

*doing more
with less!*



Amputee Society

Canterbury & Westland Inc

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June 2016 Contents

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Quote of the Month:

Everything will be okay in the end. If it's not okay, it's not the end. John Lennon.

Fun Fact:

It is still illegal to eat mince pies in the UK on Christmas Day.

Editor's Message

Disclaimer: The information contained in this newsletter does not necessarily reflect the views of the Amputee Society of Canterbury/Westland)

Canterbury/Westland were the hosting society for the recent Amputees Federation annual conference and much positive feedback was received from attendees at the success of the event. It was a real privilege to be involved in the organisation of the event and a huge thank you goes out to not only our many sponsors but also to the committee for their invaluable assistance in the event planning.

On Tuesday, 10th May, my dear father, in his 87th year, lost his battle with bowel cancer when he peacefully passed away surrounded by his loved ones in his own home. He was a kind and gentle man whose sense of humour and storytelling abilities were a joy to listen to. He will be sadly missed but many great memories will guide our family on into the future. His one wish was that he could pass at home and with my two brother's assistance, we honoured his wish in caring for him in every way till the end. I experienced many different emotions in those final two weeks but have this overriding feeling that it was such a privilege to honour his dying wish and care for him like we did. Whilst he was still able to communicate with us, he told me that he would leave with no regrets and was thankful for a life surrounded by a loving wife for 63 years and his beloved family. At different times spent with Dad during his final days, we were able to tell him how much we loved & respected him as well as what he has meant to each of us. By caring for him as we did and having the opportunity to convey our feelings, I will be eternally grateful. Goodbye to a gentleman, a mentor, a great friend and a wonderful Dad.



Affiliated with the Amputees Federation of New Zealand Inc.

Meet Morgan Jones:

Morgan was born in Christchurch in 1987 and has family of an older brother Blair and his mother, who resides locally in Ch-Ch, are an important part of Morgan's life.

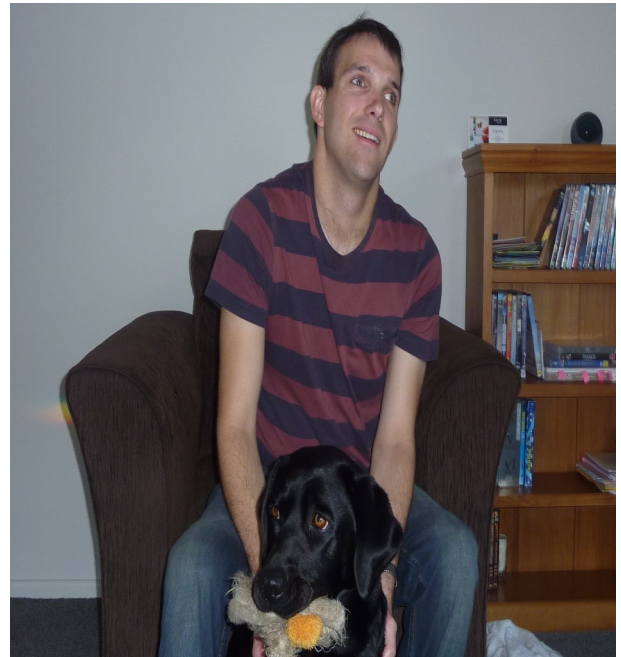
In 1994 when he was 6 years old, Morgan was taking the train North to Picton with his father and was involved in a serious accident when the safety rail on a carriage broke causing Morgan to fall from the train. He sustained a serious head injury as well as to his leg which resulted in him losing his sight and having to have his right leg amputated below the knee.

Morgan said that he does not remember much about the accident itself and up to that point in his life, he had fond memories of a happy & carefree childhood. Obviously, he experienced a huge amount of trauma but says that he felt that he retained his easy going attitude to life and hopes he didn't complain too much.

Morgan attended Hoon Hay school and after his accident, Elmwood Primary which had a Visual Resource Centre. Cashmere High was his secondary school and he then moved on to Canterbury University to undertake a Bachelor of Science degree in Biology. His grandfather, who was a dedicated conservationist, inspired to do his degree. Morgan graduated in 2013 and is currently looking for a role that would suit his skills but has done varied jobs including working for Landcare Research and voluntary work. In March of this year, Morgan also completed a certificate in Medical terminology.

Around 2 years ago, Morgan convinced his family that he could move out of the family home to live independently in a brand new townhouse in Sumner St, Spreydon. His guide dog and very good "friend", Jessie lives with him and a flatmate. He said that he has enjoyed the experience and the challenges that it has provided although he admitted to not being a very good cook due to his inability to measure ingredients. Swimming is also a challenge along with showering when not in his own environment.

Morgan said he likes people who are considerate, empathetic, easy going and especially people who realise that because he is unable to approach them, they make an effort to engage with him. His family is important to him as they assist with some of the challenges he faces in his daily living but he also enjoys his new found independence. Morgan recalls that as a child he was extremely interested in trains along with nature & wildlife and remembers collecting insects. He grew up thinking that he would like to be involved in sustaining the environment as he has very pleasant memories of holidays in the Marlborough Sounds.



Morgan Jones cont:

Without a doubt, he says that going to University was a huge risk for him as he worried about his ability to cope with the studies but in the end, everything turned out well. Moving out of the family home to start living independently was also a risk for him but he is pleased that he took on the challenge.

Recently, Morgan was part of the GIAG (Give It A Go) programme that ran alongside the Amputee Federation conference and he said that he thoroughly enjoyed the experience of jet-boating, horse riding and the high ropes course which was a huge challenge for him. Participating with other young people was not only a huge bonus but great fun and Morgan has made some new friends whom he is in contact with.

Favourite Food: Asian cuisine and admits to loving Fish & Chips.

Favourite Place: Marlborough Sounds, Fiordland, has walked part of the Kepler, Milford & Routeburn tracks and would like to go to Stewart Island.

Favourite Activities: DANCING, (was first on the dance floor at the conference), going for walks and would like to do more nature walks with assistance.

Favourite Music: Pop, Rock and Latin dance music. Enjoys Queen, Billy Joel, Megan Trainor, Katy Perry & Rhianna.

Favourite Movie: Star Wars. Enjoys DVD's that have an audio description or someone who will talk him through what is happening.

Favourite Books: Inferno. Enjoys authors Dan Brown & Clive Cussler.

Morgan has travelled to the Gold Coast, locally to Stewart Island and Fiordland and has a goal of wanting to climb Mt Kilimanjaro in Tanzania.

Thank you for hosting me in your home Morgan. I so enjoyed your company, sense of humour and the fact that your daily challenges do not deter your passion for wanting to achieve such lofty goals as climbing Mt Kilimanjaro. You are a courageous and inspiring young man.

Irish Fire Insurance:

A man and his wife moved back home to Cavan, Ireland from London. The wife had a wooden leg and to insure it in Britain it cost £2000.00 a year! When they arrived in Bailieborough, they went to an Insurance agency to see how much it would cost to insure the wooden leg. The agent looked it up on the computer and said to the couple, '£39.00.' The husband was shocked and asked why it was so cheap here in Ireland to insure, because it cost him £2000.00 in England! The agent turned his computer screen to the couple and said, 'Well, here it is on the screen, it says,

"Any wooden structure, with a sprinkler system over it, is £39.00

Society News:

It is with regret that we have to advise the passing of two of our members. Ray Boundy, a life member, whose contribution to the society over many years was greatly appreciated and an associate member, Graham Bruce. Our sincere sympathies to the family and friends of our departed members. Rest in peace.

Due to our treasurer, Ava Thomas having to move house and all that that entails, the committee are indebted to Joanne Boereboom for her offer to take over the duties of treasurer for the time being. Many thanks Joanne for your assistance.

WINERY TOUR. CRACROFT CHASE VINEYARD

Cracroft Chase Winery was one of our kind sponsors for our recent conference. The winery is situated in a picturesque cul-de-sac valley nestled at the foot of the Port Hills on Shalamar Drive, Cashmere. It is owned and operated by Alex and Wilma Laryn who emigrated to NZ from Italy in 1996. The tour takes around one hour and includes the vineyard along with the winemaking facility followed by tasting and nibbles. Alex and Wilma advise that the ground is flat and should not provide any problems access wise. The cost of the tour is **\$15 per person**. The date set for this outing is, **Sunday, September 18th at 1pm**. Further details will be published in the August newsletter calling for expressions of interest.



Subscriptions:

Thanks so much to all that have paid their subscription for this year and a huge welcome to our new members. There are still some subscriptions outstanding and we would encourage those people who may have overlooked the payment of \$10 to attend to this at their earliest convenience. Thanking you on behalf of all members.

Thank You:

To the following members for their most kind donation of prizes for our raffles at our functions. Your generosity is greatly appreciated by all the members. Jim & Cheryl McIntosh, Melody Screen, Rita Crabbe, Fran Woods, Cathryn Latter, Fred Cockram & anyone else overlooked.!

To our members who kindly give of their time to visit new and prospective amputees in hospital to offer support and advice about life as an amputee.



Growing Skin in the Lab

Scientists from the RIKEN Centre for Developmental Biology (CDB) in Japan have, along with collaborators from Tokyo University of Science and other Japanese institutions, successfully grown complex skin tissue—complete with hair follicles and sebaceous glands—in the laboratory. To accomplish this, they used reprogrammed induced pluripotent stem (iPS) cells, adult cells that have been genetically reprogrammed to an embryonic stem cell. They were then able to implant these three-dimensional tissues into living mice, and the tissues formed proper connections with other organ systems such as nerves and muscle fibres. This work opens a path to creating functional skin transplants for burn and other patients who require new skin.

Research into bioengineered tissues has led to important achievements in recent years, but there are still obstacles to overcome. In the area of skin tissue, epithelial cells have been successfully grown into implantable sheets, but they did not have the proper appendages—the oil-secreting and sweat glands—that would allow them to function as normal tissue.

Reproduced courtesy of the Amplitude e-Newsletter

Advancements such as this may in the future aid amputees with stump damage and skin restoration.

Making it easier to travel with a disability:

Kimberly Graham was always a keen traveller, and wanted to continue after having her son, who has Cerebral Palsy and relies on a wheelchair for mobility. She found despite doing research into the accessibility of places she wanted to take her family, there would often be barriers once she got there. So she decided to do something about it herself, and set up a travel information company, [Oyster Accessible Travel](http://www.oysternz.co.nz), catering specifically for people with disabilities. Go to www.oysternz.co.nz This is a terrific website and gives people with disabilities much needed information when considering travel.



Accessible Fishing Platform:

Hi my name is Bruce Mote and I have been a double above knee amputee for nearly 30 years which was due to an industrial accident. One of my favourite sports is fishing which I have found to be a very difficult sport at times getting to a lot of the good fishing spots on rivers and lakes over the last 30 years. I often used to joke with able bodied anglers who complained about the high cost of fishing licences that I only renewed mine every two years. I happened to mention this to a former



president of salmon anglers, Ron Stuart, while on holiday in Nelson over the Christmas break 2008. After a few days Ron came back to me and asked how it would be if there was a fishing platform suitable for wheelchair and disabled anglers on the bank of the Waimakariri River at McIntosh's so we could fish on equal terms with other anglers. This is one of the best fishing spots on the river where there are 400-500 salmon caught each season, it is also good spot for other fishing, herring, trout and white baiting.

However, under Ron's guidance, operation wheelchair platform sprang to life that day. It has been a long complicated journey made possible by the energy and tenacity of Ron and many other volunteers within a close community, all working hard together to achieve something special for those of us that are disabled or wheelchair bound. Onsite work was completed last year and the stand was opened on 21st June 2015.

If anyone wants more information about getting a key to keep for the gate and how to get there you can ring me 03 3237328.

This platform was a first for New Zealand and possibly the world. We are hoping that the success of this project may lead to others around new Zealand and even worldwide. We are looking at some other sites here in Christchurch and hoping to have these up and running in the near future, watch this space.



What a fantastic effort by Bruce, Ron and the many volunteers to bring this project to fruition for the benefit of everyone facing physical challenges. Congratulations and a huge thank you to Bruce and his team on behalf of all disabled persons.

Smile Awhile



Web Sites

**Amputee Society of
Canterbury & Westland Inc.**

www.amputeeinfo.co.nz

The Amputees Federation of NZ

www.af.org.nz

Amputee Information

www.mossresourcenet.org

International Diabètes Federation

www.idf.org

Parafed Canterbury

www.parafedcanterbury.co.nz

Disability Awareness in Action

www.daa.org.uk

Amputee News

www.amputeenews.com

Disability Rights Commission

www.drc-gb.org

UN Programme on Disability

www.un.org/issues/m-disabl.asp

WEKA-NZ Disability Info

www.weka.govt.nz

Disabilities Information Service

314 Worcester Street, Christchurch

PO Box 32-074, Christchurch

(03) 366-6189

(03) 379-5939

9.00am - 4.30pm

Email: admin@aspirecanterbury.org.nz

Website: www.aspirecanterbury.org.nz

Amputee Coalition (USA)

www.amputee-coalition.org

NZ Limb Service www.nzals.govt.nz

Kipp's Patch www.kipps-patch.com

**Nation Wide H&D Advocacy
Service** – 0800 555050

**Amputee Society of
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Life Members

Rachel White Rod Boyce
Liz Rogers Ray Boundy *
Heather Plows Ray Newton
*Deceased

Artificial Limb Service

330 Burwood Road, Christchurch
Phone 03-383-0501
Fax 03-383-3566
Hours: 8.00am - 4.30pm

Manager

Graham Flanagan

Office administrator

Pauline Afitu
www.nzalb.govt.nz

Association Bank Info

Westpac 03 0830 026 4400
00

**Burwood Hospital
Hydro Pool**



**Wed: 4-30pm-6-30pm
Sundays: 1pm – 2-30pm**
This is with Parafed and
there is a \$2.00 charge.

Need Computer Help ?

Contact Joanne for advice
at very affordable rates.

Mobile 027 2909246

Home 942-5320



Christchurch City Council

Thanks to Our Sponsors:

