



Kia Ora

Here are some 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.

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... “I get tired, too, and when I do, I think about the people I'm doing this for and I'm re-energized.”

Scott Hamilton www.ScottCares.org

www.nmdhb.govt.nz Has updated public messages, DHB services and general advice to people who experienced the Christchurch Earthquake. Free Counseling and Support Posters for Marlborough and Nelson are at the end of this newsletter.



Autism New Zealand Inc.
Including Asperger Syndrome and Related Disorders



Autism NZ Nelson/Marlborough Annual Appeal Saturday 4 June 2011

www.autismnz.org.nz

There will be four sites around Nelson and Blenheim to collect at. Please e-mail Tara at p.t.oneill@clear.net.nz if you can help.

THE GOOD COMPANION

Independence for you. Independence for them.

The Good Companion provide professional and personal in-home care and companionship for elderly, disabled and convalescing people who wish to continue living in their own homes.

For more information contact Jane Hazlett on 0274 905 633

www.thegoodcompanion.co.nz

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Sibling Programme Blenheim Sib Shop

This is a great opportunity for the brothers and sisters of children with a disability to get together for some fun activities and explore any issues/feelings they may have around their disabled sibling.

I am a great supporter of our Sibling programme and have seen the enormous benefits for our children who sometimes get overlooked when the attention & support is needed for the child with a disability.

Please support this great opportunity and register your child/children as soon as possible.

On Sunday 3rd April, 10.30am - 3.30pm
At: Community Link Wairau Room 3 Alfred St Blenheim. The registration form at of end of this newsletter.

Kind Regards Jane Linn Regional Coordinator
Parent to Parent PO Box 1164Nelson, 7040 03 5468973 0508 236236 (Toll Free)



Turning streets into neighbourhoods

Knowing our neighbours can transform whole communities into healthy, fun and vibrant places to live. Whether you live in a house, flat or apartment building or on a farm, virtually everyone has someone to call a next door neighbour. Wherever you are, put **March 26-27, 2011** in your calendar as a time to celebrate and get to know your neighbours. One step of neighbourliness can make a difference to the place you live in. www.neighboursday.org.nz.

New Zealand's Biggest Ever Health & Disability Expo, 2 & 3 December 2011

The Auckland Disability Providers Network (ADPN) have requested expressions of interest from any person or organisation wishing to be kept informed about the progress of the Health & Disability Expo being planned for 2011 in Auckland. Once planning is further down the track ADPN will be communicating only with people or organisations who have registered to receive updates. To register send an email to pam@adpn.org.nz,

Sex, Intimacy and Spinal Cord Injury Website



The www.sexsci.me website has been developed by the Auckland Spinal Rehabilitation Unit as a place for consumers, partners and health practitioners to discuss and learn from each other about sex, intimacy and spinal cord injury. Articles on the website written by specialists in their fields, on subjects of interest to the community.

Victory Senior Support

238 Vanguard Street Nelson 546 9075



A new service provided in the Victory community area by Victory Senior Support workers Shirley McMillan and Diane Griffin.

Victory Seniors provides weekly opportunities to enjoy friendship and a wide range of activities designed to appeal to men and women alike. There are games and cards afternoons, entertainment, wonderful food and outings.

A 2 month programme is available upon request. Assistance with transport can be arranged if required. Most activities run from 2pm until 4pm.

Afternoon tea is served for which a gold coin donation or koha is requested. In addition Shirley and Diane will make home visits for the purpose of encouraging seniors and providing assistance if needed to access services and resources in the community. Victory Senior Support is a wheelchair accessible service. Referrals to the Victory Senior Support workers are welcome. For further enquiries, please phone 546 9057

Victory Seniors at Victory Community Anglican Church, Games, Cards, Cuppa & Chat from 1:30-3:30pm Tuesday. Enquiries: Shirley 021 121 8023 & Church 546 9057 Tue-Fri 9:30am-noon

<http://www.nelsonanglican.org.nz/parishes/parishpage.aspx?PID=5>



Vitamin D supplements to reduce injuries by older people falling over.



You are less likely to fall and injure yourself when you're older if you keep your muscles and bones in good condition. Taking regular Vitamin D supplements can enhance your muscle strength and bone density, and reduce your risk of falling.

Why start taking Vitamin D supplements?

It's not uncommon for your body's Vitamin D levels to decrease as you get older. This can happen if you spend less time outside in the sun, which is one of the main sources of Vitamin D.

Taking Vitamin D supplements is a positive way to boost your body's Vitamin D levels and strengthen your muscles.

Vitamin D supplements are available to anyone living in a residential care facility. Check with your doctor to make sure they are suitable for you, and to get a prescription.

All it takes is one 1.25mg tablet once a month to boost your Vitamin D levels. Older people living in the community can ask their Doctor to consider prescribing Vitamin D supplements.

How does Vitamin D work to prevent falls?

Vitamin D has been shown to increase the number and size of type II muscle fibres, which play an important role in balance and mobility. Vitamin D also helps maintain the strength of your bones.

For more information visit:

<http://www.acc.co.nz/preventing-injuries/at-home/older-people/information-for-older-people/PI00014>

What happens when Granddad no longer has a shed in which to potter and tinker?

Waimea Men's Shed Inc. committee are working hard to establish a communal workshop where blokes can share tools and skills, work on personal and community projects, and enjoy laughter and camaraderie. Chairman of the committee is Jim Davis: ph 5471547 Secretary is Alan Kissell: ph 5474303. Treasurer is Barry Ardern: ph5465547

The Shed will cater for men who have never had a shed, those who had lost one through downsizing, those no longer to access the workshop facilities they had at work and those whose shed is no longer big enough. We are hoping soon to obtain a suitable lease and then we can commence building a facility which is 12 x 12 m square. There are also lonely men out there who no longer have access to their tools and sheds. The men's shed could also provide a space for intergenerational skills transfer between Granddads and grandsons.

For men pottering in their shed helps to put things into perspective and the act of doing something often prevents focusing on whatever might be bothering them. Men don't network well - but they do work well together on projects and in the process share information, both about the work in hand and themselves - all very therapeutic. Men usually do not sit around over coffee talking, but will share when working together. To donate tools, join as a member or help establish the Waimea Men's Shed Inc, ring any of the above numbers.

Thanks

Jim Davis trishaandjim@xnet.co.nz

www.menssheds.org.nz highlights how you can help the development of Men's sheds in Picton, Blenheim and Nelson so they can become as successful as...



PERMISSION STATEMENT

I give permission for

to attend the sibSupportN.Z. programme and take part in all activities.

Signed: -----

Date: -----



Parent to Parent New Zealand Inc
PO Box 234
Waikato Mail Centre

Phone: 07 853 8491
Fax: 07 853 8491
sibsupport@parent2parent.org.nz
www.parent2parent.org.nz

sibSupportN.Z.



Parent to Parent
New Zealand's

Sibling
Programme

Blenheim
Sib Shop

Sunday 3rd April 2011

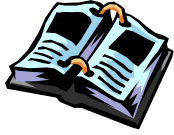
A day for children and young adults who have, or have had, brothers or sisters with disabilities.

The aim of the day is to provide siblings with an experience that will assist them to cope with the challenges of living with a brother or sister who has a disability or special needs.

- A day where siblings are the focus.
- A time for fun and a break from home.
- Workshop sessions and other opportunities to share feelings and issues.
- A chance to make friends with others who understand.
- A wide range of fun activities are included.
- Morning Tea & Lunch provided

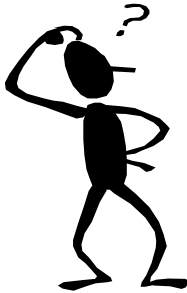
SibSupportN.Z. is offered at no charge to participants.

Parent to Parent New Zealand is contracted by the Ministry of Health to provide these programmes.



WHEN:
 10.30am till 3.30pm
 Sunday
 3rd April 2011

WHERE:
 Community Link
 Wairau Room
 3 Alfred St
 Blenheim



WHO:
 This programme is for Siblings aged from 8 years to 18 years, who do not have special needs or health conditions themselves.

Please complete the attached Expression of Interest by 24/3/2011 and send to:

Parent to Parent National Office
 P O Box 234
 Waikato Mail Centre
or ring
 Toll Free 0508 236236



SibSupportN.Z.

Nelson
 SibShop

EXPRESSION OF INTEREST

Please return by 24 March 2011

DETAILS CHILD/REN WISHING TO ATTEND

Name: _____

Date of Birth: _____ AGE: _____

Name: _____

Date of Birth: _____ AGE: _____

Name: _____

Date of Birth: _____ AGE: _____

PARENT/CAREGIVER CONTACT DETAILS:

Name: _____

Address: _____

_____ Postcode _____

Phone (daytime): _____

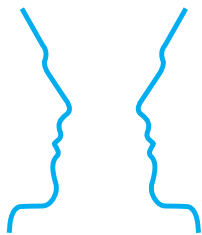
Phone (evening): _____

Phone (mobile): _____

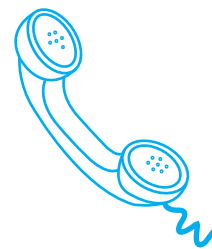
FREE Counselling and Support

For People Displaced from Christchurch

Counselling is available for people affected by the Christchurch Earthquake. Up to four free counselling sessions available.



Face to face counselling
Contact: 548-0904



Telephone counselling
Contact: 0800 RELATE

This general counselling & support is offered by Relationship Services. Please do not hesitate to contact us for an appointment today.

Other areas of support include:

- >> Lifeline Nelson 546 8899 or national free calling to 0800 543 354
- >> General support phone Victim Support 546 3847
- >> Women's Support contact Nelson Women's Support 546 8441
- >> Support for the wellbeing of children and their families contact Barnardos 539 0019
- >> Health support contact Healthline 0800 611 116

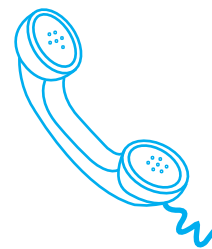
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Contact: 578-6258



Telephone counselling
Contact: 0800 RELATE

This general counselling & support is offered by Relationship Services. Please do not hesitate to contact us for an appointment today.

Other areas of support include:

- >> **Lifeline Marlborough 577 8668 or 0800 543 354**
- >> **General support phone Victim Support 0800 842 846**
- >> **Children's support and counselling contact Marlborough Barnardos 578 6491**
- >> **Health support contact Healthline 0800 611 116**