



# DIGEST



## Disability Information Service - Otago

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### Thank You for Your Funding Support:

- Ministry of Health
- NZ Lotteries Grants Board
- The Southern Trust
- COGS
- Otago Community Trust
- NZ Community Post
- United Way NZ

### THE WINDMILL HOLIDAY PROGRAMME

provides a variety of activities, for people of different ages who are on the Autistic Spectrum, or have intellectual or physical disabilities.

The individual needs of each participant are assessed, and an individual management plan is created. In order to compliment any existing plans, Parent or Guardian input is encouraged.

Siblings are also welcome to attend.

#### PAYMENT OPTIONS

The Programme may be paid for privately or can be funded by utilising Personal Care Hours, Carer Support or the OSCAR Subsidy.

Parents or Guardians who wish to use the OSCAR Subsidy must register themselves with Work and Income to apply for this.

The Programme runs Monday to Friday 9.00am to 5.00pm during the School Holidays

For more information please contact:

Amy Holmes – Windmill Co-ordinator on 03 455 0714 or 027 612 1136  
Angela Olsen – Specialised Care Manager on 455 0714 or 027 612 007



**Age Concern** is planning to put a little cheer into the lives of people for whom Christmas would otherwise be a time of sadness, of struggle and

loneliness. Donations of money, gifts and food enable Age Concern to deliver hampers to around fifty older people each year so they do not go without the traditional Christmas treats.

If your organization has a client/s, who is without family, or struggling financially or will likely spend the day without visitors, friends or family, please forward their name and address to Age Concern and we will try and make their Christmas Day a little bit special.

If the demand for hampers exceeds our ability to supply everybody, people will go into a draw. Send your nominee to [Kristen@ageconcernotago.co.nz](mailto:Kristen@ageconcernotago.co.nz)

## Acting FAST could save a person having a Stroke

Is it a Stroke?

Check it out the F.A.S.T. way!!



**F A C E** – **S M I L E** (is one side droopy?)

**A R M S** – **R A I S E B O T H A R M S** (is one side weak?)

**S P E E C H** – **S P E A K A S I M P L E S E N T E N C E** (Slurred? Words jumbled? Unable to?)

**T I M E** – **L o s t t i m e c o u l d b e l o s t b r a i n**, get to hospital FAST – Call 111

**CALL 111 IMMEDIATELY YOU THINK IT'S A STROKE**

### Hospital Display Board



We are now taking bookings for the Dunedin Hospital Display Board.

If you are keen to book it, may be to coincide with your Street Appeal or other event then please contact us at Disability Information Service 03 471 6152.

First In First Served!!

### Brain Injury Association Otago

The following are some tips for the festive season from Cathy Matthews, Liaison Officer, Brain Injury Association Otago

*The festive season can also bring extra pressures. We may have to socialise more and in settings that are not ideal e.g. crowds, noise or lights. The important thing is not to isolate ourselves and not attend but manage the situation.*

#### SOME TIPS

- Attend a function for limited time
- Avoid or limit alcohol
- Managing your fatigue improves your ability to cope
- If in a noisy situation limit your time there before having a break
- Consider your daily plans don't plan to many activities without a break
- If you feel yourself getting stressed take timeout.

**Most of all have a good time**

**Cathy Matthews**

#### Got Christmas Bulk Mail to go Out?

**Cargill Enterprises** at can assist with their "Mail It" service



They offer a full mail service which includes:

Folding, Inserting, Collation, Flow Wrapping, Labelling, Permit Code Orders (In Accordance With NZ Post Code Regulations), Mail Bagging, Bulk Mailing – A Specialty, Bulk Box Assembly

Contact Cargill Enterprises Mail Service – Shirley Keen [Shirley@cargillenterprises.co.nz](mailto:Shirley@cargillenterprises.co.nz) ph 03 4555 119

**Disability Information Service  
is now selling  
Equipment and 'Conni' Incontinence products**



Equipment includes daily living aids such as strollers, walking sticks, reachers, shower stools etc  
"Conni" incontinence products include absorbent underwear, re-usable insert pads, bedpad, chairpads,  
pillow protectors etc.

Available from our office at Community House, 301 Moray Place, Dunedin

**RESOURCE INFORMATION CENTRE  
AT  
ARAHINA FAMILY SUPPORT CENTRE  
2 PERTH STREET  
MOSGIEL**

**MONDAYS 9:00AM - 12:00PM  
WEDNESDAY 12:30PM - 2:30PM  
FRIDAY 9:00AM - 12:00PM**

**Information and assistance with**

<b>Immigration.</b>	<b>Passport applications.</b>	<b>Residency status</b>
<b>Health &amp; Disability.</b>	<b>Budget Education.</b>	<b>Legal Referrals.</b>
<b>Consumer Issues.</b>	<b>WINZ</b>	<b>CY&amp;F</b>
<b>Employment</b>	<b>C.V. preparation</b>	<b>Parenting</b>
<b>Social Service Agencies Daily newspapers available</b>		

## ***Thankyou payroll – free online payroll services***

**Thankyou payroll** offer a professional, secure and easy to use online payroll service for New Zealand employers.

They look after all of your IR348 and IR345 returns, transferring to employees, pay slips, monitoring leave, KiwiSaver, Payroll giving and more!

For example: your pay week is Mon-Sun and you transfer to **Thankyou payroll** Mon night. Your employees get paid Wednesday night.

The IRD pays listed payroll intermediaries a subsidy of up to \$10 per employer per pay. **Thankyou payroll** currently give 5% of the subsidy each client generates to a cause or charity of their choice. They will increase this percentage with every 100 clients. Target: 50% and 600 clients by Dec 2012 (50% means up to \$221 per year per client to give away).

Free for all but the biggest NFP employers. Plus small to medium NFP employers can earn up to \$221 p.a. by nominating themselves. Processing a pay will take 2 business days.

For further information check out their website [www.thankyoupayroll.co.nz](http://www.thankyoupayroll.co.nz) or call 0800 895 146



**Shakti Community Council Inc.**

We service New Zealand's migrant and refugee communities

### SHAKTI SERVICES FINALLY IN DUNEDIN

Shakti Community Council Inc. strives to overcome barriers that best migrant women from **Asia, the Middle East and Africa**. It seeks to empower and protect such women and children from **domestic violence** offering services in a culturally appropriate environment. Other social services are rendered in the course of such service delivery.

Besides the office in Dunedin, Shakti Community Council Inc. operates in Auckland, Wellington, Christchurch, Hamilton and Tauranga. The service has finally come to Dunedin, thanks to the organisations and individuals who worked tirelessly from the dream conception to the program launch on 24<sup>th</sup> November 2011.

Like other forms of abuse, **domestic violence** is a hard-to-talk-about matter and often kept a secret. Many people facing Domestic Violence remain silent due to fear or preferring not to say bad things about the people they love.

The scenario is even harder in the case of abused migrant women. Such women find themselves living in a different culture overseas. They are physically and socially dislocated from their extended family support system. Sometimes, their abusive partner might be their sole breadwinner. Such dynamics makes telling on an abuser even more difficult.

Shakti Dunedin's success will largely depend on the goodwill and involvement of a family of networking partners to bring **domestic violence** out of the closet and find relief for sufferers.

The Shakti Ethnic Women's Support Group- Dunedin Coordinator, Namakau Nalumango (Nana) believes that **"the best way to find happiness is to put joy into other lives"**. By adding your name to the network and reaching out through your time and other resources, you too might reap the benefit!

Namakau can be contacted on: [dunedin@shakti.org.nz](mailto:dunedin@shakti.org.nz) or (03) 477 1351



On the 24<sup>th</sup> of March 2012 House and Garden will be hosting a tour of the houses and gardens in Queenstown.

All proceeds raised will be donated to the Look Good Feel Better programme <http://www.lgfb.co.nz/> and the Cancer Society.

For this event Cancer Society Otago Southland Division have been asked to find 150 volunteers to help look after the 10 houses that have been selected for the tour.

Each volunteer would need to commit to a half day shift (either 9.00 am – 1.00 pm or 1.00 – 5.00 pm) and would receive a free ticket to take the Tour during the half day they were not helping.

So far they have 80 volunteers and are looking for an additional 70.

If you are able to assist please contact:

*Marie Wales, Coordinator Support Services Central Otago / Lakes District  
Cancer Society Otago Southland Division  
email : [marie@cansoc.org.nz](mailto:marie@cansoc.org.nz) Office: (03) 442 4281 Mob : 027 536 0066  
Address: Unit 29, 159 Gorge Road, Queenstown 9300*

#### **Tour Details are as follows:**

<b>Saturday 24 March</b>	Queenstown Lakes
<b>Time</b>	Homes open from 10am – 4pm
<b>Cost</b>	\$58.00 per ticket
<b>On sale</b>	from Monday 21 November from Ticketmaster: <a href="http://www.ticketmaster.co.nz">www.ticketmaster.co.nz</a> , 0800 111 999 or (09) 970 9700, or local outlet.

Tickets will be removed from sale the week prior to the event. In the week prior to each event, tickets can be ordered and collected from the Cancer Society local office.

<b>Tour Details</b>	Tour details and maps will be sent out approximately one week before the event.
<b>Restrictions</b>	There will be no door sales, no children (under 15 years of age) and apologies, no wheelchair access.
<b>Booking Fee</b>	<u>Ticketmaster Phone/Internet Bookings:</u> \$8.00 transaction charge (one-off charge per booking, regardless of the number of tickets booked). \$4.00 courier fee. Customers can have their tickets posted at no extra charge, however as this is a general admission event, if tickets are lost, stolen or destroyed Ticketmaster cannot replace these. <u>Ticketmaster Outlet Bookings:</u> \$2.00 charge per ticket.
<b>House Details</b>	The details and locations of homes on each Tour are confidential until closer to the event. This is to protect the privacy of homeowners.

**For all queries, please contact:**

Moira Marcroft,

**0800 280 180 or by email [moira@cancer.org.nz](mailto:moira@cancer.org.nz)**



Because grief happens and support matters...

**New Anger Resource For Children, Teens And Families, And Those Working With Them,  
Now Available**

Hi there Disability Information Centre Teams,

We wanted to let you know about a new handbook that is likely to have relevance to your networks. We know that anger is a common response to stressful life situations, such as injury, illness and disability. Skylight has just launched THE ANGER TOOLBOX – a handbook for parents, carers, children/youth/family workers and other professionals to help children and teens get through angry times - whatever the cause of it. (Please see the attached information.)

Launched officially for us last week by the new NZ Commissioner for Children, Dr. Russell Wills, it brings a sound, common sense approach to this big topic. We have worked hard to make it as useful as possible for New Zealand parents and carers of our country's children and youth, and for those working with them. You can see what the commissioner has said about it in the endorsement above, and you may like to read the endorsements of others on the back of the flier.

This is a refreshing and very practical book, easy to read, full of colour and great photos. Anger is something all people struggle with in different ways and this handbook is one people can dip in and out of for inspiration, encouragement and ideas to try. It includes four pages relating to the anger of children and teens with disability, injury or illness issues.

It may be useful to have available for parents and carers who are finding caring for angry children or teens very demanding. Alternatively, those working to support these age groups, and families, may also find it useful for themselves to develop new knowledge about anger and skills to help themselves, and others, to manage it well.

Skylight sincerely hopes the ideas in THE ANGER TOOLBOX can be helpful to help children and young people, and ourselves, to navigate through angry times in safe and positive ways. It's about managing anger - so that anger doesn't just end up managing us!

Thank you. You may also like to check out our website for other resources, free downloads and articles etc. See [www.skylight.org.nz](http://www.skylight.org.nz)

Sincerely,

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[www.skylight.org.nz](http://www.skylight.org.nz)

**Coming Events**

**December**

- Thru to 13<sup>th</sup> Mar Steampunk: Fabulous Fashions, Original Inspirations – North Otago Museum, Oamaru
- 3<sup>rd</sup> to 31<sup>st</sup> 9<sup>th</sup> Guided tour at the Dunedin Public Arts Gallery of various works  
Journey Community Church is hosting a Free Family Movie Night at the Mornington Primary School Hall. 6.30pm to 9.00pm Ph Tony Collins 021 418 859, [tony@journeydunedin.co.nz](mailto:tony@journeydunedin.co.nz) Website [www.journeydunedin.co.nz](http://www.journeydunedin.co.nz)
- 11<sup>th</sup> Dunedin Harmony Chorus sing a variety of tunes in the foyer of the Dunedin Public Art Gallery
- 11<sup>th</sup> Mosgiel Christmas Market from 10.00am to 3.00pm
- 14<sup>th</sup> Tours for Tots at the Dunedin Public Art Gallery 11.15am to 12.00
- 16<sup>th</sup> SAFE Street Day appeal
- 18<sup>th</sup> Nine Lessons and Carols – Music and readings for Christmas  
Knox Church Dunedin 7.00pm to 8.15pm
- 20<sup>th</sup> to 24<sup>th</sup> Christmas comes to The Animal Attic at Otago Museum
- 20<sup>th</sup> to 29<sup>th</sup> Jan Visit Santa 10.00am to 5pm  
School Holidays at Otago Museum

**January**

- 11<sup>th</sup> to 8<sup>th</sup> Feb Tours for Tots at the Dunedin Public Art Gallery 11.15am to 12.00

**February**

- 2<sup>nd</sup> to 3<sup>rd</sup> El Caballo Blanco: The Dance of the White Stallions at The Edgar Centre, Portsmouth Drive, Dunedin
- 11<sup>th</sup> Thieves' Alley Market Day – 10.00am to 4pm Octagon, Dunedin
- 17<sup>th</sup> to 19<sup>th</sup> Barking Mad Booksale – Dunedin City Library
- 18<sup>th</sup> Outram School Twilight Mardi Gras – 4.00pm to 11.00pm  
Outram School, 1 Beaumaris Street, Outram
- 19<sup>th</sup> Classic Hits Winery Tour : Gin, Mutton Birds, Avalanche City  
Logan Park, Cnr Union Street and Logan Park Drive, Dunedin  
5pm to 10pm. Tickets can be purchased via the Winery Tour website [www.winerytour.co.nz](http://www.winerytour.co.nz) and Ticketmaster.

**March**

- 6<sup>th</sup> Ryan Adams – Regent Theatre, The Octagon Dunedin. Tickets can be purchased at the Theatre or phone 0800 224 224
- 10<sup>th</sup> The Exponents 30 Year Anniversary Concert Tour - Regent Theatre, The Octagon Dunedin. Tickets can be purchased at the Theatre or phone 0800 224 224
- 15<sup>th</sup> The Exponents 30 Year Anniversary Concert Tour – Oamaru Opera House – For tickets prices etc phone 0800 224 224
- 18<sup>th</sup> Dunedin Weet-Bix Tryathlon – Memorial Park Mosgiel
- 24<sup>th</sup> House and Garden will be hosting a tour of the houses and gardens in Queenstown.



**Best Wishes for Christmas and the New Year from the office of DIS**

*Sallyjane & John*

*Office closes Friday 23rd December at 12.00pm and reopens Wednesday 4th January*



**Disability Information Service**

Community House, 301 Moray Place, Dunedin

Ph: (03) 471 6152 or 0800 693 342 Fax: (03) 471 6159

Email: [dis.dn@xtra.co.nz](mailto:dis.dn@xtra.co.nz) Web: [www.disabilityinfo.co.nz](http://www.disabilityinfo.co.nz)

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**Sender:  
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