

doing more
with less!



Amputee Society

Canterbury & Westland Inc

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Affiliated with the Amputees Federation of New Zealand

August 2020 Contents

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Quote of the Month:

Behind every successful man is his woman.

Behind the fall of a successful man is usually another woman.

Unknown.

Fun Fact:

7% of American adults believe that chocolate milk comes from brown cows. 7% doesn't sound like a lot, but that works out to 16.4 million American adults..Donald is President !!

Editor's Message

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

For many years, our Society has received generous support from Community Post with a yearly grant in the form of post-paid envelopes that we have used to mail out the newsletters to members. Unfortunately, this scheme no longer exists in its current form and I am appealing to members to work alongside us to address this issue. The newsletter has a cost to print then post and this figure is in excess of \$3.50 per item so as you can see, your \$10 yearly subscription does not even cover the costs. I have made this plea before but if it is at all possible, I would **urge** you to look at how you receive the newsletter in the future. If you currently receive it via the postal system, could you please seriously consider advising us of your preference to get future copies via email, thereby saving the Society a considerable amount in administration costs by reducing the number of copies required to be printed and posted. The Society is well aware and totally understand that some members either require it as a hard copy or that they do not have access to a computer so we will continue to provide them with a newsletter as per the current system. For others, we would be extremely grateful if you could consider a change to help us out. Changes can be advised to Mark Bruce or Justine Mangan-Woods whose contact details are disclosed on the back page of each newsletter. Your help and assistance with this issue would be greatly appreciated.

Speaking of help and relating to the matter raised above, we still have around 30 subscriptions outstanding for the current year so I would encourage those members who have not yet paid, to assist us by attending to their subs payment at the earliest opportunity. Our main focus is to provide help and support to fellow amputees but we also need some of that same help to. Thank you in anticipation.

MEET TAYLOR ALDRIDGE:

Taylor Aldridge is a prosthetic technician based at the Christchurch Limb Centre. Here is her profile.

Taylor's parents moved to Wellington from their home town of Westport when her Dad took up a position as a roading engineer and Taylor arrived in 1997. The family moved back to Avonhead, Christchurch when she was 4 years old and by this time, she had a younger sister & brother. Taylor attended Merrin St Primary, Burnside High School then went on to Canterbury University to complete a sports science degree. Taylor completed the last year of her degree doing an internship at the Christchurch Limb Centre and has worked there ever since as a prosthetic



technician "out the back" in the workshop. She says that she absolutely loves her job, using her hands & brain and the people she works with...so much so that in July this year, she is commencing studies through the Sunshine Coast University in Australia as a start to becoming a trained prosthetist and orthotist. Because NZ does not offer any training of this sort, she will be required to spend a lot of time on campus on the Sunshine Coast over the next 2 ½ years but it is her intention, once trained, to be a fully trained prosthetist working out of the Christchurch Limb centre.

Taylor is an avid sportswoman and has represented the Canterbury Rugby Women's rugby team in the Farrah Palmer Cup competition. She has also represented Canterbury in "7's" and touch rugby over the summer months. She stated that she likes people who are easy going, happy, positive and motivated. Taylor dislocated her knee during a rugby game a couple of years ago but the values she lives by helped her to deal with the challenge. Those values are to stay calm and deal with things as they come and she admitted that life is pretty "cruisy" for her. Her parents and siblings have been extremely supportive in helping her achieve her goals. She laughs when talking about her parents using made up names for everyday things and when asked what she thought she wanted to be when growing up, she embarrassingly said, "A fire truck"

FAVOURITE FOOD: "I LOVE food especially Japanese style and blueberries".

FAVOURITE PLACE: Tata Beach, Golden Bay.

FAVOURITE ACTIVITIES/HOBBIES: Touch, 7s, Rugby, Hockey. Anything related to the outdoors. Most of her time is associated with sport.

TAYLOR ALDRIDGE CONT:

FAVOURITE MUSIC: Plays the saxophone. Likes jazz/blues and NZ "roots" music and artists Sam Cooke, Otis Reading & Fat Freddy's Drop.

FAVOURITE MOVIE: Don't really watch movies.

FAVOURITE BOOKS: Non-fiction-anything based on real events.

Taylor looks back on her life and feels that she has been very lucky to have such supportive friends and family. She is very driven and persistent in achieving her goals. She admitted that undertaking the studies in Australia is probably the greatest challenge she has taken but she is excited to start. Travel is a passion of Taylor's and when she was only 18, spent 3 weeks in Japan through a rugby exchange programme and has also visited Canada, Australia & Rarotonga. She had planned to travel to Argentina in June this year but the Covid pandemic put paid to those plans although she said that this trip is still in her sights once border controls are relaxed. Taylor admitted that she is not a "morning person" but comes right by morning tea time and is happy most of the time. She finds it very hard to sit still and is most happy when challenges are put in front of her.

Thank you for appearing in our newsletter Taylor and we wish you all the very best with your upcoming studies as well as your sporting endeavours.

AMPUTEE SOCIETY NEWS:

Many thanks to all those members who have paid their subscription of \$10 for the current year and to those people who have generously made donations to help.

For the last 2 years, we have run a most enjoyable and successful fundraiser in the form of a Quiz function at the Cranford Alehouse. Given the effects and ramifications of the Covid pandemic, the committee has decided to postpone the event this year and the committee are looking at possibly running it at the same venue early next year. We will keep you posted in future issues of the newsletter.

If anyone has prizes that they would like to donate for raffles at our functions, please make contact with Justine or any member of the committee.

The 2021 Amputees Federation of NZ's annual conference has been set down for April 16-18 in Rotorua. As in past years, an application for funding to assist members with air fares and accommodation will be made later in the year. At this point, if you are at all interested in attending, please make contact with Mark Bruce to register your interest. Further details will be advised in future issues.

Earlier in the year, we placed an order for writing pens with our details disclosed and these have been very popular with not only members but also the general public who have received them as a way to raise community awareness of the local amputee community. Should you require any more of these pens, feel free to make contact with any committee member and we will arrange to have them delivered.

We're not able to give much nor do we ask for much but whatever that ***much*** turns out to be... **WE ARE PLEASED TO SERVE MEMBERS AND THANK YOU.**

LIMB CENTRE NEWS:

Kate May, our friendly and efficient physiotherapist at the Limb Centre has provided the following article to highlight the importance of exercise for amputees.



The benefits of physical activity and exercises for everyone are well publicised. Physical activity is essential to keep strong and healthy and this is especially important for people with limb loss.

If you are a new amputee, you should have been given some basic exercises to do while you are waiting to be ready for your first prosthesis. Exercises will keep your muscles flexible and strong and moving through full range of motion. Without doing these regularly, you're more likely to get complications like contractures (tight joints or muscles) which can make walking and moving more difficult when you do get your prosthesis. These exercises will be given to you by a physiotherapist or other health professional to suit your individual needs. Physical activity and exercise remain important throughout an amputee's life. The type of exercise will vary a lot depending on different people's needs and abilities, but the most important thing is to do something to get you moving. The benefits of exercise to people with an amputation include:

Maintaining a healthy and stable weight. Gaining or losing weight has a major impact on prosthetic fitting.

Improve/maintain strength and flexibility.

Helps improve coordination, balance and stamina.

Alongside a healthy diet, it can help to reduce the risk of developing diabetes, cardiovascular disease (for non-vascular amputees) and have a positive effect of the skeletal system including preventing osteoporosis.

For amputees that have lost their limb through vascular disease, it can help to slow the ongoing progress of diabetes and cardiovascular disease, and help to manage some of the symptoms.

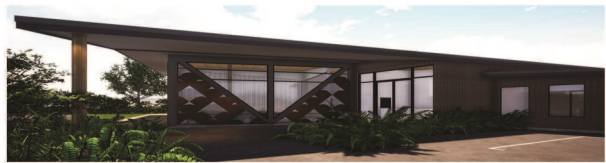
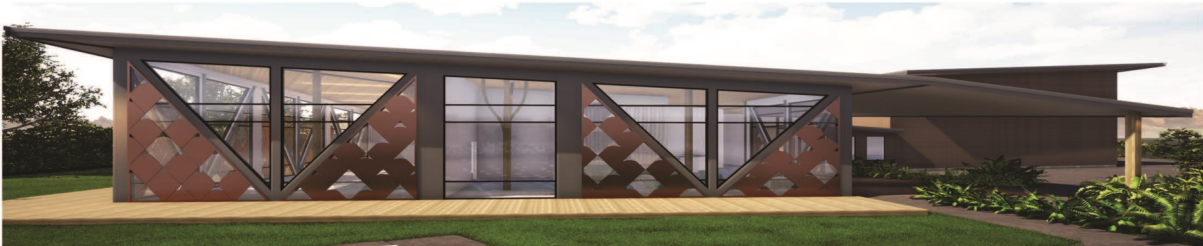
Promotes a sense of psychological wellbeing.

It is best to consult with your GP or health professional if you're new to physical activity and want to begin exercising, especially if you do have other medical conditions. You can also contact your local limb centre for advice and assistance. Best wishes to all....Kate.

Sean Gray, CEO of NZALS has kindly shared these updated concept drawings showing what our new Limb Centre at Burwood will look like. I'm sure you are all aware that this process has taken many turns over the last couple of years but it is hugely exciting that the new centre is to be built on the current site on a slightly different footprint to the existing building. One of the most positive aspects to this is that there will be no disruption to the services provided whilst the new centre is under construction. *Continued on next page....*

LIMB CENTRE NEWS:

Plans show that there will be ample parking available and the building itself being very user friendly from an accessibility perspective. Staff have been providing plenty of feedback to the designers “tinkering” with the initial floor plan which will ultimately provide them with a safe and efficient workspace but they have also had the amputees at the point of their thinking as to what sort of layout would best suit the people they are dealing with. To this point, Sean and his staff are eager to accept ideas and feedback from amputees with their views. This can be done through the society or by approaching the manager, Matthias at the centre directly. As matters progress, we should be able to provide you with a detailed floor plan once the final drawings are signed off.



NZALS Renders

RMDESIGNS



Key: Brown=Waiting area. Orange=Offices. Blue = Reception. Green= Fitting rooms and surgeon’s room. Purple=Conference room & cafeteria. Yellow= Workshop & storeroom.

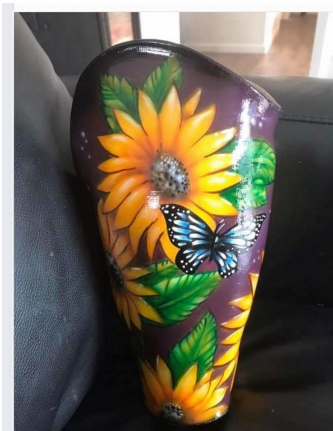
GENERAL NEWS:

Earlier this year, the inaugural socket design competition was run through the Amputees Federation Facebook page. The competition was borne out of an idea put forward by Matt Bryson from Edgecumbe who is a Federation Executive member and Peer Support Coordinator for the NZ Artificial Limb Service. With expert help from our local Secretary and current national President, Justine Mangan-Woods, voting from members within the closed Face Book group took place. The results of the voting were;

1st: Justine Mangan-Woods, **2nd:** Ralph McGuigan, ChCh, **3rd:** Kylie Saunders, Central Otago.

Justine received a trophy as well as an I-Pad that was most kindly provided by Sean Gray, NZALS for winning the competition while Ralph & Kylie received petrol vouchers. Well done to the winners and all those who put forward their sockets for consideration. All of the designs were stunning and showed a huge amount of flair, imagination and innovation. It was great to see so many sockets entered and another competition will be run later this year with the results being available prior to the Rotorua conference in April, 2021.

1st



PEER SUPPORT PROGRAMME UPDATE.

Since the service was launched last year in August, 2019, there have been a large number of referrals for people from all over NZ to receive support. Following the easing of lockdown, the Peer Support Service received an influx of referrals due to the service being suspended during the COVID-19 lockdown.

From April 2020 – June 2020

- 57 people were referred to receive support. 23 were female and 34 were male.
- Ages varied – two were 10+, two in their 20's, one in their 30's, five in their 40's, 10 in their 50's, 19 in their 60's, 12 in their 70's and six in their 80's.
- Ethnicities, Samoan, Chinese, Dutch, Canadian, Austrian, Māori & NZ European.
- Nine of the referrals were pre-amputation & also to one partner of an amputee.
- Of the referrals, 22 were AKA, 31 BKA.
- Reasons for amputation: diabetes, trauma, infection, cancer, congenital and referrals came from 5 regions: Northland/Auckland 11, Waikato/BOP 30, Canterbury 7, Wellington 6 and Dunedin 3.

Smile Awhile

I'm no wildlife expert, but I think this monkey might be drunk.



Web Sites

Amputee Society of Canterbury & Westland Inc.

www.amputeeinfo.co.nz

The Amputees Federation of NZ

www.amputee.co.nz

NZ Artificial Limb Service

www.nzals.govt.nz

Peer Support

www.peersupport.nz

Parafed Canterbury

www.parafedcanterbury.co.nz

International Diabetes Federation

www.idf.org

Amputee News

www.amputeenews.com

Disability Rights Commissioner

www.hrc.co.nz

UN Programme on Disability

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

Paraloan 03 3795983

www.paraloan.org.nz

Email: paraloan@xtra.co.nz

Nation Wide H&D Advocacy Service – 0800 555050

Aspire Canterbury, Disabilities Information Service

314 Worcester Street, Christchurch
Website: www.aspirecanterbury.org.nz

Total Mobility. Contact Julie (03) 3669093

julie@aspirecanterbury.org.nz

Kipp's Patch www.kipps-patch.com

LifeLinks. 0800 866 877

Web: lifelinks.co.nz Email: 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

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Total Mobility Scheme

Agent: Aspire Canterbury
03 3666189
julie@aspirecanterbury.org.nz

Mobility Parking Permit

CCS Disability Action
03 365-5661/0800 2272255

Life Members

Rachel White Rod Boyce
Liz Rogers Heather Plows
Ava Thomas Margaret Hunter

Artificial Limb Service

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

Office administrator

Pauline Afitu
www.nzalb.govt.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

Amputee Golf NZ

For any enquiries about becoming involved, anywhere in NZ, please contact Alan Dearden, 03 383-3766.



Need Computer Help ?

Contact Joanne for advice at very affordable rates.
Mobile 027 2909246
Home 942-5320

Thanks to Our Sponsors:

