

Kids with
Arthritis
nz



Kids With Arthritis NZ Charitable Trust NEWSLETTER MARCH 2023

WWW.KIDSWITHARTHRITIS.ORG.NZ

JOIN IN THE FUN – MEET OTHER FAMILIES

Something for our KWANZ Siblings

Spirit of Adventure

A 10 Day Voyage on board Spirit of New Zealand is a life-changing experience, that empowers young New Zealanders to reach their full potential through the challenge of the sea. The attendees leave with a whole new set of skills, lots of new friends and a new confidence to take on the challenges in life.

On Spirit, you'll improve your communication and leadership skills and learn the importance of self-awareness and being a part of a team. As you face the various challenges your confidence will increase as you increasingly move outside of your comfort zone.

We have some amazing sponsors who are prepared to help with either full or part scholarships to make sure that anyone who wants to come on board can do so.

General Criteria for coming on board

- be aged between 16-18 years (must not have had 19th birthday)
- meet the medical criteria of the voyage (we need to know if there is any history of heart condition, epilepsy, seizures, mental/physical impairments, anxiety, depression or anti-social behaviour)
- maximum weight 120 - 140kgs, must be mobile and physically fit
- agree to the code of conduct /terms and conditions of the voyage

For more information contact Robyn at KWANZ
executive.kwanz@hotmail.co.nz

or Mobile 021 1704 257

This year is special, as the Spirit of Adventure Trust is celebrating 50 years.

KWANZ Rainbows End Christmas Event 2022



Kids With Arthritis NZ Charitable Trust Rainbows End 2022 Christmas Party



Hugo Charitable Trust generously sponsored this Kids With Arthritis NZ event

Hugo Charitable Trust generously sponsors the Kids With Arthritis NZ Events throughout New Zealand



Get the BUZZ on our HONEY Fundraiser

The sweetest way to Fundraise

Tui Bees Honey is 100% pure, unpasteurized, New Zealand honey with nothing added. Tui Bees Ltd have provided a wonderful fundraiser that Kids With Arthritis NZ can be part of. Every time a KWANZ supporter purchases a pot of Tui Bees delicious honey, and nominates our organisation when placing the honey order, KWANZ will receive 20% of each sale. It is a great FUNDRAISER for KWANZ, plus you will have delicious healthy honey for your family.

- ♥ KANUKA/MANUKA honey blend 500gm for \$12.95
- ♥ KANUKA/MANUKA honey blend 1kg \$21.95
- ♥ MULTIFLORA MANUKA 40+MG honey 500gm \$17.50
- ♥ MULTIFLORA MANUKA 40+MG honey 1kg \$31.95



You can order your TUI BEE honey now by clicking [HERE](#) or go to their website <https://shop.tuibees.co.nz/>

HONEY is LIQUID GOLD

Honey is one of the oldest known antibiotics, tracing back to ancient times. Honey contains hydrogen peroxide which may account for some of its antibacterial properties. It is also a good source of antioxidants and micronutrients. It also has a high sugar content, which can help stop the growth of certain bacteria. Additionally, honey has a low pH level. This works to pull moisture away from bacteria, causing the bacteria to get dehydrated and die off. To use honey as an antibiotic, apply it directly to the wound or infected area. (Ask your medical professional before using it on a wound). Honey can help kill off the bacteria and aid in the healing process. If possible, opt for raw Manuka honey. This form of honey offers the most health benefits. You can also ingest honey to aid in the treatment of internal infections. Simply swallow a whole tablespoon or stir it into a warm cup of herbal tea for a soothing treat. Honey is generally safe to use on the skin or in the body, though you should never give honey to an infant under 1 years old or those with a Bee allergy.

HONEY AND LEMON DRINK RECIPE

There is nothing like a hot honey and lemon drink.

Did you know? The lemon juice helps cut through congestion, it is a vitamin C boost and the honey soothes the throat and has antibacterial properties. Ginger can help reduce inflammation of the airways.

- 1 Tablespoon lemon juice**
- 1 or 2 tablespoons honey**
- 1/2 cup or more hot water**
- (Optional - fresh ginger)**



Teens, come sail away on Spirit of Adventure

This special 3 Day voyage provides an opportunity for physically challenged young New Zealanders to take part in an adventure of a lifetime. Thirty young people from around New Zealand, that are **aged 16-21 years**, come together to face challenges outside of their usual boundaries, gaining confidence and achieving tasks that previously might have looked impossible. The annual Inspiration voyage is sponsored by the combined Lions Clubs of New Zealand, led by the Karori Lions Club.

Funding may be available through the 'Halberg Trust Sport Opportunity Fund'. Visit www.halberg.co.nz for more information. Other funding is possibly available through Spirit of Adventure or THE HELEN ANDERSON TRUST, who manage applications for the annual Inspiration Voyage.

VOYAGE # 876INS

An example of voyage dates: -
VOYAGE DEPARTS 8th Nov 2023
Departs out of Auckland

VOYAGE RETURNS 12th Nov 2023

Inspiration voyage participants are partnered with a support person (usually one to three ratio). Support personnel are recruited from experienced Spirit volunteers who have participated in 10 Day voyages. They offer support and personal assistance to the participants as required.



Unique voyage focuses on the following life skills activities

- building self-confidence - climbing the mast, swimming alongside
- developing leadership skills - putting up the sails
- communicating with new people
- learning to be resilient - helping clean the ship
- working in teams - rafting ashore
- dealing with close confines - sleeping in bunks
- learning new skills - sailing the small boats

To find out more out more and register your interest visit: -
www.spiritofadventure.org.nz/voyages/inspiration-voyage

PLEASE NOTE

Kids With Arthritis NZ will assist you in preparing your application. KWANZ will be your Nominating Organization

For assistance contact: - Phil Donnelly

treasurer.kwanz@gmail.com

The Wilson Home Trust

The Wilson Home Trust is a private Trust that provides information, support and services to physically disabled children and their families, in the upper North Island of New Zealand. Located on the cliff top of Lake Road, Takapuna on Auckland's North Shore, the Wilson Home Trust is custodian of 13 acres of magnificent coastal land and gardens, as well as the original Wilson family home. In addition, the site is also now home to a Child Rehabilitation Outpatient Clinic, six Respite Villas, Wilson School for children with additional learning needs and a non-

denomination chapel.

Grants

The Wilson Home Trust offers a range of grants that aim to assist and improve the lives of children and young adults with physical disabilities, and their whanau.

The next grant closing date is on **Thursday 20 April 2023 at 12 noon** for Equipment / Activity, Young Adult and Group grant applications.

Visit the website for more details: -
<https://wilsonhometruster.org.nz/>



Ronald McDonald Family Retreat House - Rotorua

Ronald McDonald Family Retreat provides **one week of free holiday accommodation and activities** for families who have experienced the impact of a chronic/long term illness or bereavement in their family.

For the many families who have gone through weeks, months or even years preoccupied with their child's medical journey, RMHC New Zealand can provide a welcomed break so these families can spend some time together at our beautiful Ronald McDonald Family Retreat.

The Family Retreat consists of two houses which are situated on the shores of Lake Rotorua – R & B Lodge and Lions Lodge. Both houses are identical and located on the same property. The accommodation sleeps up to 8 people.

Many of our KWANZ families have enjoyed this wonderful opportunity, spending a week of quality time and fun together.

Visit the website for more details:- <https://rmhc.org.nz/stay-with-us/family-retreats/>
OR contact Robyn for more details kwanz.executive@gmail.com



Hugo House - Arrowtown

"The Hugo House, situated on the shores of Lake Hayes very close to Arrowtown, was set up for the purpose of making it possible for people to have a holiday when they would find it difficult to do so otherwise. We also welcome our family and friends, Friends of Hugo and the families and volunteers of the charities we support to use the house. The name Hugo House is in memory of Maryanne's father the late Hugh (Hugo) Green."

The Hugo House is available for all KWANZ members to spend a relaxing week in one of New Zealand's top tourist areas at no cost, other than your travel to get there and your day-to-day expenses. The house is four bedrooms and sleeps eight people and was built to cater for people with limited mobility. There is also a vehicle you can use if you wish.



If you would like to be considered for a week at the house the following process applies:

- Send an email to Phil at KWANZ (treasurer.kwanz@gmail.com) with a short summary of your family's personal circumstances. i.e. outline why it would be beneficial for you to have some time away from the usual routine at the
- Phil will then forward your application to the Hugo Trust for their consideration.
- The Hugo Trust will then advise Phil if your application was successful.
- Phil will then provide you with further information about the house, and the contact details of the Hugo Trust staff.
- You can then contact the Hugo Trust directly and provide them details of when you would like to stay with back-up dates, and the number of people who will be staying. From this point on you will sort out all details with the Hugo Trust.

For more information on the Hugo Trust

Visit the Hugo Charitable Trust Website:

<https://www.hugocharitabletrust.nz>



Koru Care NZ - California Adventure



Many of our KWANZ children have experienced these wonderful trips with Koru Care NZ

The **FREE** trip is 2 weeks in duration in October and the group consists of 26 children and 15 caregivers (including two or three registered nurses), with each caregiver assigned 2 children. The Annual Koru Care California trip is for **7-14-year-olds**. Applications to Koru Care will be accepted at any time during the year.

Parents cannot attend.

The Koru Care trip application form is found on the Koru Care NZ website. www.korucare.co.nz/wp-content/uploads/2018/11/Application-Form.pdf
On your application form please add "Referred by Kids With Arthritis NZ".

The group has a 3-day pass at the "Happiest Place on Earth" – Disneyland and California Adventure.

Universal Studios, Knott's Berry Farm, SeaWorld in San Diego and the San Diego Zoo are also on the itinerary.

The California Highway Patrol in San Diego and the LA Coast Guard Air Station are more fun places they visit.

With all this activity the kids have a chance to relax. They can spend the afternoon relaxing by the hotel pool or head down to Venice or Huntington Beach, they can also go shopping, Target, Walmart and Toys 'R' Us are not far away.

Gold Coast Adventure Trip

Children can also participate on the **FREE** Koru Care Gold Coast Adventure.

When the children come back from their trip they're invigorated, they have a new independence, they're often happier than they may have been for weeks, months or even years.

Lifetime Dream Days

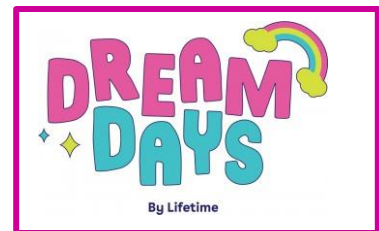
If you are a family who has a child with an illness or disability and would welcome a day out of fun with one of our donors then we'd also like to hear from you. If you could send us a profile of your family including details of any organisations you belong to as a part of your child's illness (for example Kids With Arthritis NZ, Canteen, Heart Kids, Kidney Kids, Child Cancer, etc.) then we'll register your interest and when available make the connection with a donor family/business. Please include a photo, age, siblings, and interests or future goals of your child.

"Walk with the dreamers, the believers, the courageous, the cheerful, the planners, the doers & the successful people with their heads in the clouds and their feet on the ground, let their spirit ignite a fire within you to leave this world better than when you found it."

E-mail us your info at: - dreamdays@lifetime.co.nz

For more information on 'Lifetime Dream Days', visit their website:

<https://www.lifetime.co.nz/about-us/dream-days/>



Halberg Games

Halberg Games is a three-day national sports festival open to young people aged **8 – 21 years** with a physical or visual impairment.

Registrations Now Open!

Halberg Games will be held in Auckland at King College on **14-16 April 2023**.

Athletes will represent their region at their local event, which will include; sports, opening and closing events, festival activities and more!

Visit the website for more details: - <https://www.halberggames.co.nz/>



Dillon Scholarship

The Dillon Scholarship is for people of all ages that have their home base within the Bay of Plenty area.

Applications for the Dillon Scholarship open from **1 November to 13th January** each year.

The Scholarship provides financial assistance to people with significant physical or intellectual disabilities who intend pursuing tertiary education. Applications for the Disability scholarship are now **OPEN** for the following year of study (**2023**).

If you have any questions please call or email Yvonne on 07 578 6546 or yvonne@baytrust.org.nz.

To apply for the Dillon Scholarship, follow the link: <https://www.baytrust.org.nz/Apply-scholarship#Dillon>

Four Quick Facts About The Bay Trust Dillon Scholarship

1. The scholarship provides financial assistance to people who have **significant disabilities** and who will be undertaking tertiary education
2. Scholars may receive up to \$5,000 per annum for 4 years full-time study
3. Applications are open only between October and December
4. Bay Trust operates and funds the Dillon Scholarship

Are You Eligible to Apply For The Bay Trust Dillon Scholarship?

Yes, if you have a significant disability

Yes, if you are **planning** to go to University or Polytechnic (or another New Zealand based institution recognised by NZQA, or equivalent)

Yes, if you are **already** going to University or Polytechnic (or another New Zealand based institution recognised by NZQA, or equivalent)

Yes, if your home base is within the [Bay of Plenty area](#)

What Else You Need to Know About The Bay Trust Dillon Scholarship

Applications should be made in the year **prior** to the year of study.

The amount of the Scholarship is at the discretion of the Trust, up to \$5,000 per annum for 4 years full-time study. Part-time students may be given a Scholarship for up to 5 years.

Scholarship funds will be released to successful applications on receipt of all required documents and proof of registration at the tertiary institution of their choice.

There is no age limit for applicants.

All applications will be assessed by the Scholarship Committee.

The Trustees' decision is final and no correspondence will be entered into.

Disability Connect

Disability Connect is a Disability Information Advisory Service. They are based in Penrose and operate throughout Auckland – north to Warkworth and south to Bombay.

Visit the website for more details: <https://disabilityconnect.org.nz/>

ANNUAL TRANSITION EXPO

Date: 6th September 2023

Venue: Auckland Netball Centre, 7 Allison Ferguson Drive, St Johns

Time: 9am – 2pm

What's next for school leavers? Explore your opportunities!



Transition - the shift from school to adulthood, is an incredibly important and often nerve-wracking period for disabled students and their families.

The annual Transition Expo is a free event showcasing the range of employment, education and community possibilities available to explore.

Over 100 Transition, Vocational, Employment, Education, Recreation and Information Providers will be attending to offer advice and information.

This is an event you won't want to miss if you're a student with a disability, parent of a disabled student or involved in the disability or education sectors.

They also have social enterprise resources, a Chill Zone (quiet sensory space), giveaways throughout the day, and a cafe on site.

Free parking on site and wheelchair accessible

For any queries, email us at admin@disabilityconnect.org.nz

Transition Expo is supported by the Ministry of Social Development.



KWANZ NOTICEBOARD

Below are the Kids With Arthritis NZ services and resources available to families/Whanau.

- Facebook (group) <https://www.facebook.com/kidswitharthritisnz.kwanz/>
- Face Book (page) Kids With Arthritis New Zealand
- Facebook (closed group for KWANZ Parents) Kids With Arthritis NZ Parents Support Group
- Instagram @kids_with_arthritis_nz
- Kids With Arthritis NZ website <https://www.kidswitharthritis.org.nz/>
- JIA School Presentation Pack – Teaching Teachers about JIA
- KWANZ Tips with dealing with a Painful or Unpleasant Procedure
- KWANZ Practical tips for JIA
- KWANZ Newsletter – monthly editions are emailed to you.
- One on One support. KWANZ can connect you with a family with the same type of JIA and often living in the same area. *(It is important to remember when talking with other parents about your child's JIA or other autoimmune conditions and treatments, that every journey is unique, and the way it is managed can be different).*

Please give Robyn a call or email for additional information

Mobile 021 1704 257

Email: executive.kwanz@hotmail.co.nz

Donations to 'Kids With Arthritis NZ Charitable Trust' can be made through our Give-A-Little page by scanning this QR code:



Kids With Arthritis NZ Charitable Trust

Our charity registration number is
CC58068

Any support by way of donation, or sponsorship is always greatly appreciated. If you would like to support Kids With Arthritis NZ Charitable Trust in this way, please send your donation to: -

Kids With Arthritis NZ
ASB 12 3072 0525491 00

Make sure to email our Treasurer and provide us with your details, so we can issue you a receipt for your donation.

You can claim 33.33 cents for every dollar donated, on donations of \$5 or more, when you make a donation to Kids With Arthritis NZ.

KWANZ is wanting ideas for an event for our KWANZ families in Wellington, Christchurch and Dunedin. Text or email your ideas to Robyn: (M) 021 1704 257 executive.kwanz@hotmail.co.nz

Kids With Arthritis NZ Charitable Trust requires a person to meet and greet our families at our events in WELLINGTON, CHRISTCHURCH and DUNEDIN.

Please contact the KWANZ Secretary Robyn if you can help executive.kwanz@hotmail.co.nz

Kids With Arthritis NZ Wristbands

The KWANZ silicone wristbands are a great way to let people know that, 'EVEN KIDS GET ARTHRITIS'.

Email the Secretary if you would like some wristbands: -

executive.kwanz@hotmail.co.nz

The adult sized silicone wristbands have a circumference that measures 20cm and is 0.5 inches wide.

The child sized silicone wristbands have a circumference that measures 17cm and is 0.5 inches wide. These would be suitable for children 4 to 10 years approx.

The cost of each Wristband is a gold coin donation.

Please indicate in your email order, the quantity of ADULT & CHILD KWANZ wristbands you would like, along with your address they can be posted to.

Deposit your Wristband donation into the Kids With Arthritis NZ, ASB Bank Account.

12 3072 0525491 00

Add bank reference = Wristbands & your Surname



THANK YOU FOR SUPPORTING - KIDS WITH ARTHRITIS NZ CHARITABLE TRUST

FUNDRAISING FOR KIDS WITH ARTHRITIS NZ

A great way to spread the word around New Zealand about Juvenile Arthritis and other auto immune conditions is to support Kids With Arthritis NZ and run an awareness fundraising activity.

Giving your time and energy to fundraise can be rewarding and fun, especially if you get your family, friends, child's school, sport club or work colleagues involved.

Please also contact KWANZ if you know of a company that would like to sponsor a KWANZ project.

100% of all money raised will go back to the KWANZ children.

FUNDRAISING IDEAS

There are many exciting ways you can fundraise. You can run a coin trail, mufti day, car wash, sausage sizzle, busking, quiz night, GO BLUE at work, BLUE high tea, BLUE cupcake stall – the ideas are endless.

Together we make a difference for our CHILDREN WITH ARTHRITIS and OTHER AUTO IMMUNE CONDITIONS.

Would you like to share your JIA journey?

Sharing your JIA story is courageous and is an act of kindness. You never know who it may inspire and empower!

'A candle loses nothing by lighting another candle'.

Your knowledge and experiences, as a JIA child, teenager or Parent is valuable. If you would like to share your JIA journey, please contact our KWANZ Secretary – Robyn - executive.kwanz@hotmail.co.nz

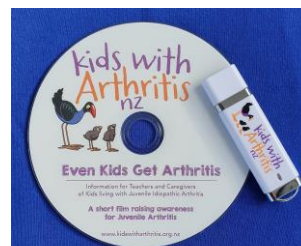
Teaching teachers about JIA

If your child is starting at a new school or they have a new teacher. You and your child may like to educate those around them. A free Kids With Arthritis NZ – Juvenile Arthritis Awareness Presentation Pack is available for you.

This pack helps educate your child's teacher about JIA and the possible effects it might have on your child.

To request a pack contact Robyn:-

kwanz.executive@gmail.com OR Mobile: 021 1704 257



KWANZ's UPCOMING EVENT 2023...

July is International Juvenile Arthritis Awareness Month

As July is Juvenile Idiopathic Arthritis (JIA), International Awareness Month, we want to raise awareness of ALL auto-immune diseases by educating and informing friends, family, schools, employers, and the greater population about JIA.

- JIA affects not just joints, but it can affect other organs too!
- JIA is **NOT** like Osteoarthritis in old people.
- JIA is the immune system attacking a child/teenager's joints etc, causing swelling, and stiffness.
- JIA is an auto-immune disease.
- JIA is diverse and can fluctuate from morning to afternoon to night, and from day to day. No two days are the same! KWANZ would like to hear your stories, so please send them to Robyn executive.kwanz@hotmail.co.nz

What ideas do you have to increase awareness of JIA?

HOW TO OBSERVE JUVENILE ARTHRITIS AWARENESS MONTH

1. **Read (and learn) about juvenile arthritis**
Learn more about juvenile arthritis, the types of arthritis that affect children, what are the common treatments available, and what you can do to support this cause and this month. You can get more information on the Kids With Arthritis NZ website, which provides resources for parents, kids, and teens.
2. **Raise awareness**
The key to a successful cause is awareness. Go online with your story and share what you have learned about Juvenile Arthritis Awareness Month. Encourage others to observe this month, too. If you don't prefer social media for sharing your thoughts, make sure at least one other person knows about juvenile arthritis.
3. **Host a community event**
You can talk to our KWANZ Secretary about hosting an event. You may like to talk about your child's fight with juvenile arthritis, sharing with your friends, family, or work colleagues. You can write an article and share it in our KWANZ newsletter.

Contact Robyn for support material you may require for your awareness event, fundraiser etc. executive.kwanz@hotmail.co.nz

Kids With Arthritis NZ Board of Trustees & Committee

Chairperson – Dr Nathan Harris

Treasurer – Phil Donnelly

Secretary – Robyn Clark

Trustee – Karen Derrick

Trustee – Sarah King

Trustee – Chantelle Cobby

Trustee – Mohammed Jada

Trustee – Kathleen Derrick

Committee Member

Klayre Derrick



Juvenile Idiopathic Arthritis Presentation in Schools

Kids With Arthritis NZ commissioned a video to educate teachers about the challenges that children with arthritis have when attending school.

The presentation pack that you would leave with your child's school includes a Flash Drive of the video, more information about arthritis in children, and details of the support that KWANZ provides.

This is an excellent resource that we would like to present to as many schools as possible. KWANZ offer support in taking the pack into your child's school and suggestions on how to present this fantastic resource.

We also have ideas on the things you could discuss with your child's teacher to make school easier.

Contact Robyn: -
kwanz.executive@gmail.com
OR
Mobile: - 021 1704 257

Hugo Charitable Trust has generously sponsored the Kids With Arthritis NZ Christmas Parties throughout NZ. Kids With Arthritis NZ Charitable Trust gratefully acknowledges the Hugo Charitable Trust as our Major Supporter in 2017/18, 2018/19, 2019/20, 2020/21, 2021/22.

A very big thank you to Hugo Charitable Trust.
www.hugocharitabletrust.nz

