991 through a community need to provide an information service specifically for people with disabilities.

DINS is a one-stop shop with specialized knowledge of disability issues for clients, families and other disability service providers.

We believe that to build strong communities people need to work together in an atmosphere of mutual trust and respect, to forge and maintain links and to support one another. Hence, our move to becoming the information service within the North Shore Life Centre (NSLC), will provide an exciting synergy between the other disability organizations that will be housed within the same building.

This new phase of operation will assist Disability Information to build on the services that we already offer. These include providing 3 free resource booklets, Caregiver appreciation events and "Sensational Siblings" a monthly facilitated workshop for children with a disabled brother or sister. It will also assist us by supplying the necessary resources to identify the gaps within the disability sector.

This is a new and exciting time for us!

Barb France, Co-ordinator, DINS

of eight, some of whom have personal experience of disability but all work within the disability sector and are passionate about fulfilling the needs of the community. On the strategic planning team are members of DINS (Disability Information North Shore). DINS will be transitioning to become part of the North Shore Life Centre Trust and will continue to provide information and advisory for the NSLC.

While there are a few concepts being researched and developed, on opening the NSLC will provide; an accessible show home – displaying the latest in-home support services and products. We provide disability information and advice – giving people guidance to questions they have. And with offering needs assessment services we can help people decide on how best to plan their rehabilitation and lifestyle.

The NSLC also provides tenancy to not for profit organizations that work in the disability sector. The major tenant is Waitemata Child Development Services who occupy the entire middle floor of the centre. On this floor there is also a gymnasium that can also be used as a conference facility.

There are no limits as to what the NSLC can offer. Purposely built, and a prime example of a fully accessible facility, we offer innovation and turn key services that are world class and New Zealand first, valuing the lives of disabled people and enhancing their full participation in society. Through positive attitude and needed support we can offer that which is required.

Cameron Calkoen, NSLC Ambassador

New Zealand Home Health Association Conference 2006 – "An Ordinary Home Life"

Spencer on Byron Hotel, Takapuna, Auckland
29 – 31 October 2006

Key Speakers include:

Professor Grant Gillet – Lives and their Meanings
Dr Beatrice Hale – The meaning of Home
Dr Grant Schofield – Your Health – Keep it Simple
Mark Inglis – An Extraordinary Home Life

The programme includes personal experiences of elderly, those with disabilities and others who need support to be able to stay in their own homes, from a multi cultural NZ aspect, together with reports and presentations of interest to members and associated people.

For information and registration contact: Neil Maitland,
email: conferencebrokers@xtra.co.nz or register online
at www.conferencebrokers.co.nz

WE NEED YOUR HELP!

North Shore Community and Social Services Inc. is currently doing a stocktake of all the existing social services provided on the North Shore.

This project requires your participation!

In the next few weeks you will receive a survey that asks questions from what services do you provide to your community to how many volunteers do you have involved. This research is the first of its kind. If you would like to participate or have any questions about how this may benefit your organisation email Jo at research@nscss.org.nz or phone 486 4820

Skills Exchange

As companies become increasingly active in the community with Corporate Social Responsibility (CSR) programmes and a real interest in 'Social Investment', new opportunities are arising for community groups to tap into and benefit from the changing business environment.

One such innovation is Skills Exchange (www.skills-exchange.org.nz), a new web-based facility providing community groups with access to a skilled, willing employee volunteer pool. Contact with this largely untapped audience enables us, the community, to consider less traditional volunteer projects that may require particular skills or experience to complete. For example, at the moment Auckland Disability Riders Network are looking for help with a research and marketing project that we just don't have time to do.

Skills Exchange provides community organisations with access to employee volunteers from its employer partners. As many employees are given time away from work for their volunteering, Skills Exchange best plays to short, specifically defined projects. It is free for community groups to join and use, and current employer partners include Vodafone, IBM, Sovereign and AUT University. Over 1600 volunteers have signed up to date.

The benefits for all parties are tangible and the system enables each participant to add value to the others rather than operating on a 'benefactor/beneficiary' model. Employers and employees benefit from the 'feel good factor' of helping the community and research shows that social responsibility also improves staff loyalty and 'happiness' as well as helping attract and retain staff. The pool of projects available on Skills Exchange makes it easier for employers and staff to be proactive, and Skills Exchange's reporting facility means that employers can evaluate and report on activity too. Staff have the opportunity to use their skills to do something 'a bit different', and in many instances, their volunteering can also form part of their professional training and development. Community organisations can get help completing business tasks such as an 'HR review' or 'designing a database' for free. This is a great opportunity to introduce people to your activities and organisation as part of a volunteer recruitment strategy. Community organisations also have access to free advertising and PR through the Skills Exchange website and newsletter. To meet the changing demands in volunteering and business practice, Skills Exchange provides an online facility for communities and community organisations to work with employers to create a better place for us to live, work and play.

Contact Helen Murray Scott/Emma Poyner
Phone: 09 921 9858 or email: skillexc@aut.ac.nz

WHEELCHAIR CURLING OPPORTUNITY

Winter Olympic sport - At Paradise Skating Rink,
150 Lansford Crescent, Avondale,
between 10:00 am and 12:00 noon.

All equipment will be provided and participants will be given instruction on how to play the game and the strategies and rules. Games are normally between two teams of 4 people and last for 6 ends. There is no sweeping involved in the wheelchair game. There is also the opportunity to come out and watch the North Island Secondary schools competition and have a go behind the sheets, with Sharon Delver, level 4 Canadian Coach on Participants should dress warmly.

Contact Liz Matthews 483 6180

BOOK REVIEW:

Drama Therapy and Storymaking in Special Education

Author: Paula Crimmens

There are only a handful of professional drama therapists working in our schools and whilst Paula Crimmens is one of them, I'm sure she has no intention of replacing these professionals with her new book. However this fantastic home-grown resource gives an insight into the practical aspects of an art that you or I could use in the work with children, adolescents and indeed adults with an intellectual disability. This comprehensive resource is aimed at a wide range of professionals working in special education and social therapy – teachers, teachers aides, counsellors, behaviour support specialists including social workers, day service support staff and family therapists.

Drama Therapy, which encompasses improvisation, role play, mime, storytelling, theatre games and scripted drama is particularly relevant to persons with intellectual challenges, being an ideal intervention for those with limited verbal skills or those who may have behaviour support needs, as it works in an oblique rather than confrontative way, in enhancing team participation and collaborative creation which all leads to greater levels of self awareness, confidence and responsibility.

This book helps the reader get started with practical observations on working with a group and addresses questions such as why use traditional stories and how you can effectively structure a session. To facilitate this the author has provided a wide range of stories for the use of the drama facilitator. One of the most interesting chapters is based on devising relevant stories with and for adolescents, tales that arise out of their everyday life experience, which when digested can create the possibility for significant behavioural and other self development change in the participant and listener. This is a book every provider of support to children and adults with an intellectual disability should have available for their staff. Highly recommended.

Published by: Jessica Kingsley Publishers - London 2006 RRP NZ \$55.95

Review by Stuart Spackman, Co-chairperson, ADPN

AUCKLAND SAILING – GIVE IT A GO DAY

Saturday 11 November, 10am

Access Dinghies

Westhaven marina, Auckland

Adjacent to Marine Industry Association & Yachting NZ Building

Register your interest now

Phone: 09 520 7944