



CHRISTCHURCH SPECIAL NEEDS LIBRARY

Visit us
 109 Huxley Street, Sydenham
 Contact us
 332 0733
enquiries@specialneedslibrary.co.nz
www.specialneedslibrary.co.nz



New Resources

10417 Rocco
 Highly realistic and already very popular, Rocco the Husky, is a perfect companion for sitting on a lap. His 4kg weight provides a calming stimulus.

10418 Marley
 Golden Retriever Marley is another 4kg weighted dog. As well as his lovely soft fur is calming to touch..

Inner Wheel Donation

Members of the Christchurch West Inner Wheel visited us for morning tea and a try-out of their generous donation of a five-octave keyboard and a gathering drum. Pictured left to right are: library resource advisor Charlotte, district chair of the Inner Wheel Shirley Milligan, and some of the other Inner Wheel members.

Pet Photo Competition

In celebration of how much animals assist people with disabilities of all kinds - and because we at the library all love our pet friends - we've decided to run a pet photo competition for our special needs clients.



The prize will be a year's free library membership, and judging will be done by our team of library pet lovers! To enter the competition, send us a photo of you and your animal friend. The winner will be announced in our Christmas newsletter.

Drop your entries in - with your name and contact details - or send them to enquiries@specialneedslibrary.co.nz by 25th November. Note that this competition is only open to our clients with special needs membership. Also, by entering you will be giving us permission to publish your photo on our Facebook page and in our newsletter.



Rātā Foundation



Find us on Facebook

News from our Chair

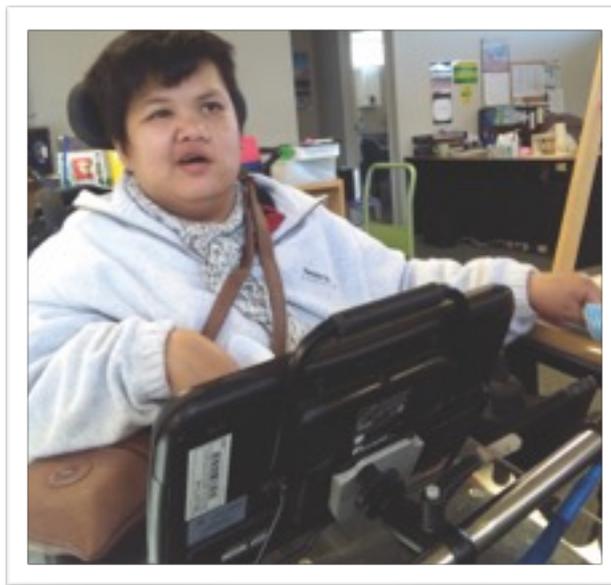
Hi everyone,

Volunteers: The world's most valuable people! They keep our library service functioning and, along with our wonderful paid staff, they are the rock the library stands on. It is such a satisfying place to be that many of our people have helped for up to 40 years. True!

The volunteers do a range of tasks - returning and issuing resources via our computer system, chatting and interacting with clients, tidying up after clients, checking, cleaning and sometimes repairing returned resources. Some also help with raffles, do art work, run market day, do cataloguing, financial administration, stocktaking, make suggestions and/or serve on the committee.

Many thanks to our volunteers and staff for the fine job you do enabling the library to make a great contribution to society by supporting our families, schools and organisations.

Gina



Batin

Our Thursday volunteer Batin Carpenter uses a special tablet for verbal communication. She types in text which is then synthesized to speech. Earlier this year Batin gave a presentation on her communication system at the International Society for Augmentative and Alternative Communication (ISAAC) on the Gold Coast.



10415 Physio Roll

A red peanut-shaped, inflatable physio roll to help develop gross motor skills, balance, coordination and stretching of the large muscles.



10412 Physio Activity Roll

A transparent physio activity roll filled with coloured balls to help to foster eye mobility while building gross motor skills.



10414 Jinglin Ball

A transparent inflatable ball with four small bells inside that ring when the ball moves. It's a tool for developing gross body movement that also helps vision-impaired people to follow the ball's movements in space

FOOD FOR THOUGHT WITH RESOURCE ADVISOR CHARLOTTE

The Special Needs Library is extending its services to become a central base in Christchurch for swapping specialised compression garments for people with sensory processing difficulties.

JettProof calming sensory clothing gently compresses the torso and limbs, increasing body awareness and, over time, reducing tactile hypersensitivity. The garments are expensive to buy so swapping is a way to reduce costs to families; once a child outgrows the clothing, they can swap it for the next size up.

The idea of using the library as a base for swapping compression garments was developed in conjunction with an occupational therapist from Canterbury District Health Board's Child Development Service. Families at the service reported that when their children wore the garments, their emotional meltdowns were shorter, less frequent and less intense. They also had better attention and concentration on tasks and did fewer sensory seeking behaviours.

High arousal levels or anxiety are common symptoms of sensory processing difficulties, attention deficit disorders and autism spectrum disorders. Deep pressure applied to the body can release certain brain chemical such as dopamine, the "pleasure" neurotransmitter. This produces a more relaxed neutral state and can reduce stress hormones.

As well as applying pressure, the JettProof garments have moisture wicking properties which enables them to be worn all day, every day. This allows a gentler compression over a much longer period than other compression resources.

While the garments are very effective, therapists see them as one tool in a tool box of supportive strategies rather than one single solution. Also, it will take time to build up the library's swapping 'stock' and there may not always be the right size available when a child grows. Families may need to purchase their own garment from time to time, but hopefully, the overall cost will be reduced.

I will contact all early intervention services and relevant support groups about the swap system and will coordinate it when it begins, hopefully sometime next year. The 'hows' are still being ironed out but all garments accepted as stock will need to be clean and in good condition. If you have any queries about it, don't hesitate to contact me on 332-0731.

Remember, we also have other calming resources including the sound spas, weighted dogs, weighted blankets and physio rolls. Please feel free to contact me for specific help in this area.



10416 Pedestrian Mat

A lightweight foam and PVC mat for teaching road safety.



10419 Hollow Cylinder

A 1 metre high hollow padded cylinder which can fit at least two children inside. It's perfect for rolling in, hiding in and using as a part of an obstacle course.



10421 Large Padded Cylinder

Ideal for gross body development and using as part of an obstacle course.

Bruno's Train Ride

Special Needs Library client Nadia Moffat, and her children Bonnie and Luca, recently borrowed Bruno - the weighted chocolate Labrador. They sent us some photos and a letter about Bruno's adventures with them:



When we arrived at the ticket office [of the miniature steam train] we introduced Bruno and asked if he could ride with us. We pointed out that he was a very well-behaved dog. We were asked, "is he trained?". We replied that he

was at least toilet trained. They asked if he was trained for trains and we laughed. Bruno must have looked trustworthy because they let him board the train with us.

Bruno was scared at first, but when he saw the steam from the steam train it calmed him down a bit. He liked going on the trains with us and hopes that next time he comes to stay he can do it again.

Bruno was frightened when we went over a bridge because he was worried he would end up in the water. Poor Bruno can't swim because he is too heavy. To make Bruno feel safe Bonnie put him in her jacket with his head sticking out. It was nice and warm in there, which is good because it was a very windy day. He enjoyed the view but didn't want to lean out too much because he was scared he would fall out.

Bruno liked looking at the trees and the other dogs who were walking their humans in the domain. There were lots of different breeds, but no other Labradors. Next time we will play at the playground afterwards if it is warmer. We saw Bruno eyeing that up too.

Thanks for letting us have Bruno. He gives lovely cuddles and even got on well with our dog Jimmy. We hope he enjoys his next adventure with another family.



Hairdressing for People on the Autistic Spectrum

People with sensory processing difficulties often find everyday things like getting their hair cut stressful and anxiety-provoking. Janeen Kan of Headzup Hairdressing to You has been recommended to us as a mobile hairdresser who is sensitive and understanding of children and adults with various challenges, including autism. She will travel to you, and has even been known to turn up to hospital when a client was having an anaesthetic, in order to cut her client's hair with minimal distress. Janeen can be contacted via her website or phone 021 260 3374.

Market Day

This year's market day raised over \$700, with the sale of withdrawn library resources, baking, a sausage sizzle and a raffle. The sun shone and attendees were serenaded by the City of Christchurch Pipe Band.

