



## Chairperson's message



Greetings to all! It's hard to believe that we are half way through the year. I hope you have managed to keep warm and healthy over the last month when winter really arrived with a bang. I know things are very hard for many families with rising food and petrol costs. I was sad to hear that some Meals on Wheels volunteers have had to stop because of the cost of petrol. Although I know most volunteers give without counting the cost, sometimes sadly it does get too hard. This loss of volunteers working with the elderly is particularly worrying.

Elderly people can be especially vulnerable. It is clear that everyone does need to be on the look out for elderly people as recent events at Belhaven Rest home show so clearly. We need people who are prepared to be involved as advocates and that is why your role as an advocate is so important.

All the more reason then to recognise and celebrate the great work that Citizen

advocacy volunteers are doing! We got a chance to recognise this in June during Volunteer week. It was wonderful to see more than 60 people turn out on a midwinter evening to mix and mingle and celebrate. Citizen Advocacy was privileged to have Michael Sheppard, Ethnic Communities Ambassador as a guest to present the Certificates of Appreciation. Michael gave an excellent speech, highlighting the great need for volunteers not only at home in New Zealand but in communities all around the world where people do not have the luxury of clean water and children lose their parents at a young age to HIV/AIDS.

It was wonderful to see people who have been in advocacy relationships since 1990 as well as people who had just signed up with C.A. receiving their Certificates of Appreciation. As usual, Ana Maria had done a wonderful job in organising a very enjoyable evening with tasty food and drinks for all to enjoy. Many of you will now have seen our new office. Do drop in. It is centrally located and will be good for raising our profile with the public.

We were really saddened to learn of the death of Jennifer Johnston who had been in the programme for four years. Jennifer was much loved and we enjoyed her beautiful presence and accordion playing at the Christmas party. Our sympathy to Jennifer's family and friends and to Shan Shan, Jennifer's advocate and to IDEA staff who supported Jennifer in the flat she loved so much.

We are delighted that Ana Maria has been accepted as a presenter at the upcoming Trusting Partnerships Conference to be held in Rotorua in late October. Ana Maria and other members of our programme will be talking about "The Power of Sharing Lives", sharing stories about what can happen when people enter an advocacy relationship. Thank you Ana Maria for the hard work involved in this.

Now is the time to practise those high notes and dust off your dancing shoes for our end of winter fundraiser Karaoke and Disco on Sunday August 31 2008! I look forward to seeing you all there.

*Fran Hartnett (Chairperson)*

## From the CA Coordinator



Welcome to the July newsletter. I hope that winter has been kind to you. I had a few days off from work because I had a nasty cold/flu which our younger daughter had brought home from school and shared with our household!

In May, I attended the "Going for Gold" conference in Queenstown. The conference was informative, motivating and interesting topics were presented. I gained some new ideas and insight into others. I met inspirational people. For me it was a super conference.

I was delighted with the response to our invitations to the volunteer awareness week function held on Friday 20 June. We celebrated and honoured the

Citizen Advocacy Auckland volunteer advocates and protégés with finger food, warm and cold drinks upon their arrival.

Fran Hartnett, the Citizen Advocacy (CA) chairperson, warmly welcomed and thanked the CA advocates for their volunteer support. Fran remarked "Without your volunteer support Citizen Advocacy Auckland wouldn't exist".

Our guest of honour, Michael Sheppard the World Vision Ethnic Communities Ambassador, gave an inspiring speech and presented the Appreciation Certificates to all our volunteer advocates present. We started with the presentation to the new advocates from 2008 and then each preceding year back to 1990.

People had the opportunity to inspect our new office. Unfortunately our

furniture looks tired and after 18 years needs to be replaced.

The next CA event is the Karaoke and Disco fundraising on Sunday 31 August from 5:00pm until 8:00pm at the Mt. Eden War Memorial Hall at 489 Dominion Road in Mt. Eden. I would love to see you then. After reading the events listed later in the newsletter, could you write in your diary those events that you are interesting in attending. Ask your advocate to organise with your house leader transport, tickets and other things needed for you to be able to attend.

I hope you enjoyed reading the newsletter. When you finish reading it, please share it with someone who may be interested to read it. Suggestions for the newsletter are welcome.

*Ana Maria de Vos (CA Coordinator)*

## Sharing our lives

I regret to inform you all that on Thursday 11 July, Jennifer Johnson passed away peacefully. Jennifer was with Citizen Advocacy Auckland for 4 years. She was a very special person with many special gifts that she shared with us. I remember last June when she was 70, her CA advocate, Shan Shan, organised 70 delicious muffins as her birthday cake and shared them with all the people attending the Karaoke and disco fundraising. We will remember Jennifer's kind smile and kindness at our Christmas party entertaining us with her accordion. Jennifer will be missed for her positive approach to everyday life. Our thoughts and prayers go to her caring family, IDEA services staff, People First, friends and Shan Shan her CA advocate of two years.

Ana Maria (CA Coordinator)



Michael Sheppard, Maria Paz & Katherine Redswall  
(CA 20 June 2008 Volunteer Awareness Week Celebration)

I had the honour of given to volunteer advocates of CA the Certificates of Appreciation.

I address many meetings in my role as an Ambassador for World Vision but rarely do I get the double privilege of telling about the work world-wide that World Vision does through Child Sponsorship and then giving out awards to such wonderful people.

Hopefully those attending learned as much about World Vision's community development work with water projects,

Joy, caring, compassion and delight were only a few of the emotions on display at the Citizen Advocacy Volunteer Awareness Week celebration.

HIV/Aids relief and the many other aspects as I learned about the fantastic job that the CA office and volunteers do in the community. I never cease to be amazed at the substantial amount of volunteer work that caring Kiwi's do but the level of dedication required for the work of the CA volunteers has added a new, huge, dimension to what is involved and achieved.

I wish everyone involved with CA-the dedicated support Board, office and especially the kind and caring volunteers who do so much to make such a difference in the lives of those who benefit so very greatly from their friendship, advocacy and efforts all the very best for their ongoing support to those they care so much for.

Michael Sheppard  
(Ethnic Communities Ambassador)

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

## Sharing our lives



"Alison and I really enjoyed the Volunteer Awareness week celebration at the new Citizen Advocacy office. It was a cold night

but the turnout of protégés and their advocates was great! I really enjoyed seeing people I hadn't seen for ages and it was good to catch up with Board members as well. Alison also enjoyed catching up with old friends"

Photo Julie & Alison

## 110 Care Givers graduated for the first time in New Zealand

Care-givers play an important role supporting people with disabilities living in homes for group accommodation and for those living independently. It is public knowledge that care-givers are underpaid. The Minister of Disability, Hon. Ruth Dyson, in an interview screened on Close Up on TV One on Monday 30 June 2008 stated that in June 2008 that the first group of 110 care-givers graduated in New Zealand. This is great news for consumers but there is a need for additional qualified care givers. Care workers should have the opportunity to qualify and their wages should be improved.

## Matches Anniversaries

### Congratulations!

#### August

Alison & Jean..... 8 years  
Linda & Beth..... 8 years  
Warren & Stuart..... 4 years

#### September

David & Linda ..... 18 years  
Faith & Robyne..... 3 years  
Neemia & Jocelyn..... 2 years  
Loren & Rosemary..... 2 years  
Robert & Rosemary ..... 2 years

#### October

John & Margaret..... 4 years  
Gary & Lawrence..... 3 years

## Welcome new match

Brandon and Romeo



"We come to realize that the true measure of our lives is not how much we have gained for ourselves, but how much we have given to others"

(HH Sri Sri Ravi Shankar)

## WE ARE LOOKING FOR VOLUNTEER ADVOCATES IN:

Takanini, Howick, Manukau, Ellerslie, Greenlane, Onehunga, Mt. Eden, Balmoral, Mt. Roskill, Avondale, Point Chevalier, Henderson, Devonport and Northcote

We are constantly searching for new advocates. The only requirement to become an advocate is the desire to make a positive difference in a person's life. The Citizen Advocacy Auckland office provides support and training for advocates.

**Next training:** Saturday 2nd August or 8th November from 9:30am to 12:30pm.

The volunteer advocates of C.A. make sure that the rights of people with an intellectual disability are upheld.

**Contact us** "You can make a difference", "You can improve the life of one person"

## Disability Coalition Against Violence

The Disability Coalition Against Violence is a new national network of disabled people concerned with the gaps in responses to violence against disabled people.

The Coalition is a partnership between Network of Stopping Violence Services, DPA, CCS Disability Action, IHC, Age Concern, and individuals working to stop violence.

It has been established to focus on the issues of family/domestic violence and sexual violence and is starting by:

- advocating for more New Zealand research on the prevalence of domestic and sexual violence within disability communities
- promoting family violence related training to disability agencies.

The Disability Coalition Against Violence recently raised the concern that the Domestic Violence Act 1995 was discriminatory because it does not cover disabled people who are abused by a carer in a residential care situation or by a paid carer in their own home. The Ministry of Justice has agreed to prepare

an issues paper looking at whether the Domestic Violence Act 1995 should include the relationship between persons who are disabled and their paid carers, and any other similar relationship.

*Hon. Ruth Dyson, Minister for Disability Issues  
(Participate No 30 July 2008)*

## Carers' Strategy

On 28 April I was thrilled to launch the New Zealand Carers' Strategy and Five-Year Action Plan at Parliament. This Strategy broke new ground as a joint initiative between the Government and the New Zealand Carers Alliance, a network of over 40 non-government organisations.

The Carers' Strategy addresses issues that affect the thousands of New Zealanders assisting friends and family members who need help with everyday living due to ill health, disability or old age.

During the consultation period, from 23 July to 14 September 2007, over 1,000 people attended meetings and over 200 written submissions were received.

The consultation findings reported that carers need: help in learning how to protect their own health and wellbeing,

better access to breaks, support to enable them to balance their caring role and employment, access to better information, and financial support.

The launch was a fantastic event, attended by over 160 people and we had a very positive response from carers, those they care for, and many others.

The five objectives of the Carers' Strategy are:

- Provide information
- Protect the health and wellbeing of carers
- Enable carers to take a break
- Provide financial support for carers
- Provide training and pathways to employment for carers.

The Action Plan will help to deliver the vision for carers over the next five years so that their roles are better recognised and valued. It will offer them more choices and a stronger voice in matters that affect them.

If you would like to access a copy of the Carers' Strategy or would like further information please go to:

<http://www.msd.govt.nz/work-areas/cross-sectoral-work/carers-strategy/>

*Hon. Ruth Dyson, Minister for Disability Issues  
(Participate No 30 July 2008)*

## Visit & Support

St. Georges Church Takapuna  
Jutland Rd.

**Mondays to Friday:** 10am to 3:45pm

St. Georges Church has an opportunity shop run by volunteers where they sell clothing, small furniture pieces, utensils etc. The profits are distributed to assist organizations in the community.

## Training Workshops

**For New and Existing Advocates**

Saturday

2nd August or 8th of November

**Venue:** Newcall Tower Suite 3.  
44 Khyber Pass Rd,  
Grafton, Auckland

**Time:** 9:30 – 12:30



If you are interested, contact Ana Maria Ph: 358 41 41 or email: [ca.akld@ihug.co.nz](mailto:ca.akld@ihug.co.nz)

## Events 2008 Karaoke & Disco

Sunday 31 August 2008

**Time:** 5:30 to 8:30pm

**Venue:** War Memorial Hall  
489 Dominion Rd  
Mt. Eden

**Tickets \$10**



## Christmas Party

Sunday

30 November 2008

**Venue:** To be confirmed in October



If you  
move house



If your phone  
number changes



Please tell Ana Maria:  
Ph: 350 41 41 or [ca.akld@ihug.co.nz](mailto:ca.akld@ihug.co.nz)

# Information & Networking

## Auckland Disability Law

is a free community legal service in the Auckland region. It aims to help disabled people access legal services, and to increase awareness of disability law.

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

**Phone:** 09 257 5140

**Email:** [info@adl.org.nz](mailto:info@adl.org.nz)

**Mobile/Text:** 027 457 5140

## Conference: Trusting Partnerships

Establishing 'right relationships'  
Rotorua 31 October-2 November  
2008 Standards Plus

**Phone:** 09 262 5374

**Email:** [StandardsPlus@imaginebetter.co.nz](mailto:StandardsPlus@imaginebetter.co.nz)

**Website:** <http://www.imaginebetter.co.nz>

## Modern Dance Class

Mixed Abilities in North Shore.

Contact Linda Parker on:

09-817 3051 021 048 2894

## Recreate Auckland

Provides holistic recreational opportunities that enhance the social, emotional and physical development of young people with disabilities while also providing support and respite for their parents and families.

[info@recreate-auckland.org.nz](mailto:info@recreate-auckland.org.nz)

**Phone:** 09-636 0351 **Ext:** 224

[www.recreate-auckland.org.nz](http://www.recreate-auckland.org.nz)

## Auckland Society for Music Therapy

**Ph:** 09-634 7300

## Swimming Classes in Takapuna

Contact Sandra Blewett on

09-534 3240

## New disability.rec

Sports programs, music lessons, lifestyle skills and a range of respite care to choose from in different destinations around New Zealand.

**Contact:**

09-5328310 or [disabilityrec@xtra.co.nz](mailto:disabilityrec@xtra.co.nz)

## Free workshops

Fire Safety & Promotions  
Contact Leo Capernaros  
Community Liaison Officer  
NZ Fire Service

[leo.Capernaros@fire.org.nz](mailto:leo.Capernaros@fire.org.nz)

**Phone:** 09-3090 754

**Mobile:** 027 482 2232

## Alternative Education Consortium

Contact Karyl Puklowski on:  
0800 020 378 or [alt.edkp@ihug.co.nz](mailto:alt.edkp@ihug.co.nz)

**FREE** information for parents / carers  
and those who work with children with  
disabilities

Friday 8 August 9:00am – 2:00pm

Harbour Stadium – Stadium Drive –  
Albany Level 1 ASB Lounge

A E I O U

The name of the Minister of Disability is

Hon.

R \_ \_ T H \_ \_ D Y S \_ \_ N

For a Needs Assessment contact

T \_ \_ \_ K \_ \_ R \_ \_ T R \_ \_ S T

The most recognised smell in the  
world is

C \_ \_ F F \_ \_ \_

For a nutritious meal we need to have

C \_ \_ R B S

P R \_ \_ T \_ \_ N

V \_ \_ G \_ \_ T \_ \_ B L \_ \_ S

F R \_ \_ \_ T

When we leave a message on an  
answer phone, we must record:

N \_ \_ M \_ \_ and P H \_ \_ N \_ \_

N \_ \_ M B \_ \_ R

## CA 20 June 2008 Volunteer Awareness Week Celebration



**Citizen Advocacy Auckland Inc. gratefully  
acknowledges the financial support of:**

Ministry of Health

Disability Resource Centre-Subcontract Services (DIAS)

The Lion Foundation

Donation (St. Georges Church, Takapuna)



When One Person Can Make a  
Difference  
Citizen Advocacy Auckland since 1990

**Citizen Advocacy Auckland Inc.**

P.O. Box 8231 Symonds St. Auckland

[ca.akld@ihug.co.nz](mailto:ca.akld@ihug.co.nz)

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