



doing more  
with less!



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Affiliated with the Amputees Federation of New Zealand

## May 2019: Contents

**Editor's Message**

**Profile/Article/Messages**

**Society news/Smile awhile**

**Federation/Limb Centre**

**Website links & Sponsors**

## Quote of the Month:

When I was a boy, I was told that **anybody** could become the President. Now I'm beginning to believe it.

*Clarence Darrow.*

## Fun Fact:

NZ is the only country in the world where all the highest positions have been simultaneously held by women: In 2006, the Queen, the Governor-General, the PM, the Speaker of the House and the Chief Justice were all women.

## Editor's Message

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

There is not a lot more I can say about the terrible events that befell the Muslim community, city of Christchurch, the entire country and even the world on Friday, March 15th last. As news broke of the shootings, I kept abreast of all the news reports coming in and as the death toll reports kept climbing, I found myself in a state of shock and utter bewilderment at how such a thing could happen in our backyard. As I tried to reconcile how/why/what had occurred, I came to the realisation that the attack was not so much a slight on our own community. All it takes for a tragedy of this scale to happen is for one deranged individual with extremist views and thinking to bear arms upon a group of innocent, law abiding people who were simply going about their lives in a peaceful way to pray and practice their faith. As evidenced by the attack in Norway in 2011 when a far rights extremist, Anders Breivik, killed 77 people and injured hundreds during his rampage. We have all seen the huge outpouring of support for our Muslim communities and personally, I feel extremely proud of how our country has rallied behind the Muslim people who have been so tragically affected by this horrendous act of brutality. At the society AGM in March, attendees voted unanimously to make a significant donation to the cause, even though our funds are hard earned, which made me feel very proud. Subsequently, we have made a \$1000 donation to the fundraising effort to show our support and compassion to the families of those lost on the tragic day. May those lost rest in peace and let us hope that an event of this magnitude **never** occurs again in our country or anywhere else in the world.

## MEET MALCOLM FLECK:

Malcolm was born in Christchurch in 1952, raised in Shirley and attended Quinn's Rd Primary, Shirley Intermediate then Shirley Boys High School. He was the oldest sibling and has two younger brothers.

He currently lives in Bromley with his wife Diane and they have two adult children, Adam (30) & Gareth (28) and 2 grandsons, Xavier (7) and Syllas(9).

Malcolm remembers his childhood as being very enjoyable and said his family was a close knit unit. He loved his rugby and played for the Shirley Club, where his father was heavily involved, from age 6 through till about 17. Malcolm was also a regular attendee at Crichton Cobber's Youth Club and participated in boxing & wrestling. He feels he was a "bit of a rebel" in his younger days and recalls an incident that happened when he was around 11 years old when he was with his father up at Mt Cheeseman. Malcolm decided to "ride" the steel wire rubbish line down into the valley below and came off halfway down. He ended up in hospital and in a coma for 3 months after suffering a brain bleed. He joked that this is why he is a "dunce" nowadays!

Upon leaving school, he completed a printing apprenticeship but left the profession in 1977 after him and Diane married to work and live in Twizel for 7 years working as a welder for the Ministry of Works on the hydro-electric scheme. He became the DJ at his local hotel and performed this duty on weekends as he loved his music. Malcolm recalls their Twizel rent being \$3.50 per week for a 3 bedroom house but the price of groceries/meat was very expensive due to having to be trucked in.

After returning to Christchurch, Malcolm re-entered the printing profession for 5 years, then moving on to working for a roading contractor for another 2 years. After this, Malcolm bought his own truck and ran a carrying business (Mal's Carriers ) in Christchurch for the next 13 years before the job took its toll and the family moved on to a lifestyle block at Tuahiwi where he became a part-time "Ostrich Farmer" with a few cows, sheep and chickens added in. He took a job as a freezing worker for the next 2 years and then after moving back into town, he worked as a support worker for people with intellectual disabilities at Brackenridge Estate for the next 7 years. Due to the rigours of his previous work, Malcolm's right ankle "collapsed" and in 2009, he was forced to undergo amputation of his leg below the knee. In March, 2018, after experiencing 3 years of serious infections in his left leg, he was forced with having to make the decision, the hardest of his life, to have his left leg amputated above the knee. Malcolm said he never envisaged that becoming a double amputee would create so many issues with his mobility but he has received wonderful support from his wife, Diane, throughout his life. Malcolm has always had a passion for motorcycles and is still a member of the Ulysses Club for motorcycle enthusiasts over the age of 40. He likes people who share the same interest in motorcycles as himself and currently owns a 1500cc BMW "trike". Once some modifications have been completed, he is looking forward to riding his power chair up the ramp, locking himself in and getting out on the road once again. He and Diane still own a mobile home and used to enjoy travelling away on weekends to Little River, Kaikoura and afar. Because of his mobility issues, he finds it hard to access the mobile home now and intends selling it in the near future.



## MALCOLM FLECK CONT:

Kaikoura was very special to Malcolm where he could indulge his passion for diving and fishing. He admits to liking people who share his love of motorcycles but nowadays he prefers to spend time around home rather than going out to socialise as access issues can often pose problems.

He does enjoy going for walks together with Diane and having lunch dates in the weekend at different Restaurants and cafes around town. He also enjoys going down to Eastgate Mall in his power chair to meet up with a couple of fellow amputees for a "yarn"

FAVOURITE FOOD: Most seafood, especially Blue Cod and Paua patties.

FAVOURITE PLACE: Kaikoura.

FAVOURITE MUSIC: The Beatles, The Rolling Stones, Tina Turner, Janis Joplin and BAGPIPE MUSIC.

FAVOURITE MOVIES: The Woodstock movie, thrillers/action/drama. TV series, The Blacklist.

Diane and Malcolm have travelled to Australia & Hawaii and are very keen to go on a cruise around the South Pacific in the near future.

*Good luck Malcolm & Diane. Always a pleasure to visit with you in your home and I hope you can get away on that cruise in the very near future as well as you riding that trike Malcolm.*



## PARALOAN:

Paraloan was established in 1974 to assist people with physical disabilities to help themselves by providing access to term loans at lower than market rates.

They provide Loans for: Housing, Motor Vehicles and Other Purposes eg self employment, mobility scooters.

Their lending criteria:

The loan is for the benefit of a person with a physical disability

Their focus is on helping out when the applicant is finding it difficult to access funding from banks or where the funding options available are not affordable.

Satisfactory security is offered (where required) and the applicant has the ability to repay the loan.

The Trustees consider that the loan will be in the applicant's best interests.

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

For more information, contact Paraloan, Ph 03 379583. Email: [paraloan@xtra.co.nz](mailto:paraloan@xtra.co.nz)

If you have any questions please contact Liz Manuel. The office hours are Monday to Thursday 9 am to 4 pm.



## CHRISTCHURCH PUBLIC HOSPITAL PARKING:

*Parking at Christchurch Hospital is not easy and we are well aware of the difficulties that many people face when heading to hospital. I made an approach to the CDHB about this issue and this is their response.*

We lost much of our hospital parking during the earthquakes. The old blue car parking building on the corner of Tuam and Antigua Streets was deemed unsafe and was demolished in 2016. In the medium term we are hopeful that a new parking building will be built in the vicinity. This project is being run by the Ministry of Health.

In 2014 we lost further parking, around 100 spaces, at the rear of the hospital site when work began on our new Acute Services building. The building, which will open in late 2019, will see some of the parking reinstated in a drop-off area, which will include further mobility spaces.

To address the parking shortages we set up a hospital shuttle service back in 2014, running from the Metro Sports site. The service now runs from the City Council's Lichfield Street Car Park building at 33 Lichfield Street, from 7.15 am to 8.30 pm, 7 days a week. Although it is not suitable for wheelchairs, it's a popular and successful service – altogether over 1 million passenger trips have been made on our hospital shuttle buses since the service began.

We have also taken steps to maximise parking on site for those who need it most. For people in wheelchairs or with other mobility issues, there are now 17 mobility parking spaces on the main hospital site, most of them outside the School of Medicine building near the main front entrance. We have also recently arranged nine new mobility parking spaces near the Boatshed Café with the Christchurch City Council and have now increased the number of mobility spaces outside the Outpatients building from three to five.

This means we currently have a total of 31 mobility parking spaces which can be used by people coming to Christchurch Hospital.

Of course, people can also be dropped off right outside our hospital main entrance, where volunteers are on hand to help and to stay with people while their designated driver finds a parking space. People are welcome to ask for assistance if they need a volunteer to accompany someone. The volunteers wear distinctive blue bibs.

As well as the loss of parking on site, the roads around the hospital have been extensively reconfigured over the past four years as part of the remodelling of the central city by the Christchurch City Council and Otakaro, including creation of new cycle lanes, the Avon River Precinct and a new one-way system. These changes also reduced the amount of on-street parking near the hospital, but we have worked closely with the City Council and with Otakaro to minimise the disruption to parking wherever possible.

Details about parking options are included in appointment letters to patients, and are also available on the Canterbury DHB website at [cdhb.health.nz/parking](http://cdhb.health.nz/parking)

Other nearby parking options include car parking facilities run by the City Council and by Wilsons Parking.

*I think most of us have experienced the frustration attached to accessing parking at our hospital over the last 7-8 years. It is a problem that appears will be an ongoing issue until the CDHB/Ministry of Health make a concerted effort to once and for all address this most pressing problem. Hospitals cater for people, most of which drive or will be driven to the site so the first ingredient of any planning should have been around providing ample and accessible parking. There is already a GIGANTIC car park available right across the road where a multi-level car park could be built and blended in so that it would not impact on the use of Hagley Park.*



## SOCIETY NEWS:

On Sunday, March 24th, the 72nd AGM of the Society was held at The Raku Café on Sawyers Arms Rd. The meeting was very well attended with around 40 members & friends in attendance who seemed to enjoy the friendly atmosphere, food supplied by the Society and raffles available. Normal business was attended to and we welcomed 2 new committee members, Janice Frost & Janie Buckland. Many thanks to retiring committee members, Ava Thomas, Doug Johnson & Margaret Scott for their service.

The highlight of the AGM was to award life membership to Ava and Margaret Hunter for their outstanding service to the Society. Ava has been involved since 2007 and has held the positions of Secretary, Treasurer, Taxi Mobility Assessor and committee member. Ava has also been a strong advocate in pursuing the rights of disabled people in the community with various sector groups. Margaret has been on the committee since 2008 and has held the positions of Vice-President, Functions Co-ordinator and committee member. She has organised our functions superbly over the years and always ensures great raffles are available at the events. Thank you on behalf of the membership for your selfless and dedicated service to our society over many years. Both Margaret & Ava were presented with a certificate to mark their achievement as well as a bouquet of fresh cut flowers.



We have recorded with regret the passing of an ex-member, Alan Betteridge and Dot Mote, wife of a deceased member, Bruce Mote. Our condolences are extended to their families and friends.

Welcome to new members Sharon Pugh, Janice Frost, Sherrin Parsons, Richard Taylor, Shawn McLaughlin, Cheryl Langley, Grant McLeod, Sophie Haywood, all Christchurch, Paul Andrews, Kaiapoi, Bob Newby, Rangiora and John Kienan of Temuka (soon to be Christchurch) Our warm wishes are extended to you all and we hope to catch up with you in the near future. Thank you most graciously for your support of the Society.

Funding was obtained to send 8 members of the Society to Dunedin for the Annual Conference of The Federation April 12-14 as well as 3 youth members who attended the GIAG event. It was a very successful event, hosted superbly by Otago/Southland, who also celebrated their 75th anniversary and enjoyed by everyone who attended. Thanks to Pub Charity for their ongoing and valued support. From L to R, Janine, Morgan, Grace, Celyn, Mark, Lisa, Margaret, Will and Darryn. Absent, Jo, Justine, Vaughan and Janice. Our function coordinator, Margaret,



is humbly asking members for their support in providing raffle prizes for our upcoming functions. If you are in a position to assist Margaret, please feel free to give her a call on 03 3497585 to discuss the opportunity and your generosity is most appreciated.

## LIFELINKS:



Their vision is; To promote independence in an accessible world and;  
Their mission is; To provide people, who have disabilities, with the highest standard of service in ways that best suit their individual values, aspirations and outcomes. Recently, Justine and I met with Lesley Campbell, Manager Communications & Community Liaison for LifeLinks to discuss and gain knowledge on how best we could inform our membership of the benefits to be derived from an association with LifeLinks.

LifeLinks was established in 1995 and is contracted by the Ministry of Health to deliver Outcome Planning and Outcome Coordination services for people aged between 0-65 years who have an intellectual, physical, sensory or neurological disability (or a combination of these) and their families/whanau/caregivers. Their services are provided to service users and their families/whanau who reside in Canterbury, South Canterbury and the West Coast.

Each year, LifeLinks partners with nearly 5,000 disabled people and their families/whanau to develop outcomes-focused personalised plans and facilitate their access to a tailored range of natural, universal and Ministry of Health-funded supports that contribute to their achievement of the outcomes they seek for their lives. There is no cost to you for receiving LifeLinks outcome planning and outcome coordination services.

Their services are designed to enhance service users' participation and inclusion within their communities and to maintain the wellbeing and resilience of their respective families/ whanau/care givers.

It is worth noting that should a person become a client of LifeLinks prior to them reaching 65 years of age, they CAN remain under the umbrella of LifeLinks once they turn 65. ANYONE can make a referral to access services and this form can be found on their website or by calling them.

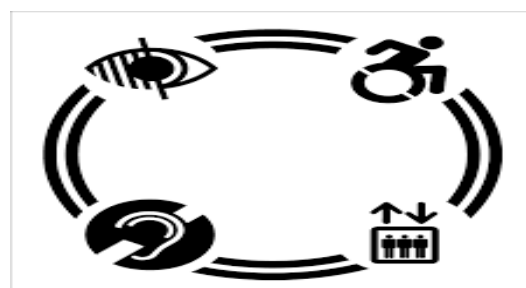
It is the Society's intention to have Lesley Campbell attend our Christmas function as a guest speaker to fully inform you about Lifelinks and to answer any questions you may have about the services they provide. In the interim, feel free to make contact with LifeLinks should you have any questions about how they may be able to assist you.

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

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

Phone: 0800 866877

**PROMOTING INDEPENDENCE  
IN AN ACCESSIBLE WORLD**



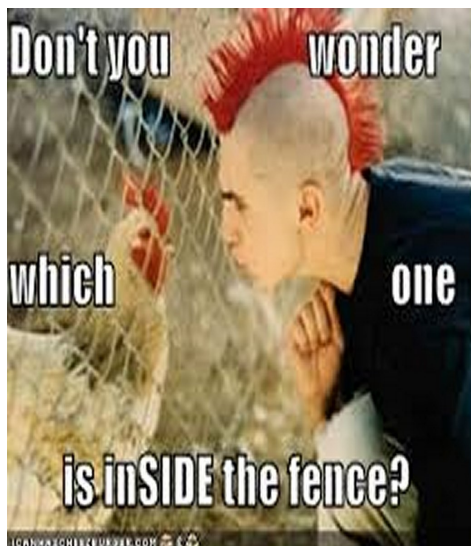


## Smile Awhile

MY TEACHER POINTED ME  
WITH HIS RULER AND SAID:  
"AT THE END OF THIS RULER  
THERE'S AN IDIOT!"



I GOT DETENTION AFTER  
ASKING WHICH END.



## Web Sites

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

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

**The Amputees Federation of NZ**

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

**NZ Artificial Limb Service**

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

**Amputee Information**

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

**Parafed Canterbury**

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

**Disability Awareness in Action**

[www.daa.org.uk](http://www.daa.org.uk)

**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**

314 Worcester Street, Christchurch  
(03) 366-6189 9.00am - 4.30pm

Email: [admin@aspirecanterbury.org.nz](mailto:admin@aspirecanterbury.org.nz)

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

**Kipp's Patch** [www.kipps-patch.com](http://www.kipps-patch.com)

**LifeLinks.**

0800 866 877

Website: [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)

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**Total Mobility Scheme**

Environment Canterbury  
0800 324636

**West Coast Contact**

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

**Life Members**

Rachel White Rod Boyce  
Liz Rogers Ray Boundy\*  
Heather Plows Ray Newton\*  
Ava Thomas Margaret Hunter

**\*Deceased**

**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](http://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, any-  
where in NZ, please contact  
Alan Dearden, 03 383-3766.



**Need Computer Help ?**

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at very affordable rates.  
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Home 942-5320

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