



## 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.*

### WORLD REFUGEE DAY IN NEW ZEALAND

In June, the world marked World Refugee Day. In New Zealand a special event was held at Parliament, hosted by the New Zealand Red Cross and the Minister of Immigration, the Hon. Michael Woodhouse. Speakers included Dr Jenny McMahon, National President of the New Zealand Red Cross; Minister Woodhouse; Mr Thomas Albrecht, Regional Representative of the United Nation's High Commission for Refugees (UNHCR); and former refugee Christian Damba, who all spoke of the progress the sector has made in how we resettle refugees. Thomas Albrecht also called on Kiwis to increase their efforts to help in the resettlement process as constant improvement would enable New Zealand to maintain its reputation as a welcoming nation for refugees.



Hanan Ibrahim Omeradin, Cultural Caseworker from Waitemata DHB was invited to attend the event. Hanan had an opportunity to talk with

both Minister Woodhouse and Thomas Albrecht, and used the opportunity to acquaint them with the multi-disciplinary team approach being used in Auckland to deliver services to refugees and migrants, and the role of the cultural caseworker in ensuring accessible and appropriate services for CALD populations.



### NEW CULTURAL CASEWORKER AT WAITEMATA DHB

We're pleased to announce that there's a new cultural caseworker in the Waitemata DHB Child Development Service. Evan Shih started in this role in April and is based in the north with Cultural Caseworker Angela Shin. Evan, who speaks Mandarin and English, is from Taiwan and has a degree in social work from Taiwan and a post graduate certificate in social work from Massey University. He has a strong background in the disability sector, having previously worked as a teacher aide in a special school, a community support worker at CCS Disability Action, and most recently at Taikura Trust as a service facilitator on the Child and Youth Team.



When asked how he found the role so far, Evan

replied, "This is a very exciting change for me and the best part of it is that most of the time I feel connected with people. I enjoy working with people from different CALD backgrounds, doing home visits and attending meetings with clinicians and community support agencies. Although the job can be challenging sometimes, the team is very supportive and I am glad that I am part of it."

Evan can be contacted on 09 447 0445 or 021 947 899. His email is [Evan.Shih@waitematadhb.govt.nz](mailto:Evan.Shih@waitematadhb.govt.nz).



**UPDATE ON THE AUCKLAND DHB SOUTH ASIAN & OTHER FAMILIES SUPPORT GROUP**

This thriving and active group is supported by Community Health Worker Hyma Danthala and the Auckland DHB Child Development Team. Since our last newsletter the group has held two very successful holiday programmes, one in April and one in July. These were at the Lynnfield Youth and Leisure Centre, which is managed by the YMCA.



The programme in April ran from 18-21 April and was attended by 25 children and 14 parents. The programme included access to gymnastic equipment, lessons for those who wanted them and self-exploration for those who didn't. The children and parents both enjoyed the programme. The facility staff found the week challenging because of the wide range of age groups and abilities and requested more parent involvement in future. The parents were very happy to provide this, and the venue was again used for the July programme. This was restricted to two days, partly because of venue availability and also because many families were ill with colds and flu at that time. However, there were some new families attending as well, resulting in 25 children and 18 parents attending the event on 13 and 14 July.

An open forum on special education was held at the support group meeting in June. This provided parents an opportunity to ask questions about what options are available and how



to interact with the teachers and others who work with their children. On the panel from Special Education were Hayley Low, Acting Service Manager, Asma Shah, Senior Advisor, Refugee and Migrant Support and Areej Asad, Speech and Language Therapist (Special Education). Panel members from Child Development Team were Denise Janes, Team Leader and Susan Searle, ASD and Developmental Coordinator. There were 21 parents and 6 children at this meeting, including some new families. A Burmese interpreter was needed to support one of the families.

For more information about this parent support group contact Auckland DHB Community Health Worker Hyma Danthala on 639-0200, ext 27443 or email [hymavathid@adhb.govt.nz](mailto:hymavathid@adhb.govt.nz)





## PARENT EDUCATION AT WAITEMATA DHB

In March, Waitemata Child Development Service Cultural Caseworker Angela Shin and Marian Park, Coordinator of the Independent Living Service collaborated to offer a seminar on Individualised Funding for Korean parents who have a child with a disability. The seminar was presented by Shmuel Bar-Even, Project Coach Team Leader, Manawanui in Charge, and interpreted into Korean by Marian Park. As well as providing information on Individualised Funding, the seminar also gave the parents an opportunity to learn from each. Angela Shin, Cultural Caseworker with the Waitemata DHB Child Development Service commented, "The parents gave very positive feedback about the seminar. They found the information helpful and also realised the importance of networking with other families in the community."



In May, following on from the very successful Well Parent Well Child seminars last year for Korean parents and for parents from refugee backgrounds; Asian Family Service and Waitemata DHB Child Development Service offered a similar seminar for Chinese parents. 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 seminar provided information regarding child health and child health services, pregnancy and birth and parenting skills. Parents were provided with effective resources and encouraged to share their experiences of child rearing. The objective was to enable Chinese parents to receive appropriate services in maternity and child health services with a better understanding of New Zealand's health care system. There were speakers from Plunket, Asian Family Services, Waitemata DHB Child Women and Family Services and Waitemata DHB Maternal Mental Health Services.

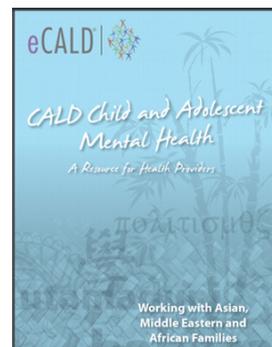
Approximately 70 people attended the seminar, and the feedback from parents was very positive. 



### CALD CHILD AND ADOLESCENT MENTAL HEALTH

There is a new resource available to health professionals CALD Child and Adolescent Mental Health resource: Working with Asian, Middle Eastern and African families ! The resource is packed with useful material, including cultural assessment tools and tips and case scenarios to enhance understanding of mental health care for Asian, Middle Eastern and African children, young people and families. The resource complements the CALD Cultural Competency Training Programme.

To learn more about it or to obtain a copy of the CALD Child and Adolescent Mental Health resource: Working with Asian, Middle Eastern and African families [click here](#).





## A NEW RESPITE STRATEGY FOR DISABILITY SUPPORT SERVICES

The Ministry of Health has released a new disability respite strategy, Transforming Respite, which will make it easier for carers of disabled people to access respite services.

According to the report, the current respite budget is approximately \$61 million per year, and 10% of those who receive a respite allocation are Asian. Finding appropriate carers is often identified as an issue by CALD families and the CALD cultural caseworkers working in disability services.

Changes to the respite model will include offering disabled people and their families a flexible budget, increasing the range of respite options available, taking a lifelong approach to allocation and funding of respite, making administration and payments easier and providing better information about respite support for finding and using respite services.

The strategy includes an implementation roadmap which outlines actions to be taken over the next 5 years.

For more information, or to obtain a copy of the strategy document, go to <http://www.health.govt.nz/publication/transforming-respite-disability-support-services-respite-strategy-2017-2022>



### TRANSFORMATION OF THE DISABILITY SUPPORT SYSTEM

A project to transform the existing disability support system nationwide is underway. The redesign of the system is based on the vision and principles of Enabling Good Lives. The vision of Enabling Good Lives is based on disabled people having greater choice and control. The principles of how disabled people would like to live their lives include self-determination, with the system investing early, being person-centred, being easy to use, supporting disabled people to live an everyday life like others at similar stages, able to access mainstream services, being mana enhancing, and building and strengthening relationships between disabled people, their whanau and community.

Two demonstration projects and a series of workshops have been held so far. The workshops with disabled people began the work to scope the transformation, examined issues of design, funding and choice and developed a high level design.

A high level design has been completed, and work will now begin on the detailed design, which will roll out first in MidCentral in July 2018.

The future workplan for this project is outlined in the June 2017 Cabinet paper "Disability Support System Transformation: Proposed High Level Design and Next Steps."

The workplan includes testing whether the proposed transformation will be effective for particular groups, and this includes Asian peoples; migrant and refugee; children and young people.

There is not yet any detail available about how this step will be accomplished, so we encourage you to be on the lookout for opportunities for CALD families and the people who support them to have input into the process.

For more information go to <http://www.enablinggoodlives.co.nz/system-transformation> 



## AN UPDATE ON DISABILITY CONNECT'S PARENT AND FAMILY SUPPORT GROUPS



Parent support groups benefit families by making information about services and supports available to parents and also because they provide an opportunity for parents to discuss issues and solutions with each other and to form support and social networks. In addition, Lisa Martin, CEO of Disability

Connect, has recently noted another benefit – some of the CALD families attending a support group had enough confidence to attend a Disability Connect forum. Lisa commented, "Not only did several CALD families attend, one mother was brave enough to speak at the session, giving information about her family situation and sharing her concerns. This is great progress!"

Disability Connect launched an initiative in March/April by Disability Connect to advertise their CALD service in the South Auckland area, including early childhood education centres, kindergartens, schools and some community groups. Two fliers promoting the CALD service were prepared for this public relations drive, one flier featuring information on our Chinese community support and including Chinese text, and the other flier featuring information on our Indian community support and features Hindi text.

The Chinese Families Autism Support Group meets monthly on the third Tuesday in Pakuranga, and the format includes a different speaker and topic each month. Presentations in English are interpreted into Mandarin at the seminar. At its April meeting, Lisa Martin, CEO of Disability Connect spoke on the topic of Living Options, considering living situations for a disabled child as he or she approaches adulthood. In May Janette Allen, Regional Coordinator of Parent to Parent gave a presentation on sibling issues, and in June Mark Sinclair, Psychologist at Children Development Team, Kidz First gave a presentation on emotion issues and strategies for children with autism.

All Chinese and Asian families are welcome to attend these meetings. Phone Sanny on 09 526 1298 (DDI) or 09 636 0351 (main office line) or [sanny@disabilityconnect.org.nz](mailto:sanny@disabilityconnect.org.nz) for more information or to book.

The Culturally Diverse Parent Support Group meeting monthly at Mt Richmond School in Otahuhu is open to those caring for disabled/special-needs family members. These meetings include a light meal followed by a presentation and plenty of opportunity for parents to network with each other.

At its April meeting, a presentation entitled 'The Six Wobble-Yous of Music Therapy' was given by Shari Storie. Music can be used to support physical,



social, cognitive, emotional and developmental needs of children/young people living with a disability. In May, Robin Barnaby, Service Leader from IDEA Services, gave a presentation on social play and setting up playdates from which parents learned how to provide their children a supported environment to develop their play, social and friendship skills. Parents gained ideas around giving their children successful play dates at home and/or joining a group in the community. In June, Lisa Martin, CEO of Disability Connect gave a presentation on after school and holiday programmes. Please email [admin@disabilityconnect.org.nz](mailto:admin@disabilityconnect.org.nz) or [asoka@disabilityconnect.org.nz](mailto:asoka@disabilityconnect.org.nz) or phone 09 636 0351 or text/phone 027 457 8571 to book.

The Indian Families Social Group meets monthly in a relaxed



'conversational' environment, without an official speaker and includes a light supper. Everyone is free to talk amongst themselves, make new friends, connect for support, or just ask questions. The emphasis is on connectedness, social inclusion, and drawing support from the wider Indian community. This group has grown considerably in recent months as a result of the recent publicity drive. Asoka Gamage-Mendis from Disability Connect hosts these evenings. Children are welcome to attend as long as they are supervised by a parent or sibling. Please email Disability Connect [admin@disabilityconnect.org.nz](mailto:admin@disabilityconnect.org.nz) or [asoka@disabilityconnect.org.nz](mailto:asoka@disabilityconnect.org.nz) or phone 09 636 0351 or text Asoka 027 457 8571 to book.