



doing more
with less!



Amputee Society
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Affiliated with the Amputees Federation of New Zealand

Nov 2019 Contents

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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:

There are 60,000 miles of blood vessels in the human body.

A flea can jump up to 200 times its own height. That is the equivalent of a human jumping the Empire State Building.

Editor's Message

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

In the last newsletter, I made mention of our fellow members in Westland, North, South and Mid-Canterbury whom are in our thoughts, even though we are separated by distances. I recently had the pleasure to meet up with a member, Mike Stead from Hokitika when he was "over the hill" to meet with his surgeon and a visit to the Burwood Limb Centre. It was a most enjoyable catch up and thank you Mike for getting in touch. I regularly meet with other members, Peter Brough, (Broughie) from Greymouth and Will Sturkenboom from Marawhiti. They are both very keen to meet up with other amputees in the Westland region. To this point, Peter & Will would like me to advise and invite fellow members to a social gathering so that they (or **anyone** experiencing limb loss/difference) can get together and hopefully form a regular social group of people who share a rather unique difference. Details are as follows;

WHEN: 11.30am Sunday, December 1st, 2019

WHERE: The Recreation Hotel, 68 High Street, Greymouth

Contact details;

Peter Brough 027 3262244

Will Sturkenboom 03 7328312/027 7328312

My thanks to Broughie and Will for having the enthusiasm to try and get things "kicked off" and I would like to invite members to take up this offer of friendship and comradery.

MEET HEATHER PLOWS:

Heather was born in Christchurch in 1941 and spent her early childhood years living in Fendalton. Her father worked as a customs clerk at Mace Engineering for many years and Heather had 2 older brothers, one of whom has since passed away while her remaining brother lives in Kaiapoi. Heather says that she had a very happy and enjoyable childhood and fondly recalls going on family camping holidays to Leithfield Beach. She attended what was then known as Fendalton Open Air Primary before moving on to Christchurch West (now Hagley High). She left school in 1957 to take up a position with the Post Office as a shorthand typist where she worked for around 5 years



before taking up a similar position with British Pavements. She only spent 3 months in this position before deciding to embark on her OE to the United Kingdom where she spent around 18 months living and working in London.

Upon her return to NZ in 1964, she was able to return to her old position at British Pavements and worked there up until 1968. At work, Heather met Brian Plows and they married in 1966, son Phillip was born in 1969 and daughter Kathryn in 1971, Phillip now lives in Brisbane and Kathryn in Melbourne but Heather enjoys travelling over to Australia to see both families. After marrying Brian, they rented in Papanui, Sherborne St then built the family home in Bishopdale where they lived for a few years. Brian was transferred to Auckland where they lived for 4 years before returning to Christchurch to live in Avonhead. They then bought a "spec" unit in Kintyre Drive, Broomfield 25 years ago and Heather still lives there although she is finding the grounds hard to manage and has her name down for a unit at Summerset Retirement Village in Wigram. Brian sadly passed away in 2011 and he was an active member of the society alongside Heather being on the committee for many years as well as holding the position of President for about 5 years. Heather was made a Life Member of the Canterbury/Westland Society around 20 years ago and still attends most committee meetings. It is only recently that Heather has ceased her visiting of new amputees to offer her support.

In 1985, Heather started experiencing problems with a "lump" in her foot which turned out to be a fibrous sarcoma. At the urging of her family, she went for tests and the "lump" turned out to be cancerous and she was given less than 24 hours' notice by the surgeon that she would have to have her leg removed below knee which took place in June that year when she was aged 44. Heather stated that she had wonderful support from her family and also said that Brian "spoil her rotten" so she feels very lucky to have had such a wonderful family. She still attends her church on a regular basis and has made many very close friendships as a result.

Heather recalls the hard times of trying to deal with her amputation at a reasonably early age (44) but the surgery opened up new opportunities within the amputee community which she feels has made her a better person. She also said that having a happy childhood, a wonderful husband and such a supportive [cont..](#)

HEATHER PLOWS CONT:

family are very special to her.

FAVOURITE FOOD: Roast lamb and mint sauce.

FAVOURITE PLACE: London and Mt Somers (where she used to go and stay with an Aunt at her guest house when she was a child)

HOBBIES/ACTIVITIES: Walking & exercise group. Used to play the electronic organ and was in an entertainment group for 15 years going around retirement villages.

FAVOURITE MUSIC: Easy listening & classical. Loved The Beatles who came to prominence while she was living in London in 1964.

FAVOURITE MOVIE: Red Joan starring Dame Judy Dench.

FAVOURITE BOOK: Heather said she isn't a big reader but does enjoy James Patterson novels.

Heather admitted that the greatest risk she ever took in her life was to embark on her OE to the UK as she had never travelled overseas prior to this. Obviously, she has been to the UK and on the way there she visited Fiji, Tahiti and Sri Lanka but with Brian they also visited Europe, USA and Australia.

As she gets older, Heather admits that gardening and household chores are becoming more difficult hence having her name down for the unit at Summerset. Heather had surgery in May this year and although she says she is managing okay on crutches, she is definitely looking forward to getting up and about again on her prosthesis. *Thank you Heather for many years of wonderful service to the amputee community and it is always a pleasure to be in your company. Also very happy that your surgery was a success and that you are up and about once again.*

CHRISTMAS FUNCTION:

We will be having this years' Christmas function on **Sunday, 17th November** and it would be great to catch up with friends, new and old. Due to the major refurbishments still being carried out at the Club, we will hold the function as per last year in the bar.

Place: Hornby Club, Carmen Rd, Hornby.

Date: Sunday, November 17th.

Cost: \$23 pp payable on the day as you enter the bar area. A committee member will direct you where to go.

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

The Society will be providing a free drinks voucher to all that attend.

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.



SOCIETY NEWS:

Could I make a gentle reminder to those members who have not yet paid their subs for the current year, to do so at your earliest convenience. Our subs are kept at a minimal \$10 per year and assist us in not only producing the newsletter but also in providing assistance to our peers who experience difficulties in their life.

Last year, we sadly lost our Vice President, Chrissy Williamson. In August this year, we received a very kind donation from her estate and we would like to thank Chrissy's family very much for this most kind donation which will be judiciously used to help and support her fellow amputees in accordance with Chrissy's final wishes. Rest in peace Chrissy.

Please note that we have changed our email address to amputee.cw@gmail.com Contact details for the executive can be found on the back page of the newsletter.

A big thank you to one of our members, Pat Mellon, for her kind donation of 2 plastic mats that have been gratefully accepted by a fellow member.

We recently made a \$200 donation to Parafed Canterbury to assist the Canterbury junior team to compete in the South Island Games at the end of September. The team included 7 young amputees and we were thrilled to be able to support them.

Jayne Tan, a lady who has a limb difference, made contact with me recently to donate several pairs of new women's shoes that are not matching sizes. Jayne has to buy 2 pairs of the same shoes as her left foot is larger than the right. As mentioned, these shoes are brand new and of excellent quality. I have attached a photo of all the shoes and you can refer below to the sizing's. Pair 1 top left down to pair 3 and pair 4 top right down to 6. These may suit an amputee lady who only wants to wear one shoe or if her prosthesis foot is of a different sizing. Jayne is more than happy for someone to get some use out of them so if you interested, please feel free to contact Mark on 03 3375747 or 027 2381958.



Pair 1 R 5 (35) L 8 (38) **Pair 2** R 6 (36) L 8 (38) **Pair 3** R 5 (35) L 8 (39)

Pair 4 R 5 (35) L 8 (39) **Pair 5** R 6 (36) L 9 (40) **6** both R 6 (36) different styles.

During the month of September, the Amputee Society were lucky enough to be selected as one of the charities to benefit from the Good In The Hood promotion at the Z Cashmere station on Colombo St South. I worked on the forecourt every Friday morning and it was a very valuable exercise from an awareness perspective and I received many positive comments from customers. Morgan Jones and I went to the presentation held on Thursday, Oct17th, where we were presented with \$947 which was most gratefully accepted and will be used wisely in the year ahead for the society. A huge thank you to Sandy and her team at Cashmere and also to Hamish Wright from Hattrick Services who owns this Z station.

SOCIETY NEWS:

NZALS knows that the prevention of infections is important. Pip Russell, Amputee Nurse with the NZALS has kindly provided me with the following article.

We need to protect the patient against harmful germs carried on our hands or present on their own skin. The staff also need to protect themselves and their families. Hands are the most common vehicle to transmit pathogens (bugs) and therefore hand hygiene is the single most important means of preventing healthcare associated infections. Within NZALS, the staff follow the World Health Organisation's recommendations that they handwash with soap and water when hands are visibly dirty or following visible exposure to body fluids but otherwise, they should use hand rub. We are also working with both staff and our contracted cleaners to ensure we understand and follow all of the WHO's recommendations. The reason that hand hygiene is so important now is we have limited antibiotic options. There have been **no** new antibiotics since the mid-1980s. There are many different pathogens such as MRO, ESBL and CRO that are resistant to antibiotics. Antibiotic resistance is accelerated by widespread use of antimicrobials (prescribed antibiotics & antibacterial hand rubs used in the home), and drug misuse in both human and food-producing animal populations. This is why it is important to only take antibiotics which have been prescribed by a doctor and to finish the whole course. Compliance with hand hygiene ensures that we maintain a safe environment and reduce the risks of infection to all patients, staff and visitors. Infection Prevention & Control is everybody's business. Hand rub is in reception and the fitting rooms so that all patients as they arrive and leave at the centres can use it to ensure their hands are clean. It is also very important for you to let the staff know if you have any infections so that we can ensure you are treated appropriately.

As you may well be aware, a nationwide Peer Support programme has been launched recently in collaboration with the NZ Artificial Limb Service and with assistance from Melissa Noonan of Limbs4life Australia. The initial round of training went exceptionally well and a large, enthusiastic group of volunteers turned up for the South Island training in Christchurch in July. Further training will take place around the country before the year is out and to date, over 0 volunteers have put their hand up to become trained peer support volunteers. This interest has far exceeded everyone's expectations of where we would be at such an early stage and can only bode well for the programme as we move forward with providing the much needed support & advice to new and prospective amputees. 4 local volunteers, Gill Thomson, Brian Coker, Justine Mangan-Woods & Mark Bruce, recently spent a day in Wellington completing additional training that will enable them to not only train new volunteers as they join the programme but to also train DHB's and associated health professionals about the Peer Support programme. I would encourage fellow amputees to peruse the new website, peersupport.nz that has been established and encourage anyone seeking support to do the same. Thank you to Sean Gray and his team at NZALS for making this exciting and worthwhile initiative a reality and a HUGE debt of gratitude to Claire Rumble for her superb expertise in coordinating the set-up.

We have also made a \$100 donation to Amputee Golf to assist them with their annual tournament which was held in Napier at the end of October.

SOCIETY NEWS:

The Amputees Federation of NZ's annual conference is being held in Blenheim from April 17-19, 2020. Funding has been applied for to assist some of our Canterbury/Westland members to attend this most worthwhile, educational and enjoyable weekend. Should any member and possibly their partner/support person, have an interest in attending this event, I would encourage them to make contact as soon as possible and definitely **before the end of November** so that bookings can be made. Contact Mark Bruce. 03 3375747/027 2381958.



Talking about good times, take the opportunity to visit The Arts Centre on Worcester Blvd which is now fully operational following extensive remediation from damage sustained in the 2011 earthquake. It is a vibrant, happy and educational place to stroll around and has so much history of our city attached to it. Close by is the Art Gallery, Museum & Botanic Gardens. **Note:** The average cost for house repairs was approx \$2700 per sq m...at The Arts Centre.. **\$27,000**

per sq. m !!!!! **GO VISIT...you will not be disappointed.**

If anyone is looking to obtain a wheelchair sticker to attach to the outside of their vehicle to warn other drivers not to park too close, these can be purchased at Warehouse Stationery stores, (not to be confused with your Total Mobility Permit)

LIMB CENTRE UPDATE: After extensive meetings between the Artificial Limb Service and the CDHB, an impasse has been reached as the CDHB are unable to offer the lease on the proposed site within Burwood Hospital for a period in excess of 35 years. This is due to rules regarding crown entities & lease agreements. This would effectively see the ALS give up their current longer lease for the land parcel they presently hold. Depending on a site survey outcome, NZALS will push on with a plan to see them rebuild on their existing site whilst continuing to operate out of the old building. I appreciate there has been a lot of information about the "relocation" but there have been many contractual & legal issues to deal with.

It is with sadness we record the death of our members, Peter Bell, Margaret Taylor & Malcom Hudson. Condolences have been extended to their families.

Lastly, on behalf of the Society, can I sincerely wish all our members & their families a safe, happy and joyous festive season. Take care and stay well. Hope to see a good turnout at our Christmas function in November.

Smile Awhile



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

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
(03) 366-6189 9.00am - 4.30pm
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

Environment Canterbury
0800 324636

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03 732-8312
wsturk@xtra.co.nz

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, any-
where 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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