



doing more
with less!



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Affiliated with the Amputees Federation of New Zealand

August 2019 Contents

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Quote of the Month:

I was always looking for strength and confidence from outside but it comes from within. It is there all the time.

Anna Freud (1895-1982)

Fun Fact:

Earth is the only planet that is not named after a god.

A ten-gallon hat only holds $\frac{3}{4}$ of a gallon??

Editor's Message

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

Ratepayers of Christchurch City have recently learnt of the appointment of Dawn Baxendale as the city's new Chief executive after Dr Karleen Edwards chose to resign. Baxendale has been the Chief Executive of the Birmingham City Council, the largest local authority in Europe, for the last 16 months and according to our acting Mayor, Andrew Turner, he is not concerned about Baxendale leaving that role after only 16 months in the job. Birmingham's council has been mired in financial difficulties, which Turner said started before her tenure. A Birmingham Independent Improvement Panel report, released in April, found meaningful progress had been made since mid last year but that the council's financial situation remained "immensely serious" and that progress was badly affected by industrial disputes and poor industrial relations. I don't wish to cast aspersions upon the new Chief Executive before she has even taken over leading our city but my questions about this appointment are I feel, entirely appropriate. How can our elected council make a decision to pay Baxendale \$495,000 per year (as well as a \$30,000 relocation allowance) to oversee a city of 390,000 when in her previous role she was paid \$397,000 for a city of over 1 million people? One has to ask why Baxendale has deserted Birmingham in such a serious state given she was aware of it's problems before she took that role? To me, after only 16 months in the role to "right the ship" she has waved the white flag and headed down under for even more money. This comes hard on the heels that we learn that over 500 CCC employees are earning salaries higher than \$100,000. Yes that's right,\$50,000,000. Rampant & out of control feeding at the trough of ratepayers money could have been averted if ratepayers had given due credence to the other candidates who stood at the last local body elections instead of staying with the tried and proven "not so true".

MEET JACK SCOTT:

Remove Watermark Now

Jack was born in Gore in 1937 and had an older sister. Jack's father was an electrical contractor in Gore and when Jack was 11 years old and playing rugby, he sustained a kick to his lower leg resulting in him contracting osteomyelitis, a rare but serious bone infection. The infection took hold in his knee joint and after some 4 months of treatment, it was decided that amputation of his right leg above the knee was the only option and this took place in Dunedin Hospital. At the time, Jack was attending the local primary school but subsequent to the amputation, he spent a lot of time away from school whilst rehabilitating and left school at age 15 before he started High School to take up a cabinet makers apprenticeship. Jack recalls his first leg being a very simple "peg leg" and spent some 3 years on this before getting a full prosthesis. He said that having to walk 2 miles to work and back again in the evening was physically very demanding which caused him to get cysts removed from his stump on many occasions. After 3 years of his apprenticeship, the family moved to Pareora, south of Timaru, where his father obtained a job as an electrician at the freezing works. Jack took a job at the works for a year but harboured the idea of being able to complete his apprenticeship and after being offered the opportunity to do so with a Timaru firm, he was set to start until his employer found out that he was a "freezing worker" and subsequently cancelled the job offer. He ended up working at Pareora for 28 years after this but would schedule the constant cyst removals for the works "off season" Whilst in Timaru Hospital during one of these visits, he had a very strong argument with a nurse who demanded that he take a sleeping tablet. Three weeks later, he got engaged to that same nurse and 54 years later, Doreen is still telling Jack what to do!!! Jack and Doreen have 2 children, Rex and Sonja and they both live reasonably close to the couple who now live in Rangiora.



In 1972, Jack was elected as President of the Canterbury/Nelson & Marlborough Meat Workers Union, a position he held for around 11 years but after being elected as Assistant Secretary of the NZ Meat Workers Union in 1983, he was required to move to Christchurch to take up this role. The family lived in Wairakei Rd and after Jack's retirement in the mid 1990's, they shifted to Kaiapoi where they lived for around 10 years until they lost their home in the 2011 earthquake. They have been living in Rangiora since then and both say they enjoy where they currently live. Through Jack's involvement with the trade union movement and Federation of Labour, he got to know 2 very high profile members, Jim Knox & Ken Douglas. Jack's father introduced him to small-bore rifle shooting aged 14 and within 3 years, Jack had become the Eastern Southland Small-bore Rifle champion. The sport has been a lifelong passion for Jack which culminated in him being selected to represent NZ at the 1974 Commonwealth Games in Christchurch where he placed 11th in the field. He was selected to represent NZ at the 1978 world championships in Korea but after arriving, found that his rifle stock had been broken in half. The USA gunsmiths repaired his rifle but Jack was only able to get one hour of practice before the event which he feels is the reason *cont...*

for not performing as well as had expected. In 1980, at the trials to select who would represent NZ at the Moscow Olympics, Jack equalled the world record for small-bore at 50 yards with a score of 599/600 and was selected to go to Russia. As we all know now, many countries, including NZ, made a decision to boycott those games and Jack never did get to compete. An invitation was extended by the Russian authorities to the NZ Federation of Labour to attend the games and Jack was approached by Ken Douglas from the Federation asking if Jack would like to be that representative. Of course he accepted and wore his official uniform on a trip he described as absolutely fantastic. Four years ago, his son Rex, talked Jack into and paid for an Olympic rings tattoo to be inscribed on his arm to acknowledge his attendance at those games.



FAVOURITE ACTIVITIES: Shooting.

FAVOURITE MUSIC: Brass band music. Played the cornet and tenor horn in a Gore band when he was young.

FAVOURITE MOVIE: Any Arnold Schwarzenegger movie.

FAVOURITE BOOKS: None in particular but does enjoy reading.

Jack recalls his younger days growing up during WW2 as being very tough on him and his family but does look back on his life as having enjoyed many good times... the best being having an argument with that nurse in Timaru Hospital 54 years ago. Jack has obviously travelled to many places with his shooting, Russia, Korea, Mexico and with Doreen has visited England twice, Europe, Singapore, Hong Kong and the USA.

Thank you Jack & Doreen for hosting me in your lovely Rangiora home. It was a most pleasant visit and I congratulate you on all your marvellous achievements.

A VERY CLEVER DITTY:

I had been in contact with a new member, Bob Newby from Rangiora, prior to him having his left leg amputated at Southern Cross Hospital on Monday, May 20th. I visited Bob two days post-op and he was doing extremely well, both physically and mentally. He provided me with the following "ditty" which he wrote prior to going for surgery which I found both clever & funny. This is published with Bob's permission.

*"A person I know was about to have his **left** leg amputated but he was a bit confused. If the surgeon amputates the **left** leg, that is the **right** leg but it is supposed to be the **left** leg, not the **right** leg. Now, if he amputates the **left** leg, which is the **right** leg, the guy will have one **left** leg and one that is **right**. But it is the **left** leg so how can it be the **right** one? So to recap, the **left** leg is the **right** leg and the **right** leg is the **left** leg.*

No wonder he has his trousers on with the zip at the back!

*But I am sure the surgeon knows which is the **right** leg".*

Welcome to the society Bob and it was my pleasure to meet you, Tricia and family.

CHRISTMAS FUNCTION:

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This is an early advance notification about our upcoming Christmas function as the next newsletter will come out at the start of November. More details will follow in the November newsletter but pencil in this date. Due to the major refurbishments still being carried out at the Club, we will hold the function as per last year in the bar.

We have set the date for this years' Christmas function. **Sunday, 17th November** and it would be great to catch up with friends, new and old.

Place: Hornby Club, Carmen Rd, Hornby.

Date: Sunday, November 17th.

Cost: \$23 pp payable on the day at the function.

Time: 11.00am onwards for a get together, buy your raffle tickets (GREAT PRIZES) and a meal at midday.

We anticipate being able to invite Lesley Campbell from Lifelinks to address our 2020 AGM when we should once again be back in the new restaurant area.

Please ring Margaret (349-7585) by **November 10th** to advise of your attendance.



AMPUTEE SOCIETY NEWS:

We have been donated a number of new single slippers, some different colours of pairs and single gloves (all new) by M G McCaul Apparel Distribution so if anyone is interested in accessing these, please contact Mark on 03 3375747.

I would like to extend our sincere condolences to the family of the late Keith Galletly who passed away on May 25th at Bainswood on Victoria in Rangiora. I had been regularly visiting Keith for around 5 years since his amputation and formed a very special bond with both him & his wonderful family. We shared many laughs in our time together and I will miss my visits to a good, interesting and fine chap. Rest in peace Keith...you were a genuine "good bugger". We received a most generous donation from the family to recognise the support extended to him by the society and that donation is being held in credit for our society at More Mobility on Blenheim Rd. If you feel there is a mobility aid or some equipment that you might require to assist you in your daily life, please make contact with Mark (03 3375747) to discuss the possibilities. ** It is also with sadness that I report one of our members, Bruce Wylie of Waimate, died suddenly at his home on June 24th. Bruce was a double amputee and we assisted him to visit the ChCh Limb Centre to have prostheses made...something he was told by Timaru Hospital that he was too old for (at 64 !!!). He made many generous donations to the society. Rest in peace and condolences to his family. ** Sincere condolences are also extended to the family of another member, Rodger Curragh who sadly passed away on July 20th.

LIMB CENTRE NEWS:

This is the update that Dan Coward, General Manager Older Persons Health, Orthopaedics & Rehabilitation Services, Burwood Hospital, Canterbury District Health Board, recently provided to interested stakeholders.

Update to Mini Health Precinct Stakeholder group.

Following the CDHB Board meeting on Thursday 16th May, I can confirm that the board has provided support to the collaborative approach with the Artificial Limb Centre in further developing a combined facility with the Mini Health Precinct group.

The board has endorsed that we:

Support a collaboration model of CDHB and New Zealand Artificial Limb Service (NZALS) and development of a formal MOU that sees the CDHB providing a ground lease on Burwood Hospital campus for the new build on the land of the former birthing unit enabling and supporting the ALS investing in a new build and leasing space to the Burwood Mini Health Precinct stakeholders

Support work between Corporate Legal and Site Redevelopment Unit to jointly lead the discussion with NZALS to work towards an agreeable and sustainable collaboration model

Support that CDHB Site Redevelopment Unit project manage this new build to ensure site management control as it is a new build within an operational hospital campus

Support that CDHB Planning & Funding service review and rework as necessary the Service Level agreements with the NGO group of the Burwood Mini Health Precinct Stakeholders

Support the development of a ground lease agreement with NZALS

The board also noted that the Burwood Mini Health Precinct stakeholders are essential health partners in the overall health system for Canterbury whom have been displaced due to demolition of earthquake damaged building on Burwood campus in addition to the teaching and training service from the vacated earthquake damaged TPMH campus. These services have been in temporary locations since 2015 and that NZALS's need to rebuild on Burwood Hospital campus provides an excellent opportunity for a collaboration model enabling the inclusion of NZALS to be part of the Burwood mini health precinct.

So, as recently as today, we have an action plan created that will provide timeframes to ensure a number of the actions needed to progress the formal MOU, ground lease arrangements and what service level agreements for the NGO group are needed be completed over the coming 6-8 weeks. Alongside this, jointly progress on concept drawings and taking the spatial requirements and providing more information for the build process will occur.

This is good progress and a further stakeholder update will be made once these actions are completed and will occur within 2 months. Again, thank you for the support to get us to this stage of the process. I am sure both Sean Gray (CEO NZALS) and I will look forward to providing more updates as we progress.

Apologies for the confusion over what has been previously reported but this issue has been "ever changing" as new opportunities have arisen for the NZALS as to where they will be permanently located. Notwithstanding, this is an exciting initiative that should provide a purpose built facility within the grounds of Burwood Hospital which is an excellent healthcare facility with ample parking and resources available. We look forward to further updates as they come to hand and the newsletter will keep you abreast of matters regarding the final decision.

AMPUTEE SOCIETY NEWS:

We are the Amputee Society of Canterbury/Westland Inc and as our name implies, we are a group of people from these regions who share a common theme....people experiencing limb loss/difference. Obviously, the majority of our members reside in and near Christchurch simply because of the population spread but we do have many members from Westland, North, South & Mid-Canterbury. I want to send out a warm greeting to **all** these people who remain in our thoughts but for geographical reasons, are not directly in contact with the base of our membership. You may be separated from us by distance but you are close to us in all other respects and form an integral part of our membership. If any of you have news from the regions or wish to offer some input to our newsletters, we would be more than happy to publish such. Maybe you would like to share your life story by way of the regular profile spot? If so, please feel free to make contact with Mark.

Amputees and people of all age with limb loss may find they need support from a range of healthcare providers during their life. Knowing who the various healthcare providers are, and the roles they play, is important in maintaining good health and wellbeing. Whether you are an amputee or the parent/carer of a child with limb difference, we hope this brief introduction to healthcare providers will assist in meeting your needs and goals.

Doctor: • This could be your GP or rehabilitation specialist • Provides information and conducts medical and health checks • Makes referrals to other healthcare services or specialists where required.

Prosthetist: • Discusses your prosthetic options • Manufactures, fits and supplies you with a prosthesis (if you are a suitable candidate) • Can assist with gait/functional training • Provides ongoing repairs and maintenance to your prosthesis.

Physiotherapist: • Assists you to regain balance and strength • Teaches you how to use assistive technology aids • Helps with your gait training program • Develops an exercise program that suits your needs.

Occupational Therapist: • Works to help you adjust to daily living activities.

• Assists with the fitting of assistive technology (such as a wheelchair) • Teaches upper-limb technology tasks • Assists with home and vehicle modification planning and assessment.

Social Worker: • Advocates for you • Assists you with financial problems and concerns • Helps with accessing community resources and services, such as legal aid and accommodation.

Podiatrist: • Treats your feet • Helps you to manage and maintain good foot healthcare and hygiene.

Exercise Physiologist: • Develops an exercise plan for your rehabilitation, general fitness and overall physical maintenance. • Conducts fitness assessments.

Psychologist: • Supports you with any emotional and mental health issues which may relate to your amputation or other matters in your life.

Dietician: • Works with you to develop healthy meal options.



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

Amputee Information

www.mossresourcenet.org

Parafed Canterbury

www.parafedcanterbury.co.nz

Disability Awareness in Action

www.daa.org.uk

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

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

Kipp's Patch www.kipps-patch.com

International Diabetes Federation

www.idf.org



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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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

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