



Kia ora #FirstName#

## October 2021 - Newsletter

Fakalofa Atu APODC Members

This week is Niuean Language Week so I wanted to say Fakalofa Atu (Hello) to our Niuean members today.

Our big news this month is we are fare-welling our coordinator, Catriona Sainsbury after five and a half years with APODC as she heads off to take up a Community Mental Health Social Work role with a local District Health Board (DHB) in the coming weeks.

Cat has held down the fort over the past few years, organising events, liaising with members and supporting the Committee amongst many other things. She has provided great connections for our members and offered support to new families as they join our group so I know many of you will be sad to see her go.

You'll be greatly missed Cat, and we wish you all the best for your new role!

We'll look to recruit a coordinator in the new year and keep you updated on our progress, in the interim the Committee will be keeping our eyes and ears on the email and phone if you need anything.

In other news, the Committee continues to meet over zoom in lockdown, and we are underway with planning for upcoming events for when we are able to get back together. With this Delta variant stubbornly sticking around we may find we need to adapt how we do some of our events but one of the things we know is how valuable it is for our members to be able to connect with each other, and how great it is when the kids get together to play and engage. We'll keep looking for ways to bring our members together, and if you have any ideas or suggestions on the kind of events you'd like us to offer next year, please email me on [president@apodc.org.nz](mailto:president@apodc.org.nz)

Nga mihi nui ki a koutou, thanks and keep safe  
Willa





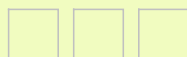
**APODC Family Camp 2022 is on it's way!!**

**Save the date: Friday 25th (6pm) to Sunday 27th February (2:30pm)**

**Camp Carey Park, Waitakere**

Family Registrations will be opening soon. Watch this space.....

\* Huge thanks to the NZSL Board for their generosity in funding this event



**\*\* From time to time we would like to post member resources and goodies like event tickets to you!!**

**\*\*Please complete the ['Family Address Update'](#) Form by clicking the button below. It will take 30 secs!**

**Family Address Update**



# Family and whanau wellbeing resources

## Parenting support during covid

Please find below some really great resources to help caregivers, kids and tamariki through. Whilst these have been put together for covid times, the tools are also useful in navigating the challenges of everyday family life.

### Podcast

[Parenting in a Pandemic](#)

### Tips

[Top 10 tips for parenting during COVID-19](#)

[Triple P Parenting Guide - Supporting healthy relationships and managing disagreements](#)

[Triple P Parenting Guide - Balancing work & family life during COVID-19](#)

[Top 10 tips for schooling and home-schooling during COVID-19](#)

[Triple P Parenting Guide - Parenting teens during COVID-19](#)

[Parenting Children with a Disability During Covid-19](#)

### Further Links

[Triple P Online Initiative](#)

[Parenting in a Pandemic - Anxiety in Children TV Series](#)

[Triple P Online](#)

[Supporting tamariki to navigate alert levels](#)

[The Melon Manual - Youth focussed](#)



North Harbour Sports are offering a FREE hockey-based programme  
Open to participants aged 8-21 with physical or intellectual impairments.

For more information, including the 'have a go sessions' and the form to register,  
click on this link:

<https://www.harbourhockey.co.nz/programmes/hockey-without-limits/>

For all enquiries please email: [judith@harbourhockey.org.nz](mailto:judith@harbourhockey.org.nz)

*\* If you havn't already, please give 5 minutes to complete the following  
member survey.*

*Your views will help shape Committee planning for next year and beyond:*

**SURVEY LINK:** <https://forms.gle/nYzbMFUeo2caXzUk8>



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