



Tēnā koutou

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

Let me know what you would like included in future editions.

Kind Regards

Liam Butler | Consumer Advisor
Support Works | Liam.Butler@nmhb.govt.nz

www.nmdhb.govt.nz/supportworks.aspx

A Quote of note... “Not only do physically disabled people have experiences which are not available to the able-bodied, they are in a better position to transcend cultural mythologies about the body, because they cannot do things the able-bodied feel they must do in order to be happy, ‘normal,’ and sane....If disabled people were truly heard, an explosion of knowledge of the human body and psyche would take place

~[Susan Wendell, The Rejected Body: Feminist Philosophical Reflections on Disability](#)



Promoting healthy ageing throughout NZ

Staying healthy is a subject that is important to people of all ages, so a lot of the ideas and suggestions offered are relevant for everybody, but we have tried to include areas that may be of interest mainly to older people.

www.agewell.org.nz is administered by Age Concern North Shore on behalf of the Northern Regional Age Concern Councils.

Inside This Issue

Managing Arthritis with Exercise and Food	1
www.agewell.org.nz Promoting healthy ageing	1
Free Quit Smoking Help	2
The Government's new Positive Ageing website	3
Nurturing Resilient Youth	4
'Good Grief I'm a Mum' a new support group	5
Life Unlimited The free hearing therapy service	6



Managing Arthritis with Exercise and Food – Tuesday 24 May

Increase your knowledge about exercise to ease arthritic pain & stiffness plus healthy eating. This course will be held at St Mary's Parish Centre, 61 Maxwell Road, Blenheim – 1pm – 3pm.

To register or for more information contact Arthritis New Zealand
0800 663 463 or
Marlborough Service Centre
(03) 577 8773.

<http://www.arthritis.org.nz/>

Arthritis New Zealand have a number of free brochures on all the main types of arthritis from Rheumatoid arthritis to Ankylosing Spondylitis.

You can pick one up at your local service centre, print them out from our brochure page or simply order the physical copies online.

www.arthritis.org.nz/index.php/resources

The Quit Group TE ROOPU ME MUTU

Free Quit Smoking Help for people whose lives are affected by a disability and older people.

Approximately 650,000 New Zealanders smoke. One in two of these people are likely to die of a smoking related illness. The good news is that free help is available for **anyone** living in New Zealand who wants to quit.

The Quit Group offer a comprehensive support service, The Quit Group also supplies nicotine patches, gum and lozenges which are heavily subsidised by the New Zealand Government. Nicotine Replacement Therapy (ie the patches, gum and lozenges) provides a safe way of administering nicotine without all the other harmful chemicals contained in cigarettes smoke. \$3 per product for an eight week's supply. Research shows that smokers who call the Quitline are up to five times more likely to successfully quit than those who go it alone. The Quit Group helps more than 50,000 people to quit smoking every year.

The Quitline – 0800 778 778

Smokers can call the toll-free Quitline number for non-judgmental advice and support to quit smoking. Quitline Advisors are carefully recruited and complete rigorous training. Many are ex-smokers with personal experience of the addiction. Advisors help clients understand the three parts of their smoking addiction – chemical, emotional and habitual – and make a plan to beat these.

Online – www.quit.org.nz

The Quit Group has a range of online tools and resources on its website to support people to quit smoking.

- **QuitCoach** is an interactive online tool that helps people identify why they smoke and develop a tailor-made plan to quit.
- **The Quit Blogs** are a forum for people to tell their story and get support from others on the quitting journey. The blog community has over 30,000 registered users.
- **Quit Stats** allow people to see how much money they have saved and how many cigarettes they haven't smoked since they quit.
- **Quit Tips** are regular supportive emails delivered to the inbox of clients who register online.
- **A Quit Card** for subsidised nicotine patches, gum and lozenges can be ordered by registered users online.
- **Txt2Quit**
Txt2Quit is an automated text service designed to support a client through regular messages sent to their mobile. Clients are able to text for extra support when they experience cravings, have a slip-up or relapse. Clients register for Txt2Quit online at www.quit.org.nz





www.msd.govt.nz/what-we-can-do/seniorcitizens/positive-ageing/index.html

The new Positive Ageing website explains how we can make the most of local positive aging initiatives, nationally and in the Nelson-Tasman and Marlborough districts.

The New Zealand Positive Ageing Strategy identifies ten goals:

1. **Income** - secure and adequate income for older people
2. **Health** - equitable, timely, affordable and accessible health services for older people
3. **Housing** - affordable and appropriate housing options for older people
4. **Transport** - affordable and accessible transport options for older people
5. **Ageing in the Community** - older people feel safe and secure and can age in the community
6. **Cultural Diversity** - a range of culturally appropriate services allows choices for older people
7. **Rural Services** - older people living in rural communities are not disadvantaged when accessing services
8. **Positive Attitudes** - people of all ages have positive attitudes to ageing and older people
9. **Employment Opportunities** - elimination of ageism and the promotion of **flexible work options**
10. **Opportunities for Personal Growth and Participation**
- increasing opportunities for personal growth and community participation





Nurturing Resilient Youth

The *Nurturing Resilient Youth* initiative grew out of the Youth Forum held as part of the Nelson Anglican Diocese and Nelson City 150th celebrations on 31st March, 2009. Momentum from that very successful forum led to the Nelson Safer Community Council establishing the *Nurturing Resilient Youth* (NRY) Committee to find ways to improve outcomes for young people in our region. The NRY is now preparing a launch that will promote the concept of a community wide approach to developing resiliency in our young people.

“Resiliency, which is the ability to bounce back from adversity, learn new skills, develop creative ways of coping and becoming stronger” (Milstein & Henry, 2008), is built through:

- positive connections between young people and their communities;
- clear, consistent & appropriate boundaries;
- life guiding skills;
- nurture & support;
- purposes and expectations, and,
- meaningful participation throughout the community.

“Everybody Matters — *It's Better Together*”

The initiative will be launched, with **Celia Lashlie** as the keynote speaker, on **Wednesday, 4 May 2011 at 7 PM**. Lashlie is an outspoken commentator on parenting, criminal justice and youth issues. Her presentation will provide an opportunity for all nurturers in the Nelson region to join together, focus on what we can do as a community, and take actions that will help youth and their care givers become more resilient and more able to face the changes and challenges of living positively. **Mark your calendar for Wednesday, 4 May 2011, at the Nelson College for Girls**. Everyone is welcome. Seating will be limited to the space available.

On Saturday, May 7, there will be a full day workshop at Victory Community Center devoted to identifying key issues, how to deal with them, and follow-up activities that we, as a community, can commit to pursue.

For more information contact

resilient.youth@clear.net.nz or log onto our website

www.nelsoncitycouncil.co.nz/nurturing-resilient-youth



Here are a few basic tips and information on personal preparedness at home:

1. Have a dedicated disaster kit to last for 3 days include items such as a torch, food and water, consider your options to dispose waste.
2. Have a family plan for where you will meet if a disaster occurs
3. Do check your insurance policies and what they cover
4. Pets - if a disaster strikes they may take days to return , leave a piece of clothing on site the scent will keep them there.
5. Listen to the radio and follow civil defence advice.
6. Go to www.civildefence.govt.nz for more information and the household checklist



'Good Grief...I'm a Mum'



'Good Grief I'm a Mum' is a new group run by PND Support Network which will include the following topics:

- Explore the myths and realities of being a mother
- Understanding postnatal distress
- Challenges and how to cope with them
- Relationships
- Self esteem and wellbeing
- Developing strength and tools
- Moving on in positive directions.

Mums who have children with a disability are most welcome!
You can bring your kids along to the course!

It is a free course. Pre-schoolers and babies are most welcome.
Starts on 19 May at Emano Street.

Please contact Menna 03 548 3555 to register or for more information.

www.pndnelson.org.nz



www.life.nzl.org -then click on the hearing therapy tab

Are you concerned about your hearing?

Life Unlimited has a Ministry of Health Contract to provide a free hearing therapy service

Do you have difficulty hearing in certain situations?

Do you have difficulties at home or at work because of your hearing loss?

Do you have difficulty with the television, the telephone, or the doorbell? Or

Do you have a hearing aid, but feel it is not the complete answer?

Would you like to improve your communication skills? or.

Do you have noises in your head or your ears - TINNITUS?



If so our HEARING THERAPISTS can help you!

A Hearing Therapist can:

Do a hearing evaluation and discuss the problem with you. Help you use your hearing more effectively. Teach ways of improving your communication skills. Help you use hearing aid(s) to greater effect. Give information about equipment available to assist with daily living, for example the telephone and television. Offer information and advice to you and your family. Teach speech reading and provide auditory training. Offer advice, practical help to people with tinnitus. Provide information about hearing loss and its prevention to professional groups, voluntary organisations and the general public.

Contact one of our two HEARING THERAPISTS so they can help you improve your communication:

Tania Shearer - Trainee Hearing Therapist Blenheim

Email: Taniashearer@life.nzl.org Phone: 03 577 9082

Kim Howell - Hearing Therapist Nelson & Takaka

kimh@life.nzl.org Phone: 03 546 9350