

doing more
with less!



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Affiliated with the Amputees Federation of New Zealand

Contents

Editor's Message

Profile/Article/Messages

Society news/Smile awhile

Federation/Limb Centre

Website links & Sponsors

Quote of the Month:

Courage is not the absence of fear, but rather the judgement that something else is more important than fear.

Ambrose Redmoon

Fun Fact:

The name for the fear of long words is 36 letters long! The technical term for this phobia is "[hippopotomonstrosesquippedaliophobia](#)".

Editor's Message

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

Well, to say that the last 2 months have been a challenging exercise would be an understatement. Personally, I have kept myself busy with chores around the home, exercising a lot more and cooking daily meals for our two elderly mothers who are in the "vulnerable" category. What I am looking forward to, like the majority of you I suspect, is to get out and about without fear of putting oneself at risk or breaking the very strict lockdown rules. I have gained an increased appreciation of our PM for the forthright and responsible manner in which she has "driven" us through the pandemic. I also include the Director General of Health, Dr Ashley Bloomfield, in my vote of thanks and I doubt either of them have seen much of their family/friends and loved ones for the past 2 months. The downside for me has been the abject & dismal performance of certain facets of our media throughout this time. Question time at the end of the daily press conferences is like a wake of vultures feeding over a dead carcass just for the chance to ask a question. When someone shouts the loudest, we are then subjected to banal, idiotic, irrelevant and downright ridiculous questions. Right from the outset, it seems that a large majority of the media have been solely focussed on digging for an angle on every story with almost always "an anonymous" tip from someone being thrown in to the melting pot. Shame on those journalists who have acted so poorly in such an unappreciative, irresponsible and negative manner to make a story. There is a well known saying in the media, "If it bleeds, it leads" but I suggest to those journalists who operate with this as their modus operandi (MO) and mistakenly think the NZ public want this quality of journalism, change the way you report the news because you are wrong. Do the hard factual investigative work before you choose to throw stones, better still, before you choose to open your mouths. Make **RESPONSIBILITY** your MO !!!!

MEET MARK INGLIS:

Mark Inglis, motivational speaker, business creator, scientist, winemaker, mountaineer, sportsman, high achiever and member of the amputee community.

Name: Mark Inglis

Born: 60 years ago in Geraldine

Parents/their jobs: Jim and Mary - Dad was a blade shearer, then when his back gave out drove stock trucks for many years. The last decade plus of his working life was as the grader driver in South Canterbury. Mum worked for as long as I remember, mainly in retail clothing, for many years at Morrisons, a Geraldine institution.

Siblings: Both older, I'm the baby of the family.

Grew up: My family would suggest I am yet to grow up. In the mountains of the Southern Alps.

Schooling: Geraldine High – NZ's first form 1 – 7 high school, innovative, amazing school.

Lives: Hanmer Springs for last 17 years.

Marital status: I think the secret to the last 39 years of marriage to Anne is I have been away for about half of that time!

Children: 3 amazing kids, living amazing lives.

Work history: Probably should read one of my 5 books – SAR mountaineer, scientist, winemaker, business creator and owner, motivational speaker, high altitude trekking guide, MTB trail builder and manager Still looking.

Physical challenges: Love cooking and tasting food too much so always battling with expending enough energy!

Became a double amputee due to severe frostbite (Middle Peak Hotel stay in November 1982) at 9am on Christmas Eve 1982, Burwood Hospital – never



looked back – Have a read of “No Mean Feat” (also available as a doco at NZ On Screen online) or “Legs On Everest” (also check out Everest Beyond The Limit – series one)

Vocation: Up until 4 weeks ago, one of NZ's leading Motivational Speakers, working in NZ, Australia, India, UK, Asia, US – now will be online, just not the same. Trail Manager for Hurunui Trails (MTB and Walking Trails), on a range of advisory and governance boards, Founder, trustee and manager of Limbs4All – major enablement programs for disabled in Nepal & Cambodia. What next?-always looking. *(Mark on Mt Everest)*



MEET MARK INGLIS CONT:

I love people who: Do stuff, not just talk about it – authenticity in life is essential.

Favourite food: Whatever my current cooking fad is.

Favourite place: The mountains – anywhere in the world.

Favourite activities/hobbies: My bikes (MTB and road), my skis, high altitude trekking/climbing, higher the better, building legs.

Favourite music: Always changing but mostly end up back with new wave from the late 70's and early 80's – check out Original Mirrors.

Favourite movie: Probably has to be Shrek!

Favourite books: Read a lot, mostly fiction, often crime. The detail of Frederick Forsyth is always a go to re read.

My past: Probably need to read "No Mean Feat" Not enough hours in the day to rewrite it all – don't believe everything you read on Wikipedia!!!!!!

When I was little I remember: Growing up in rural NZ, growing up tramping in the hills of South Canterbury.

My family is: - amazing – why? They put up with me!

The hard times I remember are: - the building blocks of future experience and opportunity

I grew up thinking that: - Hard work and focus creates the opportunity in life. Don't wish, **DO**.

I look back on my life and think: - I'm ½ way.

The greatest risk I ever took in life was: - so many and still taking them – I just leap into things with the total belief that I can nail it – mostly works!

Travel experience: The core of my life up until mid March 2020 – life changed. I miss my friends and the mountains of Nepal, my friends and the paddy fields of Cambodia, my friends and the insane hype of Mumbai, riding the canal towpaths with my family in Birmingham UK, working with businesses in Iran and Iraq, walking the high fields of the Dolomites with hero's Peter Habeler and Reinhold Messner, standing on the roof of the world, being on the edge of life.

Present day: - Rethinking life post Covid19.

I love to: - Learn new stuff, learn the detail of how stuff works.

I am happy when: - I have just completed a project and started doing something new – I get bored easy! Heading off on a new adventure, new legs in the bag, new and tough experiences awaiting, it's how we grow.

I find it hard to: - do the same thing twice and put up with people who don't know how to think.



AMPUTEE GOLF TOURNAMENT:



WAIMAIRI BEACH
GOLF CLUB



15th Annual NZ Amputee and Disability Golf Open

Waimairi Beach Golf Club Christchurch 30th Sept - 2 Oct 2020



Families & friends are all welcome to come and join in the fun

For bookings and information contact amputeegolfnz@xtra.co.nz or

Alan Dearden 03 383 3766/027 217 8227/ Wayne Eder 03 383 7477 weder@xtra.co.nz
or Andrew Woo 021 885678 wootow@yahoo.com

SUBSCRIPTIONS DUE.

A reminder that subscriptions (\$10) are now due and if you have not already attended to this matter, it would be appreciated if payment could be made at your earliest convenience. Payment can be made by cheque or online (details on back page). If you are wanting to make payment by cash, please contact Justine. Receipts can be provided if you so wish. Many thanks to those members who have paid their 2020 subscription and for your continued support of the Society. If you have any queries about your subscription status, feel free to make contact with any of the committee whose details are listed on the back page of this newsletter.

AGM.

This was held on Sunday March 15th at the Hornby Club just before the official "lockdown" which may have scared a few people off from attending. Those there enjoyed a finger food lunch and a catch up with friends. A **huge** thank you to both Margaret & Eileen who chose to stand down after many years of fantastic & loyal service to the Society. A warm welcome to a new committee member, Vaughan Mangan-Woods and all members details are on the back page of the newsletter.

ANZAC DAY:



Anzac Day 2020 has passed and for the first time in over 100 years, New Zealanders were unable to gather as groups, due to the Covid lockdown, to pay their respects to the fallen. Notwithstanding this, I was hugely impressed and moved by the poignant marks of respect shown by people from standing in their driveways at dawn on April 25th through to the many "homemade" poppies that appeared on fences and front windows. Personally, I am moved at this time every year when I reflect upon the immense sacrifice made by the thousands of men and women during a horrible and ghastly conflict that I sincerely hope we never see the like of again. One only need watch old reel footage, or even movies to witness the horror, terrible conditions and the carnage that took place. What thoughts those men, some even young boys, must have had as they waited apprehensively in the trenches for the dreaded whistle signalling them to go over the top? Surely, the vast majority of them spent this time knowing that in all reality those precious hours would indeed be their last on Earth once they left the trenches to be confronted by a hail of bullets, artillery shells, barbed wire and mud. Over 17,000 thousand of our brave countrymen left our shores but never returned to their families and loved ones. Many thousands more came home injured, disfigured and missing limbs so as amputees, we can



relate to the struggle they faced given the huge advances in prosthetic care that we currently have available to us. They were so courageous and brave in facing the horrors of war and I sincerely hope their immense sacrifice is never lost upon NZ, now and forever more. RIP you fine New Zealanders.

WE WILL REMEMBER YOU.

2020 Amputees Federation Conference Cancelled.

The Federation Executive made the call to cancel the event on March 16th and although it was a hard decision, it turned out to be the correct one. A huge thank you to Top of the South for all the hard work they put in to host the conference. Justine Mangan-Woods is the new President, Korrin Barrett, Vice-President, Lorraine Peacock, Coordinator, Matt Bryson and Graeme Sayer return and a very warm welcome to new executive members, Eddie Johns and Mary Humphries. A massive vote of thanks and gratitude goes to David Johnstone for his valued input over many years but has decided to stand down due to personal health reasons.

NZALS FALLS FACT SHEET:

What happens if you do have a fall?

Sometimes falls can still happen. As an amputee, getting up after a fall can be more challenging.

You may need to learn some new skills and techniques which will help you.

Remember when you have a fall it will most likely give you a fright. Instead of trying to get up in a hurry:

- take a moment to catch your breath
- think about how you can get up safely and
- what you need to do.

Plan your recovery in your mind before you actually try to do it.



If you think you have hurt yourself or if you are unable to get off the floor, call for help. It may be a good idea to wear a medical alarm or keep your mobile phone close by.

Speak to your Physiotherapist about what to do if you were to fall. They can give you instructions and teach you how to get up safely.

Contacts

Auckland Centre
7 Horopito Street, Mount Eden
Auckland 1024 New Zealand
FreePhone 0508 630 630
Email auckland@nzals.co.nz

Hamilton Centre
222 Pembroke Street
Hamilton 3204 New Zealand
FreePhone 0508 838 838
Email hamilton@nzals.co.nz

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42-46 Mein Street, Newtown
Wellington 6021 New Zealand
FreePhone 0508 389 389
Email wellington@nzals.co.nz

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330 Burwood Road
Christchurch 8083 New Zealand
FreePhone 0508 383 383
Email christchurch@nzals.co.nz

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Dunedin 9016 New Zealand
FreePhone 0508 474 474
Email dunedin@nzals.co.nz

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Phone (04) 385 9410
Email info@nzals.co.nz

www.nzals.co.nz

www.tiny.cc/NZALS

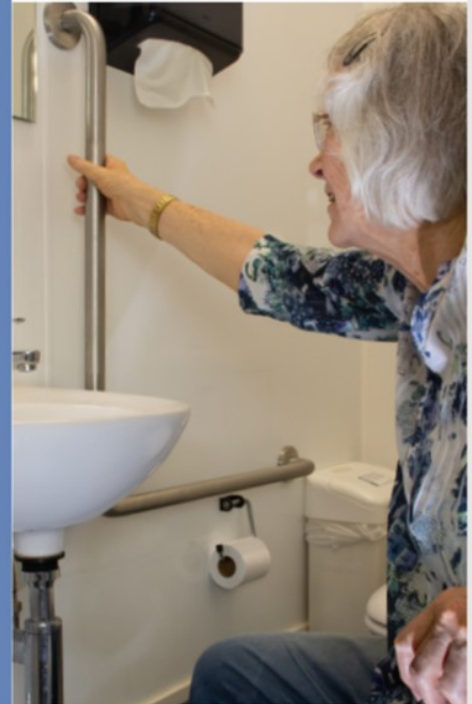
NZALS
New Zealand Artificial Limb Service
Poho Whānonga, Aotearoa



Produced with support from Limbs 4 Life Inc.

FACT SHEET

How to prevent falls following an amputation

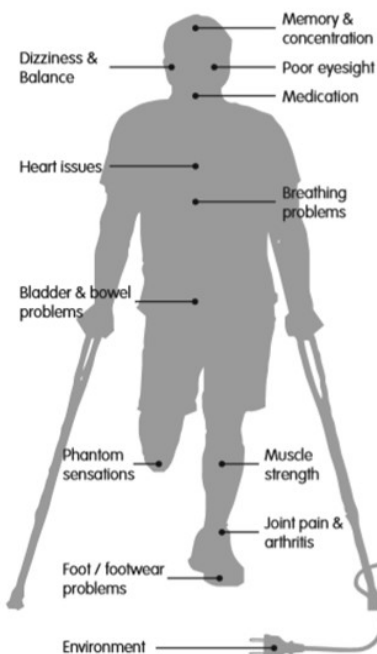


What can cause falls?

In the early stages following amputation, your brain is still adjusting to the fact that you don't have a limb.

As you learn to move again, falls can happen.

Some causes are below:



Examples of what can contribute to falls

Medication: Some can cause dizziness or light-headedness. If you are concerned about this, speak to your GP.

Memory: Forgetting to put the brakes on your wheelchair.

Balance: Losing your balance when you are reaching forward or leaning down.

Phantom sensations: Feeling that the leg is still there.

Environment: Cluttered spaces, leads or mats on the floor.

Muscle strength: It is important to build up your strength and do your exercises as given to you by your physiotherapist.

Bladder & bowel problems: Rushing for the toilet can lead to falls. Where possible, give yourself time.

Who can help you to prevent falls?

The rehabilitation team (Physiotherapists; Occupational Therapists; Nurses; Prosthetists) help you to develop skills which will try to prevent falls.

If you are unsure whether you can safely manage to do something, or you are less confident with your balance, seek help from your rehabilitation team.



How can I prevent falls at home?

There are some things that you can do to reduce the risk of falling at home.

You can have an assessment to determine if you need any equipment to help you at home. This may include handrails, ramps or grip bars.

If you feel you might need an assessment, please speak to a member of the rehabilitation team.

You can also:

- Remove mats or rugs from the floor
- Make sure there are no cords or leads in areas where you may walk
- Wipe up any spills immediately and watch for slippery floors
- Rearrange furniture so you have enough room to move around
- Leave a light on at night
- Use a pickup stick to reach items from the floor OR items which are above your head.
- Wear a rigid removable dressing if you have been advised to, as they also have a protective function.

A lot of falls happen when people wake in the night and forget they have had an amputation.

To help prevent falls at night:

- Take your time to wake up properly
- Sit on the edge of the bed until you have got your balance
- Turn lights on
- If possible leave your wheelchair beside your bed

If you would like to read further about Preventing Falls, please visit our website www.nzals.co.nz





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:

