



Amputee  
Society  
of Canterbury &  
Westland Inc.

1/127 Petrie Street  
Richmond, Christchurch 8013  
Email: [amputee.cw@gmail.com](mailto:amputee.cw@gmail.com)  
Web: [www.amputeeinfo.co.nz](http://www.amputeeinfo.co.nz)

Patron: Mr John McKie MB, ChB, FRACS.

## Aug 2022 Contents

**Editor's Message**

**Profile/Article/Messages**

**Society news/Smile awhile**

**Federation/Limb Centre**

**Website links & Sponsors**

## Quotes of the Month:

You can do anything, but not everything. *David Allen*

**You** must be the change you wish to see in the world. *Gandhi*

## Fun Fact:

A sheep, a duck, and a rooster were the first passengers to take a trip in a hot air balloon.

About 150 people per year are killed by coconuts falling from trees.

## Editor's Message

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

We all know the massive impact Covid has had on our lives over the last 2 1/2 years from the way we go about our daily lives through to events being impacted.

The Society held it's last fundraising event in August 2019 which was a popular quiz function but we were forced to cancel subsequent events in 2020 & 2021. Further on in this issue on page 6, you will see that we are once again having a quiz event at The Cranford Alehouse on Sunday August 28th. Andy Norton from the Alehouse has been a generous supporter of our society and this editorial is focused on seeking the support from our membership for this event. Not only is the event vitally important to us as a means of garnering



**Quiz Time**

Let's have some fun!

funds to enable us to continue our work for the amputee community but just as importantly, it provides our member base a rare chance to gather together and enhance the strong bonds that our community shares because of our common "physical challenges". I am respectfully asking the membership to wholeheartedly support this event and give back to our group. Ask friends and family, form a group and be part of the evenings fun. Tickets are only \$10 pp and can be obtained from Justine or Mark (contact details on page 6). **HOPE TO SEE YOU THERE.**



## MEET BISHOP PAUL ANDREWS:

I was born in Christchurch one hour before HRH Prince Charles. The main differences between Charles & myself are that he has considerably more property, money, prestige & titles than myself. I did forget to mention that of course he has Camila, Duchess of Cornwall, and before I forget, he clearly has two solid legs. Needless to say, my emphasis on two legs indicated that I am deficient leg wise according to some. To me, I am an above knee amputee and in no way disabled. Although I am the last remaining member of my family, I am pleased to mention that I have a foster son whom I consider to be a dear and beloved **SON** to me.

I am a 73-year-old priest of an international missionary Assembly ministering in some 104 countries. I spent 22 years in the Democratic Congo rainforest, as well as the Amazon rainforest setting up Mission Fields to aid the indigenous peoples in these and other countries. I was stationed in the Netherlands for 2 years and set in motion an International Linguistics College to cater for well-seasoned priests before they entered volatile and/or life-threatening countries in the capacity of forming "underground churches". I was ordained into the priesthood in 1974 and rose through the ranks to that of Archbishop and Apostolic Head of the Assembly. A challenge that I thought would never be challenged as character forming, no, perhaps life changing in ways that I would never have been capable of imagining.

In January 1986 I was visiting friends at Spencer Park in Ch-Ch and when coming out of their caravan, the stool collapsed & I damaged my leg which at that time was put down as a knee strain. Such was the pain, at the age of about 37 years, I underwent the first of the initial 2 total knee replacements which were followed in 1989 by an arthrodesis (fused) right leg. I should mention here, that it was 22 years before I was informed that the very first TKR was actually a faulty joint, this in no way humored me. This was followed by a number of surgical interventions as a result of infections including osteomyelitis (serious bone infection). I was in a knee brace on one occasion for about 18 months. Around about 30 years later because of chronic every day pain, an orthopedic surgeon decided to take down the arthrodesis and total knee replacement number 3 was undertaken. I should mention here, that my "good" leg had also had 2 total knee replacement without any problems. Unfortunately, I experienced another fall, this time fracturing the newly operated on leg putting in jeopardy the fresh TKR implant resulting in very little movement in my complicated leg. The on-going chronic daily pain resulted in a surgeon suggesting that an amputation was necessary and then he smartly retired. However, another surgeon in 2019 also suggested an amputation was needed and about 2 weeks later I became a member of the Amputee Society. Emotionally I hit rock bottom and to quote a psychologist, "you are in burn out". I could find nothing to smile at, everything was a burden to carry. Good and close friends as well as the Amputee Society, the Limb Centre and others carried me through those dark waters. I may not be able to venture into the mission fields, however, I have officiated at funerals and marriages as well as ordaining young men into the priesthood. How difficult it was in the early days with a prosthetic leg to walk down the church isle of what seemed at the time to be the longest church isle any-where in the world. **BUT I DID IT.**

## BISHOP PAUL ANDREWS CONT:

I still struggle with the prosthetic leg and often times I am far from steady on it, however, after more than 30 years of walking in so many different ways given about 20 surgical interventions on that leg, I am pleased, and even happy to know that I have beaten the odds and can walk even though it is for short and unsteady distances.

I thank all who helped me through such a trial of tribulation and encouraged me to look for light at the end of the tunnel. **THANK YOU ONE AND ALL.**

**MY INTERESTS/ACTIVITIES THESE DAYS** include.

- \* Ongoing support and encouragement to the missionary Assembly.
- \* Counseling and support for those incarcerated in New Zealand prisons as well as on-going support on a pen-friend basis for a number of inmates in Polunsky Death Row Unit in Texas, USA.
- \* A keen and supportive Life Member of the Outward-Bound Trust of New Zealand.
- \* I referee rugby (ok, from my couch) and obviously I support the All Blacks who have never lost a game, they win mostly and on occasions they come second.

**BREAKFAST:** To me, breakfast is a rather mundane meal of casual importance to me.

**LUNCH:** Cucumber and/or tomato sandwiches. Coupled these days with Continental Soap in a Cup delight, Dutch Curry.

**DINNER: Where to start?** Fresh vegetables are essential to any good meal other than when a meal dictates something like, noodles or rice. **Meat** is open for debate, I love lamb chops, Angus beef steak, stir fry, Silverside or Corned Beef, Cottage Pie and on the list goes.

**Dessert,** obviously nothing too sweet for me. To save others putting on excessive weight I will help them out by devouring their share of Pavlova, Ice Cream, anything with chocolate, Steam Puddings with plenty of cream. I will stop there because I don't want to embarrass anyone reading this dessert list and then creeping into the kitchen to fill a dessert plate with anything sweet with lashings of whipped cream. I am not guilty; however, I encourage you to enjoy to the fullest anything that helps keep you on two legs and happy.

God bless and much love and blessings to you all.

**Kia kaha**

*+ Paul Andrews DD*

## BEREAVEMENT

We regret to advise that an associate member of the society and a generous supporter, Ann Bruce, passed peacefully on July 5th at Ashgrove House, Cashmere View Retirement Village in her 91st year.

## COULD A MOBILITY DOG HELP YOU?

I'd like to say hello and introduce myself; my name is Gemma Overton and I am the Client Coordinator – Applicants, at Mobility Dogs. I am your first point of contact when you send through an enquiry or apply for one of our service dogs.

I absolutely love my job. Being able to support people to live the life they choose and watching the difference one of our Mobility Dogs can make is a wonderful rewarding experience. Mobility Dogs are specially trained to help disabled New Zealanders with their individual, unique needs. Through practical support, companionship and unconditional love, these dogs truly transform the lives of their partners, who enjoy greater independence and quality of life. The dogs also help build stronger relationships and communities. The bond between mobility dogs and their human partner can enhance a more active life, improve social interaction and increase confidence and self-esteem.

There are three main programmes:

**Mobility Dogs:** are trained to help people living with a disability with everyday tasks. They also provide companionship, emotional support and a connection to the community.

**Community Dogs:** are trained to provide emotional support just like a Mobility Dog. Places that may benefit from working with a Community Dog include rehabilitation clinics, educational environments, medical practices, or even dental clinics. In conjunction with the organisation we tailor the dog's skills to best suit the needs of their clients.

**Companion Dogs:** go through a very similar training programme to a Mobility Dog and these incredible dogs have extraordinary, innate therapeutic abilities. Often the bond between a dog and its human can help overcome many emotional impacts of their human's conditions and can allow an individual to gain confidence in themselves that may have been lost, as well as provide friendship, love and emotional support.

The application process is in three stages. Each stage is reviewed by the Mobility Dogs team, you may be asked to continue to the second, and then the third stage which involves a functional assessment with a physiotherapist or occupational therapist, or you might be advised that your application has not been successful. If you are successful then the placement process can begin. This is where we start looking for a suitable Mobility Dog with the training, skills, personality and physical requirements to match your needs. This can happen quickly or take significant time to find a suitable match. All Mobility and Community dogs have the full support of Mobility Dogs until they reach retirement.

Website: [mobilitydogs.co.nz](http://mobilitydogs.co.nz)





"What it's like having Darby with me is hard to explain. It has changed me on so many levels - physically, emotionally, psychologically, and spiritually. I have my dignity back and I feel complete!"

Client Linda-Lee talking about her Mobility Dog Darby. Right: Shopping at Bunnings together.

Contact details for Gemma should you require any further information.

Email: [gemma.overton@mobilitydogs.co.nz](mailto:gemma.overton@mobilitydogs.co.nz)

Mobile: 027 7001721



## ARM AMPUTEE SHOWS WHAT CAN BE ACHIEVED:

Sue Kent wasn't angling for a media career when she sent some video of her backyard garden to BBC Two. It was 2020 and the whole world was in lockdown, so production had been suspended on the channel's hugely popular *Gardeners' World* series. Hungry for content, the producers asked viewers to record short segments from their own gardens and send them in. Kent, who was born with congenital limb difference in both arms, made a huge impression with her video tour of her seaside garden in Swansea. When *Gardeners' World* resumed production in 2021, she was invited back as a guest host; now she's a regular, with a prestigious award under her belt and a seat in the Royal Horticultural Society's ambassadors program.



With no thumbs, seven fingers, and arms less than a foot long, Kent invented her own style of gardening. She doesn't call it "adaptive," however, because she considers that adjective redundant when it comes to cultivation. In her view, *all* gardening is adaptive—you're working with living organisms and natural ecosystems over which you have limited control, so you just do the best you can and banish delusions of perfection.

"Gardening is all about failing," she told a British magazine. "Adapt and survive, that's my motto." That credo allowed Kent to build a successful career as a professional massage therapist, using her feet (rather than hands) to weed out the aches and pains that take root in people's bodies. She employs all four of her limbs in the garden, with an array of hacks that have value for people with disabilities of all kinds, as well as boring old able-bodied people !!!



Amputee  
Society  
of Canterbury &  
Westland Inc.

**QUIZ FUNCTION:**

# QUIZ! QUIZ! QUIZ!

**Sunday 28th August  
5.30PM FOR A 6PM START**



**305 CRANFORD STREET, ST ALBANS**

**\$10 A TICKET**

**GET A TEAM OF 4 OR MORE TOGETHER**

(BY YOURSELF? LET US KNOW IF IT'S JUST YOU AND WE'LL FIND A TEAM YOU CAN JOIN)

COME EARLY FOR A BITE OR STAY AFTER THE QUIZ FOR DINNER.

**RAFFLES! LUCKY TICKETS!  
SPOT PRIZES!**

Contact: Justine on 021 105 5189 or [justinemw@me.com](mailto:justinemw@me.com)  
or Mark on 027 238 1958



## Smile Awhile

it's not going to end well



DON'T LISTEN TO THEM



YOU'RE NOT FAT, YOU'RE FLUFFY

## Web Sites

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

[www.amputeeinfo.co.nz](http://www.amputeeinfo.co.nz)

**The Amputees Federation of NZ**

[www.amputee.co.nz](http://www.amputee.co.nz)

**NZ Artificial Limb Service**

[www.nzals.govt.nz](http://www.nzals.govt.nz)

**Peer Support**

[www.peersupport.nz](http://www.peersupport.nz)

**Parafed Canterbury**

[www.parafedcanterbury.co.nz](http://www.parafedcanterbury.co.nz)

**International Diabetes Federation**

[www.idf.org](http://www.idf.org)

**Amputee News**

[www.amputeenews.com](http://www.amputeenews.com)

**Disability Rights Commissioner**

[www.hrc.co.nz](http://www.hrc.co.nz)

**UN Programme on Disability**

[www.un.org/issues/m-disabl.asp](http://www.un.org/issues/m-disabl.asp)

**Paraloan 03 3795983**

[www.paraloan.org.nz](http://www.paraloan.org.nz)

Email: [paraloan@xtra.co.nz](mailto:paraloan@xtra.co.nz)

**Nation Wide H&D Advocacy**

**Service – 0800 555050**

**Aspire Canterbury,  
Disabilities Information Service**

Braintree Wellness Centre. 70 Langdons Rd.  
CHCH (from 3/10/2022)

Website: [www.aspirecanterbury.org.nz](http://www.aspirecanterbury.org.nz)

Total Mobility. Contact Julie (03) 3669093

[julie@aspirecanterbury.org.nz](mailto:julie@aspirecanterbury.org.nz)

**LifeLinks.** 0800 866 877

Web: [lifelinks.co.nz](http://lifelinks.co.nz) Email: [office@lifelinks.co.nz](mailto:office@lifelinks.co.nz)



**CCS  
disability action**

Including all people

**TE HUNGA HAUĀ MAURI MŌ NGĀ TĀNGATA KĀTOA**  
CCS Disability Action

224 Lichfield St, Ch-Ch. Thomas Callanan.

03 3655661/0800 2272255.

Email: [canterbury@ccsdisabilityaction.org.nz](mailto:canterbury@ccsdisabilityaction.org.nz)

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

1/127 Petrie Street, Richmond  
Christchurch 8013

**President/Funding/Newsletter Editor**

Mark Bruce 027 2381958  
[mark.bruce@xtra.co.nz](mailto:mark.bruce@xtra.co.nz)

**Vice President/Marketing**

Alesha Kelly 021 708863  
[alesha.kelly1618@gmail.com](mailto:alesha.kelly1618@gmail.com)

**Secretary/Treasurer**

Justine Mangan-Woods  
021 1055189  
[justinemw@me.com](mailto:justinemw@me.com)

**Web Site Manager**

Jo Boereboom 03 942-5320  
[farmtree58@gmail.com](mailto:farmtree58@gmail.com)

**Visiting Coordinator**

Lisa Gray 027 339 2678  
[lisagrey1@xtra.co.nz](mailto:lisagrey1@xtra.co.nz)

**Other Committee Members**

Vaughan Mangan-Woods  
Janice Frost, Sally Wihone  
Bob Newby

**West Coast Contact**

Will Sturkenboom  
03 732-8312  
[wsturk@xtra.co.nz](mailto:wsturk@xtra.co.nz)

**Total Mobility Scheme**

Agent: Aspire Canterbury  
03 3666189  
[julie@aspirecanterbury.org.nz](mailto:julie@aspirecanterbury.org.nz)

**Mobility Parking Permit**

CCS Disability Action  
03 365-5661/0800 2272255

**Life Members**

Rachel White Liz Rogers  
Heather Plows Ava Thomas  
Margaret Hunter

**Artificial Limb Service**

330 Burwood Road, Ch-Ch  
Phone 03-383-0501  
Fax 03-383-3566  
Hours: 8.00am - 4.30pm  
**Office administrators**

Pauline Afitu

[Pauline.Afitu@nzals.co.nz](mailto:Pauline.Afitu@nzals.co.nz)

Lynleigh Ashcroft

[Lynleigh.Ashcroft@nzals.co.nz](mailto:Lynleigh.Ashcroft@nzals.co.nz)

**Amputee Society of Canterbury/Westland Inc**

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.



Christchurch City Council

**Disability Golf NZ**

For any enquiries about becoming involved, anywhere in NZ, please contact Andrew Woo, 021 885678  
[disabilitygolfnz@gmail.com](mailto:disabilitygolfnz@gmail.com)



**Need Computer Help ?**

Contact Joanne for advice at very affordable rates.

[www.computertutor.nz](http://www.computertutor.nz)

Mobile 027 2909246

Home 942-5320

**Thanks to Our Sponsors:**

