



Issue 15, March 2013

Waitemata DHB CALD Child Health & Disability Newsletter

Welcome to the Waitemata DHB CALD Child Health and Disability newsletter. CALD stands for Culturally and Linguistically Diverse. We're one of several Ministry of Health funded programmes that helps Auckland's three DHBs implement the Auckland Regional Settlement Strategy Health Action Plan.

Middle Eastern parent disability seminar a success



Small group work: Discussing cultural messages about disability

Following on from their successful parent seminar for South Asian parents in November, on 5 March the Auckland DHB Child Development Team hosted another parent seminar at the Fickling Centre. This seminar, also about accessing disability services, was designed for parents of Middle Eastern background. The seminar was attended by more than 40 family members and it was a very diverse gathering. Interpreters were used for language groups of Arabic, Farsi/Dari and Pashtu speakers and there were also attendees who spoke Urdu, Hindi and English. Ethnicities included Arab, Persian, Kurdish, Tajek and Hazarah as well as a few African and Pacific ethnicities. Childcare was offered for children under 5 years,

and 14 children used this service over the course of the day.

Auckland DHB Child Development Team leader Madeleine Sands was thrilled with the turnout and positive feedback from families. "It can be difficult for these families to learn what they need to know about how disability support works in New Zealand. I'm pleased that we have again been able to assist families to get the information they need and to form support networks for themselves."

Families reported that this was the first time an event about disability had been offered to their communities and they found it very useful. A frequent suggestion on the evaluation form and in feedback at the closing session was for more seminars. As with previous CALD parent seminars, small group discussions revealed that many cultural attitudes to disability are negative and that there is a need for disability awareness and destigmatisation education for CALD communities.

Because of stigma, information about disabled family members is often kept within the family. Two parents who knew each other in the community met at the seminar and discovered that they both had a child with disability.

The ADHB Child Development Team was assisted by Parent and Family Resource Centre, the Ministry of Social Development Settling In Programme and Waitemata DHB Child Development Service.



The day begins: Madeleine Sands introduces the presentation on the social model of disability and the New Zealand Disability Strategy.



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The North Child Development Service completes CALD 8 training!



Training day: the team at work on a CALD 8 exercise

On 18 March the North Child Development Service gathered for a team training day where they completed CALD 8 **Working with CALD families – Disability Awareness as a group**. Staff had worked hard to finish the course prerequisites CALD 1 and CALD 2 or 3, before the training day arrived.

Feedback on the course was very positive. Elizabeth Maritz, dietitian, commented, "The course is very practical and good to do as a team as it extended all our thinking."

Developmental Coordinator Anne-Marie Nottage reported, "The course reminded me of the importance of establishing

early rapport with families in a culturally sensitive way." Jo Walker, Physiotherapist/VNT and Fiona, Occupational Therapist, found the course confirmed the partnership relationship they try to establish with all families. However, what was insightful for them was that CALD families may find this partnership and goal setting approach challenging as they may expect the health professional to be the expert and come up with the plan.

Team leader Shirley Campbell says, "I highly recommend this training module to anyone who works with CALD families where disability is involved."

Did you know?

Four CALD online courses are now iPad-compatible! You can access online training courses CALD1, 2, 3 and 4 from your iPad. For more information go to www.caldresources.org.nz

A creative project for the Asian disability community



The Asian Family Autism Support Group is running a creative project in 2013 called Creative Empowerment for the Asian Community. The project has been made possible by a grant from the Auckland Council Creative Community Scheme. The purpose of the project is to introduce and promote crafts to the wider Asian disability community and to use this focus on crafts to strengthen community networks and to promote disability awareness. The project is open to any Asian

family with a special needs child, not just those with autism, and organisers are keen to hear from families who would like to participate in the project.

The crafts are being taught and practiced at a workshop held the last Monday of each month (excluding school holidays) at the Wilson Centre in Takapuna and a larger event is planned for later in the year. At the March meeting, knitting and Thai therapeutic dance were taught.

For more information about the creative project or the Asian Family Autism Support Group contact Im Soo Kim, or group leader Karen Phang on 410-9503 or email:

karenphang@gmail.com.





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A picnic to start the year's programme



Socialising in the sun: the South Asian and Other Parent Support Group relaxing in the park.

To take advantage of the wonderful summer weather, the Auckland DHB South Asian and Other Parent Support Group started its programme for 2013 with a picnic. Led by community health worker from the Auckland DHB Child Development Team Hyma Danthala, families met in Cornwall Park for a relaxing time of games, socialising and sharing ethnic food. Families were of Pakistani, Sri Lankan, Indian and Fijian Indian ethnicities. Three of the families were new to the group this year. Several members of the Child Development Team stopped by the picnic to greet families and they were also joined by Ministry of Education Refugee and Migrant Coordinator Parvathi Ramaunathan.

The event also provided an opportunity for parents and others to meet an Indian couple

who are trained caregivers and provide carer support to some of the South Asian families within the community. Everyone agreed that the picnic was a very good beginning to the year.

Disability Survey 2013 on its way

The next Disability Survey will run from July through October 2013. The Disability Survey collects information from both disabled and non-disabled people and the questions about disability in Census 2013 are used to determine who will be surveyed. The last Disability Survey was conducted in 2006. The first data from Disability Survey 2013 is expected to be available in mid 2014. For more information go to http://www.stats.govt.nz/browse_for_stats/health/disabilities.aspx.

Supplementary resources for CALD 9 now available

Two supplementary resources are now available for those who have completed CALD 9 Working in a mental health context with CALD clients. The resources provide research material and guidelines for increasing awareness, knowledge and skills relevant to mental health practice with Asian and African and Middle Eastern clients in New Zealand. For more information go to www.caldresources.org.nz.

For more information contact the team:

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Next issue:

Learn about the seminar for Chinese parents of autistic children