

The Review

August 2011



no pain,
...no gain!

Physical
get

\$20

Cerebral Palsy Society

NOT TO BE USED FOR TAXIS



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Expires end of
***05/12**
*mth year

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The Official Magazine of the Cerebral Palsy Society of NZ Inc

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Any opinions, findings, conclusions or recommendations expressed in this publication are those of the authors and do not necessarily reflect the views of the editor, Cerebral Palsy Society of NZ or Iris Ltd

Contents

	Page 3
◆ <u>getPhysical Launch</u>	Page 4 & 5
◆ <u>News from HQ</u>	Page 6
◆ <u>Christchurch rocks without shocks</u>	Page 6
◆ <u>Auckland & Christchurch Cabarets</u>	Page 7
◆ <u>Dance routines help waistline</u>	Page 8 & 9
◆ <u>Lunches, high kicking showgirls</u>	Page 10
◆ <u>The snow experience welcome you</u>	Page 11
◆ <u>Cerebral Palsy Library..... ahem</u>	Page 12
◆ <u>AGM Notice & Spirit of Adventure</u>	Page 13
◆ <u>Nomination Form</u>	Page 14
◆ <u>Now here's a full on sport</u>	Page 15
◆ <u>Leadership emerges</u>	Page 16
◆ <u>Rugby kick starts access audits</u>	Page 17
◆ <u>Kiwichat Camp 2011</u>	Page 18
◆ <u>Lifespan Project progressing well</u>	Page 19
◆ <u>Boccia rolls out around the country</u>	Page 20 & 21
◆ <u>Wilson Hone turns 75 next April</u>	Page 22
◆ <u>2011 Arafura Games</u>	Page 23
◆ <u>Let's go Sailing</u>	Page 24
◆ <u>Upcoming Events</u>	



GetPhysical Launch

The getPhysical programme is set for launch, nationwide, on the 1st September 2011.

The goal of the programme is to allow our members with CP to be able to maintain or improve their physical ability. It really harps back to the old adage 'If you don't use it, you lose it'. So with this in mind the getPhysical programme was born. The Society will allocate \$500 in getPhysical vouchers to successful applicants. They will have 11-12 months to use them before they expire.

We have piloted the programme in Auckland over the last 2 months. We invited 100 members to participate in the pilot. From those 100 we have had 21 applications join the programme. So what have we learnt from the pilot?

- ◆ Applicants are not reading the instructions on the application form on how the programme works.
- ◆ Many applicants were not aware that they have to approach potential suppliers and organize for them to contact the Society to become a supplier. This is the main issue with the pilot at the moment. The supplier is required to accept our vouchers and then send them to us for reimbursement. This requires a degree of trust from the supplier. One applicant has organized to obtain an invoice from a supplier, they have then to sent the invoice into the Society with the appropriate number of getPhysical vouchers attached, asked us to direct credit the supplier for the invoiced amount..... this is another option for using a supplier as it removes the need for trust and may be an option for an otherwise reluctant supplier to agree too.



It is true. No pain.... No gain!!!!!!!!!!!!

- ◆ Some confusion as to what activities are covered by this programme. (e.g. Q. Are sports covered by the programme? A. No, but training to prepare for the sport is. Q. Is massage covered? A. Massage on its own is not, however massage to make the applicant supple for exercises that immediately follow, is. In essence, passive forms of therapy are not covered, the applicant themselves must be doing the work.)

In late August we will send an information pack and application form out to all of our financial members.

Have a good read of it, then seriously consider **getting Physical!**

Harvey Brunt



News from HQ

A new financial year began for us on the 1st of July, so maybe a quick look at what happened in 2010/11 and what is planned for 2011/12.

2010/2011 Year:

In September Luke joined the team to get Boccia grass roots up and running. This has been tougher than expected, but progress is being made. His efforts were concentrated on Auckland for the first 10 months to trial ideas, but now support for Boccia initiatives is nationwide. Perhaps the major highlight was the 60th Celebration of the Society in March. A lot of work went into that, but well worth the effort.

A disappointment was not making one of my targets for increased membership numbers. Although we had 193 new members with CP join, we had 61 from the previous year not rejoin... I hadn't factored that in! That resulted in us allowing members to join for up to 5 years in advance. About 1/3 of renewals have signed up for more than one year.

The year ended with the piloting of the getPhysical programme. What were the lessons we learnt from the pilot: Of the 100 invitations to participate, after 2 months we had 20 applicants. We have just started receiving vouchers back for redemptions. We have two organizations that have contacted us, after the approach from the user, to be suppliers. There is the impression that people are not reading the conditions of the programme that are on the application form. They miss the fact that the user is responsible for talking with their



proposed supplier and getting the supplier to contact the Society to make it official. As time goes by and more suppliers come on board this will become less of an issue. We intend putting all authorized suppliers up on our website.

Financially we were close to our operating budgets, but our investments had increased in value over the year so we finished ahead of budget. We under spent on the getOutThere programme, but overspent on the getThis&That programme which now has significant momentum.

2011/2012 Year:

The getPhysical is planned for release nationally on the 1st Sept. A mail out will occur just prior to this, also our website will be updated with all the applicable information. We are not planning on increasing our head count but remaining lean so that the least amount of money is consumed in administration. We have a membership goal of 890 people with CP by Jun 2012. We will need your help to reach it, check if your



friends with CP are members, let's face it, having CP and joining the Society is a no brainer. The Board have approved a budget spend that is 23% higher than the actual spend in 2010/11. This reflects the increasing membership, the introduction of the getPhysical programme and the increased uptake of our existing programmes. The getOnYourTrike programme is being boosted and we are looking to double our fleet of trikes from 32 to 76 during the year.

We will be holding events again in areas where the membership is sufficient to attract a good crowd. We are looking to roll out the CP Neighbourhood concept to those areas that show some enthusiasm for it. Our pilot has gone well on the North Shore.

We will be looking to increase our ties with CP organizations in Australia; we have much to learn from them. Each state has its own CP organization and they used to hold a national conference each year. I attended this twice and made good contacts, alas they have stopped these so our links are now weak. The 2011/12 year will be a growing year but we will still be delivering the events, programmes and grant options already experienced. The

team at the Society looks forward to being of service for another year.

Conductive Education (CE), Auckland Update.

The CE programme in Auckland has been run by Iris Ltd, the Society's business arm, since 1996. Unfortunately there have been some employment disputes that have resulted in the programme ceasing to operate since early June. Subsequent mediation between the Conductors and Iris broke down. Iris then engaged in negotiations with a Parent's Group formed from those attending CE. These did not result in a clear resolution of the issue. The Society made an offer to assist with finding a way forward. This was accepted by Iris and the Parent's Group. This has resulted in the Parent's Group forming a trust (Growing Learning Our Way Kids... GLOW Kids) which is now looking at options for funding and premises. Both Iris and the Society are assisting in these options.

Harvey Brunt

Boccia Tournaments

Boccia New Zealand Nationals

21st – 24th Labour Weekend

Kennington Stadium
Whangarei

For more info go to www.boccia.org.nz

38th Mitsubishi Motors Paralympics NZ National Championships 2011

3rd to 6th November 2011, Hamilton

This is a multi sport event.

For more info contact Luke Morriss on
0800 503-603 or luke@cpsociety.org.nz



Christchurch rocks without shocks

No one would have predicted the dramatic events that unfolded since last year's Twiggers Cabaret in Christchurch. Who would have believed the next 12 months would have been so packed with earthquakes and aftershocks. However we are a resilient lot down here and when the opportunity presented itself for a good night out, well we grabbed it and in short order there was a waiting list for a space at any table.



"ABBA in full swing"

Now I had attended last year and it was definitely a quality show. I made sure I was one of the first to get my name down for this year's entertainment and once again was not disappointed.

The food ensured there was something for everyone. Seafood, meat, vegetarian or dessert no matter what your favourite it was all there.

But the highpoint of the night was definitely the entertainment. Superstars from today and yesteryear dominated the stage where epic hits were belted out. The dance floor proved irresistible. Blondie, Tina Turner, Connie Francis, Leslie Gore, Dusty Springfield, Diana Ross, Pat Benatar, Pointer Sisters, Gloria Gaynor, Linda Ronstadt, Michael Jackson, Rocky Horror Picture Show, B52's, Beegees, all made an appearance to make sure we danced and danced and danced some more. The Great Pretenders are accomplished performers,

however it's fair to say that some younger (20's ish) people need to expand their music repertoire beyond the last 10 years! But then again I may be getting older...regardless there was music that everyone knew and it got people up and grovin!

To quote one attendee "Man what a night I had"

The queue is forming for next year already....

Rachel (CID) Mullins



"Matt and Karen tasting the turps"



Dance routines help decrease waistline

The background to Auckland's Diva Cabaret was nowhere near as "earthquake" dramatic as the Christchurch version. We tip our hats to our Cantab members who refuse to allow Mother Nature's scorn to get in the way of a good party. Good on ya guys

However on Saturday 25th of June, Auckland's Alexandra Park's Tasman room rocked on to the beat of our favourite pop stars, while the guys admired the high kicking show girls and wondered where they worked out!!!

Now to be honest I was a teeny bit jealous of that lucky birthday boy who was serenaded, Marilyn Monroe style, by one of the glamour girls, but I soon got over it especially when the food arrived. And what a great variety of food there was. There seemed a wider variety than the Paralympic village restaurant I invaded a couple of years back. Of course I enjoyed the Tasman room far better as there were no coach looking over my shoulder counting my calories.



However before Paul Munckhof adds his comments about my increasing waist line I did work it off on the dance floor. Well it felt like it the next day.

What a great night. The beaming smiles and excited chatter, upon departure time, said it all

Ross Floody



Lunches, brunches and high kicking showgirls

There is always lots of laughter, catching up and exchanging of ideas from groups of members and their families, who come along to the Society's events/ lunches and brunches. To date people from surrounding areas in Napier, Northland, Tauranga, Rotorua and Waikato have experienced the bubbly atmosphere in well appointed cafes, chatting over a delicious meal. Janet said "It takes a wee while to get around all the different regions, but don't worry you are on my radar"



Due to smaller membership in some parts of the country, Janet encourages residential facilities, carer's, families and members to rally together, and if possible travel the distance to attend the brunches and lunches being held in a more populated centre. It was really great to see that the folks in Whakatane did just that, arriving along to the "Third Place Cafe" in Rotorua, and also members from Cambridge/Te Awamutu, coming along to Iguana Cafe in Hamilton, all smiling from ear to ear, carers at hand. The members were able to have a special outing, meeting new people, and hearing about what was happening in another community that they may be able to take part, within travel distance from their home town. (good on you! Whakatane, Te Awamutu and Cambridge)

chatter box which makes her the ideal person to turn initially shy people into social extroverts. The awkward small talk soon turns into robust conversation, where she enjoys listening to people feeding back their appreciation of the society's programmes, which has given the families more freedom, and people with CP a stepping stone, to help gain a degree of independence, whether it be in the community, or in their individual everyday life.

Janet says it can sometimes take a while, before people realize the benefits of the Society's free and

As usual Members/Events Manager, Janet Chapman, is the catalyst to get things going. She has the gift of the gab has our Janet. She is a self confessed



unique programmes, but once on board there is no looking back. She did encounter this at a recent lunch.

A mother said to her "I didn't join my son up for 2 years, because I didn't feel the Society had anything to offer him. It was only because I was encouraged to find out more, that my son now reaps the worth while benefits of the programmes eligible to him."



During her travels Janet quickly realised that each region is different, and she always has her eyes and ears open on ways to promote the Society, encourage new membership and collate information from members for possible future programmes. Janet said she is always open to ideas, of what to do in place of a brunch or lunch. So don't be shy flick her an email, and she will look into it. janet@cpsociety.org.nz.

Janet wishes to acknowledge the wonderful support, that service providers have given her during her annual circuits around New Zealand. "They increasingly pass on the Society's information, to people who would benefit

from our programmes. If it wasn't for the service providers, these people would remain unknown to us," said Janet.

The big events in the major cities are also increasing in popularity. In fact the full house sign is pulled out within a couple of weeks of the announcement of each event. For example the Diva Cabaret at Auckland's Alexandra Park was a big hit, followed by Twigger's Cabaret in Christchurch.

One hundred and sixty members in Auckland enjoyed the action packed performance of the cabaret troupe, who pulled off superb impersonations of Billy Idol, Amy Winehouse and other such super stars. There was plenty of audience participation, but it was obvious the showgirls got the male vote with their eye catching costumes.

The good times continue to roll.

Turn to the back page to see the latest upcoming events in your part of the world

Ross Flood



THE SNOW EXPERIENCE WELCOMES YOU

"We handle all aspects of the on-snow visit, from parking to instruction; be it just one person or a group of 25. Just turn up and we take over," states Bob Williams - Ruapehu Adaptive Coordinator at Turoa skifield in the Central North Island.

Last year the Programmes at Turoa and its sister field Whakapapa provided over 500 skier days, where skiers with a disability, from as young as 4 years old to 75 years old, experienced the fun and the freedom of learning on snow.

Bob and his colleagues take great satisfaction out of fitting individual skiers and snowboarders with the appropriate equipment and there is quite a range of equipment to choose from. Wheelchair users abandoned their wheels and climb on to a mono or the more stable bi ski which takes them down the slopes in a sitting position. Beginners are attached to well qualified instructors who guide them down the slopes until the skills and confidence are good enough to go solo. Anything is possible for the advanced solo skier even back flips which would be a sight to see. Snow boards instruction is available and often more suitable than skiing for some with CP.

Bob and his colleagues can guarantee you an enjoyable time on the slopes. Even if all you can do is move your head, you can enjoy the freedom of skiing. Thanks to a mixture of fundraising with support from Turoa and Whakapapa fields and "Adaptive Snowsports New Zealand" heavily discounted prices are on offer. For example the beginner's package currently costs \$108 which includes a set of skis or modified equipment if appropriate, a lift pass, and a 2 hour lesson. Students who attend



with school groups get an extra special deal, plus they are able to apply for a grant from the Halberg Trust (www.halberg.co.nz).

For those in the South Island, there are well established adaptive programmes at Mt Hutt in Canterbury, Cardrona near Wanaka and The Remarkables close to Queenstown.

There is an excellent positive philosophy at the ski-fields which states "**Everything, anything is possible**" So there is nothing stopping you putting on your winter woollies and heading down to the snow. There are some very friendly ski- instructors waiting to introduce you to some very exciting winter sports.

For further information look at the Ruapehu Programme's website : <http://www.mtruapehu.com/winter/adaptive-learning-centre/>



Cerebral Palsy Library.....ahem

From time to time the Society gets asked if we have a library. The quick answer is no. It has often run through my mind that we should possibly have such a repository to assist our members. However when you consider the logistics of a library, it all becomes rather daunting. There is the researching of books to purchase, the purchasing, cataloguing, storing, marketing, issuing, tracking and ensuring the return of the books....definitely daunting!

Fortunately someone has got there sometime ago and done this job for us, as well as for many other organizations.... It's the CCS Disability Action Library, located at their head office in Wellington. Wishing to appease my guilt I suggested to the Society's Board that we should give a donation to the library to assist with the purchase of books on cerebral palsy, the Board readily agreed.

So at the end of May, whilst in Wellington, I took some time out to visit CCS and present their Librarian, Michelle Hill, with a cheque for \$1500. Michelle has a wealth of knowledge on the disability sector and its history. I thoroughly enjoyed my visit and Michelle was so helpful and enthusiastic. The Library is funded by the Ministry of Health under an Information contract. It has a large section on cerebral palsy with the books being catalogued, and that catalogue is available on the internet (just Google CCS Disability Action Library). You can take out books via the internet or by calling Michelle.



CCS will courier the books to you free of charge, you have to courier them back at your expense. If finances are a genuine issue they will find a solution for the return of the book.

This library is the best source of books on disabilities and the disability sector in NZ, well done Michelle and CCS Disability Action!

Harvey Brunt



2011 ANNUAL GENERAL MEETING: 30th October

Notice is hereby given that the Annual General Meeting of the Cerebral Palsy Society of New Zealand Inc will be held on Sunday the **30th October 2011**, beginning at 2pm, at the 14 Erson Avenue, Royal Oak, Auckland.

Resolutions for consideration, and **Nominations** for the Executive Board must be sent to: Cerebral Palsy Society, PO Box 24759, Royal Oak, Auckland 1345, to be received no later than 4pm on 30th Sep 2011.

The agenda, financial report, etc. will be sent to each financial member prior to the 12th October 2011.

Remember, to vote, you must be a current financial member.

Sail with Spirit of Adventure

Cost: \$400 – including travel. This may be covered by 5 Carer Support days.



**SPIRIT OF
ADVENTURE
TRUST**

- ◆ Friday February 10th 2012 joining at 10am Princes Wharf Auckland
 - ◆ Tuesday February 14th 2012 returning 12 noon Princes Wharf Auckland
- Applications close 30 SEPTEMBER 2011

Each year, the Spirit of Adventure Trust is able to take 30 young people with physical disabilities on a special 5-day voyage. These 30 young people, aged between 16 and 20yrs, come from around New Zealand and are selected by referrals from schools and organisations. Trainees are split into four watches with two - three experienced buddy's assigned to each watch.

For safety reasons applicants should be mobile and able to negotiate stairs (with a little help if required), and have reasonable balance and hand movements to enable them to participate in sailing the ship

If you would like any further information contact Stephanie on 0800 472 454 or 09 373 2060 if within Auckland.



Nomination Form

Nominations for the Executive Board of the
Cerebral Palsy Society of New Zealand Inc
for 2011/2012

Please tick a role

- President
- Vice President
- Secretary/Treasurer
- Board Member



Name of Candidate: _____

Signature: _____

Name of Nominator: _____

Signature: _____

Name of Seconder : _____

Signature: _____

Nominations and resolutions must be received by 4pm on the 30th Sep 2011. The candidate, nominator and seconder must be current financial members as of the 30th Sep 2011.

Please return nominations and resolutions to:
CP Society, PO Box 24759, Royal Oak, Auckland 1345



Now here's a full on sport

Powerchair football is a fantastic sport that offers a competitive, full on sport for those who use a powerchair. Previously sporting options have been limited for this group to more 'slow paced' sports such as boccia. Now there is a true adrenaline sport available! Powerchair football is an action-packed sport that combines the skills of the wheelchair user with the speed and power of the chair, to compete in an extremely challenging game very similar to soccer.



Powerchair Football is a competitive team sport for people with disabilities who use power wheelchairs. Players use powerchairs equipped with footguards to pass, shoot and dribble the ball with the objective of scoring the most goals. The sport is played in a gymnasium on a basketball court. Each team is allowed 4 players on the court at one time including the goalkeeper.

An Open Day for Powerchair Football was held in 2010 in Christchurch by the Halberg Trust. There was a huge level of interest so we ran a 6 week trial programme. From this 6 week trial ParaFed Canterbury then set up the ParaFed Canterbury Powerchair Football Club. We have developed footguards that can be mounted onto all types of powerchairs. The athletes were responsible for having a mounting bracket attached. Then the club footguards can be used by all the players. The Cerebral Palsy Society generously funded the purchase of the

footguards for the Club.

We have a wide range of members participating regularly in our powerchair football club, from children through to adults, with a range of conditions including cerebral palsy, spinal injuries and muscular dystrophy.

Australia currently plays powerchair football and is interested in continuing our Trans-Tasman rivalry. ParaFed Canterbury is keen to see other Powerchair Football Clubs develop around the country so that we can move forward and have a competition in this great sport!

The Contact person for Powerchair Football in Canterbury is Tony Flutey - tealz@paradise.net.nz

Tony is a player, and the main driving force behind the club and its development.

Kerry Jenkinson
ParaFed Canterbury



Leadership emerges

As the name suggests, Be.Leadership is a leadership programme, the aim of which is to “develop the full potential of emerging disabled leaders across Aotearoa, New Zealand, helping them contribute with more influence to community, academic, government and commercial areas of society.” It is part of a wider social change initiative called Be.Accessible, which has a vision for a 100% accessible society for all New Zealanders on a physical, social and personal level. An ambitious goal? Absolutely. An impossible one? Absolutely not.



"Erin Gough middle of front row"

Over the course of the programme so far, I have listened to and interacted with a number of inspiring speakers including people who work or have worked in the justice system, the UN, the health system, and in their own organisations, have discussed a number of interesting and sometimes challenging topics relating to disability, leadership and social change, and best of all in my opinion, have met a number of great people, who I will no doubt be friends with long after the programme ends. Because of the diversity of the group, which ranges from people with physical disabilities like CP, to people with hearing, visual, and intellectual impairments, I have met and gotten to know people from places I wouldn't have otherwise, and it's fair to say, have had some of my perceptions challenged in the process, in a good way.

I think the thing that I like most about Be.Leadership, apart from the friendships and fun, is that it challenges the way one thinks about themselves, about the world they live in, and of

course, about leadership. As I said above, before joining Be.Leadership, I didn't fit my own very one-dimensional definition of a leader, but it has shown me that there are multiple dimensions to leadership and that being a leader is not so much about making people do what you want them to do as I thought it was, but more about challenging oneself and others around them to think in a new, innovative way and through this new way of thinking, to go in a new direction – whatever that direction that may Be.

In summary, I am proud to be a member of the Be.Leadership programme and the wider Be. family and I can't wait to see where it leads me, though I believe that leadership is an ongoing, ever-changing journey. I would really encourage anyone interested to sign up for the 2012 programme when the time comes through www.beaccessible.org.nz (especially South Islanders, considering that currently I'm the only one!). I can't promise that you'll get what you want out of it, since only you can find that out, but I can promise that for me personally, it's been more than worthwhile in many ways.

Erin Gough



Rugby kick starts access audits



The catalyst was the Rugby World Cup but for people with disabilities, the Auckland City Council access audit, was even more important than the footie.

Tony Howe, that well known man about town, who works at Royal Oaks Disability Resource Centre, was contracted as one of the access auditors.

His job was to audit the Airport, the five information sites, the fanzones, Eden Park and North Harbour stadiums, and five key tourist attractions, including Rainbows End.

"I was assigned to give feedback on how accessible each venue was. It was a partnership really because the idea was to work with everyone. The approach was to say, you doing great, but there is still room for improvement, let's work on these problem area together," said Tony.

The response from the venues was great and there was a willingness to create change, where necessary, at each venue. For example the fanzone at Queens Wharf

proved to be very accessible. However the accessible route to the fanzone was unnecessarily complicated. The venue's organisers took heed of Tony's advice and now it's a smooth pathway to the bar!!!

The access audits are part of a nationwide social change campaign that aims to influence the attitudes and behaviours of New Zealanders so we can each play our part in creating a truly accessible nation.

Disability Issues Minister Tariana Turia has promised a Government investment of \$4 million over the next four years in the Be. Accessible campaign, "



Kiwichat Camp 2011

Leesa Ross from Talklink organised the Kiwichat camp in May 2011 at Totara Springs Christian Camp in Matamata. This time around the camp was for four and a half days with the magical theme of "Abracadabra".



I had the privilege of being invited to participate along with Speech Language Students from Massey University, Occupational Therapists, Speech Language Therapists from a number of schools plus Jane Farrell from Australia. The camp is based on the Big Mouth Camp in Australia and is designed to encourage children and young adults with disabilities, alongside their families / support people, to intensively utilise and become more proficient in everyday use of Alternative Augmentative Communication equipment, such as the dynavox, tango. These people came from all over NZ from as far as Bluff with 10 out of 15 users having CP. Over the course of the week, the users and the support people had their equipment updated and reprogrammed. They were also taught to use the programmes more effectively. Some of the parents and others had intensive training in related areas in a parallel stream.

The days and nights were split between hands on use of the equipment and fun activities, such as hydra slide, swimming in the heated pool, a disco, magic events including the inventive use of dry ice and detergent. On the last night, we had a concert

with some amazing and very creative skits. As well as having fun, a sense of community was developed with many new friendships being made. Another big bonus is people's skill & self-confidence advanced by around 6 months.

On behalf of those that were involved a big thank you to Leesa, Talklink, the extending crew and the sponsor organisations for making this camp possible. To anyone who uses this type of equipment if you get the opportunity to go to Kiwichat or the Big Mouth go for it.

Michael Northcott



Lifespan Project progressing well

Cerebral Palsy Through The Lifespan is progressing well and entering an exciting stage, due in large part to the enthusiastic participation of members. We are collating a steady amount of data that will form the basis of the information website. Web Developers are currently drawing up specifications for this.

In recognition of these developments we want to host a focus group. The main purpose is to discuss the research to date and its future directions. There will also be mock-ups of the result tables for the data collected so far. This will be held in Auckland but we would welcome input from around the country, teleconference facilities will be available. This research aims to be constructive and productive to members. Therefore, it is very important to get your feedback at all stages, but especially when it comes to presenting and publishing results.

Before we put together the details for this forum we need to have some idea of interest and numbers. Please contact me if you or somebody you know would be interested. Light refreshments and drinks will be provided

One of the other projects in development is the construction of a research page for the Society's Website. This will summarise and comment on the latest research from New Zealand and around the world. What would you like the focus of the website to be?



Causes? Stem cells? Treatments? How to successfully raise a herd of Alpacas whilst living with CP? (it has been asked!) Any suggestions would be welcome.

For instance: what irritates you when reading information about CP? What have you found particularly helpful? Are there things that you think need to be taken into account when designing something like this for people with CP.

The Lifespan Project is designed to be long term; we are always looking for new participants from across the country, please feel free to contact me if you wish to volunteer or inquire further.

Amy Hogan
amy@cpsociety.org.nz



Boccia rolls out around the country

It is official; Boccia in the Hawke's Bay is currently the fastest developing Boccia region in New Zealand and continues to grow at an alarming rate. The Taradale based club is now faced with the good 'problem' that there are too many players for the current facility. Therefore the club is considering running an extra time slot to help cater for the growth and number of keen players. Former New Zealand representative and World Champion, Annie de la Haye is helping lead the charge (with assistance from Sport Hawke's



Sarah (Annie) de la Haye in action

Bay) and is playing a significant role at assisting with coaching and developing the newly formed club. Watch this space!

Meanwhile, Boccia in Wellington has undergone recent (re)establishment over the past months. It all began on Saturday June 25th, when a group of twelve people of all ages with physical disabilities, plus thirteen supporter-volunteers all attended a 'have-a-go' day based in Porirua. In addition, a group of four keen and experienced Boccia players from the Laura Fergusson Trust in Naenae arrived ready for action and willingly helped others who hadn't played before. The final result was action aplenty from the beginning all the way to the end of the session. Following this highly successful day that was supported in cooperation with ParaFed Wellington and the Halberg Trust, a group of keen volunteers and players have since taken it upon themselves to seek greater regularity and playing opportunities. Now running on a fortnightly basis with a mix of beginning

and older players returning to the sport, the Lower Hutt based club are in a healthy position for growth. The Wellington club now look forward to the continued success, and of course to competing with other clubs later in the year!

Luke Morriss



Rhys Bycroft with PNZ Classification Officer Marguerite Christophers ramp assisting



Wilson Home turns 75 next April

During the weekend of 21st-23rd April 2012, the Wilson Home trust will celebrate its 75th anniversary, The Trust has created a webpage, urging former residents, nurses, gardeners, supporters, fundraisers and others to register online and be kept in touch with plans for the celebrations. The webpage can be viewed at:

www.jubilee.wilsonhometruster.org.nz

Plans are well on the way and the Jubilee programme is as follows



"The transport of the day"

◆ 20th April - Friday Night Party

(Adults only 18+) - \$15 per person

5.30pm - 9pm - Mix mingle

◆ 21st April - Saturday Day Jubilee

Celebration \$10 per person

- ◆ Guided Tour/s 10:00 – 12:30 & 1:30 – 3:30
- ◆ (Each Tour will last approximately half hour)
- ◆ Group and Individual Remembrance Sessions 10:00 – 12:30 & 1:30 – 3:30
- ◆ Each of the remembrance sessions will be recorded (video & audio, and there will also be an opportunity to record (video and audio) individual sessions.
- ◆ Morning tea and lunch available (for registered attendees)

◆ 21st April - Saturday Evening Jubilee

Dinner (adults only 18+) \$55 per person-

Early Bird registration rates available until 29th February 2012: \$40 per person 5.30pm for 6.30pm dinner - Jubilee Dinner, Guest Speaker

◆ 22nd April - Sunday For all those with a community connection - Donation

- ◆ Non Denominational Service
- ◆ Devonshire Teas and garden tours

The Wilson Home Trust was established in 1937, when Mr and Mrs W. R. Wilson gifted their family home, and 13 acres of magnificent coastal gardens at Belmont near Takapuna, for the expressed benefit of children with disabilities.

The treatment and rehabilitation of Cerebral Palsy children became the main focus of the home in the late 50's and early 1960's as the polio epidemic diminished. In those days the Home was a showcase; a jewel in the crown for the Auckland hospital board of the time. Once a year in November the trust had a huge garden party. Right up to the 1970's the garden party was a "must attend" function for local celebrities. Everyone who was anyone came along to it



and the children were dressed up in their Sunday best. Even the Beatles came when they visited our shores.

Great deeds were carried out in this era, with the best treatments available. Ronald Caughey was considered by many to be the pioneer in terms of therapy. Ronald was a kindly man who worked tirelessly to improve the quality of life for people with CP. Not only did he have vast knowledge on the subject of CP, but he also had the ability to communicate with staff and patients to discuss the best way forward.

The arrival of Richard Nicol in 1983 was also a tremendous boost for the home. Richard was a team man and valued the reciprocity of knowledge. He had a huge amount of energy and quickly began bringing his registrars to his Wilson Home clinics. This meant that the qualifying orthopaedic surgeons who came to his clinic received an introduction to Cerebral Palsy problems. This represented a major breakthrough during this period.



"Solving puzzles on a fine day"

By the 1990s, changing attitudes increasingly favoured children with disabilities living in their own homes, attending local schools and participating as fully as possible in the community. Reflecting this trend, The Wilson Home Trust became active in facilitating a wide range of educational, social and health services across the Auckland region and beyond.

"We'd greatly appreciate those who've been in any way involved with the Trust, making contact and providing us with their ideas for the celebrations," says

The Wilson Home Trust's Director, Russell Ness.'

"We'd also love to hear from them concerning their memories and we'd be delighted to know about any photographs or other items they might have, as these could form part of an anniversary exhibition," continued Mr Ness.

Ross Flood



"Time for an afternoon nap"



2011 Arafura Games incorporating the Oceania Paralympic Championships

The biennial Arafura Games are Darwin's international sporting event for emerging athletes from Australia, the Asia-Pacific region and beyond. The games are a week-long celebration where sporting neighbours battle it out for their country. The 2011 Arafura Games include 20 sports for able bodied athletes and four Oceania Paralympic championships sports for athletes with disabilities. With a 20-year history of competition amongst developing athletes



the Arafura Games are of great importance to the international sporting community. There were over 2500 athletes, 1000 volunteers plus Officials, Coaches and Team Managers from over 30 countries participating in 20 sports.

Our team from NZ Paralympics included 12 athletes, 3 coaches and team manager. We had three swimmers, 2 athletics and 7 table tennis players of which 5 were wheelchair athletes.

The highlight for me was winning my first table tennis game and gaining a world ranking. This is the first step towards qualifying for the top games, the World Championships and Paralympic Games. The team brought home 4 gold and 2 silver medals in the table tennis and 2 gold medals in the Javelin.

The Opening Ceremony was also something I will never forget. To wear the Silver Fern and represent my country is a huge honor. The feeling was overwhelming to walk out onto the arena

in front of approximately 6000 spectators and the other 2500 athletes. New Zealand got the loudest cheers aside from the Australian team. The ceremony was packed with spectacular performances, encompassing tradition and the lighting of the Arafura Games Flame under state of the art lighting and audio technology. Thank you to my friends, family and supporters for words of encouragement and finances, which is helping me to achieve my goals in Table Tennis.

Mark Wilson

The Wilson's are truly grateful for the financial help the Cerebral Palsy Society have given him this year to be able to attend a Table Tennis Training Camp in Melbourne in February and the expert coaching he received there has really helped his game with improved technique and mental focus.



Let's go Sailing

Auckland is well known for being the City of Sails. Every Aucklander considers it his or her right to hoist the sails and explore their favourite watery-nock and cranny. Since 1991 Sailability has given people with disabilities the opportunity to join the crew and discover what life has to offer on the ocean waves.



Sailability programmes launch again at Westhaven on September 3rd with a "have a go day" People are advised to contact Sailability for more information on this particular day.

There is another "have a go day" on October 15th from 10am - 2pm. This event coincides with Auckland's push play promotion, where novice sailors of any age, with/without a disability, can ask questions and view the boats. One of the most basic questions is answered straight away. Yes the sailing programmes are suitable for almost anyone regardless of the level of their disability or sailing skills. A hoist is readily available and customised seating is considered a natural part of disabled sailor's equipment.

Sailability has a positive kind of philosophy based on what you can do and its goal is to get everyone sailing solo as soon as possible, in a safe environment and in virtually unsinkable boats. Two of the safety features are that each boat has a weight centre board and the sails can be rigged to decrease the sail area which makes it a less powerful vessel to control. Because of the strong safety measures the sailor does not need to be a swimmer. A life

jacket is deemed the only extra safety equipment necessary. However when the boats are on the water a safety boat is never far away.

For those who are, initially, a bit less adventurous there is the simulator housed at the Otara spinal unit. The simulator option teaches the basic of sailing on dry land.

Whichever ways is best for you, sailing is an exciting activity to get into; an activity that can easily turn into a sport if the desire is there. There are also improvements happening all the time for disabled sailors. For instance there is a sip and puff system overseas that operates by a two straw system that steers the boat in the direction you want by sipping to go left and puffing to go right.

Sailing is truly an activity for all disabilities

For more information, contact Tim Dempsey phone 09 834 0557 or email sailabilityauckland@xtra.co.nz or you can check out our web site at www.sailabilityauckland.org.nz



Upcoming events



August

- ◆ 6th Nelson brunch
- ◆ 10th Bleinham lunch
- ◆ 28th Dunedin lunch

September

- ◆ End Sept Invercargil/Queenstown lunches to be finalised

October

- ◆ 9th Oct Christchurch brunch
- ◆ End October Palmerston North/New Plymouth lunches to be finalised

December

- ◆ 4th Auckland's Christmas dinner at Eden Park's new Event Function Centre
- ◆ 11th Christchurch Christmas Dinner at Chateau in the Park.

(Editor's note --- Janet tells me the word to describe the new Event Centre at Eden Park is plush which sounds enticing. The Centre has a good welcoming feel about it with plenty of room and elegant decor. The lounge doors open on to a balcony which overlooks the amazing stadium. Of course we will create history there as we will be one of the first groups to dine there after Richie McCaw holds up the Rugby World Cup in triumph. Sorry I couldn't resist. It's been 24 years and we got to keep the faith

Floody

