

Vision

Disabled people and their families are able to lead the lives they desire.

Core Value

Respecting and supporting choice

Mission

To empower disabled people and their families through leading social change.

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Parent & Family
Resource Centre
www.pfrc.org.nz
Phone: 09 636 0351
PO Box 13 385
Onehunga
92a Princes St
Auckland

SEMINARS/TRAINING

Y Star Kids Dance Movement Therapy 2012

Dance Movement Therapy for children on the Autism Spectrum will be starting again on the 3rd February 2012. There are group programs available on Friday afternoons for children aged 3-16 that focus on building social skills and emotional literacy through dance, movement, music, play and body awareness. Programs are held at Mt Albert Community and Recreation Centre, 773 New North Road, Mt Albert. Contact Anaia on 021 184 9676 or email anaia@xtra.co.nz or visit <http://www.anaiatreefoot.org/> for more information.

Free Coaching Advice to Start the New Year for First 50 Requests

Carers NZ and *Family Care* coach and columnist Richard Blakeborough are offering a free hour of life coaching for the first 50 friends and supporters who request a session (sessions are delivered via Skype if suitable). This offer is open to families, those managing their own health or disability needs at home, home support workers and other health professionals. To request a free session with Richard please email sara@carers.net.nz or phone 0800 777 797. Don't feel shy about participating, *Family Care* has paid for these 50 places already, and your only obligation is to think about what you'd like to discuss with Richard, and to make arrangements with him by phone or email for your free one hour session!

Numicon Workshops

Do you need to extend and challenge your child's maths abilities? Is maths a mystery to your child? Confused by sequencing of numbers? Having trouble understanding the relationship between numbers? Want an answer for home and school complementary to the NZ Curriculum? Numicon is different from most maths programmes. It uses structured visual images or patterns to represent numerals and encourages understanding through relationships between numbers, in a progressive teaching programme. For information on training dates [click here](#).

UPCOMING EVENTS

Waitangi Day Free Train Rides (for special needs children & their families)

The Manukau Live Steamers Club is holding their annual free train rides for special needs children and their families on Monday 6th February 2012 between 11am and 4pm at Centre Park, 141 Robertson Road, Mangere. There will be a Mad Butcher sausage sizzle for lunch. All children MUST be accompanied by a caregiver please. For more information please [click here](#) or ring Lynne Giles 535 8577.

Picnic at the Beach 2012

Brain Injury Auckland with the Buckland's Beach Lion's Club invites you to their Picnic at the Beach at Ground 3, Long Bay Regional Park, North Shore on Sunday 12th February from 10.30am onwards. A bbq lunch will be provided. There will be a bus picking up from Papatoetoe Stewart Centre at 9:30 am thereafter picking up at *Headway House* 207 Manukau Road at 10 am. Please contact Brain Injury Auckland on 520 4807 or 520 4817 with numbers attending and whether or not you want the bus ride by Friday 3rd February.

Show Your Ability – Disability Equipment Expo 2012

Check out NZ's premier annual equipment show at Trusts Stadium, Waitakere, Auckland from 9am till 3pm on the 14th February. For more information and to see details of the Hamilton, Palmerston North, Christchurch and Dunedin shows, email showyourability@3am.net.nz, call 021 240 8622 or visit www.facebook.com/showyourability

Crafting A Future Workshop - Tauranga

The Parent & Family Resource Centre and Imagine Better are hosting a Crafting A Future weekend workshop in Tauranga on 18 & 19 February 2012. This workshop explores strategies for creating a better life for people with a disability and their families. Details of the workshop topics and presenters are available at www.imaginebetter.co.nz/CAF_intro.php and include:

- Pursuing a Good Life
- Circles of Support
- The Importance of Roles
- Wills, Trusts and Estates

Venue details are:

Tauranga

18 - 19 February 2012 9am till 4.30pm each day

Mako Room

Papamoa Community Centre

15 Gravatt Road

Papamoa

The cost of this workshop is \$30 per person (to cover catering). Booking for these workshops is essential. Please contact Melissa at PFRC on 09 636-0351 or melissa@pfrc.org.nz or book via our website www.pfrc.org.nz or www.imaginebetter.co.nz/CAF_intro.php

National Not-For-Profit Sector Conference 2012

This years conference will be held on the 23 – 24th February at the CQ Conference Centre in Wellington. Some of New Zealand's leading speakers including Jenny Prince (ceo of Plunket), Bob Frame (futurist), Chris Clark (ceo World Vision) and Viv Maidaborn will be presenting ably supported by a host of New Zealand's leading NFP practitioners. The conference will involve a mix of presentations and workshops providing practical management / leadership skills and learnings that can be applied in your own organisation. For more information and to register go to www.nfpconference.co.nz Early Bird Rates are available for all registrations received by 31 January 2012 so book your spot today.

New Zealand Disability Support Networks Conference 2012

Light The Fire for Action on Inclusion on 6 – 8 March at Te Papa in Wellington. Some of the highlights include presentations by government ministers, John Allen from b.accessible, Dr Brendan Long from NDS Australia and a performance by Australia's 'Rudely Interrupted', along with an interactive workshop program and a Strategic Planning Forum exploring the challenges facing the sector. There is full or part sponsorship available from Te Pou for disabled people to attend, however applications for this must be received by 23 January, 2012. To apply go to <http://www.tepou.co.nz/training/disability-grant-funding/consumer-conference-attendance-sponsorship> or contact Shaun Lines, Event Manager 021 751 932 or 06 878 3456 or alternatively email shaun@grow.co.nz For full conference details or to download the program visit www.nzdsnconf.org.nz

The Big Event 9-10 March 2012, ASB Showgrounds, Greenlane, Auckland

A National Disability Expo brought to you by the Auckland Disability Providers Network. Please note date change from 2-3 December 2011 to new date 9-10 March 2012. For more information [click here](#).

1st NZ Deaf Parents Conference

From 5pm Friday the 11th May through until 3pm Sunday 13th May NZ's first Deaf Parents Conference will be held at Carey Park in Henderson, Auckland. Workshops include International guest speakers, how to raise CODAs and Deaf children, accessing CODAs children's education, information sharing with other deaf parents and educating deaf parents of their rights. Cost is \$100 per family (2 adults, 3 children under 18yrs) if registered and paid for by the 1st Feb 2012, otherwise \$150/family. This includes 5 catered meals on Saturday and Sunday (not including Friday). FREE accommodation will be provided for those families coming from outside Auckland, on a first in, first served basis. For more information visit www.careypark.org.nz or contact James at james.pole@deaf.org.nz for registration details.

Transition Expo 2012

The Parent & Family Resource Centre will be running our annual Transition Expo on Tuesday 15 May 2012 from 9am till 3pm, in association with the Ministry of Social Development. The venue will be the AMI Netball Centre, 7 Allison Ferguson Drive, St. Johns, Auckland. More details will be available via our E Bulletin and website soon, or ring Lisa at PFRC on 636-0351 or lisa@pfrc.org.nz

HOLIDAY PROGRAMS

Below is a selection of Christmas holiday programmes running in Auckland:

Recreate Junior Holiday Program

Recreate are running a Junior Holiday Program in January for children aged 9 – 14. The Program runs for two weeks, from Monday 16th until Thursday 26th (3 days each week) and includes Kelly Tarlton's, Devonport for a picnic and movie, Kiwi Valley and West Wave, Rainbow's End, Auckland Zoo and Waiwera Hot Pools. For further information or to make a booking contact Recreate on 09 634 3474 or email recreate.auckland@xtra.co.nz Alternatively contact Renee Wood (Program Facilitator) on 027 6105 521.

disABILITY.rec Holiday Program

disABILITY.rec are running a fun-filled holiday program from Monday 23rd Jan through to Friday 29th Jan. Activities include a beach trip with Fish and Chips provided, a day at the movies, an arts/movie/playstation day, mini golf and horse riding. Cost is one carer support day per day or 4 ½ carer support days for the week. Contact (09) 532 8310 or (029) 7746 815, or email disABILITY.rec@windowslive.com for more information.

Janet McVeagh – Recreation

Janet McVeagh Recreation are running January Holiday Programs which are Electric and Manual Wheelchair Friendly, and where siblings and friends are welcome. They are providing a program for all ages from 16th January to the 20th for \$87.40 per day (ACC and carer support accepted). For further information contact Kerrie O'Hara on 021 211 9882 or email jm.recreation@ihug.co.nz

NOTICES

Bruce Davey

Bruce has been running a small woodwork workshop in Silverdale for the last twelve months, he has taken students with disabilities and taught them some wonderful skills, he also teaches wood turning and carving. He teaches Health & Safety and equipment safety to all the students who join his programme. Bruce is now looking for new premises. If you know of anywhere in the Silverdale/Orewa/Albany area Bruce could set up his equipment and continue running this essential program please contact him on 021 148 7680 or shedworx@yahoo.com.au or [click here](#).

Also if you know of any other students who may be interested (for \$50 a day which covers all materials and tools - due to no government subsidy) or anyone who may be able to assist with funding (Lions or Rotary members?) please contact Bruce.

Autism New Zealand

Autism New Zealand are running EarlyBird Programs in Central and South Auckland from February through till April 2012. EarlyBird is an Early Intervention in Autism: Partnership with Parents program that combines group training sessions and individual home visits to assist parents of pre-school aged children with a probable diagnosis of ASD. For more information contact Pat Gluck at Autism New Zealand Inc. on 04 470 7616 or pat.gluck@autismnz.org.nz

Autism New Zealand are also running a HELP! Program at Autism New Zealand Offices, 642 New North Road, Kingsland. This program includes six Tuesday evening group sessions from 7th February through till the 13th March 2012. For more information contact Pat Gluck at Pat.Gluck@autismnz.org.nz or Auckland@autismnz.org.nz

Raukauri Music Therapy

The Raukauri Music Therapy Centre runs a range of different Music Therapy Workshops throughout the year that are delivered by Registered Music Therapists and are for people such as teachers, parents/carers, students, therapists, specialist professionals and others. The workshops are held at Raukauri Music Therapy Centre, 15 surrey Crescent, Grey Lynn, Auckland and run at a cost of \$55 per workshop or \$100 for the two workshops run each term, with morning and afternoon tea provided. For further information please contact Jo on (09) 360 0889 or info@rmtc.org.nz

Wheelchair Tennis Open Day

Halberg Trust, Parafed Auckland and Tennislife have combined forces and are running a Wheelchair Tennis Open Day, on Thursday January 26th from 9am to 12am at the Forrest hill Tennis Centre. The day is designed for young people who have a physical impairment. However, students do not need to be in a wheelchair to participate, as sports chairs will be provided on the day. Racquets will also be provided. Click in the link <http://www.tennislife.co.nz/inside.asp?documentid=54> for more information. Contact Kevin Woolcott Kevin@tennislife.co.nz or chris@halberg.co.nz to register your interest

Laura Fergusson Rehabilitation

The Laura Fergusson Rehabilitation are opening new services based in Papakura in 2012. The opening services include; MSD available services such as Very High Needs – Day Activities, High Needs – Community Participation and Student transition services;

IHC Call to Action

The IHC has published a new advocacy resource called Call to Action. The booklet aims to raise awareness and encourage much needed action for New Zealand children and young people who are disabled. Click here for more information on the Call to Action campaign <http://www.ihc.org.nz/campaigns/election-2011/> IHC has consulted widely with families, professionals, community groups and with children and young people themselves about the issues and solutions identified in this Call to Action Resource. IHC encourages you to read this resource and take action. For further information or to order more resources please contact IHC on advocacy@ihc.org.nz or phone 04 472 2247.

ASD Basketball

ASD Kids Charitable Trust ran successful basketball training at Breakers Gymnasium, North Shore in Term 4 of 2011. Fun visually laid out ball skills with the aim to get moving to improve co-ordination, team skills, fitness and social play. South Auckland group had their first adult attend - person came along with his carer from his community flat - this is suited to all persons on the ASD spectrum - it is essential to contact Mary first so they can ensure everyone is well catered to. Contact Mary Henderson at maryhenderson2@me.com to register for both areas in 2012. For further information visit www.asdkidstrust.com or [click here](#).

New Mobility Parking website

CCS Disability Action are excited to launch their new mobility parking website - www.mobilityparking.org.nz. Information about the scheme was previously published on their main CCS Disability Action website but they wanted to make the information clearer and easier for people to access. If you have any current information about the location of mobility parking and concessions in your area that they don't currently have on their 'Mobility parking near you' page – they would love to hear from you, ph: 04 384 5677

Office Space Available at Parent & Family Resource Centre

The Parent & Family Resource Centre has an office for rent at our premises 92A Princes Street, Onehunga. We are a not-for-profit Disability Information Advisory Service, contracted to operate throughout Auckland - north to Warkworth and south to Waiuku. Currently, some of our tenants include organisations working in the health/disability sector but this is not a requirement. The available office is upstairs (sorry, no lift) and would comfortably fit 2 workstations. Some utilities here at PFRC are shared such as kitchen/toilet facilities, internet access, phone system, photocopier, board room and mail delivery/postal service. We have ample free street parking and are located within walking distance to Onehunga Mall. The Onehunga train station is close by. Please contact Lisa 636 0351 or lisa@pfrc.org.nz if you would like further information.

Parent to Parent: 2nd Generation

Parent to Parent are presenting a 2nd Generation workshop for adult siblings and parents of disabled people. The workshop, accommodation and meals will be free to participants. The Auckland workshop will be held from 5.30pm on the 27th January through to 4.30pm on the 29th January. For any questions contact 0508 236 236 or email nick@parent2parent.org.nz To view the brochure on our website visit www.pfrc.org.nz

From the PFRC Team



Lisa, Melissa and Virginia

www.pfrc.org.nz

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