



Tēnā koutou

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

Please let me know of any topics you would like included in future editions.

Kind Regards

Liam Butler | Consumer Advisor | Support Works
ph: 539 3963 Liam.Butler@nmhb.govt.nz
www.nmdhb.govt.nz/supportworks.aspx

A Quote of note... “ Work joyfully and peacefully, knowing that right thoughts and right efforts will inevitably bring about right results.”

Sir James Allen-New Zealander Statesman.
Minister of Defence (1912-20), 1855-1942



www.firstworldwar.com/bio/allen.htm



ANZAC Day Monday April 25 2011

A time to recall those soldiers of the Australian and New Zealand Army Corps who landed on the beaches of the Gallipoli Peninsula in 1915. Thousands of lives were lost in the campaign; Turkish, French, British, Australian and New Zealand casualties.

<http://www.marlborough.govt.nz/Your-Council/News-Notices/Anzac-Ceremonies.aspx>

<http://www.nelsoncitycouncil.co.nz/heritage-week-2011/?calendardate=2011-4-25>

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ICE – In case of an Emergency

If you are injured, unconscious or for some reason can't communicate with emergency services how will they know who to call?

ICE is a simple, cost free way to ensure that those who you want contacted are easily identified by the services that are helping you.

In your cell phone contacts list under the heading ICE enter the phone numbers relationship to you and first name of person or persons you would like to be contacted in the event of an emergency

ICE1/wife/Julie - and all contact phone numbers

ICE2/son/Mark – and all contact phone numbers

A simple and effective way to assist you when you cannot speak for yourself.

St John supports the idea for people carrying mobile phones to include ICE contact details in their mobile directory.

ICE will allow ambulance crews and other personnel to quickly contact a nominated person who can be informed in the event of an incident.

www.stjohn.org.nz

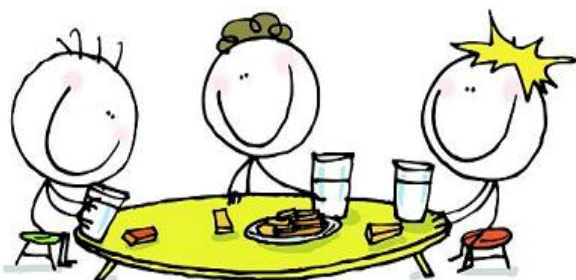
Marlborough Community Workers Forum

Meets the second Monday of every month, 12 noon in the upstairs meeting room of the Marlborough Community Centre.

This is an information sharing network with a focus on health, welfare and social service issues and anyone working in these areas are welcome to attend. There are speakers at each meeting along with profiles from organisations providing services in the community. There is also an email network for sharing information between meetings.

If you want to be included on the mailing list contact Lyne Johnson 03 520 7448 or email: lyne.johnson@marlborough.govt.nz

Cook 4 You



Unable to cook for yourself at the moment?

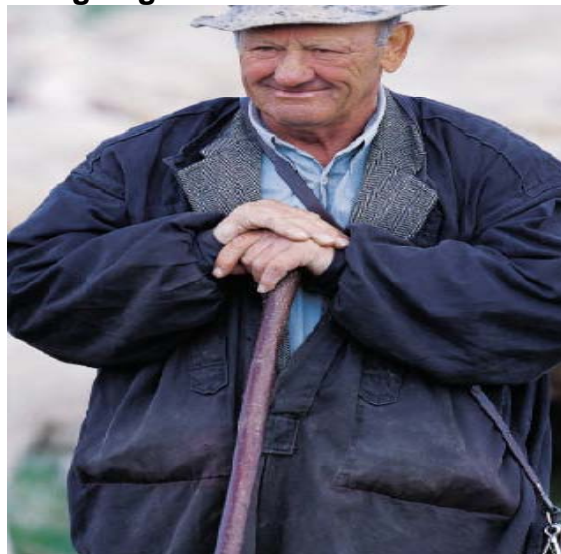
Tami Newman will stock your fridge with a week of home cooked meals.

All you have to do is heat and eat.

Meals cooked to your individual taste, dietary needs and budget. The meals are cooked in your kitchen, packaged, labeled and refrigerated or frozen in individual portions. So you just take out what you want, heat and eat. Secure in the knowledge that there will be no wastage. All meals have a main dish with a complementary side dish. Cook4you's fees include: Menu planning, Recipe research, Grocery Shopping if required, Meal Preparation, Labeling and Storage, Cleaning up afterwards.

Tami has many tasty recipes for those needing gluten, sugar, dairy and salt free diets. Desserts and Baking also available. Phone Tami Newman 03 541 9533
taminew@paradise.net.nz

Positive Ageing What You Need To Know

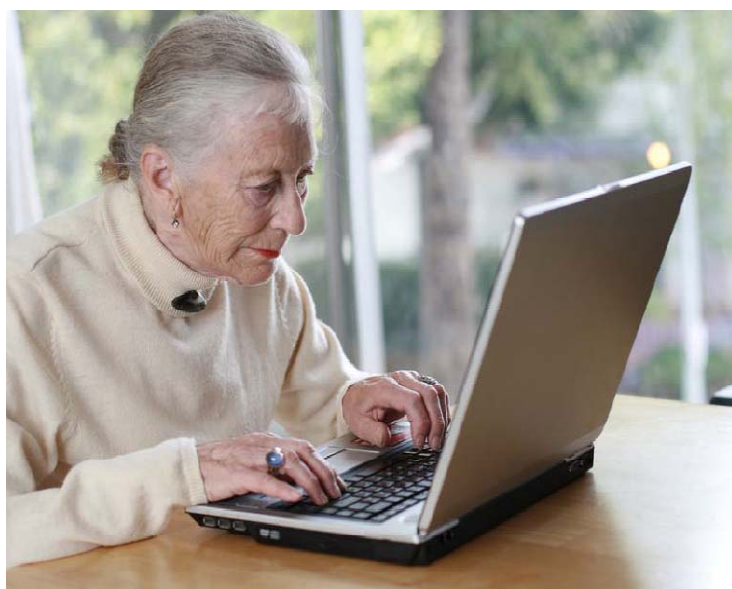


A new booklet outlining the many services and agencies which can help older people in Marlborough has been produced by the [Marlborough District Council](http://www.marlborough.govt.nz/)
www.marlborough.govt.nz/.

It's printed in an easy-to-read type face and, where ever possible, it includes the local contacts and phone numbers for these services as well as websites and 0800 numbers.

It sets out all the services and sources of free advice available in Marlborough on matters relating to the health, welfare and wellbeing of older people.

The free booklet will be available from the Council front counter, the library, Age Concern, Senior Services , Presbyterian Support and from Grey Power.





DPA The National Assembly of People with Disabilities is an umbrella organisation representing:

People with all types of impairments — physical, sensory, intellectual, psychiatric and neurological, acquired at any stage of life

The families of people with a disability

Disability advocacy organisations

Disability service providers

www.dpa.org.nz showcases upcoming events



“Senior Chef” – Wednesday 11 May

Age Concern Marlborough is holding a senior chef course in Picton for older people. The course is to be held every Wednesday for 6 weeks starting 11 May at 10am. Anyone interested in this course can contact Age Concern 03 579 3457.

Numbers are strictly limited.

ageconble@extra.co.nz

www.ageconcern.org.nz



Mudcakes *and* Roses

Nelson Tasman Senior Generation
– Action and Issues

Mudcakes & Roses is a magazine especially for people aged 50 and over. It contains activity programmes from many of the recreational groups in the area and articles on interesting people and events.

Mudcakes and Roses is full of great ideas on how to stay active mentally and physically in later years. It is published every two months. Mudcakes & Roses is available online at:

www.tasman.govt.nz/council/media-centre/tasman-district-council-publications/mudcakes-roses-pdfs/

If you would like a free copy of Mudcakes and Roses is posted to you contact: Tara Cater, tara.cater@tdc.govt.nz
Executive Assistant Tasman District Council Phone 03 543 8578



**Disability
Information
Service Inc.**

The Disability Information Service (email: dis@disinfo.co.nz)

A free community service that holds a wide range of disability and related health information. The service is available to any person who requires information.

www.disabilityinfo.co.nz/services.php

The Cerebral Palsy Society

Aims to improve the quality of life for all people with Cerebral Palsy and their families. Their services are unique, diverse and defined by our members. They provide:

- Specialised information regarding Cerebral Palsy.
- Specialised assessments for children via their Conductive Education programme.
- Four free issues of the CP Review a year.
- An informative website and free phone line 0800 503 603.
- Advocacy on behalf of members and their families.
- Opportunities to meet and network with other people affected by Cerebral Palsy.
- They also network with other health and / or disability based organisations.



For information, advice and support on all aspects of Cerebral Palsy.
Phone: 0800 503 603 Fax: 09 624-1802 cpsociety@cpsociety.org.nz
P.O Box 24759 Royal Oak Auckland 1345



www.cpsoc.org.nz/review/Review%20Feb%202011.pdf



Get Free Smoke Alarm Fittings, Maintenance and a Fire Safety Plan.

Contact your local fire service so they can fit and maintain smoke alarms and create a fire safety plan for your older or disabled clients. Please ensure you have the clients name and address and that they have given their consent for you to refer them for this free service by the NZ Fire Service www.fire.org.nz

Why you need an escape plan

All of your family needs to understand the Escape Plan and to practise escaping from each room in the house by the two exits.

Most fires start in kitchens (25%), bedrooms (13%), and lounges and family rooms (16%). Make sure your family practises escaping from these rooms every three to six months.

Remember, you need to:

- Have working smoke alarms
- Know two ways out of every room if possible
- Make sure that doors and windows needed for escape are clear and easy to open, and that there is a safe way to reach the ground from upper floors
- Keep keys in deadlocks at all times when home
- Have an outside meeting place, such as a letterbox or a special tree
 - Make special plans for young children and older people.

<http://www.fire.org.nz/Fire-Safety/Escape-Plans/Pages/Why-you-need-an-escape-plan.aspx>

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Why you need a smoke alarm.

Most fire fatalities occur in homes, mainly while people are sleeping. Fire is quiet and fast. If you're asleep, you can't smell smoke. A photoelectric smoke alarm is the best way to wake a family from a deep sleep and give them time to escape a fire safely.

The fire service will come to a person's home and advise where to place smoke alarms, and provide assistance with installation and maintenance.

<http://www.fire.org.nz/Fire-Safety/Safety-Devices/Pages/Smoke-alarms-installation.aspx>





FREQUENTLY ASKED QUESTIONS ABOUT ABBEYFIELD

What accommodation is provided in an Abbeyfield house?

A private studio with ensuite for each resident.

Shared dining and sitting rooms, kitchen, laundry and guest room.

A garden.

Is there any staff support?

Yes. A housekeeper is employed to do the shopping and plan and prepare the two main meals of the day. Residents get their own breakfast. The housekeeper has her/his own flat attached to the house.

How many people are accommodated in any Abbeyfield house?

Houses vary in size, from 5 to 12 residents.

How fit must residents be?

Residents must be able to care for themselves independently. That is, move about (even with a wheelchair), toilet, bathe, dress, groom and feed themselves, and be reasonably clear mentally. Abbeyfield does not provide nursing care.

What happens if a resident becomes ill?

Minor ailments are handled in much the same way as in a family home. If you have to go to hospital for any reason it is taken for granted that you will return to your room in the Abbeyfield house, provided you don't need on-going assistance with activities beyond that which can be provided by visits from a domiciliary nurse.

Who can make their home in an Abbeyfield house?

Men or women over the age of 55 years who have ties with the area in which the house is located. Most applications are received from people over the age of 70 years.

Can married couples be accommodated?

Couples can apply. They are always given two rooms and may choose whether they would like to use one room as their bedroom and the other as their sitting-room or have separate studio rooms. However if two rooms are not available in the same house, we can not normally accommodate a couple.

Who runs the house?

The local Abbeyfield Society. It handles all applications, employs the staff, maintains the property, handles all the financial arrangements and takes an active interest in the well-being of residents.

How much does it cost each week to live in an Abbeyfield house?

The charges vary from house to house but are generally cheaper than the commercial equivalent due to voluntary management by the Abbeyfield Society and the non-profit co-operative philosophy of Abbeyfield.

Abbeyfield House, 13 Mata Close, PO Box 482, Nelson. Ph: (03) 546 6459

Email: office@abbeyfield.org.nz

kidpower **teenpower** **fullpower**
trust nz

Healthy Relationships is a programme for teens and adults with intellectual disabilities. Funding from Ministry of Justice helped develop, pilot and independently evaluate these interactive resources.

The Healthy Relationships programme covers:

What are Healthy Relationships?
Understanding When Something is NOT a Choice
Saying Stop and Stopping
When and How to say Stop
Listening When Other People say Stop
Getting Help
What is Urgent?
Where to Get Help
How to Get Help

For more information contact:

Kidpower Teenpower Fullpower Trust
206 George Harvey Road, RD 1, Upper Moutere, NZ
Ph 0800 543 769

newzealand@kidpower.org

www.kidpower.org.nz

Total Mobility vouchers can now be used with 'Driving Miss Daisy' Companion Driving Service

'Driving Miss Daisy' is a new companion driving service in Nelson. Part of a nationwide franchise, it is a personalised, friendly transport service targeted at people with disabilities and/or the elderly. If you saw the movie of the same name, this service is in keeping with a more genteel kind of driving service. Frances, the lead driver, is a former nurse and she will 'go the extra mile' and not charge for her time as you do a quick message en route to your destination. The fares are slightly cheaper than the other taxi companies and DPA travel vouchers can be used

Call Frances 547 2133 or 021 319 397
nelson@drivingmissdaisy.co.nz
<http://drivingmissdaisy.co.nz>

A Guide to Child Services in the Nelson Tasman region



This directory has been compiled to assist parents of preschoolers in the community as a reference guide to services available.

This parenting directory lists a number of services, available to support and strengthen parents in their key role of nurturing, valuing and caring for young children.

It is for parents/caregivers, teachers, community groups and any other organisations and people who wish to extend their services and support for parents/caregivers in their role of parenting.

<http://www.healthyas.org.nz/wp-content/uploads/Child-Services-Nelson1.pdf>

Websites that help Children

www.kidshealth.org.nz

Providing information on your child's health

www.immune.org.nz

Immunisation advisory centre

www.moh.govt.nz

Ministry of Health

www.teamup.co.nz

Tips, ideas and information to help you get more involved with your kids learning

www.sparc.org.nz

Sport and recreation New Zealand

www.kiwifamilies.co.nz

A guide to raising children in New Zealand covering pregnancy, babies and toddlers to teens



MARLBOROUGH STROKE CLUB

ANNUAL GENERAL MEETING

**The Marlborough Stroke Club will be holding its AGM at St Mary's Parish Centre, Maxwell Road, Blenheim on THURSDAY 16th JUNE 2011 at 5.30pm followed by refreshments
Everyone most welcome**

The Marlborough Stroke Club is a very active club looking after the needs and welfare of those affected by stroke and their families within the Marlborough community. We have three groups within the club ensuring that these needs are met.

Friday Group meets every second Friday morning supplying morning tea and entertainment for stroke affected people. Transport is provided where needed. Carers Group meets the third Thursday of the month and is specifically for the carers of stroke affected people, providing a venue for learning and sharing. WAGS (Weekend Activities Group for Stroke) meets on the 4th Saturday for lunch. Like most voluntary groups we are looking for committee members!

Blenheim: Sue Campbell Phone: 03 578 3603 Mobile: 027 302 4758 Email: marlboroughfo@xtra.co.nz
Vyvienne Dunlop Secretary 578 3837 Pete Carpenter 5786778 as Chairman Marlborough Stroke Club
www.stroke.org.nz/stroke-support-southern.

Nelson: Anne-Marie Fowke-Stayner Phone: 03 545 8177 Mobile: 027 216 0675 Email: strokenelson.fo@xtra.co.nz

How can you tell if someone is having a stroke?

By learning to recognise the symptoms of stroke you could save a life! Learn the FAST check.



Face

Smile - is one side drooping?



Arms

Raise both arms - is one side weak?



Speech

Speak - unable to? Words jumbled, slurred?



Time

Act fast and call 111! Time lost may mean brain lost.

Stroke is a medical emergency. Call 111 immediately if you find yourself – or see anyone else – suffering from any stroke symptoms. Not all strokes are sudden and incapacitating. The sooner medical attention is received, the less damage a stroke will cause. If you think it's a stroke ACT FAST. Call 111!

Even if the symptoms go away quickly or don't cause pain call 111 immediately.