



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

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www.nmdhb.govt.nz/supportworks.aspx

A Quote of note...

“Bring your “A” game and a solid plan for success and we’ll see from the results who’ll carry bragging rights for 2011.”-

www.wheelblacks.com

Wheelblacks belong to an international family, where competition on the court is matched by camaraderie off the court.



The sport promotes teamwork, personal independence and the ability to succeed no matter what the odds.

Wheelchair rugby is one of the fastest-growing wheelchair sports in the world. It is developing into a fully inclusive sport, enabling players to achieve and reach their full potential regardless of their financial status or disability.

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Amputee Education and Peer Support Group Sessions

Are you a recent amputee or facing amputation?

For amputees rehabilitation can be a challenging experience. Information, education, and support early on in the journey can help in the rehabilitation process. Studies have shown that bringing amputees together in a group with access to a variety of health professionals with up-to-date information, while sharing their journey with people experiencing similar issues, will give them the ability to gain confidence and to make sound decisions.

Claire West, a Social Work student, on placement at NBPH is organising a group for amputees and their family, whānau and carers. It is anticipated that the first group meeting will be held in October.

For more information visit the Nelson/Marlborough Amputee Society at www.af.org.nz or phone Claire on 03 539 1170 or email: jccape@slingshot.co.nz

Nelson/Marlborough Neuro-Special Interest Group Questionnaire

We are an informal group of professionals interested in supporting people with neurological conditions. As such, we are working to develop a directory of local services that are available for people with a neurological impairment e.g. stroke, brain injury, and would appreciate input from interested organisations. For our questionnaire, please visit

<http://static.bewell.org.nz/gems/NBNSIG.pdf>



Parent to Parent would like to invite you to join our
PERSONAL SUPPORT COURSE

Are you a family member of a person with a disability, health impairment or special needs. This one day Personal Support Course offers you the opportunity to discover more about your personal journey by helping you:

- Learn new ideas on how to manage stress
- Understand grief and how it is portrayed
- Identify your support network and how to grow it
- Find ways to build yours and your family's resilience
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Training Objectives:

- Identify own, and acknowledge others, experience of sorrow and stress
- Identify support structures in place for self and family
- Be empowered in own situation

Course Content:

- Introduction - To establish the group and set the scene and expectations for the workshop
- Support - To explore support from a personal perspective
- Grief - To explore grief from the perspective of the participants, acknowledge the individual nature of grief
- Stress - To acknowledge the increased exposure to stressors for families of children with special needs and explore some strategies for managing stress
- Family Resilience - To identify the families strengths and explore some ideas for building on these strengths

WHEN: Monday 14th November 2011

TIME: 9.30am – 3.30pm

WHERE: Wairau Room, Community Link, 3 Alfred St, Blenheim

The course is FREE but a gold coin donation would be gratefully accepted
Morning Tea and Lunch will be provided

To register your interest please contact Jane 03 5468973 or email
nelson@parent2parent.org.nz asap.

Respite Care for Older People Survey


Carers New Zealand and the Ministry of Health wish to invite family carers of older people to participate in an online survey about respite care for older people.

The Ministry is working with District Health Boards to increase the options and flexibility for respite care. In 2009 the Minister of Health, Tony Ryall, increased funding for respite care for older people as he saw respite care as an important service to relieve carer stress. However, even though District Health Boards have increased the amount of respite care, carers and the people they support do not seem to have increased their use of respite care as much as expected. The Ministry would like to find out:

- The types of respite care you would most like to use,
- If you experience any problems or issues when booking or using respite care,
- If you receive enough information (for example, what respite services are available in your area; how you access the services; how you book respite; how you track your respite allocations; and who can help you organise respite care if it is needed),
- Whether you can plan respite care in advance, and
- What can be done to improve information about and access to respite services.

This survey takes about 10 minutes to complete. To acknowledge carers' time sharing their views and experiences about respite, Carers NZ is offering five random \$100 draws for five people who fully complete the survey.

Just click on the following link <https://www.surveymonkey.com/s/MDNZPFQ> to participate in this important survey. We will be gathering responses from carers of older people until 5pm, Friday 7th October 2011.

To download a PDF document of the respite survey just click on the following link.  [RespiteCareOlderPeopleSurvey.pdf](#) (279.26 KB). We encourage all organisations that support older people to distribute the survey link and PDF document to their networks to ensure that as many carers of older people as possible can have their say.

Surveys completed by hand can be posted to: Carers NZ, PO Box 133, Mangonui, Far North 0442.

Attn Sara Rogers.

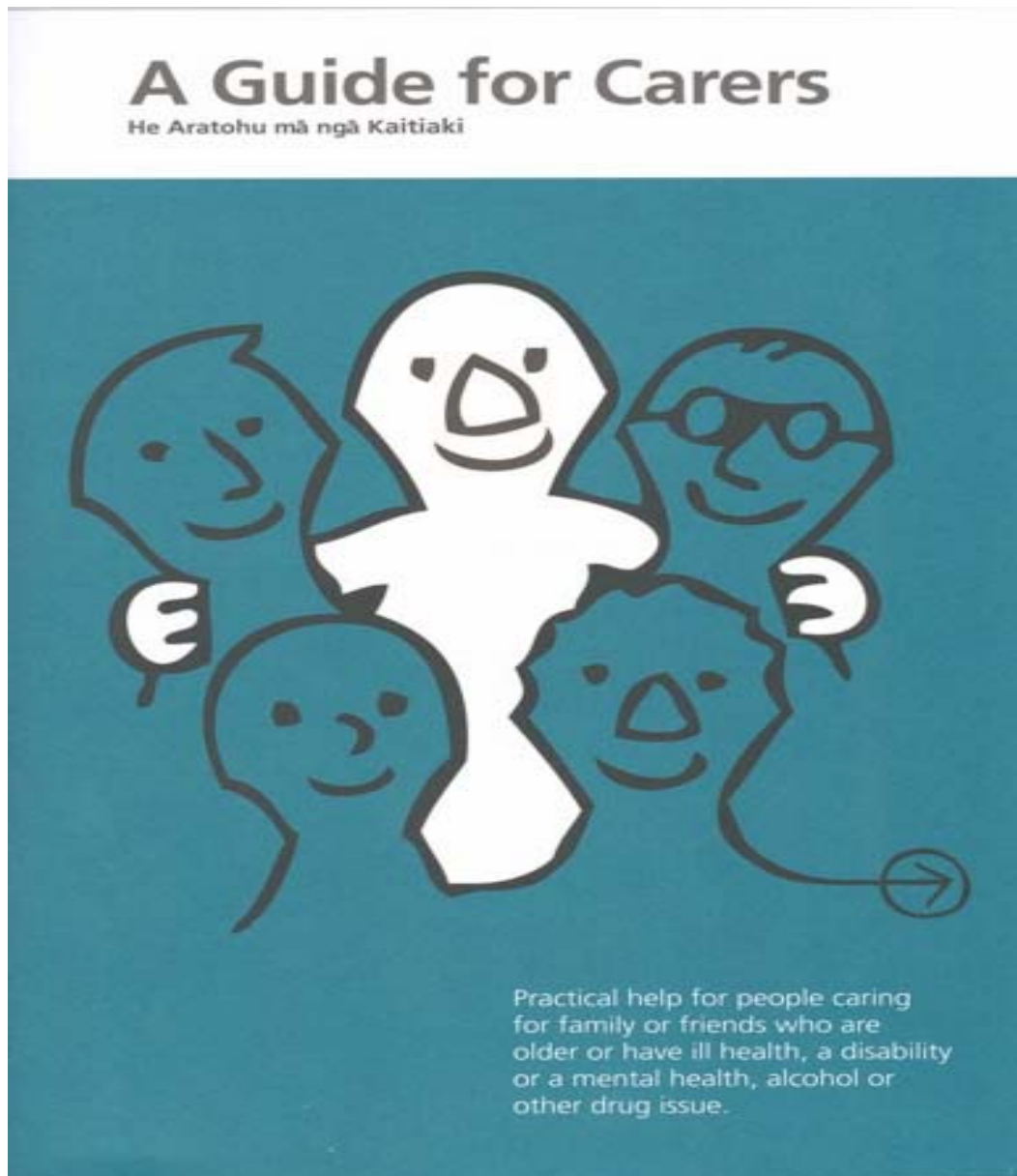
Thank you for sharing your views and experiences about respite! We will share the survey results in *Family Care* magazine, and in Carers NZ's electronic newsletters.





Introducing the new edition of [A Guide for Carers](http://www.carers.net.nz/files/pdf/GuideForCarers.pdf)
<http://www.carers.net.nz/files/pdf/GuideForCarers.pdf>

Discover what government supports and services are available to carers in one handy booklet.



Free copies of the guide can be ordered from www.carers.net.nz phone 0800 777 797 or Work and Income phone 0800 559 009

Download the DLE flyer (as a PDF) in [English](#), [Maori](#), [Samoan](#), [Tongan](#), [Cook Island Maori](#), and [Niuean](#) languages.

Research demonstrates that volunteering leads to better health and that older volunteers are the most likely to receive physical and mental health benefits from their volunteer activities. *The Health Benefits of Volunteering: A Review of Recent Research*, Washington, DC 2007. http://www.nationalservice.gov/pdf/07_0506_hbr.pdf



**Volunteer
Marlborough**

has a new website: www.VolunteerMarlborough.org.nz



Here you will find information on: Becoming a Volunteer, Finding a Volunteer, Resources for Volunteers, Information and templates for Community Organisations, Volunteer Management resources, Links for more information, Outline of our Programs/Services and a **Calendar of Workshops/ Training.**

The Training Calendar will include training hosted by Volunteer Marlborough as well as workshops offered by other voluntary organisations. By hosting available professional development and training opportunities that benefit the sector on one site, it will be easier for organisations to determine if the support they have identified as important to their Boards, staff and volunteers is being offered in our area. Please contact Volunteer Marlborough to have your details included on the Calendar.

The site will continue to grow with new resources added periodically. If you would like information made available that is not on our site, please let us know. www.volunteermarlborough.org.nz





Tessa Whiteman laughed during an exercise session for the first time when she joined the [Way2Go NIA class in Golden Bay](#).



I have a better sense of well being and am much happier about being 66 – I've also learnt to know where my feet are, too!" Nia classes are choreographed and accompanied by a wide variety of music styles "ecclesiastical choral arrangements to technofunk" Nia is a non-impact form of aerobic dance. [NIA](#) has made a huge difference to Tessa's life – her confidence is up, physical activity is much easier, and her foot problems have vastly improved.

Now she leaves classes lighter and brighter, and has even taken up Nordic Walking using sticks

There are so many success stories coming through from all the Hubs. It's important we run programmes that meet each community's needs, so we want to hear from you. If you want to do it, we'll try to organise it. Get in touch with your nearest hub and have fun out there.

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PS: Check out our [Way2Go 'Hi 5' stories](#)