



## Waitemata DHB Child Disability CALD Project

Issue 12, July 2012

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

### A new parent support group

**On July 24 Auckland District Health Board's Child Development Team ran their first parent support group meeting for South Asian and other families who have a child with special needs/disability.** The initiative arose from community support worker Hyma Danthala's work with South Asian families. She surveyed these families and found they were enthusiastic about the idea of meeting to discuss how disability in New Zealand is addressed, and how they could develop support in their local communities.

Five families and their children attended the inaugural meeting at the Mt Roskill War Memorial Hall. "It was great to see the interaction between the families and the spontaneous networking that occurred," says team leader Madeleine Sands.

The group will meet again on September 4, after the Eid celebration at the same venue. For more information, contact:

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### The Asian Network Inc (TANI) hosts a Pamper Day for mums



*Being pampered: Mothers watching a makeup demonstration*

**On June 24, as part of the Asian Families Positive Action Programme, The Asian Network Inc hosted a special Pamper Day for mothers of children with disabilities.**

These mothers seldom have time to treat themselves or think about their own wellbeing. The pamper event aimed to empower these women and make them feel valued. Seventeen mums, supported by 11 Asian community volunteers, enjoyed a variety of activities including massage, a Zumba demonstration, acupuncture, makeup and hair styling, nail art and Asian food.

Everyone enjoyed the event, which was relaxing and provided a great opportunity for community networking.

TANI Asian public health coordinator Samuel Cho says the group were pleased to be able to offer the programme.

"Life can be very challenging for caregivers, especially when they are coping with immigration and acculturation issues as well. It's important that they take care of themselves and their mental health as well as looking after everyone else in the family."

One of the effects of the stigma surrounding disability is that it can cause isolation. As an example, two of the women who knew each other did not know the other had a child with an impairment until they saw each other at the Pamper Day.

The CALD Programme congratulates TANI on a fantastic event, and wishes them well with their future programmes.

### Did you know.....?

*Refugee Health Care: A Handbook for Health Professionals 2012* has been published by the Ministry of Health, updating the 2001 version. The book provides information and advice on issues common to refugees. An electronic version can be downloaded from [www.health.govt.nz](http://www.health.govt.nz). Hardcopies can be ordered online from Ministry of Health website above or by calling (04) 496 2277 and quoting HP 5410.



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### Recruiting carers in the Korean community



*CALD cultural caseworker Im Soo Kim*

**In communities where there is stigma associated with disability, recruiting a carer for a child can be a daunting task.** Families are often uncomfortable advertising on community notice boards or in ethnic media. Within the Korean community, CALD cultural caseworker Im Soo Kim saw there were families looking for carers and people wanting to work as carers, but no way for the two to connect.

So he discussed the issue with his colleagues at St Peter's Charitable Trust, a Korean agency that works with children with intellectual disabilities. They decided to seek a solution to this workforce recruitment issue. The Trust already knew of the families who needed carers. The problem was

finding those carers. The solution? A half-day Caregiver Recruiting Event. Held on June 30, the event attracted 33 prospective carers. All had relevant work experience in Korea and were eager to work. The Trust now plans to check applicants' references and match them with families.

"The Trust is very happy with the outcome of the initiative," says Im Soo. "And it will make life so much better for these families to have good, culturally appropriate carer support."

Once the Trust is confident the process works it will extend the service to families in the wider Korean community.



**Making connections:** Prospective carers at the recruiting seminar.

### Autism seminar for Chinese parents



**Learning about autism:** Dr Appleton talks with Chinese parents

**In June the New Zealand Chinese Youth Trust hosted an interpreted seminar for parents of children with autism or Asperger syndrome.** The seminar topics explored issues such as understanding an autism diagnosis and medication use.

Child and adolescent consultant psychiatrist Dr Kevin Appleton spoke, with Mandarin interpretation provided by clinical psychologist Meggan Lam.

The question-and-answer session was lively and the feedback from the more than 40 parents who attended was positive.

New Zealand Chinese Youth Trust is already planning another seminar for parents on the topic of behavioural issues.

### For more information contact the team:

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### Next issue:

Learn about our parent feedback groups.