

Kia ora #FirstName#

### APODC November Newsletter©



### For YOU....

- CHILDREN'S DAY AT NATHAN HOMESTEAD 21st November SOLD OUT
- SANTA PARADE 29th November <u>SOLD OUT</u> (tickets to be posted tomorrow)
- PARENTS ZOOM WELLBEING SESSION 1st December
- NZSL TOUR OF NATHAN HOMESTEAD 3rd December
- NZME SPECIAL CHILDREN'S CHRISTMAS PARTY 5th December
- YOUTH ZOOM (ages 10yrs and up) 6th December
- ADS CHILDREN's CHRISTMAS PARTY 12th December
- FUNFEST 13th January 2021

PLUS Surprise Treat for whānau members from APODC! READ ON.....



We have all been faced with new anxieties and pressures this year, which feed tensions at home, and at school. We will be running this Zoom session for parents and caregivers, introducing you to some strategies to implement at home, focusing on whole family well-being.

We will explore some of the following:

- 1) Self-awareness and self-care
- 2) Conflict resolution
- 3) Relaxation
- 4) Shifting perspective; bring emotions into check when things start to spiral
- 5) Dealing with change building a coping toolbox

Our President, Kirsten Davis has offered to facilitate this session. Kirsten is a registered psychologist and a parent, and we are enormously grateful for her willingness to support this important conversation.

Please let Cat know if you would like to attend?

EMAIL: Coordinator@apodc.org.nz TEXT/CALL: 022 0842244



### NZSL INTERPRETED TOUR

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For International Day of Persons with Disabilities (IDPD) we are offering the Deaf and Hard of Hearing community a free sign language interpreted tour. Led by facility staff and an interpreter, we will guide you through the homestead, dig into an archive of historic photographs, and wander through the beautiful gardens. The tour covers a brief history of the Nathan family, the heritage building, and what the homestead now offers as a community arts centre in Manurewa.

To register please email: nathan.homestead@aucklandcouncil.govt.nz

Where: Nathan Homestead, 70 Hill Road Manurewa 2102

Dates: Thu 3 Dec

Time: 11 - 12pm

Cost: Free

Suitable for: Adults

Max people: 15



## Special Children's Christmas Party - Saturday 5th December, 11am-

ASB Showgrounds, 217 Green Lane West, Greenlane

\*PLEASE NOTE BOYS AGE 8-10 yrs tickets have SOLD OUT

Each year NZME puts on the most fabulous party ever for kids up to age 12 featuring:

- Celebrities galore
- · Activities and entertainment
- Party tea
- Train rides
- Animals
- and..... visit to santas grotto where kids receive 2-3 presents each!

APODC has a limited number of tickets offered on a 1st come 1st served basis. If you would like to take your child, please get in touch with Cat. Tickets provide entry for the deaf child & 1 adult.

**EMAIL:** Coordinator@apodc.org.nz TEXT/CALL: 022 0842244



### FINAL 2020 YOUTH ZOOM - SUNDAY 6th DECEMBER 3:30PM

APODC youth have been enjoying Zoom catch up sessions this year. They provide a special space where youth can check in with one another, chat, and stay connected.

### Sessions are:

- Socially focused, for ages 10yrs+
- Held in a small online group, with an APODC Facilitator
  Focused on having fun, and enjoying time together! (includes games and some NZSL)

Please contact Cat if your young person would like to attend:

EMAIL: coordinator@apodc.org.nz TEXT/CALL: 022 0842244

Zoom link will be sent to those registered prior to the session



**PLEASE NOTE:** Animal Farm is subject to a funding application For all enquiries please contact: **meghan@auckland-deaf.org.nz** 



## We are gifting each APODC family tickets to the $\mathbf{Zoo!} \mathbf{\forall}$

Its been a tough year, and the APODC Committee wants to make sure that all our fabulous families and whanau can enjoy a day out somewhere really special. Given all the amazing developments, we decided that the Zoo would be the best option for all ages, and we hope that you all have a blast.

To accept this offer, please make sure:

- Your family membership is up to date. If unsure plse contact Cat: coordinator@apodc.org.nz
- You <u>complete this from by Monday 7th December:</u> https://rb.gy/9aw004 (include the full names of those wishing to attend, kids Dates of Birth, & a valid email address for tickets)
- You use your tickets once within 6 months from the date of issue
- You have an incredible family day out, and take fabulous photos that we can feature in the 1st 2021 newsletter!!

You are all a precious part of the APODC whanau, and <u>we wish you the Very Best of</u>
<u>Christmases</u>

We look forwards to seeing you all in early 2021



Free Fairground Extravaganza, courtesy of Trillion Trust

Please let Cat know if you would like a family pass, and I will post 1 out to you?

coordinator@apodc.org.nz 022 0842244

# Learn New Zealand Sign Language Join our NZSL Community Classes run by Auckland Deaf Society

Enrolments Open Now: http://auckland-deaf.org.nz/learn-nzsl/nzsl-timetable-registrations/

### Semester 1 - 2021

Term 1: 15 February - 10 April | Term 2: 3 May - 18 June (+ Mon, 21st June)





Tuesday & Thursday Evenings 7pm - 9pm Tuesday Mornings 10am - 12pm



North Shore Bayview Community Centre, Glenfield & East Coast Bays Community Project, Browns Bay

Thursday Evenings 7pm - 9pm



South Auckland Anton Centre, Flat Bush Thursday Evenings 7pm - 9pm

### East Auckland

Uxbridge Arts Centre, Mellons Bay

Wednesday Evenings 7pm - 9pm



## Online Zoom Platform

Wednesday Evenings 5.30pm - 7pm

### NZSL Beginners 2



Auckland Central Auckland Deaf Society, Three Kings Wednesday Evenings 7pm - 9pm



### North Shore

Bayview Community Centre, Glenfield Monday Evenings 7pm - 9pm



### South Auckland Anton Centre, Flat Bush

Monday Evenings 7pm - 9pm



### Online Zoom Platform

Wednesday Evenings 7.30pm - 9pm

### Children's NZSL Beginners 1





### **Auckland Central** Auckland Deaf Society, Three Kings

Monday Afternoons 4.30pm - 6pm

### NZSL Intermediate 1



Auckland Central Auckland Deaf Society, Three Kings

Tuesday Evenings 7pm - 9pm

### NZSL Intermediate 2



**Auckland Central** Auckland Deaf Society, Three Kings Wednesday Evenings 7pm - 9pm



## NZSL Advanced 1+2





**Auckland Central** Auckland Deaf Society, Three Kings

Monday Evenings 7pm - 9pm



For further information or general enquiries, please contact the Programme Administrator, email: programmes@auckland-deaf.org.nz.
Phone: (09) 630 6980 or register online at www.auckland-deaf.org.nz

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