

## MEET JANICE FROST:

Janice Frost was born at Rangiora in 1965 and had one older sister. Her Dad worked on a farm at Clarkville as well as other farms in the local area before commencing work at Carter Holt Harvey then at McAlpine Timber where he stayed until retirement. Janice's mother did housework and sewing locally to help the family income. Janice grew up in Rangiora and attended Ashgrove Primary before attending Rangiora High School until she left in 1982. She has a fond memory from her childhood of sitting around her Grandparents old radiogram and singing along to popular songs.

As a schoolgirl, Janice had a part-time job working in the kitchen at Holmwood Retirement Village from 1980 and took up a full-time position there upon leaving High School. In 1984, she moved in to Christchurch where she worked for Spotless Catering and it was during this time that she met her husband to be who was a soldier based at Burnham Military Camp. They married in 1985 and Janice went to live at Burnham but as is the norm for Defence Force personnel, many shifts around NZ were to take place. In 1986, they moved to Papakura where their son, James, was born the same year followed by Mark in 1988 before returning to Burnham. Many more shifts occurred, 1990 Waiouru, 1991 Burnham, 1992 Waiouru, 1995 Dunedin, 1997 Whenuapai then in 1998 to Linton Army Camp, Palmerston North. It was at Linton that the marriage ended and Janice moved to Whanganui where her and the boys lived until Janice returned to Christchurch in 2018. Both her boys still live with their respective families in Whanganui.

It was in 1992 while living at Waiouru that Janice sustained an injury to her ankle while working as a "pot hand" during a field exercise. She badly sprained her right ankle which led to many ongoing health issues over the ensuing years. The ankle kept deteriorating and while playing a game of indoor hockey, she sustained another injury to the ankle that caused irreparable damage. Over the next 16 years, Janice had numerous operations and hospital stays but by 2008, the decision was made to amputate her right leg below knee due to CRPS=Chronic Regional Pain Syndrome. Janice admitted that the years spent dealing with her health issues were incredibly hard for her but also for her two boys who were growing up and doing so without their Mum present a lot of the time.

Upon her move to Christchurch in 2018, Janice spent some time living at the Laura Fergusson Trust complex in Ilam but around a year ago, she was lucky enough to obtain the tenancy of a Kainga Ora accessible unit in Bryndwr where she loves her independence and the unit itself. Janice still has a close relationship with Laura Fergusson and works part-time for their catering division, "Can Do Catering". The catering service provides regular employment for many people suffering from physical as well as intellectual disabilities and Janice enjoys the role immensely. She is excited about an upcoming job that the company has in catering for a private birthday party at the Kate Shepherd House in Ilam where



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she will be able to experience the "history" first hand. Recently, Janice purchased a ride-on electric scooter which allows her to be mobile within the local community although she admits it is taking time for her to gain confidence on the scooter. Janice has a close friend in her budgie, Chase, who provides her with a lot of laughs on a daily basis.

She has regular contact with her two sons and her grandchildren in Whanganui, 2 girls aged 9 & 10 and her grandson who is 14. Being on the Amputee Society committee since 2018 provides her the opportunity to stay connected with the community and a sense of service to others. Walking any distance is a physical challenge for Janice but as she says, "I CAN put my prosthesis on every day so I do and walk every day that I can". Like many amputees will relate to, Janice finds it hard to constantly battle ACC for her rightful entitlements and would love to travel more but her ongoing medical issues preclude this. The only time she has travelled overseas was a family holiday to the Gold Coast over 20 years ago, a trip that the entire family enjoyed immensely.



**FAVOURITE FOOD:** Butter chicken.

**FAVOURITE PLACE:** Taupo

**FAVOURITE ACTIVITIES:** Cooking, singing, knitting, crocheting.

**FAVOURITE MUSIC:** Country genre & Kenny Rogers.

**FAVOURITE MOVIE:** Ghosts.

**FAVOURITE BOOKS/AUTHORS:** Enid Blyton & Steven King.