

The Review

Official Magazine of the Cerebral Palsy Society

March 2020

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Cerebral
Palsy Society
freedom & choice

Cerebral Palsy Society

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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 or the Cerebral Palsy Society of New Zealand.

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A Snapshot Of The Cerebral Palsy Society



CEREBRAL PALSY SOCIETY FACTS

A recent database snapshot of the Cerebral Palsy Society has yielded interesting outcomes. One of the stats indicated to us that 56.2% of our members are under the age of 30, indicating that as an organisation, we are entering into an era of significant change. Other stats indicated that the needs of our members are also changing, and as an organisation we have a responsibility to attempt to fulfil them.

Membership:

- Membership has increased by 7% annually (except for last year when it increased by 12%)
- 56.2% of our members are under 30 years.

Core Services:

Programmes:

- 28 % of our members with CP use getOutThere.
- 12 % of our members with CP use getPhysical.
- 10 % of our members with CP use getThis&that.
- 1% of our members with CP use getUpAgain.

Advocacy:

Last year the CPS staff oversaw 2550 simple advocacies and 270 intensive advocacies last year.

Training / network meetings / support:

We have had 370 registrations for parent evenings; trainings and speaker presentations and 350 for social events.

Strategic Planning Lab 2020

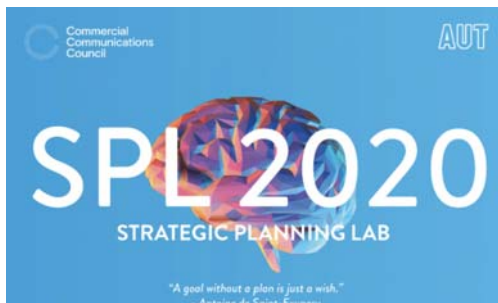
The Cerebral Palsy Society is this year's creative subject brief at the Strategic Planning Lab 2020.

The event, which is facilitated by AUT University and the Commercial Communications Council, is a fantastic opportunity for the Society to receive guidance, wisdom and advice from some of the brightest communication and marketing minds in the industry.

The event will attempt to demystify the word "strategy" and help increase the value offered during and intensive 3-day course, hosted by Media Design School.

The first day begins in March and will culminate in a presentation workshop on April 1, and will attended by professionals from XERO, Bauer Media, TVNZ, Saatchi & Saatchi, DDB and The Research Agency.

"If I have one piece of advice it's for all marketers to learn about strategy," Marketing Professor Mark



Ritson said. CPS will present an overview of our organisation to the group, including some of the barriers we've experienced in raising profile and funds. The experts will brainstorm potential ideas to move forward.

This opportunity will continue to propel CPS forward as the organisation grows, to enhance its ever diversifying membership.

We are grateful for the support and expertise of the Commercial Communications Council and FCB PR & Activation for assisting CPS on this journey.

Review Ad Rates

The Cerebral Palsy Society's quarterly Review reaches members and supporters across New Zealand and it's a great vehicle for advertising your small business, organisation or event.

RATES are as follows for print-ready ads:

- Half page ad, inside page - \$250
- Full page ad, inside front or back cover - \$400
- Full page ad, outside back cover - \$500

NB - Reduced rates for inclusion in all 3 Reviews/year are available on request.

To place an ad, or for more information, please contact
Aden@cpsociety.org.nz

September 2019

A huge thank you to our global partner, Goodman, and the NZ "arm" of it, which has gone above and beyond for CP Society of NZ through its amazing support of Steptember, from dollar matching during the campaign, to sponsoring an event for the students of CASS (Central Auckland Special School), and getting so many of their own staff to participate and produce winning results to benefit all our CP members – thank you so much!



Thanks as well to Lisa Adams, our Steptember ambassador, and to Mike Puru and Mel Homer, who promoted Steptember on TV and radio and via social media, and really helped to raise our profile.

We wrapped up Steptember 2019 with an awards presentation late last year – and honoured several corporates and individuals, with special kudos to the four corporates which have participated for all 5 years in Steptember: Goodman NZ, Simpson-Grierson, Harvey Norman and Hot Leads.

We also recognized many teams and individuals during the presentation – including the winners in each category:

- Drew Leafa of Simpson-Grierson won our Community Award, in recognition of consistently being our highest stepper and fundraiser combined since 2015/2016
- Portside, of Port Otago, the Top Stepping Team, with 4,212,852 Steps
- Ross Woodall, Portside team, the Top Individual Stepper at 1,418,993 steps
- Godfrey Hirst which had the greatest number of participants at 400
- Waitakere College, the Top Fundraising School with \$2495 raised
- Devsteppers, from Goodman NZ, the Top Fundraising team with \$11,725
- Willy Main of Devsteppers, the Top Individual Fundraiser at \$6,875
- Goodman Property Services (NZ) Limited, the Top Corporate Fundraiser which brought in a phenomenal \$27,648.18

Thanks as well to janda, our great project managers, and to each and every participant – we will be in touch shortly with our plans for 2020. In the meantime, please know that the funds you helped to raise will benefit our CP community in so many ways, from funding research to providing and enhancing our programmes and services – quite simply, we cannot do it without your support – so, on behalf of all those we serve, we say a heartfelt thank you!





Chiropractic

An holistic approach to support your health and wellbeing.

What is Chiropractic Care?

Chiropractic Care is an integrative approach to support your body's health and wellbeing.

Your nerve system, which is housed and protected by your spine, transmits vital information from your brain to all parts of your body to properly control all of your body's functions.

Specific chiropractic adjustments of the spine help your body to perform better by correcting interferences of the transmission of the vital information between your brain and your body.

What happens in an adjustment?

Each joint in the spine has tiny receptors which communicate with the brain about the joint's position in space (Haavik, 2014). You can think of these like satellites communicating with the GPS system in your car.

These receptors help your brain understand where your body is in the space around it, just like your GPS system tells you where your car is in the city. When one of these joints is not functioning the way it is meant to, it can affect how accurately your brain knows where your body is in space. Just like if one of the satellites in space is not communicating with your GPS because there is a large storm, you may not receive accurate directions.

Chiropractic adjustments reset the receptors surrounding these joints, allowing them to communicate accurately with the brain (Haavik, 2014). This gives your brain a clear picture of where your body is in space and allows it to create accurate responses for its environment (Haavik, 2014).

Haavik, H. (2014). The Reality Check. Auckland, New Zealand, Haavik Research

Is there more than one way to get adjusted?

Our interns at the Chiropractic Centre are trained in a variety of techniques so that we can make you as comfortable as possible. Adjustments can be performed in different ways, including instrument assisted, table assisted and by hand.



Where are we located?

6 Harrison Road, Mount Wellington, Auckland



What is the cost of an appointment?

At the Chiropractic Centre, care for an individual with Cerebral Palsy is complimentary.

We recognise the importance of maintaining a healthy nervous system in all individuals and offer \$5.00 visits to caregivers of people living with Cerebral Palsy.

To book an appointment phone 09 526 2100.

Chiropractic
Centre



NEW ZEALAND
COLLEGE OF
CHIROPRACTIC

Speaking Up and Standing Out



THESPINOFF.CO.NZ

Disabled voices on Peter Singer: 'Who's actually listening to this guy?'

The disability community came together recently to raise its concern over the appearance of Australian philosopher Peter Singer.

ThinkInc, promoters of the live event 'An Evening with Peter Singer', announced that Auckland venue SkyCity had cancelled their contract, fearing "reputational damage." ThinkInc spokesperson Suzi Jamil released a statement saying they are currently looking for an alternative venue.

The cancellation came on the heels of widespread public outcry from many including the Cerebral Palsy

Society, Dr Huhana Hickey, Red Nicholson and Grace Stratton. Amy Hogan, CPS Head Research said "These positions can do genuine harm and have no place in wider public discourse around disability."

He may be a brilliant philosopher and extremely articulate but he lacks crucial understanding of the matter he speaks so freely about, disabled individuals and the families who love them. There is a diversity of experience and emotion that is missing from the broad statements."

NOTE: The Cerebral Palsy Society would also like to express its gratitude towards SkyCity for standing firm on its culture and values.

We have much respect for organisations that make a stand against providing platforms for destructive narrative.

Thank you SkyCity.



NEWSHUB.CO.NZ

Philosopher Peter Singer 'de-platformed' after SkyCity cancels appearance

Flushing Away Inaccessibility

Shoppers in Auckland advocated for change and we got it!

Cerebral Palsy Society Youth and Pacific Coordinator Jordon Milroy, publicly called for change when he became aware that Sylvia Park mall's accessibility toilets unlocked automatically after five minutes.

"It doesn't seem right that a person with a disability only gets five minutes to do their business and clean up themselves," he said.

"The personal experience of trying to manage this function in a countdown situation leaves the fear of the door automatically opening in front of New Zealand's biggest shopping mall, or feeling less than human by not having the time to clean up myself."

Accessibility advocate Kylee Black joined the collective outcry by saying able-bodied bathrooms don't have time limits and neither do parent rooms.

"I've had the door open on me before because of the automatic lock, I've also opened the door on



someone using the toilet. I've also been stuck in the toilet because the automatic lock was jammed. It's just not okay," Black said.

As a result of the complaint, the time limit has been increased to 15 minutes.

"Speaking out was important to highlight the situational awareness of the time in the bathroom. Non-disabled people do not realise or tend to forget how long it can take to conduct yourself in the bathroom if you have an impairment," Milroy said.

"Social change starts with the responsibility from disabled persons themselves, so to use my platform social media-wise and a sense of humour got the message across in a prompt manner.

"The outcome of 15 minutes was a great starting point, yet as a modern society common sense should prevail and the timer shouldn't be on the toilet in the first place. To constantly complain makes one feel cynical and sometimes negative towards the way society restricts people with Cerebral Palsy."



Boccia New Zealand Sanctioned Events 2020



Event: North Island Boccia Championships

Dates: Saturday 4th & Sunday 5th April 2020

Venue: Allan Brewster Leisure Centre, Auckland

Entry Fee: \$45.00 Per Athlete

Cancelled

Event: South Island Boccia Championships

Dates: Saturday 11th & Sunday 12th July 2020

Venue: YMCA Bishopdale, Bishopdale, Christchurch

Entry Fee: \$45.00 Per Athlete

Event: New Zealand National Boccia Championships

Dates: Thursday 8th – Sunday 11th October 2020

Venue: Pioneer Recreation & Sport Centre, Somerfield, Christchurch

Entry Fee: \$120.00 Per Athlete

Cerebral Palsy Society Boccia Tournament 2020

Dates: Saturday 27th & Sunday 28th June 2020

Venue: Allan Brewster Leisure Centre, Papatoetoe, Auckland

Entry Fee: CPS or BoNZ Member \$30.00 (includes lunch)

Non-Member \$35.00 (includes lunch)

Entry forms for all sanctioned events are available on the Boccia NZ website
www.boccia.org.nz

For further information please contact Scott Martin – boccia@boccia.org.nz
or 021 0299 4936



HEALING & RENEWAL RETREAT



Join Us on a wonderful journey of self discovery and healing at the incredible Tatahi Lodge in Hahei.

Renew and recharge your body, mind and soul as we embark on a wonderful weekend full of yoga, walks, meditation, nutritious food and mind and body exercises. Discover the wonders of aromatherapy and learn how to enhance your wellbeing.

5th - 7th June 2020

Mana Retreat Centre, Coromandel

Cost \$500 per person.

GetUp again vouchers can be used up to
\$450

Payment plans available.

*"Loved every moment of it and feel truly
blessed to have been a part of it!"*

- Victoria, February 2019

My Chi Mind and Body



Saskia@mychi.co.nz

www.mychi.co.nz

027 571 0033



Freedoms!!! The Anthem For Students With Disabilities

By Jordon Milroy

Firstly, and frankly, rolling into class for an 8am lecture on Human Rights is somewhat of an uninspiring activity. The sheer fact that I was able to stumble out of bed, make a strong coffee and get dressed correctly doesn't warrant the terminology 'inspirational'.

The use of a wheelchair (a mobility device) to access different areas of university can be compared to walking in new shoes and this ridiculous and somewhat humorous comparison also doesn't warrant the word 'inspirational'. This collective vision held by youth with Cerebral Palsy of just "getting on with the job" drives the momentum towards a collaborative video series in conjunction with the Cerebral Palsy Society of New Zealand and the CP Youth Alliance. The Freedoms campaign is made up of ten bold declarations of a world where youth voices are heard and respected. This multimedia campaign, released through a mini documentary, showcases what it's like to be a young person living with Cerebral Palsy and the real-life testimonials about life with Cerebral Palsy.

The honourable position of being able to co-chair the Cerebral Palsy Youth Alliance, at the same time as studying within the field of Human Rights, has provided me with a front-row seat for the Freedoms campaign and the exciting endless possibilities that this campaign will cover.

My personal favourites out of the ten Freedoms as they relate best to attaining an academic qualification are:

The **Freedom to Pursue a Dream:** As a postgraduate student studying towards a Master of Human Rights at AUT, I live with a dream of shaping the way society views individuals with Cerebral Palsy, through the skills and knowledge I've gained at a postgraduate level. Dreams are deeply embedded in the core desire to succeed.

The **Freedom to Be Heard:** This is another bold statement that resonates with life at university. To be heard is to be understood clearly, despite having slurred speech or taking several attempts to express the true definition of what the point-of-view is that you are trying to portray. To be heard is to constantly redefine one's comfort and to move the boundaries and speak up on behalf of those who are not able or haven't reached a point of confidence yet. Students with disabilities don't need to be qualified or be seasoned activists to create change within our society. Being heard is vitally important for change. As a student, I've had the opportunity to suggest practical changes around accessible parking spaces, door entry sizes and the language used surrounding disability. In short, power to the people – it's time to be heard!

Jordon's story was also featured in AUT's DEBATE Magazine.

For the full article please go to: (with the link below)

www.cerebralpalsy.org.nz/freedoms-the-anthem-for-students-with-disabilities/

Little Pots Go A Long Way

We are often overwhelmed by the kindness and generosity of our community, proving once again that every effort helps.

Taupo grandmother Bev Foreman wanted to give back to the Cerebral Palsy Society in honour of the support her granddaughter Eva has received, so she put plans in motion.

With creative thinking at the forefront, Bev created Eva Pots.

"Our granddaughter had a rough start to life, we're so very lucky to have her and her Mum in our lives today. Eva was diagnosed with cerebral palsy and so the long journey for her and her family began."

"We heard lots of amazing things about Cerebral Palsy Society and the help Eva and her parents received. I wanted to give back and so I put my thinking cap on and came up with Eva Pots. Little terracotta pots painted up and filled with rock cacti. Our hope was to sell 100 pots in a year and have a donation of \$1000 for the Steptember campaign."

Bev and her supporters were overwhelmed by the generosity of her community.



"Needless to say our expectations were blown away and in the nine weeks leading up to Christmas we sold 150. Taupo is a little community that embraced our project with open arms, we were gob smacked with the generosity, we (my husband and myself) couldn't have done this without their support," she added.

"Would we do it again? Not sure, those time consuming little pots ruled our lives for 9 weeks, but it was so much fun and we met so many kind and generous people."

The CP Society says thanks so much, Bev and family and the Taupo community for your generous support. Every dollar makes a difference as we seek to enhance the lives of Eva and all those living with cerebral palsy



Make It A Meaningful Celebration

So many ways to help raise funds and profile!

We continue to seek ways to raise the Society's profile, educate more people about CP, and attract more supporters and donors – please consider how you can help us to do that, as we work to diversify our revenue sources. This will enable us to become self-sustaining in a very few years. Just as importantly, increased funds will allow us to do more for our members!

Make it a meaningful celebration

People often make gifts to the CP Society in memory of a loved one who has died. Making a donation in honour of other "milestones" is also meaningful. Many of us have more "things" than we possibly need, so please consider this option when deciding what to do for someone's special occasion. A number of "gifts in honour" ...of a birthday, anniversary, etc can really add up – and help the Society to do more for its members.

Please help us open more doors

To corporates which offer a payroll giving programme. The Society would love to come and speak to them, to educate staff about CP and the work of the Society, and to invite them to add us to their payroll giving programme. If you can help us get our foot in any door, that would be brilliant – whether it's your own employer's or someone else's. An opportunity to educate people about CP can really make a difference in raising both our profile and funds to deliver our programmes and services.

Golf Tournament? Quiz Night? Other Fun events on the horizon?

If you know of any upcoming ones that don't yet have a charity to support, please direct us to them – these 3rd party events can be a great boost to the CP Society – and raise both funds and awareness. We will of course provide support to the event, including one of our CP team to speak at it.

Gifts in Wills Programme

As you will have read in our last Review, our Gifts in Wills programme is up and running. Brochures have now been distributed to public trusts and to many law firms throughout New Zealand. We have more available if you'd like a copy or two: just contact us at cpsociety@cpsociety.org.nz or sue@cpsociety.org.nz – if you wish to learn more about how a gift in a will can have a significant impact on what we do here, please get in touch – our free phone is 0800 503 603.



An Opportunity for Online Shoppers to help the CP Society



Mighty Ape continues to support us in our fundraising efforts, with 5% of sales (barring a few exceptions) donated to us. They have thousands of products available, so if you enjoy online shopping, this is a great way to help us. To do so, just go to: www.mightyape.co.nz?r=3724525

Entertainment Book – another easy way to support the Society is by purchasing an entertainment book with the proceeds going towards CPS. Please go to: <https://www.entertainmentbook.co.nz/s/9g64387?fbclid=IwAR0doM1WBmmemWVrITCruRNwq8eeJVCji8e1bV1gS4jmARNCHP7XbYe8vEg>



And now for the latest addition to our diversified revenue initiatives..... Introducing Our Regular Giving Programme!

Individual donors can make such a major difference to the Society – we have been fortunate to have a few already on our books. Now we invite you to join them as we launch this new programme – imagine the possibilities!

Most people give monthly through an Automatic Payment via credit card or through their bank account – the latter is preferable because it doesn't incur credit card charges, however, either are welcome! The difference you and others who participate can make is very significant: here are two examples:

- 100 people give \$10/month = \$12,000pa
- 200 people give \$25/month = \$60,000pa

Any amount above \$5 will give us a real boost as we seek to build this part of our revenue programme – please do consider it and invite your family and friends to join you. We have regular giving brochures in the office and you can also sign up via our website. If you'd like us to post them to you, please email sue@cpsociety.org.nz.

Iona Novak To Speak Again

The Cerebral Palsy Society was privileged to host Iona Novak for two research seminars last year and we are excited to host her again.

Professor Novak is one of the most prominent cerebral palsy researchers in the world and is known for her extensive research into the effectiveness of different treatments for CP symptoms and the inflammation in the brain that causes the initial damage.

Professor Novak will present her research and general research trends with CP for both clinicians and researchers.

The provisional dates are as follows:

- 30th of July – Auckland
- 31st of July – Christchurch

Iona has a passion for connecting with families and conveying research



in an approachable and accessible way. During these presentations, she will specifically cover her latest findings in CP treatments, managements, and innovations at all levels and types of CP.

For a full recap of Iona's visit last year, please follow the link below: www.cerebralpalsy.org.nz/iona-novak-seminars-wrap-up/

Reaching For The Stars

Our members are reaching for the stars and Chad Campbell is one of the most recent examples.

After receiving a grant at the end of 2017, which helped go towards purchasing a Celestron Evolution 8" telescope and further accessories, Chad's passion for astro photography has flourished.

"Astro photography has always been a passion of mine and since getting the equipment, I've decided to take up general photography as well.

"The grant assisted in the purchase of the necessary equipment to follow my dreams in pursuing a career in astronomy and photography. This amazing opportunity has given me direction, incentive, a goal and helped build my confidence," he said.

When asked why obtaining the grant was so important, Chad said: "Because I was lost and bored. I had very little to do, no real interests, no goals or career path and my self confidence was at an all time low."

Chad's passion for astro photography and providing content for his platforms drives him.

"To date my general photography is mostly based around nature. I would like to expand my subject choices and try new things when I am able to purchase more specialised equipment."

"My current goals are to utilise social media to promote my work and to continue to experiment with styles and expand my subject choices along with my client base," he said.

An Overview Of Genetics In Relation To Cerebral Palsy

The study of genetics is becoming increasingly popular. This is due to the increase in affordable and accessible technology that can map different aspects of the genome relatively quickly and cheaply. While the study of CP genetics is still relatively young, scientists are developing an understanding of the potential influence of genetics in certain aspects of brain injury. These factors can include a propensity to brain haemorrhage, difficulties in neuro-conduction, genetic causes for seizure disorders and other injury causing conditions. There is increasing evidence that the in utero environment can also modify which genes are turned on and off during development (MacLennan et al, 2015), further complicating the role genetics may have in CP. As far as people are aware to date, there is no single gene that causes CP but they can influence the overall condition for infants and children (Crowgey et al, 2018).

Because there are so many factors that influence the diagnosis of cerebral palsy, it has been difficult for researchers to focus on the genetic elements that may or may not come into play. There have been a number of observational studies in Scandinavian countries such as Finland and Norway where they have much more complete and centralised data (Goldsmith et al, 2018). There is believed to be some higher risk of CP occurring more frequently in families if there are multiple members with the condition. However, it is challenging to look inter-generationally because survival rates for prematurity and traumatic births were not as high



two more decades ago as they are today (McHale et al, 1999).

Studies on twins are considered to be one of the central elements for genetic studies because of the similarity in both genes and environment. However, this is difficult to undertake with conditions like cerebral palsy because the presence of multiple births automatically increases the risk of neurological conditions occurring (Jiao & Jiang, 2017). This is due to the higher rate of prematurity and stresses on the womb and placenta. A few studies have looked at the presence of CP and related neurological conditions in countries where cousin marriage (consanguineous marriage) and other inter-family customs are common, such as Jordan and other Middle Eastern countries (Kruer et al, 2014).

To read the entire article, please go to www.cerebralpalsy.org.nz/research/cp-genetics-study/.

If you would like further information or copies of the studies that are mentioned, please email amy@cpsociety.org.nz.

Getting Behind The Wheel, Pure Freedom!

The daunting vision of hooning down the street with uncontrollable Cerebral Palsy tremors has plagued me for the last 30 years. At the beginning of 2018, the decision to start the driving journey began. With the successful passing of the Learner License multichoice test, the sheer reality dawned that no sane friend would give up their car to teach me to drive. Biting the bullet, the decision to call in the experts at Polo Driving School was made, the personal sacrifice of both time and money was a worthwhile decision.

Eden (my driving instructor), honestly rationalised the daunting and lengthy process of the reality of teaching a person who happens to have complex Cerebral Palsy wasn't an easy task. The slow progress drifted into a period of 18 months, with each driving lesson proving to be a constant battle between the stresses of driving and managing my Cerebral Palsy, involuntary movements and the random spastic outburst. Driving along the motorway for the first time was a lifelong experience which I will never forget, even though we were wobbling along at 50 kilometres an hour on a Saturday afternoon. Followed by the experience of the first time driving through a McDonald's drive through and practicing the turning ability of sharp corners.

The bare bone facts that both my feet do not work at the best of times, the modification of advanced hand control with the combination of a spinner ball mounted to the steering wheel for one hand turning provides the safest option for all parties involved. Having a weaker right hand (which is responsible



for braking and accelerating with hand controls) the rewiring of my brain to be gentle on the accelerator minimising the rapid jerkiness of CP while keeping both eyes on the road and a firm grip on the wheel spinner.

The driving journey has been plagued by small hiccups but rewarded with milestones, like receiving Lottery Commission grants for a modified vehicle. When receiving this car, constant communications between specialised occupational therapists to identify the right modifications, vehicle size and budget restraints, has proved to be a challenging yet rewarding experience.

At the end of the day, to be able to drive myself to and from work as an independent fully-fledged card-carrying member of the workforce with a completely modified vehicle, is a pretty awesome dream to have achieved.

- We have individual grants available at CPS for those who need driving lessons.
- If you want to know more, email me at jordon@cpsociety.org.nz
- If you are interested in getting on the road then give Polo Driving School a call on 09 5277180.

Grant Helps James And Max

With the help of a grant from Cerebral Palsy Society member James Riach is able to navigate his property a little easier.

The 20-year-old applied for an equipment grant last year and was able to purchase an additional wheel for his wheelchair.

James' mother Deb said the wheel has removed accessibility barriers that he was experiencing.

"Having the free wheel has made it possible to regularly go for walks at home with Max (instead of having to travel 20 minutes to a dog park) and also the joy of being able to go out and walk the property as a family, which we haven't been able to do since James outgrew his large size mountain buggy style stroller 5 years ago.

"On the driveways at home James still needs someone to push him, but we have also been able to go to the river and the beach, both of which were way too difficult before. James can self-propel now if the ground is a bit flatter."



Deb expressed her gratitude towards the generosity of the grant.

"James got Max his mobility dog in July last year and one of the ongoing barriers for us was trying to navigate our property with his wheelchair, as the driveways are all gravel and the terrain is not even."

Note To Members

We would love to hear from you, our members.

So if you have any potential story ideas, especially on the ways CPS grants have enhanced your life, we want to know all about them.

Please get in touch with aden@cpsociety.org.nz

Trike Alert!

The Cerebral Palsy Society has two adult trikes for temporary loan to members, free of charge.

Trikes are suitable for people from early teens – adult.

The Trikes are now available at the Cerebral Palsy office at 8 Railway Street, Newmarket, Auckland.

We will fit and adjust the trike to the rider, so call us to make an appointment.

If you like the trikes, there are also options available for purchase, after the trial!

INTERESTED? Contact us to set up an appointment:

Sara on 021 025 32 333 sara@cpsociety.org.nz

Michael on 021 020 56677 michael@cpsociety.org.nz

Trike Information:

Red Medix 21 Trike

- Trike has 20 & 24 inch wheels
- Adjustable handle bars
- Variable gears
- Hand-brakes
- Shoe/toe clips



Black Raleigh Trike

- Trike has 24 & 26 inch wheels
- Gears and differential
- Shoe/toe clips and heel straps
- Hand-brake
- Shopping basket



Note:

The wheels on the trikes are not removable – a large van, people mover or bike carrier is needed for transportation.

Stainless Steel Straws For Sale

270 mm STAINLESS STRAWS With Silicone Tips

Package will contain:

- 4 x Stainless straws
- 1 X Brush cleaner
- 6 X Silicone tips



Cost:

- \$10 (Includes postage)
- 1 X \$10 'Get This and That' voucher
- Cash
- Bank Deposit 12 3011 0809757 00 (please use name and straws as a reference)

How to purchase:

- Call in to CP Office at 8 Railway St Newmarket, Auckland to pick up a packet of straws.
- Send a voucher either by post or take a photo of your voucher and email it to sara@cpsociety.org.nz.
- Advise us by email that you have paid by bank deposit.
- Include your postal address.

Cerebral Palsy Society of NZ Inc
8 Railway Street, Newmarket
PO Box to 24759 Royal Oak Auckland 1345



Athletes Recognised For Their Service



"It's nice to be officially acknowledge as a Paralympian, to celebrate our achievements and great to see now there is a public record of current and passed Paralympians," Paul said.

Congratulations to :

Paralympian #34 Latoa Halatau MNZM, Paralympian

#38 Tewai Skipwith-Halatau, Paralympian #48 Robert Courtney MNZM, Paralympian #77 Gavin Foulsham, Paralympian #88 Reweti Cameron, Paralympian #93 John Dowall, Paralympian #95 Steve Guthrie, Paralympian #107 Grant Sharman MNZM, Paralympian #117 Dean Booth, Paralympian #127 Paul Van Den Munckhof MNZM, Paralympian #172 Timothy Dempsey, Paralympian #175 Paul Francis, Paralympian #182 Susan Reid.

Recently the 7th event as part of the Paralympic New Zealand's Celebration Project was held at North Shore Toyota with 13 brilliant Paralympians celebrated and presented with their official numbered Paralympic pin and certificate.

Cerebral Palsy Society's Review Layout Designer and Website Editor Paul Munckhof was one of the athletes recognised and was supported on the night by his family, friends, members from CPS and Boccia New Zealand.

The event was also attended to by Carmel Sepuloni MP, Minister for Disability Issues.





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Advocacy in Action

