



Issue 16, May 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 help Auckland's three DHBs implement the Auckland Regional Settlement Strategy Health Action Plan.

South Auckland Chinese Families Autism Support Group

A new initiative is underway to establish a support group for Chinese parents of autistic children. The project is being led by a collaboration of agencies including Parent and Family Resource Centre, Counties Manukau DHB, Idea Services, The Asian Network Inc (TANI), Autism New Zealand Auckland Branch, Independent Living Service and Waitemata DHB. An initial meeting was held on 16 April at the Manukau Superclinic and was attended by more than 60 family members. The meeting included presentations about accessing services and a discussion with parents about what they might want from a support group.



The initial meeting: Sammy Chan from Independent Living Service speaks in Mandarin about accessing services



Guest speakers: Parents Danny Wu and Moon Meng with Niharika Puri of the Parent & Family Resource Centre

The meeting also gave parents an opportunity to network and share their stories with other parents. This important development that had been suggested by parents at the first meeting, and discussions among parents continued long after the meeting closed. More suggestions were given about what parents would like to have included in future meetings.

Monthly meetings are planned for the remainder of the year and it is hoped that leaders will emerge from within the group. We look forward to keeping you updated on this exciting initiative.

Written material and slides were available in both English and Mandarin, and most presentations were in Mandarin with English interpretation. Many of the parents indicated that they would like to belong to a support group.

Following the success of the first meeting, a second meeting was held on 21 May, again at the Manukau Superclinic and attended by about 30 parents who were interested in the group. This meeting began with an opportunity for parents to question the agencies involved about their roles. Two parents talked about their experience of having a child with autism – Moon Meng, who has an older child and Danny Wu who has a younger child.



Sharing: Parent Danny Wu addressing the second meeting



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An opportunity to share information about our programme



Exploring issues: Issa and Im Soo discussing case studies with students

In April, at the invitation of Dr Hong-Jae Park, we had an opportunity to speak about our work to students in the School of Counselling, Human Services and Social Work at Auckland University. We gave a lecture which described the policy framework for disability in New Zealand, including the New Zealand Disability Strategy and the United Nations Convention on the Rights of Persons with Disabilities and then discussed the way CALD families cope with having a disabled child and the challenges that they face.

Cultural workers Im Soo Kim and Issa Yusuf presented case studies to illustrate the needs of families and to show how cultural workers support families to understand how the health system works and help them to access the services they need. It is very useful for students to have real life examples of family situations.

Meet two leaders of the Creative Empowerment for the Asian Community project

In our last issue we told you about the Creative Empowerment programme offered by the Waitemata DHB Asian Family Autism Support Group 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.

Support group leader Karen Phang took on her role because she felt that the group was a good idea and she wanted to make a contribution. She has found doing crafts very therapeutic. "It's so relaxing to do something different, and not just discuss problems and issues."

Moon Meng, who is teaching knitting to the group, has long been involved in a leadership role supporting other families with disabled children. "Support groups are very helpful", she says, "You learn from other parents how to teach your child, and how to accept your child." Moon has several knitting projects lined up for the group.

The crafts are being taught and practiced at a workshop held on the last Monday of each month (excluding school holidays) at the Wilson Centre in Takapuna. In the upcoming months the group will learn Korean knots and a larger event with many crafts is planned for later in the year.

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.



Leading the creative programme: Karen Phang (left) and Moon Meng (right) wearing a scarf from their second project.



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Table Tennis anyone?



Table tennis: A time for families to have fun together

On Saturday mornings during term two there is an opportunity for families of children with autism to get together to play table tennis. The venue is a converted warehouse in New Lynn and the organising has been led by Chinese parent Danny Wu under the name of Autism Eden. The event includes table tennis for both children and adults followed by a shared lunch. It's an opportunity for families to get out and have fun together. Cultural caseworker Im Soo Kim reports that everyone enjoyed the morning very much and that he will need to practice his table tennis a bit! For more information contact Im Soo Kim (contact details below) or Danny Wu on autismeden@gmail.com.

Umma Trust Women's Morning Group

Cultural caseworker Issa Yusuf has been working with the Umma Trust to establish a women's group for women of refugee background who have children with disabilities. Umma Trust provides social and community services for refugee and migrant communities with a specific focus on the wellbeing of Muslim women, children and families who are socially and economically disadvantaged. We're delighted to report that the group is now up and running! It meets every Monday morning from 10am – 11.30am. For more information contact Umma Trust, phone (09) 815 0153 or email ummatrust@xtra.co.nz or contact Issa Yusuf.



A social time: Group coordinator Faiza Joshua pours tea for everyone.

South Asian Parent Support Group



Improving job skills: Joseph Ngui from ARMS links parents with workshops.

The South Asian Parent Support Group had two guest speakers in May. Parvathi Ragunathan, a Ministry of Education migrant and refugee education coordinator spoke about schooling, funding and other supports and support available for transitions. Joseph Ngui, a support coordinator with Auckland Regional Migrant Services (ARMS) explained opportunities available to improve employment skills including workshops on interview techniques, English language classes and volunteering. For more information about this group contact Hyma Danthala on 639 0200 ext. 27507 or email hymavathi.danthala@adhb.govt.nz.

For more information contact the team:

- Im Soo Kim, CALD Cultural Case Worker – 447 0115 or ext. 4115
- Issa Yusuf, CALD Cultural Case Worker – 837 6624 ext. 6199
- Sandy Latimer, Programme Coordinator – 021 245 7785

Next issue:

Learn about a seminar for service providers who work with CALD children with disabilities.