

The Review

November 2011



**caught in the
spotlight**

The Official Magazine of the Cerebral Palsy Society of NZ Inc

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Attempting to Solve the Beneficiary Dilemma

There can be little doubt that one of the most challenging aspects of living with a disability is finding and maintaining a job that is cost effective. In other words, you are not losing more than you are gaining by working. This difficulty is clearly evident in the 'beneficiary dilemma.' For a certain portion of people on benefits there is little incentive to work. This is because it would be virtually impossible for them to work enough to balance out the reduction in their WINZ entitlement.



Recently I had some success in changing these circumstances in my own situation. Section 66A is a small and rather obscure section in the Social Welfare Act that reads in part. 'The Chief Executive may disregard all or part of the income of any severely disabled person when calculating a benefit'. I decided to explore this further and my first step was to make an appointment with my case manager at the Takapuna branch of Work and Income. At that meeting two things became very apparent:

1. Hardly anybody had applied under the Act
2. WINZ had very few policies and procedures around applying for exemption

Therefore they had no precedents to handle my request. I needed to explain and highlight the Act, wait for them to confer, consult and review before arguing my case. Initially they held the position that this section was, in

practice, only for 'the blind' or incorporated as part of the Invalid's Benefit Work Trial. However, it was eventually agreed that the Act itself made no such specifications and I had the right to apply for consideration.

They asked me to provide documented proof of my condition and the impact it has on my working life. After a second meeting to check the documents the application was forwarded to the Regional Health Advisor (WINZ policy experts). I supplied the following:

1. Proof that I have CP (Medical Certificate)
2. A letter from my employer detailing that I am employed in a role that can support an increase in hours
3. A document outlining how my CP significantly impacts employment both on a daily basis and in the long term
4. My latest needs assessment



My application was successful, After a 10 day review period I received notification that I have received 100% exemption. This means that my benefit will be calculated as if I am receiving no income.

Overall, I found the process to be a reasonable one. The important elements were to know the section well and be

ready to explain and support the individual case in terms of both the specific impact of disability and the present and future employment role. If you feel you would like to explore this further, I am happy to discuss my own experience with you.

Amy Hogan

The Significance of Section 66A

Social Welfare Act, section 66A reads:

Special exemption for severe disablement

For the purposes of computing any benefit payable, the chief executive may in the chief executive's discretion, as an incentive to personal effort, disregard all or part of the income of any severely disabled person derived from such effort.

In my discussions with WINZ, the definition of 'severely disabled' has been a hard one to pin down. Being in a wheelchair and having partial use of the upper torso/ arms has been bandied about, which suits people with CP well, but probably not paraplegics, which may be the point... who knows?

Let's look at an example of a single adult with CP and working 25hours a week at \$17/hr. They are on the invalids benefit. What would they take home, ignoring section 66A. They would be taxed at 22.5% for the money they earned, so their net pay would be \$329.38 (ie $25 * \$17 * (1 - .225)$). From their benefit they would receive only \$64.23 (ie $\$251.73 - (100 * .3) - (25 * \$17 - 200) * .7$) giving them a total take home amount of **\$393.61** (ie $\$329.38 + 64.23$).

Now let's look at what happens after being granted a complete exemption under section 66A; net pay from the job would still be \$329.38, but the amount from the invalids benefit would be \$251.73, giving a take home amount of **\$581.11**, that's a difference of \$187.50 per week by having section 66A!, boy this makes it worthwhile to work, which is the way it should be. There are enough hurdles for people with CP to get and hold on to a job, it has to be worthwhile to work..... section 66A is a start!

Harvey Brunt



News from HQ



The Society's AGM occurred on the 30th Oct and there was a hiccup in the election of the new Board. One of the candidates, Allyson Hamblett, works for Iris Ltd on a small but regular basis and our Constitution (1.2.2.d) states that she is therefore ineligible to stand. This was only discovered at the Iris Ltd shareholder's meeting which occurred after the AGM booklet had been sent out. At the Society's AGM it was agreed that those that had supplied a valid proxy should be asked to vote again, knowing that there were only four candidates to choose from. (This has been done and the votes returned. These have been added to the votes given by those at the AGM, tallied and scrutinized. I am pleased to announce that Bruce Bycroft, Rosaline Fuata'i and John Herring were successful.) The proposal requesting 'a postal vote for the future' was passed. We farewelled Tracy Wadsworth who has been a Board member since 2008 and on the Grants Committee since it was established in the same year. Tracy has spent a large amount of time in the service of the Society and had incisive input into many important decisions the Society made. Many thanks Tracy, you will be missed.

The **getPhysical** programme is progressing well with 119 members now

using it. Suppliers are coming on board daily so keep a check on the website for the latest information. A few people have queried as to when they can reapply again for the programme.... well, it's after the expiry date that was on the vouchers sent to you.

We are in production of the **getOutThere** vouchers for the cycle that goes through until the end of June 2012. We will send these out around mid December, certainly before Christmas.

ACADEMIC GRANTS: Applications may now be made for academic grants for study during the 2012 year. The application form and information is on our website.

The **Auckland Conductive Education (CE)** saga is close to where classes will resume at Coyle St. The parents of children at the CE group have formed a trust called GLOWKIDS. This trust will work with Iris Ltd to run the CE programme in Auckland, with the eventual aim of CE being solely run by the Trust once they have proved themselves to the MoH and MoE. The Society has given the Trust their support and financial backing. This financial backing involves a 3 year transition .



period over which the Society will wind down its funding to nothing. This will put the Auckland group on a par with other CE groups throughout the country that have no direct funding from the Society. We eventually envisage the getPhysical programme as a revenue source for all CE groups in NZ

FINANCIAL SITUATION: One of our revenue sources is a yearly dividend from Iris Ltd. This dividend has been adversely affected by the 'sleep over' contingency. Iris Ltd had a liability of approximately \$4M. The unions and the Government have reached an agreement to this issue which will see Iris' liability set at around \$212k. This will affect our dividend; however things could have been a lot worse. Also our investments have not fared well in the current downturn. The possibility of ending up running at a deficit for this financial year has been considered by the Board, however they have agreed that all programmes should continue as usual.

Matt Slade: Matt joined our staff in August as an Office Administrator. His



main role is assisting with the production of vouchers for our programmes as well as with mail outs. Many of you may know Matt as he has been a paralympian sprinter.


Christmas Lunches:

Auckland: Sunday the 4th December at the newly renovated Eden Park Stadium.....alas there will be no rugby.
Christchurch: Sunday the 11th Dec in the Great Hall, Chateau on the Park..... hopefully there will be no aftershocks

(Note: The Society's office will be closed from noon on the 23rd Dec through till 9am on the 4th Jan 2012)
Let me take this opportunity on behalf on myself, the staff and the Board, to wish you all a great Christmas and safe holiday season.

Harvey Brunt... GM





Auckland Christmas Lunch

Eden Park
Sunday, 4th Dec,
11:45am

see www.cpsociety.org.nz
for details



Christchurch Christmas Lunch

Sunday, 11th Dec, 11:30am

'The Great Hall'
Chateau on the Park

see www.cpsociety.org.nz for details and form to order tickets



Motoring down the catwalk

“Whilst being a little surprised at first, the industry and clientele at our show received Josh just as they would any other model,” said Ra Thomson, of Christchurch fashion label “MisteR”,

There was no doubt Josh Perry, a 19-year-old Christchurch Polytechnic business student with Cerebral Palsy, looked rather dapper as he whizzed down the cat walk in his motorised wheelchair.

Josh was modelling for “MisteR” at Auckland’s Queen Wharf new venue “The Cloud” which hosted New Zealand’s fashion week over the 19th and 20th of October, as part of the REAL NZ festival. Throughout the week more than 50 of the country’s top designers revealed their latest garments to the fashion world.

“There’s no reason why a guy in a wheelchair can’t be considered glamorous or sophisticated. Josh deserves to be treated like everyone else,” said Ra. “We treated him like every other model, we made him audition and walk for us, try on garments and different styles. He had no special treatment which meant he felt like everyone else which is important.” Several obstacles had to be overcome when preparing for the show including accessing the raised catwalk but nothing was insurmountable as Josh just got on with the job in a professional manner. He was rewarded with a professional response by all in attendance. He even had the honour of meeting New Zealand’s Next Top Model judge and “MisteR” fan, Colin Mathura-Jeffree, backstage after the show.

Josh felt very proud to be part of the Christchurch label, “MisteR”, team



which itself had to battle earthquake related obstacles to make their fashion week appearance. Everything to do with their business was in the red zone, and they were denied access to their equipment and fabrics for months. But in the end there were tears of joy at their very successful debut appearance.

For more information about Josh and especially if you can link him to more modelling opportunities go to www.joshuaperry.co.nz/



The benefits of getting physical

With the getPhysical programme proving increasingly popular, the REVIEW thought it a good idea to seek out some sound advice on appropriate exercises. Who better to ask than our very own life member Glenis Lobb. Glenis worked as a physio at the Wilson Home from 1975 till 1992, becoming charge physio in 1977. Read her thoughts below



There are many good reasons for regular exercise but for me the mood-lift and sense of well being it brings are the most rewarding. A close second is the increased strength and flexibility in the big muscle groups which will ease the effort involved in the transition from one posture to another. And as muscles play a large part in pumping blood from the periphery back to the heart a third bonus is better blood oxygenation and circulation which increases alertness and staves off fatigue. I like to exercise early as I can then get on with my day free of the hassle of thinking about doing it and finding excuses for delaying it to the next day because I've run out of time or energy. Take things slowly, to begin with, by taking plenty of breaks and have water for drinking on hand.

If you can walk, even for a few steps, this is a great place to start. The flexed posture resulting from constant sitting stretches and weakens the postural extensors muscles which not only leads to pain in shoulders and neck but also reduces the range of movement in the big weight-bearing joints. On the other hand, if you are ambulant, think of your ability to walk as a precious asset which needs to be conserved and protected

from over-use as cerebral palsy distorts the messages between brain and muscles and by doing so interferes with efficient coordination of joints.(By overuse I mean walking long distances or competitive walking.)

Access to a warm pool is hard to beat, for improving back enhancing walking stamina over reasonable distances. It needs to be large enough to allow you to walk in waist-high water. The buoyancy will improve balance by cushioning falls, assist the weight-bearing muscles to extend by counteracting gravity and strengthen muscles which move against the viscosity of the water. If you are unable to stand you will still benefit and enjoy pool use with the help of a buoyancy aid. For non-walkers, flexor muscles can be stretched and extensor muscles given a chance to work in the shortened range by spending time lying on your tummy supported on your forearms.(Keep your chin tucked in to avoid a sore neck.) If using a yoga mat on the floor is out of the question a high/low plinth is a very useful acquisition. To begin with, be liberal with padding when hip joints can't be fully stretched or forearm strength is not adequate to support you comfortably.



For those with greater options for getting physical swimming, or becoming familiar with the range of tricycles now available can never be overlooked. Gym membership can offer both leg and arm cycling and progressive resistance training using weights, but for the latter demand some guidance for your subscription. My favourite physical activity is yoga which can be modified by willing teachers to suit many people's needs. But once again, you will probably need one to one advice, at least to begin with. R.D.A. (Riding for the disabled) and Skiing for the Disabled also deserve a mention. I am sure there are fitness options you value which I've not mentioned so please write in and let us know about your favourites. Finally, whatever form of exercise you choose it will be enhanced by good nutritional habits and weight control. A few kilos less around your middle makes every transition easier.

Glenis Lobb

Editor -

New member Lia Bell (pictured) is a great example of how beneficial exercising is. She was quoted in the North Shore Times last year saying that "Walking for long periods of time can be a burden to her and trips to the supermarket are challenging. She says swimming helps her legs become stronger" and therefore leads directly to a better quality of life. Swimming has also enabled her to fundraise for the Leukaemia and Blood Foundation. She has raised \$10,000 by swimming 10,000 laps of the 50-metre pool at the Millennium Institute.

Ross Flood

Holiday Boccia Tournament Sat–Sun, 21st & 22nd Jan 2012 Allan Brewster Centre, AKL

Entry forms will be put up on the Society's website in mid November

It will be a pairs tournament as in 2011

This is a great tournament to start your career in boccia, as you will have an experienced buddy to help you out!

This is an open tournament so both the disabled and the able-bodied can play!



Great Feedback from Around the Country

Members Manager Janet Chapman has been appointed national co-ordinator of the newly formed “CP Neighbourhood coffee groups” outside Auckland. It was pleasing to see the first such group was held in Nelson on October 12th hosted by Deborah a member of the Society. All had a wonderful time in Nelson where some people haven't seen each other in 20 years. Following on from the success at Nelson, Janet is eager to set up CP Neighbourhood coffee groups in other regions in support of the community.

Janet has been clocking up the miles connecting and re-connecting with members throughout the country, and playing a vital role in raising awareness, and spreading the word on increasingly popular programmes.

76 people attended the Christchurch brunch at Chateau on the Park, and the feedback is that it was a fantastic boost for members of the Garden City, who are still being rocked by aftershocks.

In more recent times Janet has organised lunches and brunches in Nelson, Blenheim, Dunedin, Invercargill, and the latest region she has tapped into is Queenstown. While in Queenstown Janet introduced the Disability Resource Centre to the



Society's “getThis&That” programme and the local taxi company to the “getOutThere” programme. The members said they were also keen to “getPhysical”

“It's great to have a presence in this part of NZ which is truly inspiring. I spent the little spare time I had taking photos left, right and centre as the scenery was breath taking,” said Janet.

Overall Janet said “ there has been a significant increase in new membership, from the regions following her travel around New Zealand, which means the programmes are being well utilized. She always gets a buzz from the fantastic responses from members, like the person that confessed to her “We haven't been out for such a long time” and another actually said “I haven't met anyone like me who has CP before”





Janet thought “These extra precautions must be because of the Rugby World Cup” It wasn’t until she was waiting for her flight, that a rather large Qantas jet arrived in front of the window

Shock and panic!!! (Not like Janet. Yeah sure!!) She realized she was

And there is always heaps of positive comments about the food and choice of venue.

However according to reliable sources it was at the Queenstown airport that Janet thought she would take the short queue for the airport’s X-ray machine. She had some food, a tin of plums and hand cream. When asked by security if they could take a look in her bag, Janet said sure!!! Question ”you will be eating this food on the plane won’t you”? questioned security. Janet thinking “how am I going to get through all that in an hour” replied “I guess so!” She was then told the hand cream and plums had to go.

on the international side of the terminal. Janet leapt up and ran back to the woman on the check in and said “Please give me my plums and hand cream back, I’m going to Auckland”.

Fortunately staff saw the humour, and gave Janet back her belongings, and the good thing is, the well seasoned traveller was just in time to catch her domestic flight home.

Janet wishes to convey a big thanks for the support of so many people throughout her travel.

Event enquires 0800 503-603 ex 1 - Mobile/text 021 020-54000.

“CP Neighbourhood Coffee Groups”

The “CP Neighbourhood coffee group” has been successfully trialled in Auckland. The concept’s intention is to gather members in each area together with the purpose of getting to know each other. Outside of Auckland the area of Nelson was a keen starter, having had their first meeting in October hosted by one of our members.

What the Society does is pay the bill for each person to order a (coffee/tea/juice and a muffin or a scone) at an accessible café, that takes visa payment over the phone. The Society will send out the invitations to the members in your area, advertising the get together, asking for people to RSVP so the host can liaise with the venue of approximate numbers attending.

We are looking for someone to develop and host their ‘CP Neighbourhood. If you live outside of Auckland, keen to put your hand up for your area, and would like to find out more about the running of a coffee group, please contact:

Janet Chapman (Co-ordinator) Email: janet@cpsociety.org.nz



Local shooter invited to join national

Blenheim Sun Newspaper reporter, Celeste Lodewyk, has discovered an athlete with Cerebral Palsy who is making an impact on the national shooting scene. Read below about sharp shooter Andre Groenewald's rapid rise to the top.

Local man Andre Groenewald is quite possibly on the rise to becoming a potential star on the national stage of New Zealand shooting.



Born in Zimbabwe Andre was born "with a rifle in his hand" and has been shooting since he was knee high.

The 20-year old who has Cerebral Palsy suffered an epileptic seizure during his learners drivers license and was told he could not re-sit for another year, so instead he went for his gun's license.

Last year he took up small bore rifle shooting and in a short time has managed to gain the attention of Paralympics NZ, the country's national body for disability sport.

In November Andre went up against some of the country's top shooters in a national cup competition . Despite the fact he had no previous experience using the air rifle supplied to him, he still managed to beat the highest scores with 185 out of 200.

From that impressive performance Andre has now been invited to join Parafed Canterbury, but it comes at a cost.

It will cost Andre an entry level fee of \$2,500 which will set him up with a left handed rifle, and will require him to

travel to Christchurch regularly to attend meetings.

With the support of his family Andre has taken up the challenge, but before he signs up he needs to raise the \$2,500. Already he has been shown great support with local woman Beverly Rasmussen, owner of the 'Time Out' gaming business offering her help.

She has installed the gaming machine, Cyclops Superballs at Stirling Sports for the public's use and is donating 70percent of the money raised from it to Andre.

In addition she has also provided free playing tokens for the Big Buck gaming machine at United Video for Andre's out-of-season shooting practice.

If you would also like to help Andre reach his fundraising goal, you can contact him on 03 578 8199 .

Celeste Lodewyk



Is it time to treat your feet?

For many people, feet are well down the list of priorities, but perhaps we should pay them a little more attention. Uncomfortable or neglected tootsies can have a big impact on our general wellbeing and for people with a disability or health concern, using a foot care specialist can be a good way forward. A regular visit from an experienced and qualified foot care provider will ensure your feet are in the best possible shape to keep serving you well.



"Bliss - A chat and massage"

Paul Addison has cerebral palsy and has loss of feeling in his feet. He has his feet looked after by Celia Fraser, a registered nurse who works with Iris Mobile Foot Care Services. Iris has a team of trained foot care specialists with medical backgrounds who visit people in their own home, or care facility throughout Auckland.

'It's too easy to neglect feet, but they really can be an indicator of your overall health' says Celia, 'If you're unable to keep an eye on your own feet and give them the regular attention they need, it can lead to more serious issues. Getting someone else to help out with them is a good option for many people with health and disability issues such as cerebral palsy'.

Paul agrees, 'Celia's visits are good – we always have a good chat and I feel quite good afterwards'.

For people with certain health concerns, such as circulatory problems or

diabetes, regular foot care is a must as even small abrasions can have serious consequences.

'Reduced blood flow to the feet and poor circulation means you might not notice a small problem like a blister or sore – unfortunately this can lead to infections' says Celia.

'Our foot care practitioners have medical knowledge which means they will pick up on any serious issues and refer on to a GP where necessary.

And the benefits of having your feet cared for go beyond the outwardly obvious. Just having physical contact with someone can be important. A foot massage is beneficial not just for circulation, but for the human contact and sense of wellbeing it can bring. Debbie Yardley

Contact IRIS Mobile Foot Care Services on 09 845 3765 to book an appointment or find out more.



Disability Services Consumer Consortium

In October Harvey and I attended a two-day Consortium meeting in Wellington. As usual a variety of Ministry of Health staff gave presentations on their work in disability service. Below are a few “highlights” I thought would be of interest to CPS members.

A review is currently being undertaken on Respite Services to ensure these become nationally consistent and provide equity and value for money. Consultation is taking place with families, providers and service users to determine what issues need to be addressed.

Te Pou, the organisation contracted to provide Disability Workforce Training, promoted their Consumer Leadership Development Grants.

The consumer leadership development grant

- ◆ aims to improve the quality of support available for disabled people by developing current and emerging consumer leaders.
- ◆ is available for both disabled people and their family/whānau through disability support services or sponsoring organizations

Applications are closed for this year, but another funding round is expected in the first half of 2012.



Someone to Replace Harvey Brunt

You will have read from time to time my reports on the Disability Services Consortium that the Ministry of Health (MoH) run every 6 months (meeting over 3 days in Wellington). The CP Society has two places on this Consortium, one is for someone with lived experience of CP receiving MoH services, that position is filled by Allison Franklin, the other is for a parent of someone with CP who receives services from the MoH, that is filled by me. The ‘terms of reference’ for the Consortium is that a person can have a maximum tenure of 4 years. My 4 years ran out at the last meeting in October 2011.

We are now calling for expressions of interest for my replacement! The person needs to be an active participant in discussions and have experience of having used MoH services. The person will be representing parents of people with CP so should know a number of other members.

Check out our website for more information on the Consortium’s ‘Terms of Reference’ and how to register your interestHarvey Brunt



Welfare Officer Available

(Are you in the older age bracket and need assistance?)

At the 2010 AGM the Society approved the appointment of a welfare officer specifically for the older members. There were concerns that some members of this older age group weren't coping to well, especially when it came to unravelling the best support options for themselves.

That very friendly fellow about town Michael Northcott was assigned the task of offering support for these members. So far five members have contacted him in the past year, but he is sure there are more people he can visit a couple of times a year.

So far he has helped with interacting with WINZ, service providers and other agencies. He has also helped with that forever frustrating task of filling out official forms.



We all need help from time to time so don't let life get on top of you. Call Michael on 0800 503 603 extension 2, mobile/txt 021 020 566 77 or email him on michael@cpsociety.org.nz Michael can only do home visits in the Auckland area

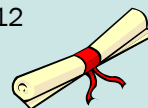
Academic Grants Now Open

The Society has budgeted for four academic grants for members with CP to study in the 2012 academic year in NZ. Each grant is for \$2500 and can be used for the course (s) fee, student association fees, course material and travel to University.



Applicants must be studying for a Bachelor's Degree (or higher) and show evidence of having successfully studied at this level. Application forms and more information are available from www.cpsociety.org.nz

This is a great opportunity to make your studies in 2012 that little bit easier! Application forms must be received no later than the 18th January 2012



Monkie is recovering well

Paul Munckhof, Monkie to his friends, is making a robust recovery from a kidney transplant carried out on the 6th of October 2011. Apart from a bladder infection caused by the removal of a stent. Paul is progressing well. So well in fact that he asked the doctor if he could drive his car again.

“You can’t be any worse than my mum,” replied the doctor. Paul took this as a yes, so he is behind the wheel again and getting on with life.

Fortunately he has a car so he and his support people can leave home every morning by 6.20am to head towards Auckland hospital for blood tests, weigh-ins and clinical assessments. Blood tests must be completed before 8.15am to attain a true reading for the day.

Since the operation Paul has made daily visits to the hospital, for intravenous antibiotics but after his infection is cleared up the visits will be reduced to three days a week.

Paul would like to express his thanks to all the doctors, nurses, his family and friends for their support.

He reports that, with the exception of one isolated case, the doctors and nurses at Auckland Hospital have been magnificent, professional and very friendly.



“getOutThere”Taxi Complaints

The Society has received a few complaints from members, with regards to some taxi companies that are involved in the “getOutThere” programme. The Society ensures the selected taxi companies are registered with the Councils Total Mobility Scheme. We also make sure the taxi service adequately meets the needs of our members, and that the “getOutThere” programme guidelines are signed in agreement. The everyday running complaints are best directed to the taxi company of concern.

Suggested process / and information you will need:

Note

- ◆ Cab number
- ◆ Date and time of trip
- ◆ Pick-up and destination

Process

- ◆ Enquire who your complaint should be directed to (taxi companies have different systems)
- ◆ If your contact is a call centre, ask to speak to the head operator - request an email address, or ask for the head operator to return your call.
- ◆ Any problems with the vouchers being accepted, the cab driver should contact their office Administration Manager.

Complaints of a more serious nature should be made to the Manager/ Complaints Officer



Climb challenges stereotypes

A sleepless night could be blamed for Jordon Milroy's crazy challenge idea. In the early hours of the morning there is a tendency to welcome thoughts from the left field, like climbing the stairs of Auckland's, 328 metre high, Sky Tower and bungee jumping off the top, which is a 192 metre drop.

Most people would leave these crazy thoughts on the pillow but Jordon, who usually uses a walker to get around and a motorised wheelchair for long distances, has adopted the idea and is working towards making it a reality.

In March of 2012 he is going to climb those 1,029 steps. His main motivation is to raise awareness.

"Many believe that disabled individuals are incapable, fragile and unable to do what most people take for granted," said Jordon who is determined to change that stereotype.

Jordon is quite used to challenges as he spent the first 17 years of his life in Samoa, where wheelchairs and other disability resources are scarce. Fortunately he had great family support who encouraged him to live a life of quality. At times his community didn't want to know. For example when he first attempted mainstream education teachers didn't want him in their class, as they were afraid he might bite someone. As so often happens in the disabled community he had to educate others.

He watched his brothers and sister immigrate overseas to gain employment and he wanted to do the same. Jordon ended up at Mt Roskill grammar from



year 11 to year 13 where he became a prefect and mentor.

After leaving school he went back to Mt Roskill to conduct Disability Awareness seminars. He wants to expand these awareness sessions to other schools and to the wider community and make the exercise into a Disability road show.

He enrolled as a mentee of Carabiner, that marvellous mentoring service run by Cam Calkoen, where he expressed his ambitions. Carabiner is helping with sponsorship for the Auckland climb which will raise Jordon's profile and ambitions.

In preparation for the climb, in March, Jordon goes to the gym four days a week where he can bench press his own body weight of 70kgs. He also takes advantage of living close to Liverpool Street, which happens to be the steepest street in Auckland.

Learn more about Jordon's climb and become one of his many supporters by visiting his face book page <http://www.facebook.com/jordonsclimb>



New Zealand television is going digital. Are you ready?

In two years' time, when New Zealanders sit down to watch tv, they will be seeing better pictures, hearing better sound quality and having a lot more channels to choose from.

The switch to digital television in November 2013 will bring a big upgrade to your television experience, but to be able to benefit, you need the right equipment.

If you have Sky or Freeview, you have gone digital already, if not - you don't need to buy a new TV, but you *will* need some extra equipment such as a set top box and the appropriate aerial.

Community advisors for Going Digital based around the country work with community groups and local bodies throughout their region to ensure people have the right information to plan for their switch to digital TV.



Below are some of the contacts which maybe are relevant to your area

Otago/Southland: Dan Murphy
Phone: 027 540 2318 Email: dan.murphy@goingdigital.co.nz

Canterbury: Gary Burt
Phone: 027 540 2316 Email: gary.burt@goingdigital.co.nz

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Up Coming Boccia dates over the next few months are:

November:

- ◆ 21-22nd: Paul Hunter Centre Rosebowl Challenge, Pettigrew Green Arena - Taradale, Hawke's Bay.
- ◆ 30th: Halberg Trust Sportsability Auckland schools Competition - St. Kentigern School, Pakuranga, Auckland.

January:

- ◆ 21-22nd: Cerebral Palsy Society Holiday Boccia Open Tournament - Allan



Upcoming events

November

- ◆ 25th Dinner at New Plymouth.
- ◆ 26th Lunch at Wanganui
- ◆ 27th Lunch at Palmerston North including members



December

- ◆ 4th Christmas lunch at Eden Park, Auckland
- ◆ 11th Christmas lunch at Chateau in the Park, Christchurch

Coming up in 2012

- ◆ *Car Rally (all ages)
- ◆ Brunches in
- ◆ Wellington
- ◆ Queenstown
- ◆ Napier
- ◆ Whangarei
- ◆ Bay of Plenty
- ◆ Waikato
- ◆ July/ August 2012 Masquerade Balls in Christchurch and Auckland.

*Plans for the Car Rally are still on the drawing board, but it's definitely an event to look forward to. It will take place on the outskirts of greater Auckland and will only be an hour or two in length. A meal will be organised at the end of the rally which will probably be around lunch time. Taxi companies have already been approached so members will be able to use their CP "getOutthere" vouchers to get to and from the rally.

