



*Everyday people, everyday places,
everyday things*



28 June 2021

Kia Ora,

Welcome to this week's Disability Information and Advisory Service newsletter.

After one of the warmest June's on record, it looks like we are in for a bit of a polar blast. Time to crank up the heaters and tuck into some hearty homemade soup.

Also in this week's edition

StarJam Disco is on Friday
Health and Wellbeing Careers Expo
All Abilities Gym now open
Another interesting read from People First's Easy Read library

and much more.....

In 2021 we are looking forward to continuing bringing you news about inclusive events and happenings in the Bay, so if you have something to share, please let us know.

information@drchb.org.nz



Stay home if you're sick →

If you're feeling unwell, isolate wherever you are and call Healthline about a free COVID-19 test. By getting a test, you're helping keep your community safe.



Use the NZ COVID Tracer app →

The NZ COVID Tracer app keeps us 1 step ahead of the virus. Scan QR codes wherever you are, and turn on Bluetooth tracing.



Wash your hands →

Washing your hands is 1 of the easiest ways to keep yourself safe. Wash often. Use soap. 20 seconds. Then dry. This kills the virus by bursting its protective bubble.



DRC Living Life Connected

Team Updates

[Turning Point - Community Participation](#)

Turning Point provides a service assisting people with disabilities to be valued contributors in their community, helping them to gain the confidence and skills, and enhances the support given to them by their families and friends to reach their full potential.

Volunteering is such a worthwhile and rewarding activity to partake in. Some local community organisations/businesses that have offered opportunities to enable this to happen are Heretaunga Seniors, Hastings SPCA, the Environment Centre, Cranford Hospice, Once upon a Time and more. DRC is truly grateful for the support given by these organisations/businesses

[Turning Point - Transition](#)

It's never too early to think about what happens next for ORS students when they are ready to leave school. Our transition team is happy to come out to meet with you, your family and school to share how we can continue to support you on your family member

as they continue on their life adventure. Please call us on 06 873 8210 to arrange a time for a chat, we'd love to meet you.

Network Personnel

Do you have a long-term disability or health condition (six months or more) that is impacting your ability to find employment? Perhaps we can help, give Robin or Kylee at Network Personnel a call on 06 8738210.

Network Personnel is always on the lookout for job placement opportunities so if you are looking for that extra bit of help, or know someone who is, please call us on 06 8738210.

Scopze

Very exciting!!! This Wednesday the Scopze team has been invited to attend the final dress rehearsal for Karamu High School's production of "Fiddler on the Roof". We have been listening to some of the songs from the production in our music sessions at DRC over the last two weeks. We are pumped and ready to enjoy the adventure on Wednesday.



Woohooo.... it's finally here

Friday 2 July 2021



NEON THEMED

DISCO



PERFORMANCES:

MAGIC MOVERS
MELODY MAKERS
JAZZY JAMMERS
DAZZLING DANCERS

A FUN NIGHT TO CELEBRATE JAMMERS, THEIR FAMILIES,
FRIENDS AND THE WIDER COMMUNITY!



**FRIDAY,
JULY 2ND 2021**

6:30PM - 8:30PM
TARADALE TOWN HALL
8 MEEANEE ROAD, TARADALE
GOLD COIN DONATION ON ENTRY,
SNACKS WILL BE AVAILABLE FOR A
SMALL DONATION



Inclusive Taekwon-Do @ King Street South

Taekwon-Do for those with intellectual and or physical disabilities is available to everyone at various times during the mornings and during the afternoons, evenings. We offer an inclusive environment integrating those with disabilities. We would like to encourage more to make contact and learn the original Taekwon-Do, ITF, as what the Founder of Taekwon-Do created April 11th 1955.

Ben Evans runs this programme and has been going many years with great success and results. His programme is the first and has expanded internationally to many countries under the IITA (International Inclusive Taekwon-Do Association). The next world championships will be 2023 in Netherlands! We have a NZ Championships for the Disabilities including all ages from primary to 70+!!

If anyone was interested, get in touch. Our location is 115 King Street South, Hastings, the NZ ITF Taekwon-Do Centre.

You can visit www.nz-itf.org to find out more!

Healthcare & Wellbeing CAREERS EXPO

Tuesday 6th July
Hastings, 1pm to 3pm

Connected/ Work & Income,
506 Eastbourne Street, Hastings

Wednesday 7th July
Napier, 1pm to 3pm

Connected/ Work & Income,
190 Dalton Street, Napier

- Get a job in healthcare, support work, or wellbeing
- Talk to employers
- Make or update your CV, plan your pathway
- Connect with employment support services
- Get wellness tips for you and your whānau



For more information contact Tessa Williams
0299213801 tessa.williams032@msd.govt.nz

Connected  Employment,
Education
& Training
.govt.nz



All Abilities Fitness FREE Community Organisations Gym:

Our gym is located at 115 King street south, Hastings.

We would like to inform everyone, those interested to join our gym FREE, to please fill in the online form: [Join – All Abilities Fitness \(allabilitiesgym.org\)](https://allabilitiesgym.org) and we will process those who meet criteria.

We are proud to be able to provide the first of its kind in New Zealand to those with disabilities, mental health, elderly and youth at risk organisations involved in the community.

Get in touch to join!



Chair of the Disability Network for CDEM Wanted

We are looking for someone with great relationships with the disability services network, who has or wants to develop skills in facilitation, emergency response, and advocating for the disability community. The role's key function is to bring together stakeholders in the disability sector to develop preparedness and respond to an emergency impacting the HB community. There is a Network of Networks structure which supports this role and the disability network developed a terms of reference to support their approach; which the chairperson has a lead role in initiating and operationalising during an emergency response. They would also bring this group together to support preparedness including improving the network's approach, training in emergency response and when in response, be available for meetings with the Welfare Coordination Group (WCG) if required.

Tasks:

- Maintain a good understanding of the Welfare Coordination Group 's Terms of Reference (ToR) including the Disability Networks ToR.
- Maintain a Disability Network distribution list.
- Call and facilitate meetings of the Disability Network
- Attend Welfare Coordination Group meetings when invited by the DHB Lead for the Disability Network.

What we offer

- CDEM training

- Support to deliver the above functions
- An opportunity to guide and lead the emergency response for people with disabilities.

This role is absolutely critical to ensure we have an effective response in an emergency for people with a disability. We would love to hear from you.

Any queries please and interest please email nancy

barlow nancy.barlow@hbdhb.govt.nz



Don't forget.....

We have moved to 122 Karamu Road
South

Our new gym timetable with all our new classes, our new fees and our opening and closing hours will be put up on our [Facebook page](#).



Click on the link below for this week's Easy Read feature article:

[Early Learning Action Plan 2019 to 2029: Summary and Feedback](#)

What is Easy Read information?

Easy Read information is:

information that is clear and easy to read and understand

- developed to support people with learning (intellectual) disability better understand written information
- different from plain English and plain language but uses the same principles and builds on them
- written information, supported by pictures
- uses everyday words and has no jargon or acronyms.

Who is Easy Read information for?

Easy Read information is for people who have difficulty reading and understanding written information.

Easy Read information is for some people who:

- have a learning disability
- have low literacy levels
- use English as a second language
- are elderly
- are Deaf.

Some people will be able to read Easy Read information independently. For others they will require someone to facilitate the information.

The People First Website also has a database of Easy Read documents available, just click [here](#)



Kia ora everyone,

We can't quite believe we are halfway through 2021 already, but looking back on the past 6 months we are really pleased by the increase in opportunities that are available for our community, and we are especially excited to see what the rest of 2021 has in store for us. In the meantime, this month we have even more updates to share with you.

As always, if you have any questions/enquiries, or if you have something you

would like to share within these updates, please don't hesitate to get in contact with me directly.

Simply click [here](#) to read our latest newsletter.

Kind regards,

Katie Owen

Disability and Inclusion Advisor

katieo@sporthb.net.nz



Planning the future for your disabled family member as they move into adulthood can be a difficult topic to consider. This month we discuss ways you can safeguard their future and help give you peace of mind. This month:

- Why and how to make a succession plan
- Upcoming *Disability & Adulthood* workshops
- Advocacy support for disabled adults
- Steven shares a personal, humorous perspective of his daily life

And more...

Click [here](#) to read the latest newsletter



Parent2Parent Support Groups Hawkes Bay

Does your child/teenager/young adult have a disability, special need or health impairment? Would you like to meet other parents? Share experiences? Access information? Get support and meet new friends? Come along and meet other parents of children with different abilities in a relaxed and informal coffee group. You can drop in for as long or as short a time as suits you.

All welcome, however please remember to RSVP for the CHB and Taradale catchups. Meet-ups are still once a month for this year. You are welcome to join us let Blanche know 020 40118711 or email hawkesbay@parent2parent.org.nz and she will welcome you to the group! Just ask at the counter to point you in my direction on your arrival.

Special Announcement

*Coffee groups this term have been very slow, so for the winter months I will be running the Coffee Groups as **pop up groups** only.*

Blanche will randomly announce a group which will be RSVP so keep an eye on Facebook and your emails as that is how it will be communicated.

If you have any queries please do not hesitate to contact Blanch, who am still available for Face to Face support.



What's on in the Bay?

Don't forget to email us with your activities and events for 2021 information@drchb.org.nz

24 June

The Brain Injury HB Peer Support Group - Last Thursday of each month. National Services Club, Market St Hastings 11.30am-1pm. The activity for today is Bingo. Please call the office on 878 6875 to register

29 June

Bay Autism Support - Coffee Group at Serendipity Cafe, 1412 Pakowhai Road, Hastings, 10am-noon

30 June

Koryo Taekwondo United Diversity KTUD - 128 Market Street North Hastings 11am, koha. A class for everyone, taught by students with diverse abilities. For more information <http://www.koryo.co.nz/>

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

01 July

The Brain Injury HB Central Hawke's Bay Peer Support Group - Lily Pond Cafe, Waipukurau at 11am. First Thursday of every month Please get in touch with the office on 06 878 6875 to register, or email katie.hopkins@braininjuryhb.co.nz

02 July

StarJam Disco - Taradale Town Hall, 6.30pm - 8.30pm See above for more details.

03 July

Boccia in the Bay Taradale Primary School, 10 Church Road, Taradale 1.30pm-3.00pm. For more info or to register please call Evelyn on 027 307 2665, Sarah on 027 513 8321 or email Susie susie.chapman@psec.org.nz

06 July

Wellbeing Careers Expo Connected/Work & Income 506 Eastbourne St Hastings 1-3pm - see above for more details

Auckland Disability Law Cyber Bullying and the Law - This introductory session will cover our cyber bullying law and where to get help. It is a great opportunity to learn how to keep ourselves and those around us safe online. ADL's *Cyber Bullying and the Law* is designed for disabled people and supporters. To register or for more information, email info@adl.org.nz, or text 027 457 5140, or call 09 257 5140.

07 July

Wellbeing Careers Expo Connected/Work & Income 190 Dalton St Napier 1-3pm - see above for more details.

Koryo Taekwando United Diversity KTUD - 128 Market Street North Hastings 11am, koha. A class for everyone, taught by students with diverse abilities. For more information <http://www.koryo.co.nz/>

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08 July

The Brain Injury HB Taradale Peer Support Group - Bay Expresso, Gloucester Street, Taradale 10-11am, meetings will be held on the second Thursday of each month. Please phone the office on 06 878 6875 to register, or email katie.hopkins@braininjuryhb.co.nz

09 July

Altogether Autism - By Autistics for Autistics Zoom group for adults, every Friday 2pm, register at info@altogetherautism.org.nz This is a group for autistic teens and adults, run by two autistic hosts (host is Paul Freeman, co-host is Jolene Stockman).

10 July

Boccia in the Bay Taradale Primary School, 10 Church Road, Taradale 1.30pm-3.00pm. For more info or to register please call Evelyn on 027 307 2665, Sarah on 027 513 8321 or email Susie at susie.chapman@psec.org.nz

14 July

Local Social Dinner Meeting - meets once a month for dinner, a laugh and some chit chat. The July catchup is at the Filter Room, Meeanee, Napier from 5pm-7.30pm. Bring a couple of questions for Trivia Night. Call Tina to RSVP or for more info on 027 381 4133

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1pm. The activity for today is Bingo. Please call the office on 878
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Articles of Interest

[Changing room design](#)

[Still Alone Together: post-lockdown loneliness in Aotearoa and its implications for urban design](#)

[Crossings to make roads safer for the disabled in New Plymouth](#)

[Actor's pals roll out red carpet](#)

[Thousands of healthcare workers underpaid for seven years](#)

[Joy aplenty at sensory dance party](#)

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. Please continue to send us your flyers, and any information you have about cool stuff happening here. Don't forget to add your contact details for readers who want further information about your event.

We also appreciate any feedback you have about this newsletter. Tell us what we got right, got wrong or just let us know what you want to see.

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.

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, or email information@drchb.org.nz.

Keep up to date with us on Facebook facebook.com/drchb and visit our website at www.drchb.org.nz



Click [here](#) for Firstport

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MANATŪ HAUORA



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