



## 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.*

## AUCKLAND DHB CHILD DEVELOPMENT TEAM FINALISTS AT THE HEALTH EXCELLENCE AWARDS


Auckland DHB Child Development Team (CDT) was a finalist in the Chief Executive's Award category of the Auckland DHB Health Excellence Awards for 2015. The Health Excellence Awards focus on excellence and innovation, and finalists are chosen from submissions from across the DHB. The finalists in the Chief Executive's Award category are those projects that demonstrate commitment to a true and equal partnership between patients, families and communities by involving them in the design and delivery of the project.

The CDT's submission was called Empowering Families – A Cultural Perspective and featured the support provided by Community Health Workers Hyma Danthala and Sadiqa Hajee in assisting CALD families with children with disabilities to access services and in assisting the CDT and other services to provide culturally appropriate care to families.

Team Leader Madeleine Sands explains, "We were delighted to be finalists because it gave us the opportunity to share with the rest of the DHB

the success we are having in working with our South Asian and Middle Eastern families. Employing culturally appropriate community health workers enabled the CDT to learn more about other cultures' understanding and perspective on disability. Hyma and Sadiqa are able to explain to families what services are available and how the services work. This means we are able to better engage with parents and empower them to make changes for their child."

The main benefits to families have been improved health outcomes, better access to services for families and families that are empowered to take action to support their wellbeing. The main benefits to the CDT are improved cultural understanding and improved access to families.

The ultimate measure of success is the introduction of a parent-led holiday programme that parents are now running for their children. 



### LEFT TO RIGHT

*Team leader Madeleine Sands, Community Health Worker Hyma Danthala, Regional Project Manager Annette Mortensen and Community Health Worker Sadiqa Hajee*





## AN UPDATE ON PARENT SUPPORT GROUPS

Parent support groups are beneficial to families, both as a means of 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.

The two support groups run by Disability Connect, the Chinese Families Autism Support Group and the Indian Families with Children of Special Needs Support Group started meeting again in February. At the February meeting of the Chinese Autism Support Group, Debbie Law from Special Education provided information about support service from Ministry of Education, and at the March meeting Jacquelyn Wan from Dance Therapy NZ discussed dance movement therapy and explained to parents how it could help children develop. Future topics for this group will include speech language therapy, social stories and living options.

At the February meeting of the Indian Families with Children of Special Needs Support Group, Nan Jensen, New Zealand barrister and solicitor, provided information relating to legal issues that arise when children with disabilities turn 18 years old, such as Welfare Guardianship, Family Trusts and Enduring Power of Attorney. At the March meeting, Angie Richardson from Dance Therapy NZ provided information about dance movement therapy. Parents were interested in both topics and generated lots of questions for the speakers. The future topics for this support group include Education on legal issues and living options. There was good discussion among the parents who attended the meetings, as demonstrated by one parent's feedback: "Great session! Everyone shared information about their experience."

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


The Women's Leadership Group for mothers and caregivers of refugee



background with caregivers of children with disabilities is hosted by the Umma Trust and supported by a number of other agencies. This group has also had two meetings this year. These have focused on planning activities and topics for the year and having a social time as well. The group plans to focus on disability rights, policies and inclusion this year and also a number of fun activities such as beauty sessions and trips around Auckland. For more information about this group contact Abdi Musse on 837 6624 ext. 6199, email [Abdi.Musse@waitematadhb.govt.nz](mailto:Abdi.Musse@waitematadhb.govt.nz), or Hanan Omeradin on 837 6624 ext. 6004, email [HananIbrahim.Omeradin@waitematadhb.govt.nz](mailto:HananIbrahim.Omeradin@waitematadhb.govt.nz).

The Support Group for South Asian and Other Families of Children with Special Needs/Disabilities, which is sponsored by the Auckland DHB Child Development Team, met in March. The meeting was facilitated by two of the parents, as is usual with this group which places a priority on developing the leadership skills of parents. The meeting began with a minute's silence for a mother who passed during the holiday break. The speaker for the meeting was Sue Robertson, Manager of ImagineBetter, who gave a presentation on Family Strategy – Path Planning. ImagineBetter is an organisation that partners with disabled people and their families to support them to imagine the lives they wish to lead and to work towards this goal.

For the next meeting of the group, plans are underway for a holiday programme for children in April.

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). 





## NEW PEOPLE WORKING WITH CALD

### FAMILIES AND DISABILITY IN THE AUCKLAND REGION

We're delighted to report that there are two new workers providing services to CALD children with disabilities and their families in Auckland region.

Angela Shin has joined the CALD team in the Child Development Service at Waitemata DHB as a cultural caseworker. Angela has a strong history of working with families and disability, having worked with Spectrum Care, Child Youth and Families and the Asian Patient Support Service at Waitemata DHB, as well as working as a navigator under the Ministry of Health with Taikura Trust. As a cultural caseworker, Angela's role is to provide accessible and culturally appropriate support to children with disabilities and their families and to improve the links between agencies providing services to these families.



Asoka Gamage-Mendis has joined the team at Disability Connect, working as a Community Disability Cultural Advisor. Originally from Sri Lanka, Asoka is primarily working with the Indian Families with Children of Special Needs Support Group offered by Disability Connect and supporting Indian families to navigate through the disability support services in New Zealand. ✨

Stay up to date with the eCALD updates page, [here](#).

With Dunedin set to settle 440 Syrian refugees the following articles in particular may be of interest.

**Cultural case workers for Refugee Population** [Read more.](#)

Arabic is the official language of Syria, Iraq, Somalia, Sudan, Tunisia, Lebanon, Eritrea, and more.

[Click here](#) to find out about Resources and Information available in Arabic language

## DISABILITY CONNECT PRODUCES NEW TRANSLATIONS OF THEIR DISABILITY SUPPORT GUIDE

Disability Connect has translated their popular Disability Support Guide into more languages.

This free support guide is designed to help parents and families of children and young people who have been recently diagnosed with a disability. The booklet aims to help families navigate their way throughout the disability sector, and sheds some light on the roles of the various ministries and organisations involved in the sector including Ministries of Health, Education, Social Development, Work & Income, CYFs and Non-Government Organisations. It also includes information on some supports which families may be eligible for and some information on disability policy and legislation in New Zealand.



The Disability Support Guide is now available in Chinese, Korean and Arabic. To order a hard copy, phone 09 636 0351 or email [admin@disabilityconnect.org.nz](mailto:admin@disabilityconnect.org.nz). To download the PDF version go to <http://disabilityconnect.org.nz/resources/disability-support-guide/> ✨

FOR MORE INFORMATION, CONTACT  
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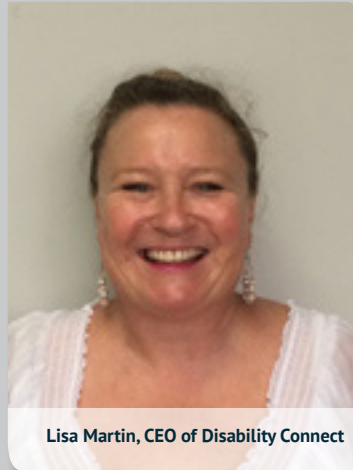
Individuals pictured in newsletter header are models and are used for illustrative purposes only.





## DISABILITY CONNECT'S CALD SERVICE IS FLOURISHING

The information and advisory service that Counties Manukau DHB has contracted Disability Connect is contracted by Counties Manukau DHB to provide information and advisory service for CALD families. The service for culturally diverse families located in South Auckland is going well. Lisa Martin, CEO of Disability Connect reports, "We put a lot of resource last year into informing communities and schools about our new CALD services. We visited schools and advertised at a number of community events and at our annual Transition Expo in August. This has built up the number of inquiries and referrals we receive from schools and paediatricians, which is great. We've also had the opportunity to collaborate with other NGOs and the DHBs in offering workshops to parents. And we receive positive feedback from professionals, particularly in health and education, who are grateful and relieved to have a culturally targeted disability information and advisory service for their clients within the demographics of our contract with Counties Manukau DHB."




Lisa Martin, CEO of Disability Connect

Key to this service are Community Cultural Disability Advisors Sanny Chan and Asoka Gamage-Mendis who work with clients from the Chinese and Indian communities and take a lead role in the two family support groups Disability Connect provides. These groups are becoming well established, with more than 100 parents attending the recent meetings from December through March. Parents have established good networks among themselves, and this makes an important contribution to the wellbeing of the families. 



## THE IMPORTANCE OF CULTURALLY APPROPRIATE HEALTH SERVICES AND SOCIAL NETWORKS

A recent study by Hagyun Kim and Clare Hoking published in the March volume of the Social Work in Public Health journal identified important services and interventions for immigrants to support them to handle health problems. The article, The Mutual Relationship Between Immigrants' Disrupted Everyday Activities and Their Health: A Grounded Theory of Experiences of Korean Immigrants Settling in New Zealand, notes the challenge posed by cultural barriers and language differences when immigrants attempt to access health services and outline ways in which social work services can help to overcome these barriers, including cultural competence. In addition, the authors reinforce the importance of social networks buffering hardship and easing the stress of the resettlement process. This underlines the importance of the parent support groups offered by Disability Connect and Auckland and Waitemata DHBs for parents of children with disabilities. In these cases, the stresses of immigration are compounded by the social and cultural isolation that often occurs for families with a child with disabilities. 

### DISABILITY CONNECT – COUNTIES MANUKAU DIAS FOR CHILDREN AND FAMILIES

In the second half of 2015 in Counties Manukau the average number of contacts provided by the Chinese and Indian Cultural caseworkers per client has significantly increased. The number of clients has jumped from 276 from January to June to 1,329 from July to December 2015.