

Become a member now
Membership costs \$5

If you would like to also include a donation to IHC to support the work we are doing in communities around New Zealand, please include it with your membership payment.

Please find enclosed my payment for:

\$5 \$20 \$30 \$50

Other:

Or debit my credit card \$

Card Number

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Expiry Date: /

Name on Card:

Visa MasterCard Diners Amex

Send this form and payment to:

IHC New Zealand
PO Box 1757
Wellington 6140



Take @break

with us

All families, whānau and carers need a break from their caring routines to rest and put their feet up.

People who care for children, young people or adults with intellectual disabilities often experience emotional and financial stress. It can be difficult to find an opportunity to take that much needed time away to unwind and refocus.

This is where IHC's Take a break with us programme comes in. This programme aims to make a tangible difference in the lives of families, whānau and carers by providing the opportunity for that much needed time out.

If you know an IHC Member who cares for a person with an intellectual disability in their own home or that's you – feel free to get in touch. We'd love to help you or them to Take a break with us.

Contact

If you'd like more information or would like to get involved, please email membership@ihc.org.nz

Or find us on Facebook at:
facebook.com/IHC.New.Zealand



**Become a member,
get involved,
make a difference**



In New Zealand, more than 90,000 people have an intellectual disability

And more than half say they feel excluded by society

This needs to change. Make a difference. Become a member of IHC.

Even just being aware of what life can be like for a person with a disability helps make New Zealand a more inclusive place.

As an IHC Member you can:

- Support the cause
- Connect with people who strive to make a difference in their community.
- Participate in our Take a break with us programme.
- Use the IHC Library – the most extensive collection of intellectual disability resources in Australasia.
- Attend, speak and vote at IHC's AGM.

You can also choose to be part of a local Association.

You can join your Association to chat and come up with your own ideas – together people make a real difference.

IHC Associations throughout the country are doing all sorts of things to positively impact their local communities, including people with intellectual disabilities and their families, and they have funds available to support great ideas.

70 years ago families got together to support each other, set up services and lobby for their sons and daughters to be included in their local schools and community. For many years families did everything from writing submissions to volunteering at the day base and sewing curtains for homes.

Times have changed, but IHC's local Associations have survived. Families and supporters still get together to share stories, support each other and have fun. They host events, they link with new parents, participate in local and national advocacy campaigns and support initiatives that make a difference in the lives of people with intellectual disabilities.

We encourage our members to get involved with their local Association. If you don't have one, talk to us about establishing one. There are some rules, but it's pretty straightforward.

To connect with an Association, email membership@ihc.org.nz

IHC's mission is to advocate for the rights, inclusion and welfare of all people with intellectual disabilities and support them to live satisfying lives in the community

Become an IHC member now

Title (Ms, Mrs, Miss, Mr, Dr)

First Name

Last Name

Email

Home phone

Mobile phone

Street Address

Suburb

City/Town

Postcode

Do you have an existing connection with IHC?

YES NO

How long have you been connected to IHC?

What is your connection with IHC?

(tick as many boxes that apply)

Parent Support person.....

Sibling Staff

Other family member .. Self advocate.....

Person with an intellectual disability.....

Is there an Association (apart from your local Association) that you would like to be connected with?

Your age bracket: 1-12 13-20 21-35

36-49 50-64 65+

I support IHC's philosophy and policies.....