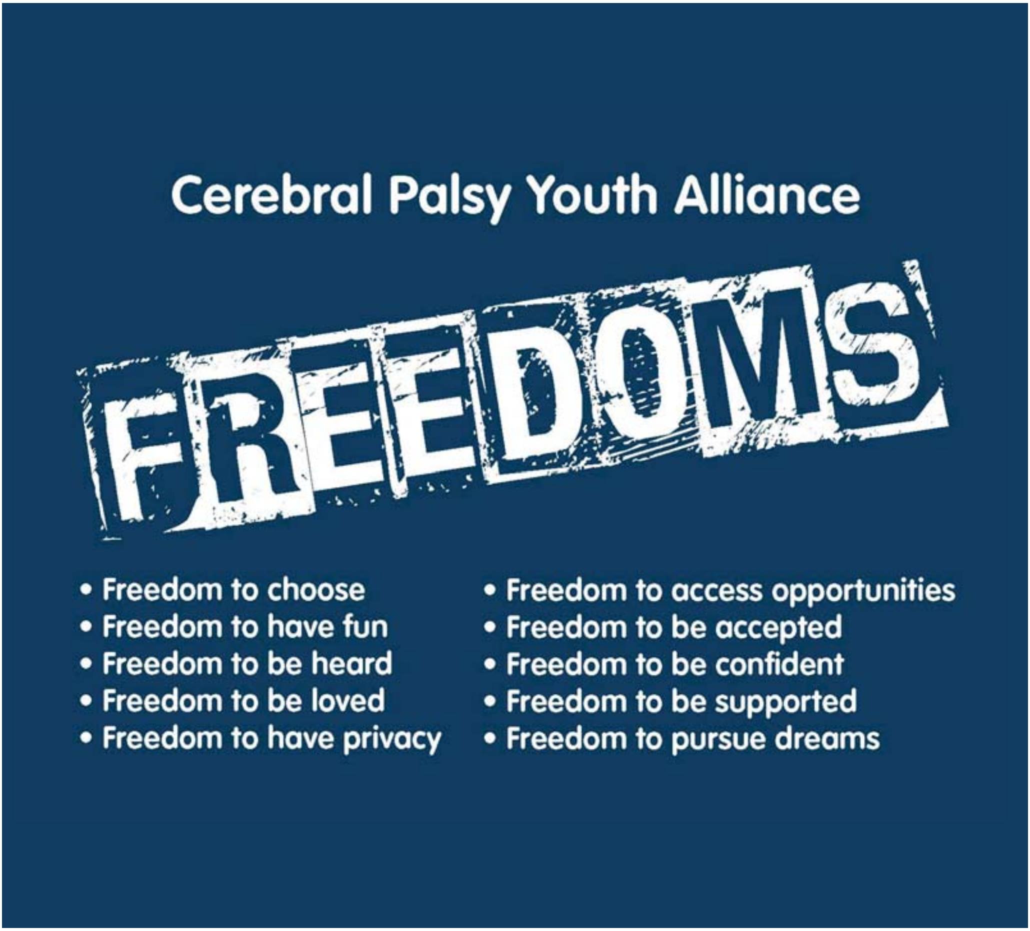
The Review

Official Magazine of the Cerebral Palsy Society October 2018



Cerebral Palsy Youth Alliance

FREEDOMS

- Freedom to choose
- Freedom to have fun
- Freedom to be heard
- Freedom to be loved
- Freedom to have privacy
- Freedom to access opportunities
- Freedom to be accepted
- Freedom to be confident
- Freedom to be supported
- Freedom to pursue dreams

Cerebral Palsy Society
freedom & choice

Cerebral Palsy Society

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News From Our CEO

I hope this issue of The Review finds you enjoying some much-needed spring weather.

In this issue, we are pleased to share with you the finalised Youth Alliance Freedoms. I am incredibly proud of what this inspiring group of young people have achieved and look forward to seeing them launch these at the Physical Disability Consortium on the 4th of October, and at the Halberg Games on the 6th of October, which is also fittingly World CP Day.

Jacqui and the rest of the team have been busy finalising details for the annual member Christmas events in November. These occasions are a highlight of our calendar and we hope to see as many of you as are able to make it. Please be sure to RSVP so we know you are coming along.

Also in this issue; learn more about our new Family Support Manager, Gemma, who is already doing wonderful things for families with CP; meet one of our first Corporate Partners, Sarah Bruce from Edible Blooms; and enjoy Amy's final instalment on the interesting topic of medical cannabis.

Finally, thank you to everyone who took part in our recent survey on The Review - your feedback is really valued. Inside you will find more detailed results and outcomes from your feedback.

Enjoy!

Gilli and the team from the CP Society

Office Space at the CP Society

We'd love to invite any members who may be interested in renting space in an accessible office in central Auckland to get in touch with us. We have some room at our light and spacious new office in Newmarket and are looking for someone to sublet some of the space.

If you are interested or would like more information, please get in touch with Gilli on gilli@cpsociety.org.nz

Meet our new Family Support Manager, Gemma Overton

I would like to take this opportunity to introduce myself to our members. My name is Gemma and I am the CP Society Family Support Manager. I have now been working for the Society for a little over 2 months and am settling into the team and the new role. It is exciting to be working in this capacity, as over the past couple of years our members have voiced the need for more child and family-focused support.

Being mum to a 9-year-old daughter with Spastic Diplegia, I know what it is like to live with a child with a disability and how important social interaction and connection with families in a similar position is. This will be a central part of my role and I hope to use my own experiences and understanding of cerebral palsy to help our members.

Below is an outline of some of the initiatives I will be working on and how members can access this new family-orientated support.

Online Support – I am part of helping to create a space on our website directed at families with children 0-12. This space will provide up-to-date information on services, events, links to resources and video stories that share our families' experiences. It is important that we hear your voice and be member-driven so we will be asking you for feedback/ideas on topics of interest that you would like to see discussed.

Face-to-Face and Phone Support – I am available to meet with families or talk over the phone, skype or facetime. I know first-hand how lonely and isolating it can be to have a child with a disability and I actively encourage building your support networks. I am also happy to meet for coffee and offer support in any way I can.

Parent evenings/seminars/ children’s events – I am excited about creating events that can educate and empower our members and look forward to working on topic-specific talks with guest speakers and being involved with organising fun children's events.

Newsletters – I will be contributing to our regular electronic newsletters to help keep families up to date about upcoming events, as well as providing information on topics of interest, including asking for member-input into these articles.

Sharing of Information – In my journey with CP, I have personally benefited from receiving invaluable information from other families and, in turn, have passed on the same and new information to others, which has helped make a difference in the lives of my and others children. I am hoping to recreate this on our website through the creation of an area where people can recommend or share information on services, people and events related to CP. Anything that you feel is positive and worth sharing will be accepted. We are still working through how to make this possible, but I will keep you posted on this initiative.

Topics of Interest - Over the coming months I will be taking a more in-depth look at particular aspects of how CP impacts children and their families. The first article I have written is on Early Puberty. I feel that it is important to raise the awareness of this topic because children with cerebral palsy and other neurological conditions have a higher chance of going through early onset of puberty and precocious puberty. It came as a shock to me when this happened to my daughter and I was very under-prepared and I do not want other families to have to go through this alone. The article can be found on our website and on our Facebook page. I will be working closely with an organisation that provides sexual health support in schools and the community to create educational talks for our members around this issue. It’s important to talk about this topic to normalise what happens and to help families navigate their way through this in a comfortable and confident manner.

Sharing Your Story - I would like to ask for help from families who would be willing to share their experiences and stories on video or written testimonials, which we could use on social media and feature on our website. We believe this will be a fantastic way of engaging with and helping our newly diagnosed families, as well as sharing with the wider world the realities of CP. If you would like to be involved, please get in touch with me.

If you have any other ideas of how I can assist families in their journey with CP I’d love to hear from you. You can email me on gemma@cpsociety.org.nz

I look forward to being in touch with many of you over the coming months.

Introducing Edible Blooms

The CP Society is thrilled to have Edible Blooms, New Zealand's leading edible gift company, as our first official Corporate Partner. We talked to founder, Sarah Bruce, to find out more about this unique company.

Who are Edible Blooms?
Edible Blooms creates delicious gift baskets and chocolate flowers which are ordered online and delivered throughout New Zealand. Edible Blooms offers a unique twist on flowers and gift hampers, including chocolate flower bouquets, fresh fruit bouquets, cake pop blooms and gourmet gift baskets.   Created with top quality ingredients and packing a real 'wow' factor, Edible Blooms make perfect gifts for everyone. Leading up to the festive season we also have our famous Christmas Trees!

How long has your company been running?
We are celebrating 10 years this year.

What inspired EB?
Edible Blooms is about delivering WOW moments to our customers. We are constantly looking for new and exciting ways to create something amazing for our customers. We just launched cakes in letters and numbers that have been amazing for customers who want to celebrate something exciting. We are always thinking outside the box with gift giving.

Why did EB choose to support the CP Society?

My cousin Craig has CP and I have seen first-hand how much support these families need. Craig is now 30 and his parents are working hard to give Craig the best life possible so every bit of support counts.

Edible Blooms has always been a giving company, supporting lots of different events in the past but we decided the business is now 10 years old and we wanted to make more of a difference and this is why we have chosen to work with CP.

We know that every dollar we raise for the Cerebral Palsy Society goes towards programmes and initiatives that help New Zealanders like Craig who live with CP.

What dreams do you have for people born with CP and how do you see that EB can help us achieve this?

Edible Blooms is all about the WOW moments and if we can help create a little bit more of this for people with CP or the families or carers, then this is our dream.... whether it's through supporting Steptember or other CP Society events or raising awareness to the Edible Blooms community.

How can CP Society Members get involved with Edible Blooms?

If you would like to put a bit of WOW in someone's life because they have been helping you, we would love to help you do this. For CP Society members, we are proud to offer you 10% off any Edible Blooms purchase. To redeem this simply enter "CP" in the coupon area.

Edible Blooms is also going to run other fundraising initiatives throughout the year, such as the one we are currently running in which $5 from every Bright range gift will go to the CP Society. We would love you to share on social media our post when we are running promotions to help CP as we want this partnership to be as successful as we can.

On behalf of the CP Society and all our members we'd like to say a HUGE thank you to Sarah and all the amazing team at Edible Blooms for their support.

Thanks To These Good Sorts

We'd like to say a huge thank you to the following good sorts, who have generously donated their time, expertise or funds to the value of more than $50,000 to help the Society over the past few months. We are really grateful for your support.

Bell Gully, Kevin McCaffrey, The James Family and Sarah Manning from Mortlock McCormack Law

Jordon Meets Kim

I know what you're thinking and the assumptions may have been drawn to a well-known Kim, but the innocent truth is that the tour guide was named Kim, so this is not a political piece, but it does highlight the preconception of a country before one travels abroad. So this article is about how I found myself in South Korea with a guy called Kim.

Earlier in April this year, while I was at work at the new Cerebral Palsy Society office, I received a forwarded email expressing the desire of young people with disabilities from the Asia Pacific region. As you know my brain works in an optimistic point of view and I thought "Why not?" Dusting off the academic part of my brain, I was required to research and prepare a paper about the educational opportunity for People with Disabilities in Samoa focusing on the implementation of the UNCRPD frameworks and local educational policies which empower young people with disabilities. If selected, this paper would be presented in front of the Korean Parliament. After sending the application off, to my delight I received an email and a confirmation that I was selected to take part in this course. Later on it was stated that over 500 applicants applied from all corners of the Asia Pacific region. Being the first person on behalf of Samoa (I was born and raised in Samoa), this was the first time in the 14-year history of the exchange programme that a Pacific Islander had been selected.

Arriving in Seoul on a humid 35-degree summer day, I was greeted by a mini bus full of youth with disabilities (10 of us) from all corners of the Asia Pacific region all with different types of physical disabilities (vision impairments, amputees, people with spinal cord injuries and, of course, cerebral palsy). Sweating it out I soon found my seat at the back of the bus, which the other participants soon dubbed 'the noisy corner'.

Throughout the 14 day excursion, the group experienced a wide range of Disability Rights organisations and charities which are set up to enhance the lives of people with disabilities in and around Seoul. Our jam-packed itinerary allowed us to visit up to three organisations per day, trying the local cuisine in between visits. One of the weirdest noodle dishes was a greenie type noodle dunked in an ice broth which then is covered with wasabi, this created a cooling and burning effect with every mouthful. A point of interest was the Naro Centre which was purposely built by the South Korean Cerebral Palsy organisation to benefit solely the lives of people with cerebral palsy through employment, education and up-skilling. This centre probed a few questionable thoughts through the moral compass of my disability activist hat as it brought up the concept of "sheltered workshops" or "supported employment locations" which seemed to be a cotton-wooled approached to employing the fellow cerebral palsiers (is that a real word or did I just make it up?) as it does not fully integrate people with CP into the work force. Wages were at best minimum as it was seen as a training scheme run by this organisation.

Later on, the group visited a famous activist in South Korea who has a spinal cord injury. One of his stunts that he undertook was to hop out of his wheelchair and crawl across a bridge on the Han River for seven kilometres, to make this process more drastic this was done in the height of summer (35 degrees temperature). The result was that the activist received burns on his hands and knees, dehydration, and was hospitalised for almost a month, however the bill passed and Koreans with Disabilities can now enjoy individualised funding. Commitment!

From my personal challenge point-of-view, solo travelling to South Korea was eye-opening and a steep learning curve. Even though I'm a frequent flyer to English-speaking countries, mainly the UK and America, the language concepts and barriers proved a difficult and somewhat frustrating reality. Add a speech impediment (the typical slurred CP dialect) as well as the great Kiwi accent, every second word felt like a marathon trying to communicate, however the witty and somewhat sarcastic New Zealand can-do attitude soon had the rest of the group in fits of laughter and breaking down barriers.

This trip started with a forwarded e-mail, not intended for me, but ended with the new found passion and desire to help people with cerebral palsy through the Human and Disability rights frameworks, which aims to "leave no one behind".

Why We Fundraise

Some of you may be aware that the Society has recently begun to actively fundraise and we thought it would be helpful to share the rationale for this.

While we have been fortunate to have had excellence governance over the past 70 years which has provided a substantial capital fund for the Society, we are always looking for ways we can expand the services to our members as well as improve awareness of CP in the community. In order to do this, we need to grow our operational funds by establishing new and diversified revenue streams.

Several years ago, the Cerebral Palsy Society(CPS) Board separated our investments, which operates our capital fund, from the day-to-day operational fund which runs the Society. This was done to ensure that the people with the best skills are employed in optimising our investments, while also allowing the Society to effectively manage the operational (programmes) aspects of the organisation. As a result, two investment entities were established, Essential Assets Limited (EAL) and Cerebral Investments Limited (CIL). These two entities operate diversified portfolios which spreads our investments across different asset classes, therefore spreading our risk and maximizing our returns. The day-to-day operational fund continues to be managed by the Society.

EAL is headed by Daniel Aldersley, Robyn Stent and Dave Thomas. Their job is to manage a large portfolio of medium/low risk investments, which to date has delivered fantastic returns. Among other things, these returns have paid for administrative costs, such as staff and the running of member programmes.

By contrast, CIL, managed by Brian Yee and Anthony Smith, is designed to be a higher risk/reward investment model. CIL currently doesn't fund any operational aspects of the Society, instead their focus is to grow this investment portfolio to ensure continued financial security for CPS.

The operational fund, which covers the day-to-day running of CPS, has responsibility for all new fundraising initiatives. Because of the success of EAL which is successfully covering many of the administrative costs of the Society, we are in the enviable position of being able to say that all fundraising dollars will be used for activities which directly benefit our members.

In addition to delivering operational funds, proactive fundraising is also a vehicle for raising awareness of cerebral palsy and, in doing so, shifting public perceptions of physical disability in New Zealand.

Fundraising also provides valuable opportunities for the community to actively engage with our organisation and our members, all of which helps build greater understanding and acceptance of people living with CP.

Just some of the new initiatives that require funding include:

- Improved respite options
- Greater advocacy and working with the Ministries of Health and Education
- Improving our trike and bike lending system
- Greater resources and services to newly-diagnosed children and families with young children with CP
- An expanded resource library for families
- Independent evaluation of our programmes
- Enhancing the development of the Youth Alliance group
- Initiating a process to assess the most effective interventional and intensive therapy options for CP
- Expanding the Life Span research with a focus on older members and people with CP at GMS Level 4 and 5.

The Society's approach to fundraising is underpinned by a multifaceted strategy which seeks to deliver diversified revenue streams over time.

Some of these initiatives include:

- Growth of corporate partnerships
- Expansion of the Steptember campaign
- Targeted public fundraising
- Cause marketing campaigns
- Individual and small business donor programme
- Third party events

If you would like to know more about our fundraising plans and how you can get involved, please contact our VP Development, Sue Lewis-O'Halloran on sue@cpsociety.org.nz or 027 387 7549.

Medical Cannabis In New Zealand: Part 3

Successive New Zealand governments and medical practitioners have struggled with the concept of how to introduce legislation to legalise cannabis for medical purposes. There is a consensus that medical cannabis can assist with a broad range of conditions. (Jansen, 2018). In particular, conditions and side effects that are often viewed as intractable, such as severe forms of epilepsy and chronic pain associated with cancer. In the 2013 New Zealand Health Survey, 42% of reported cannabis use was for medical purposes (Statistics NZ, 2013). However, there is considerable debate on how to introduce cannabis in a way that is consistent with New Zealand's pre-existing statutes, particularly, the Misuse of Drugs Regulations 1977 and the Medicines Act 1981. Currently, the process for accessing legal medical cannabis, most commonly, Sativex is both difficult and costly.

The current system is relatively difficult to administer on a practical basis. Medical practitioners need to write a convincing case for their individual patients to gain access to the restricted material. This can be difficult, given the inconsistent knowledge amongst doctors throughout the country. Some are not comfortable taking on responsibility for something that is not readily acknowledged in the New Zealand legal system.

The Royal College of General Practitioners put out a statement in May 2018, supporting broader access to medical cannabis for severely ill patients. They outlined key steps for the supervision of cannabis distribution and the important facts in safe practitioner interactions. (Royal College of General Practitioners, 2018). Medical Cannabis New Zealand is an advocacy group made up of interested parties in this debate. They outline the main processes in getting access to cannabis under the current restrictions. (Medical Cannabis NZ, 2015).

Recently I had the opportunity to hear one of the top cannabis practitioners in New Zealand talk about his experience of the New Zealand laws. In particular, how inaccessible they can be for people in desperate health needs. Dr. Graham Gulbransen, who is a GP and addiction specialist in Henderson, has conducted a study of the key components that makes cannabis so effective in treating ailments. The primary distinction with medical cannabis is that all humans and animals have an endocannabinoid system that enables the human body able to process the cannabis in a particularly useful way physiologically. For instance, the CB1 receptors can work to regulate memory, mood and provide assistance with movement and appetite problems. The CB2 receptors can assist with immune system and the regulation of chronic information. (Gulbransen, 2018). Secondly, properly prescribed cannabis that is screened for quality and dosage does not exhibit any of the major side effects common with opioids and other major pain relieving strategy.

Unfortunately, there is a tendency in the current discourse to describe “good cannabis” and “bad cannabis” by which people mean THC, the component of cannabis that can get you “high” is the “bad type”, whereas CBD is harmless and medical. In reality, both components have beneficial elements to different aspects of the experience of medical conditions For example, THC can be useful in helping people combat chronic pain and sleep disorders. (Gulbransen, 2018). It is important that all aspects of the cannabis experience are examined for its effects and potency. A balanced version of cannabis that contains both THC and CBD is found to have a potent effect in some cases. (Jansen, 2018).

Interestingly, medical cannabis can be used to treat psychiatric disorders rather than automatically causing them as some earlier literatures suggest. It is often pre-existing underlying conditions that can interact with a cannabis dose. This can cause the adverse effect. This is why it is important for the effect of cannabis to be studied and measured in a constructive way within New Zealand. Currently, many New Zealanders are having to look elsewhere (at significant cost) for types of cannabis that are effective for them. Relying on cannabis can easily cost thousands of dollars per month, which is prohibitive for many individuals. Hence, the advent of “green angels” who illegally cultivate cannabis. If the government is successful in introducing legislation, the cultivation of medical cannabis will no longer be illegal.

Several Select Committees are reviewing the Labour Coalition government’s policy towards medical cannabis. However, there is considerable dissent in Parliament about how effective this particular incarnation law will be. Currently, there are six ways to access medical cannabis in New Zealand. The most common is cannabidiol CBD which, as long as it is 98% CBD, strictly controlled and stored, can be prescribed by a GP or medical practitioner. Other options include Sativex for a restricted number of conditions and application to the Ministry of Health for nonstandard products. There needs to be further advocacy on the merits of cannabis and the willingness of New Zealand citizens to adopt it as a healthcare option, rather than a stigmatised underground option or a magic silver bullet that people spend thousands of dollars to acquire.

If you would like further information or some of the medical articles on cannabis, please email me on amy@cpsociety.org.nz

By Amy Hogan

Congratulations To Grace

We're so pleased to share with you that our intern Grace Huang has got her first job! Grace is now a payroll administrator at Manawanui In Charge, which is a disability service provider. Grace has worked at the Society for more than two years and, in that time, we have been so impressed with her incredible work ethic and day-to-day positive attitude.

Grace started her new role on the 10th of September and says there is so much to learn but she's up for the challenge! On behalf of all the team at the CP Society, we wish you all the very best Gracie, we know you are going to be a wonderful asset to Manawanui.

Would You Like To Join The Youth Alliance?

The Cerebral Palsy Society Youth Alliance would like to welcome anyone with CP aged 18 -35 to join the group. Their mission is to be a collective voice on youth issues for young people with disability. If you are interested in being part of the group, but are not based in Auckland, then we can skype you in to the meeting.

The next meeting is being held on the 16th of October.

Where: CPS office, Ground Floor, 8 Railway Street, Newmarket, Auckland
When: 6pm – 8pm Tuesday 16th October.

If you'd like to know more check out their facebook page: facebook.com/cpyouthallianceAuck or email Jordon on jordon@cpsociety.org.nz

Ministry Of Health Consumer Forum

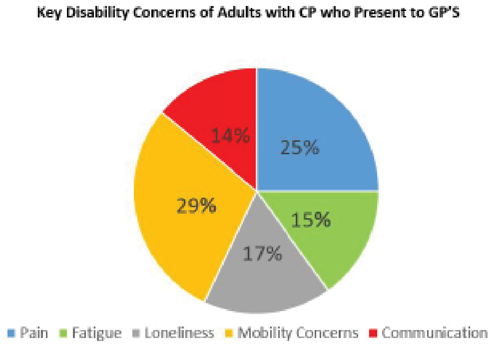
We are looking for a new parent to represent the Cerebral Palsy Society in the Ministry of Health's Consumer Forum, whose role is to provide a perspective into policy and strategy. Thank you to Andrea Lamont who has served in this position for the past two years- we are very grateful for your input and wisdom in this forum.

If you are interested or for more information, please contact gilli@cpsociety.org.nz

The Role Of General Practitioners In Complex Health

Recently I had the opportunity to present at the 2018 Royal Collage of General Practitioners Quality Symposium. The title of my talk was Complex Health and Individuals with Complex and Ongoing Health Needs. My talk was part of the Equality Stream, which focuses on improving health care for particular groups. Individuals living with disability represent higher frequency levels for accessing GP services - often presenting with multiple conditions and requiring more intensive follow up. Particular concerns can include multiple drug interactions, managing respiratory system in winter and chronic pain or fatigue.

There were two primary themes to my presentation and subsequent discussion. The first was to highlight the central role that general practitioners can play in the day-to-day lives of individuals and their families with disabilities. This can include everything from 'disability maintenance' (forms and applications) to managing health crises. This is true even under the changing models of primary health care and time pressures. This presentation included several examples of factors to consider such as slow wound healing and different health baselines. The second section illustrated the key concepts GP need to consider when interacting with individuals and their families. For example being conscientious when it comes to language and micro-language , for example, using concepts like 'poor numbers', quality of life discussions and parental trauma.



A member sums this up well:

"One of the few things my child can experience is touch, sound and limited vision, therefore I want everything she senses to be meaningful, respectful and kind" - Mother of a child with severe CP.

Following on from the conference, I am liaising with the College about how to find GPs that may have a particular interest in neurological disorders. Furthermore, The Murdoch Children's Research Institute has just released a series of 16 handouts covering different core elements of CP, specifically for GPs. Topics include Sleep, Pain and Treatment Options. We are looking to incorporate these handouts into our website.
If you would like further information please feel free to contact me on amy@cpsociety.org.nz

By Amy Hogan

The Youthful Youth Alliance (Try saying that tongue-twister with Cerebral Palsy).

The Cerebral Palsy Youth Alliance consists of eight young people (aged 19 to 35) who have a wide range of CP types. Our monthly meeting falls on the first Wednesday of every month in our Newmarket office, discussing a wide range of key issues that affect young people with Cerebral Palsy and the wider disability movement across Aotearoa.

One of our ambitious and proudest projects to date is the creation of the Freedoms that surround the choices, decisions, and outcomes that we demand as youth with or without Cerebral Palsy.

The Freedoms came about from the idea of reshaping the Respite Care environment through empowering young people who rely on these services a clearer and understanding of the rights to which they are entitled. We, as a Youth Alliance, soon realised that the current Code of Rights is un-relatable, old, and complicated.

A three-page brainstorming document outlining the most important Human Rights which can be relevant for youth with disabilities was drafted up and discussed over a period of a year. Feeling like X Factor judges, the document was whittled down to 20 statements which underwent a further transformation into 10 Freedoms (nicknamed the "10 Commandments"), to further enhance the boldness of this important document. The Te Reo translation complemented and enhanced the forecasted reach to a wider audience. Standing alone individually each of the Freedoms, such as Freedom of Choice, represents a bold and aspirational element to empower people with disabilities. As a collective, the 10 Freedoms showcase the ever-changing and dynamic landscape of being young people with or without a disability.

Even though these huge projects take up a lot of our time and energy, we are still young people and having fun is the core of what we are as an Alliance. A group of us are taking part in Steptember this year, which aims to raise money for the Cerebral Palsy Society as a whole. Extra-board activities are a frequent occurrence, whether it's meeting up at the local pub for a quiz night or supporting each other and the work we do outside of the Alliance. We have become a strong, robust group of young people with Cerebral Palsy and we are excited to see what the future will bring. A full list of the complete Freedoms will be launched on World Cerebral Palsy Day which is the 6th October 2018 via t-shirts and postcards which will be sent to young people with Cerebral Palsy.

As your Youth Coordinator, I strive to make your voice heard, through the Cerebral Palsy Society via sharing ideas and potential programmes that will benefit young people. This role also presents an opportunity to have Cerebral Palsy continue to be in the forefront of change in the wider disability community. I relish the day that you get in contact, engage in, and empower our young people with Cerebral Palsy. My passion for serving this portfolio of youth starts with your engagement. I envisage having a “youth only database”, fostering dialogue, networking, correspondence and a sense of belonging. So please don’t be shy and flick me an email: jordon@cpsociety.org.nz

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Coffee Clubs

We are hoping to expand our members Coffee Club events to more parts of New Zealand. These are usually held monthly and are a nice way for members to catch up. The Society will cover costs associated with these events (food and drinks), so let us know if you are interested in starting one in your area.

Aside from our existing locations, we are pleased to let you know we have added two new Coffee Club locations:

- Palmerston North
- Blenheim

See our website for further details for times and locations.

The Cerebral Palsy Society NZ 2018 AGM

Remember the CP Society AGM will be held on Sunday 28th October at 2pm.

This year the AGM will be held in the new CP Society office, 8 Railway St Newmarket; there is plenty of parking.

Refreshments will be provided after the meeting.

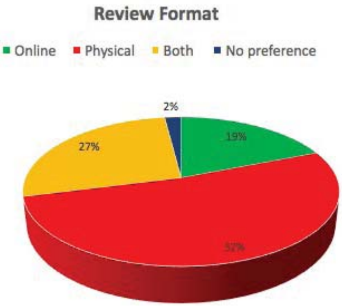
The Review Survey Results

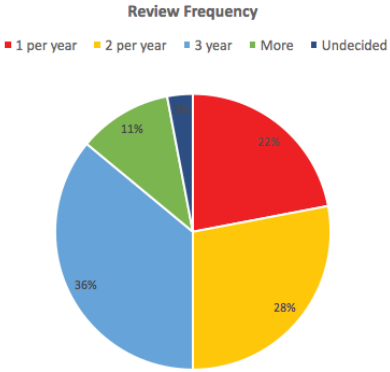
Thank you to the more than 200 people who responded to our recent survey on preferences around The Review magazine. The results were really helpful and will inform the way we move forwards with this publication.

A summary of the results are as follows:

Format

By far the majority of respondents expressed a preference for a printed version of The Review. As a result, we will continue to print and mail these out to our members. We will also continue to have a downloadable version of the Review on our website.



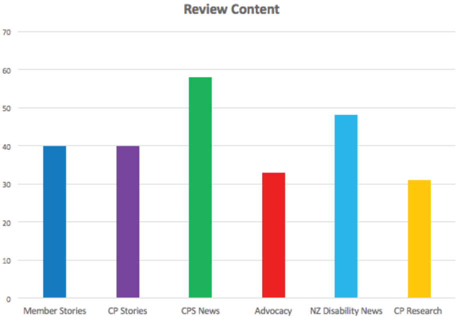


Frequency

There was a relatively even spread of preferences for how often we produce The Review. In line with the majority, we will send out three issues of The Review annually. Rough timing for these issues will be March, July and November.

Content

Thank you for all your feedback on the content for The Review. We were pleased to see that the overall members who responded are happy with the content we currently include in the magazine. We will continue to feature a variety of content including updates from the Society, disability sector updates and stories from our members.



Further thoughts?

If you were not able to respond to the survey but would like to send us your feedback on any aspects of The Review we'd love to hear from you. Please email your thoughts to cpsociety@cpsociety.org.nz

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CP Society Christmas Events

We are busy planning our annual Christmas parties. Below are dates and times that we now have confirmed.

- **Whangarei:** Friday 23rd November from 6pm, Kamo Club, Meldrum Street, Kamo RSVP by 9th of November
- **Auckland:** Saturday 8th of December from 11.30am – Pullman Auckland, Ballroom. Cnr of Princess St and Waterloo Quadrant RSVP by 23rd November
- **Hamilton:** Sunday 25th November from 12pm – Novotel Tainui Hamilton, Alma Street, Hamilton – RSVP by 9th of November
- **Tauranga:** Friday 16th November from 6pm, Tauranga Sport Fishing Club, 66 Keith Allen Drive, Tauranga RSVP by 2nd of November
- **Rotorua:** Saturday 17th November from 12pm, Novotel Rotorua Lakeside, Lake End Tutanekai Street, Rotorua – RSVP by 2nd of November
- **Gisborne:** Friday 30th November from 6pm – TBC
- **New Plymouth / Taranaki:** Saturday December 15th from 12pm Novotel New Plymouth, Cnr Hobson and Leach Streets, New Plymouth – RSVP by 30th November
- **Napier:** Saturday 1st December from 12pm – East Pier, 50 Nelson Quay, Ahuriri Napier – RSVP 21st November
- **Wellington:** Saturday 24th November from 12pm TBC
- **Nelson:** Friday 16th of November from 6pm from 12pm – Grand Mecure Nelson Monaco, 6 Point Road, Monaco, Nelson – Monaco Kitchen Restaurant RSVP 2nd November
- **Blenheim:** Saturday 17th of November, from 12pm – Scenic Hotel Marlborough, 65 Alfred Street, Blenheim RSVP 2nd November
- **Christchurch:** Saturday 1st of December from 12pm – Novotel Christchurch Cathedral Square, 52 Cathedral Road, Christchurch. RSVP 21st November
- **Timaru:** Sunday 25th November from 12pm. Venue TBC
- **Dunedin:** Saturday 24th of November from 12pm – Mercure Dunedin Leisure Lodge, 30 Duke Street, North Dunedin
- **Invercargill:** Friday 23rd November from 6pm – The Rocks Restaurant, 101 Dee Street, Invercargill RSVP 9th November
- **Masterton:** Sunday 9th December from 12pm - Farriers, 4 Queen Street, Masterton, RSVP 25th November

Costs: Subsidised $20 Member & $20 Carer, $40 per Family/Extended Family member, $10 per Child up to 12 years.

Payment: Please pay online to the CP Society Events Bank Account – 12 3011 0809757 03. Please use member's first and last name and event location (eg Joe Blogs Taranaki) as the reference. Please let us know if you would like to pay by credit card or cheque.

RSVP: Please RSVP as soon as possible by emailing events@cpsociety.org.nz or calling 0800 503 603