



## WELCOME TO THE CALD CHILD HEALTH AND DISABILITY NEWSLETTER.

*CALD stands for Culturally and Linguistically Diverse. The CALD Child Health and Disability Programme is funded by the Ministry of Health through the NRA Asian, Refugee and Migrant Health Action Programme.*

## CELEBRATING SUCCESS AND ESTABLISHING A FORUM FOR FUTURE COLLABORATION

On June 14th the CALD cultural workers who work with children with disabilities and their families in the Auckland region gathered to share their experiences and to network. The Cultural workers included CALD cultural caseworkers Abdi Musse, Hanan Ibrahim Omeradin, Im Soo Kim and Angela Shin from the Waitemata DHB Child Development Service, CALD community health workers Hyma Danthala and Sadiqa Hajee from Auckland DHB Community Child Health and Disability Service, and the community disability cultural advisors Tingting Zhang and Asoka Gamage-Mendis from Disability Connect. Other participants were Catherine Wightman, Unit Manager Community Child Health, Child Women & Family Service Waitemata DHB, Richelle Timmins, Acting Team Leader Child Health Services West, Waitemata DHB, Annette Mortensen, Programme Manager Asian Refugee and Migrant Health Action Plan Northern Region Alliance (NRA), Lisa Martin, CEO of Disability Connect and Jennifer Janif, Community Investment Advisor, Ministry of Social Development.


The purpose of the workshop was to provide an overview of the service models for CALD child disability work in the Auckland region and to develop an effective network between the DHB child development cultural workers and the Disability Connect cultural advisors in order to establish a forum for future collaboration.

The morning began with a presentation from Annette on the development of the cultural caseworker model since 2009 and of the CALD Disability course (CALD 8) as part of the CALD training available nationally through [www.ecald.com](http://www.ecald.com). Annette, as programme manager of the overall regional child disability programme, commented on the progress the programme has made:



*"When we first began the CALD Cultural Caseworker programme in 2008, some families were literally hiding their children with disabilities from their own community and from wider society. The community awareness workshops and the disability information and education workshops that have been run across the region for Chinese, Korean, Middle Eastern and refugee background families have made a huge difference to community attitudes. Families have formed support groups, they're meeting for school holiday programmes and they're even prepared to be reported in the local papers! We've come a long way."*

Annette's presentation was followed by presentations from each of the three organisations about the services they offer and how they work. Jenny Janif spoke about her work as a Community Investment Advisor and the importance of collaboration among different organisations and people in the development of strong communities.

There was much lively discussion during the morning as people shared their experiences and there was wide agreement that future networking and collaboration would be of great benefit. We look forward to hearing more about this initiative. 





## KOREAN WELL PARENTS AND WELL CHILDREN SEMINAR A HUGE SUCCESS!

Because CALD cultural caseworkers work holistically with families they are often aware of other issues facing families besides those related to disability. Within CALD communities, there have been requests for better information about maternity and child health services in the New Zealand public health system.

The Waitemata DHB Child and Family Service decided to offer some seminars for CALD communities on these topics this year. The first seminar, which was for Korean families, was held on June 24th. For this, the DHB partnered with the Korean Community Wellness Society and the Chinese New Settlers Services Trust. CALD cultural caseworkers Im Soo Kim and Angela Shin planned and organised the seminar.

The programme was divided into two parts; the first part gave information about maternity and child health services such as midwifery services and Plunket services. The second part, given by the Waitemata DHB maternal mental health team was about the self-care of mothers and supports available for new mothers. Information tables were provided by Waitemata DHB CALD Child Health Service, the Korean Community Wellness Society, Plunket, the Well Women & Family Trust, Waitemata PHO Asian Smokefree Communities, the North Shore Women's Centre, the Independent Living Service, North Harbour Sport and the Citizens Advice Bureau (CAB).

The seminar proved to be very popular with the Korean community. Around 80 parents attended with 20 health professionals and volunteers from Waitemata DHB and NGOs.

Feedback from parents and prospective parents was very positive. A young pregnant mother was grateful for the timely advice: 'I have got lots of information about the services! Thank you so much for that, now I feel a lot less anxious about giving birth'. An expectant father said, 'I deeply resonate with the psychiatrist's advice regarding the husband's supportive role when his wife is struggling to deal with baby blues.' Another mother

with a toddler gave organisers the following feedback: 'It was a very good opportunity to meet other mothers with babies of similar ages. I was introduced to a few children's play groups in the community. My child and I can't wait to join in the group.'

Plans are in place to offer this seminar to other CALD population groups in the coming months. 



The University of Auckland Centre for Asian and Ethnic Minority Health Research (CAHRE) and eCALD® will be co-hosting the upcoming **International Asian and Ethnic Minority Health and Wellbeing Conference 2016** with a focus on "Working Together to Achieve Better Health Outcomes" through a mixed programme of international and local speakers. The featured sessions, workshops, oral and poster presentations help to build the capacity of communities and service providers to develop proactive strategies to face the challenges of improving the health and wellbeing of Asian and ethnic minority peoples. It will be held on **6 - 7 September 2016** at the University of Auckland's Tāmaki Campus. The deadline for **ABSTRACTS SUBMISSION** is **8th July 2016** and **REGISTRATION** will open on **1st July 2016**. For more information to go <http://cahre2016conference.nz/>.








## UPDATE ON THE DISABILITY CONNECT PARENT SUPPORT GROUPS

Meetings of the Chinese Families Autism Support Group supported by Disability Connect have been very well attended in recent months with topics of great interest to families. The April meeting topic was speech language therapy (SLT). The seminar was led by speech language therapist and trained primary school teacher Francesca Bierens and covered several aspects of SLT including pre-language skills such as imitation and play, redirecting conversation and Echolalia. At the May and June meetings Sharon West from IDEA Community Specialist Services facilitated a workshop on social stories. Using stories is an effective method to help social learning. Parents learned how to write social stories to help their child, young person or adult understand rules, expectations and to prepare for changes or events. Social stories combine visual illustrations and language that the person can understand and relate to.

At the April meeting of Disability Connect's Indian Families Support Group the topic was Education Legal Issues and this was presented by Nan Jensen who is a New Zealand certified and practicing barrister and solicitor who specialises in disability law. This topic covered typical legal education enquiries such as the right to enrolment at local mainstream schools, access to special schools, valid reasons for stand-downs and expulsions and schools' requirements to provide safe environments.


At the May meeting Hayley Howe of Special Education Services (Area Manager for Otahuhu) spoke on the specialist services available for children and young people through the Ministry of Education. The topic covered choosing between mainstream and special schools, ORS funding and application, the role of Resource Teachers of Learning Behaviour (RTLb), the role of Special Education Needs Coordinators (SENCO) and behavioural support from the Ministry of Education. At their June meeting they began working on social stories with Sharon West from Idea Services. Parents in this support group enjoy meeting, having dinner and networking amongst themselves – the comfortable, low-key environment encourages small group discussion and lots of questions. This group is highly interactive.

For more information about the Disability Connect support groups or to refer a family to one of the groups, contact Tingting Zhan [Tingting@disabilityconnect.org.nz](mailto:Tingting@disabilityconnect.org.nz) or Asoka Gamage-Mendis [Asoka@disabilityconnect.org.nz](mailto:Asoka@disabilityconnect.org.nz). You can also phone 636-0351. 



## A KOREAN DELEGATION VISITS DISABILITY CONNECT



On May 19th Disability Connect hosted a delegation of Korean social workers and government officials, and members of the Korean Association of Social Workers. The visiting social workers were here to learn about how the disability sector is structured in New Zealand. Lisa Martin, CEO of Disability Connect gave a presentation to the delegation about the supports and services available in New Zealand, and she was supported by Im Soo Kim, a cultural caseworker from the Child Development Service at Waitemata DHB. Im Soo interpreted the presentation and was able to elaborate on the material Lisa presented. Lisa commented, "We were really glad to have copies of our Korean translation of our Disability Support Guide available. It was very helpful in explaining the disability sector to our visitors." After the presentation everyone stayed to enjoy tea, coffee and platters of fresh New Zealand fruit. Im Soo remarked that he was pleased to have had an opportunity to network with people working in the disability sector in Korea and to be able to foster collegiality between the two countries. 






## ANOTHER SUCCESFUL HOLIDAY PROGRAMME

The Support Group for South Asian and Other Families of Children with Special Needs/Disabilities, sponsored by the Auckland DHB Child Development Team, held another successful holiday programme attended by 22 children from 18 to 21 April. The first two days of the programme were at Māpura Studios. Māpura Studios is a creative space and art therapy centre located in central Auckland. They offer art classes and art therapy programmes for people of all ages living with disability and diversity, as well as the wider community ([www.mapurastudios.org.nz](http://www.mapurastudios.org.nz)).

The remainder of the week included activities at Mt Roskill War Memorial Hall. On the final day the group was joined by Madeleine Sands, Child Development Team Leader and Annette Mortensen, Programme Manager, Asian Migrant and Refugee Health Action Plan and the week ended with a shared lunch.

The May and June meetings of the support group were facilitated by two of the parents, as is usual with this group, in line with its objective to develop the leadership skills of parents. The topic at the May meeting was "Managing Tantrums and Calming Strategies – for ourselves and our children". The presenter was Marion Doherty, Clinical Psychologist and Coordinator of the Koanga Tupu (Infant Mental Health Team, Kari Centre) at Auckland DHB. The topic for the June meeting was "How to recognise tantrums vs meltdowns" and was given by Susan Searle, ASD & Developmental Coordinator, Child Development Team, Auckland DHB. Parents found both topics very helpful and enjoyed the social time and opportunity to network.

For more information about this parent support group contact Auckland DHB Community Health Worker Hyma Danthala 639-0200, ext 27507 or email [hymavathid@adhb.govt.nz](mailto:hymavathid@adhb.govt.nz). 



**eCALD**<sup>®</sup>  
Culturally And Linguistically Diverse

eCALD<sup>®</sup> news provides useful resources for health planners, researchers and providers about culturally and linguistically diverse (CALD) populations.

If you wish to subscribe to our newsletter or you wish to send us CALD related information for us to promote please email [cald@waitematadhb.govt.nz](mailto:cald@waitematadhb.govt.nz)



*CALD refers to culturally and linguistically diverse groups who are migrants and refugees from Asian, Middle Eastern, Latin American and African (MELAA) backgrounds.*



**Northern  
Regional Alliance**  
He Hononga o te Raki

**FOR MORE INFORMATION, CONTACT  
ANNETTE MORTENSEN**

Programme Manager: Asian, Migrant and Refugee Health Action Plan  
Northern Regional Alliance (NRA)

For enquiries contact [Annette.Mortensen@nra.health.nz](mailto:Annette.Mortensen@nra.health.nz)

Individuals pictured in newsletter header are models and are used for illustrative purposes only.