



Tēnā koutou

This newsletter celebrates events and services that can support people whose lives are affected by a disability.

Please let me know what you would like included in future editions.

Kind Regards

Liam Butler | Consumer Advisor

Support Works | Liam.Butler@nmdhb.govt.nz
www.nmdhb.govt.nz/supportworks.aspx

A Quote of note...

“Swimming New Zealand is committed to support inclusion of all disabled children, providing them with the opportunity to participate at an appropriate level with the appropriate support.” -

www.swimmingnz.org.nz/statekiwiswimsafe/disabled-swimmers



2011 Pan Pacific Swimming Championships Women's Medley Relay Team



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Office for Disability issues

Te Tari Mō Ngā Take Hauātanga
Administered by the Ministry of Social Development

Nominations Service

<http://www.odi.govt.nz/leaders-achievers/nominations-service/index.html>

The Office for Disability Issues has a Nominations Service to nominate skilled disabled people for appointment to government boards and committees.

The Government wants to ensure that it appoints the best people to these positions, with people who reflect the diversity of the New Zealand population.

There are a range of government boards from advisory committees focusing on specialised subjects, to boards of state owned enterprises that require people with different kinds of skills and experiences. You can contact the Office for Disability Issues by:
Phone: +64 (4) 916 3300 Fax: +64 (4) 918 0075
Email: odi@msd.govt.nz

Making a Difference Fund

The Ministry of Social Development (MSD) has a fund available called Making a Difference. It is for community and local government groups who want to change the attitudes and behaviours of people towards disabled people. Family and Community Services invite disability sector and community groups to find out more about the fund at:

<http://www.odi.govt.nz/what-we-do/improving-attitudes-and-behaviours/index.html>



First steps in addressing urinary and or faecal incontinence.

By Anne Turley.

Specialty Clinical Nurse/ Continence District Nursing,
Nelson Hospital, Nelson

Do not stop drinking fluids.

Adults need 6-8 large drinks per day unless on restricted fluid intake.

Go to General Practitioner who may:

- Check for a urinary tract infection by doing an Mid Stream Urine (M.S.U.) test
- Check per rectal (P.R.) examination of bowel to eliminate constipation
- Check medication for side effects that could make the problem worse
- Check per vagina (P.V) examination for prolapses or atrophic changes

G.P. may possibly

- treat with antibiotics
- treat with laxatives
- change medication
- prescribe oestrogen cream

G.P. may refer to the Continence Service at District Nurses who will do a full assessment, develop a treatment plan and follow up on progress. They will give advice on products and you may qualify for free products. They may refer you on to a specialist.

How to get incontinence products:

1. Pads can be purchased from supermarkets and pharmacies.
2. You can order products from USL Medical by phoning 0800 804 546 and speaking to Customer Services who are very helpful.
3. You can be referred to the Continence Service who can either give advice or if you qualify after an assessment, provide products.
4. You can apply to WINZ for a Disability Allowance to cover the cost of products.

Congratulations to the 2011 Winners of the
Fulton Hogan Basketball League:

"A" Grade Waimea Tornadoes and "B" Grade Hot Peppers!



The Fulton Hogan Basketball League is a leader in New Zealand, as an inclusive sporting organization. It was established 2006 and registers all its members as part of the Regional Basketball Association. The league is primarily, but not exclusively, for players with supported learning needs; and promotes ability and opportunity. Encouraging younger persons and those who experience difficulties with interaction/disabilities to play basketball. Great success this year with the season end finals night – 16 teams! "Junior Jammers" has also started for 7-10 year olds.



What it means to play *excerpt from [Nelson Mail](#)*

Debra Allen never played much of any sport when she joined the league during the inaugural season. Now, at 27, she goes to a local park and plays for hours, and recently started her first real job, as a kitchen hand in a cafe.

"What I find most enjoyable is mixing with the other players," Debra says.

"It's a fantastic vehicle to get them to be social," says Dennis Allen, Debra's father, who coaches her Aqua Jets team. "Our hardest job is to get them off the court." Her mother Sue Allen calls the league "the highlight of their lives".

- The stadium door is always open to new players
- Players are encouraged to move into other leagues as their skills and confidence increase
- Players can also contribute as volunteers in a variety of roles
- A Great Team Welcomes You to Join Us www.inclusivesport.org.nz/FH.html
Visit www.nelsonbasketball.co.nz or contact Heather phone (03)548 5955 or email heather@inclusivesport.org.nz



www.UpperSouthIsland.enliven.org.nz/service-centres/Marlborough

If you enjoying visiting people or taking people out on outings and have some spare time on your hands we would like to hear from you. We are looking for volunteers to help with

- Assistance with transport
- Home Visits
- Readers for books or newspapers
- Assistance with shopping

Contact Colette Ryan on 577 9005 ext 714 if you can offer assistance

Health of Older People in New Zealand

<http://www.moh.govt.nz/moh.nsf/indexmh/hop>



The Health of Older People Strategy, published in April 2002, sets out Government policy for the future direction of health and disability support services for older people in New Zealand.

This website supports the implementation of the strategy and provides information for older people, policy makers, service funders, planners and providers.

Features

[Health of Older People Strategy](#)

[Questions and Answers on Residential Care and Income and Asset Testing](#)

Promotion & Publicity at no cost to your community group!



Do you want to tell the world what your group does?
Would you like more members?
Could you do with some media training?
Is there a social issue you'd like to comment on?
Have you got a big event coming up?
Could your brochure do with a refresh?



The Nelson Media Agency has funding from the Canterbury Community Trust to assist community groups with media matters at no cost to the group. Jacquetta Bell and Jane Horder have a combined experience of over 50 years in working with the media in Nelson.

Call Jacq on 546 9661, Jane on 546 9668 or email jane@nelsonmedia.co.nz to find out how they can help you. www.nelsonmedia.co.nz



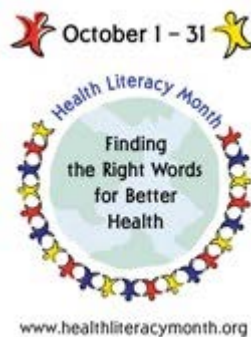
What is Health Literacy?

Health literacy is the ability to obtain, process, and understand basic health information and services to make appropriate health decisions (Kōrero Mārama, 2010). Health literacy includes how an individual navigates and interacts with our complex health system. Health literacy includes people's expectations about health and well-being, and their understanding of health messages, medicine labels and nutrition information, as well as their ability to fill out medical forms and talk with their doctor.

1,621,000 adult New Zealanders have poor health literacy skills (Kōrero Mārama, 2010).

People with poor health literacy:

- are less likely to use prevention services
- have less knowledge of their illness, treatment, and medicines
- are less likely to recognise the first signs of medical problems
- are less likely to manage their long-term/chronic condition
- are less likely to communicate their concerns to health professionals
- are more likely to be hospitalised due to a chronic condition
- are more likely to use emergency services, and
- are more vulnerable to workplace injury.



(Kōrero Mārama, 2010)

<http://www.healthliteracy.org.nz/interest-groups/> provides access to collections of information and featured resources based on nine Interest Groups. This is to make it easier for you to find information relevant to you and your role within the health sector.

The [New Zealanders](#) button contains information and resources that can be used with patients, with useful ideas to help New Zealanders get the best out of visits with our health professionals.

PUBLIC MEETING
HAVELOCK MEN'S SHED



YOU ARE INVITED TO A PUBLIC MEETING ON WEDNESDAY
16 NOVEMBER TO DISCUSS THE FORMATION OF A HAVELOCK MEN'S SHED.

What is a Men's Shed? Men aged over 16 from all backgrounds, ethnic and social mixes can enjoy a Men's Shed. Activities within sheds are many and various: woodwork, metal work, restoration of old machinery, building and repairing things for the community happen in the Shed.

The common theme is about men feeling useful and contributing again to their communities, learning or sharing their skills, making friends, networking and availing themselves of health information programmes and opportunities.

"Communities are keen to provide activity, identity and meaning for older, unemployed, job-redundant, isolated, depressed and happily retired, active, creative enthusiastic men. Men's Sheds are fast being recognised as vital, viable places to fulfil these needs and provide relaxed, happy creative spaces for men to enjoy" **Lane Cove Community Men's Shed 2007**

WHERE : Havelock Town Hall supper room

WHEN: Wednesday 16 November 2011 at 7pm

SUPPER TO FOLLOW

