

doing more
with less!



Amputee Society

Canterbury & Westland Inc

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**Amputees
Federation
of New Zealand
Incorporated**

Affiliated with the Amputees Federation of New Zealand

Nov 2020 Contents

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Quote of the Month:

Lady who goes camping with man must beware of evil intent. **NOT** Confucius

Man who fights with wife all day get no piece at night. Also **NOT** Confucius

Fun Fact:

In 2017 more people were killed from injuries caused by taking a selfie than by shark attacks.

Do geese see God? Now read it backwards !!!!!

Editor's Message

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

The 2020 election result has been decided. It has been a tough couple of years: a murderous terrorism act, the White Island disaster and a global pandemic that has had a colossal effect on us all. While we have had sound leadership and a strong plan to eliminate the coronavirus - twice - aspects of how this was managed, specifically the shoddy security around quarantine, have been amateurish. It has brought home to light that the deep end of the pool is currently a no-go zone for this Labour toddler. Six weeks out from the last election, not many people knew who Jacinda Ardern was, but she spectacularly blasted into the spotlight glare courtesy of a media-driven hype and frenzy based around the sole fact that she is a she and a young she at that. NOTHING, in the Labour Party manifesto, changed one iota when Andrew Little stepped down and Jacinda stepped up. Jacinda has been a shining star when it comes to assessing her performance on the empathy and compassion scorecard, but governing a country is more than hugging people, smiling incessantly and offering words of kindness. Remember the 2017 election promises: KiwiBuild, Auckland light rail and child poverty, **all** abject failures and, apart from the families package, we have seen little else. Please make us privy to the economic reform plan of which there has been much talk but **NO** detail. To be fair, trying to govern with tail-wagging partners who simply adore being part of the top table and demanding their wants almost to the point of blackmail, Jacinda has had a tough road to travel. I am hopeful, that with some political experience behind her, no "bottom line" arrogance from Winston and a tougher stance on the whimsical, green-fairy wish list, she and Labour might just be like a meal of savoury mince, much better second time around. Infinitely more appealing than the unset, wobbly blue jelly or the green pie in the sky that was on the election menu.

MEET MATTHEW BRYSON:

Matthew Bryson is a current Executive member of the Amputees Federation of NZ and is the Peer Support & Events Coordinator for the NZ Artificial Limb Service.

Matt was one of a set of triplets born in 1984 to his parents who lived in Edgcumbe but travelled to Auckland for the birth in case of complications. He has a brother and sister who also still live in the Eastern Bay of Plenty. Matt attended Edgcumbe Primary before moving on to complete his secondary schooling at Edgcumbe College. At the age of 17, Matt travelled to Japan to undertake a year long student exchange and totally enjoyed the experience living amongst the Japanese people. Upon returning, he finished his high school year then undertook a 3-year course in Palmerston North at a private University, International Pacific College, completing a Bachelor of International Studies. His passion for Japanese culture led to him putting this degree to good effect and left NZ once again to take up an English teaching position in the Akita prefecture where he spent the next 2 years totally immersed in the Japanese way of life. Matt said that he was the source of some amusement as he was the only Westerner living in the town of 5,000 people. Whilst there, Matt learnt the art of Japanese drumming, Kagura/Taiko and this interest has continued to this day.



In 2009, Matt returned to Edgcumbe to work on the family farm and grain business but in 2014, he was involved in an horrific farm accident when his leg got caught up in an auger causing massive injuries which led to him having his lower leg amputated. The next year, 2015, Matt attended his first Amputees Federation conference in Wellington and participated in the GIAG programme for youth. This sparked his interest in the amputee world and now his entire life is based around "our" community. In late 2019, Matt left the family business to take up a wonderful career opportunity with Peke Waihanga (NZALS) as their Peer Support & Events Coordinator. Matt said that he feels extremely fortunate to have been provided this wonderful opportunity which he is thoroughly enjoying. NZALS took a "punt" with him by allowing him to perform this role from his home in Edgcumbe and he jokes with his friends that his commute to work is a short "crawl" from the bedroom to his office.

Matt stated that he can look back to 2014 and thinks that the horrible situation he was involved in has had the most positive and productive outcomes that he could never have envisaged. He loves being involved in the amputee world, doing good for others (and himself) and making a difference in people's lives. He stated that this involvement has led to him meeting the most incredible group of strong, courageous and giving people that he could ever hope to be involved with. Matt enjoys associating with people who have a good sense of humour, do what they say they will do and who are honest and reliable. Matt is a single man, living in his own home but says that he is "available and keeping his options open".

MATTHEW BRYSON CONT:

FAVOURITE FOOD: KFC wicked wings. Venison back straps wrapped in bacon and cream cheese and pasta bake. He claims to be the creator of a fabulous lemon meringue pie!

FAVOURITE PLACE: Konoura, Japan where he lived for 2 years whilst teaching.

FAVOURITE ACTIVITIES/HOBBIES: Japanese drumming, snowboarding, Edgecumbe itself and any projects that bring people together, especially in the amputee community.

FAVOURITE MUSIC: Keen on the heavy metal band, System of a Down. Also likes the soft rock genre.

FAVOURITE MOVIE: The Fifth Element and Who Framed Roger Rabbit.

FAVOURITE BOOKS: NO TIME FOR READING.

TRAVELS: Japan, Australia, USA, Spain, Italy, England, Switzerland, France, Fiji & Bali.

In 2019, Matt took the biggest risk in his life by travelling half way around the world to meet up with another **Matthew Bryson** whom he had only ever talked to by video on social media. The meet up in Omaha, Nebraska went spectacularly well and the 2 Matts are now close friends. Spending time with his large group of friends is also an activity that Matt really enjoys but maintaining his large section is a challenge because of all the activities he is involved in.



Matt said he recalls great family times from his childhood playing with his brother and sister, lots of travelling and going to Perth every year to visit with his Mum's family. He said that in general, life was trouble free up until that fateful day in 2014 but through his involvement with the amputee community, he feels he has forged a very positive outlook on life in general and that he can achieve, or at least have a go at, almost anything he sets his mind to.

Currently, Matt is involved with the following activities;

Peer Support & Events Coordinator, NZALS. President Waikato/Bay of Plenty Amputee Society. Executive member of the Amputees Federation of NZ. Coordinator GIAG youth programme. Committee member Amputee & Disability Golf. Treasurer Edgecumbe Improvement & Development team. Whakatane Sister Cities Committee member. Group Leader Edgecumbe Taiko Drumming. No wonder Matt can't find the time to read a book!!!! Matt, we are most appreciative for giving us an insight in to your life and on behalf of all amputees, thank you for all you do with so much passion and commitment to make a difference in our lives.

PHANTOM PAIN & MEDICINAL CANNABIS

Hi fellow amputees. For any of you who may be suffering phantom pain, I thought you may be interested in my experience. I had a through hip amputation in October last year and suffered horrific phantom pain afterwards. The doctors prescribed pregabalin and nortriptyline which had no effect at all. Then in late December, I heard about medicinal cannabis so my doctor prescribed it for me, starting at 2 drops twice daily for a fortnight and moving up by 1 drop in fortnightly increments until it was possible to take 5 drops twice daily. Happily for me, I only got to 3 drops twice daily before **ALL** phantom pain disappeared. I still have to take pregabalin and nortriptyline but was also able to cut back quite considerably on these.

CBD as it is known, does not work for everyone for some reason, but I would certainly urge any fellow phantom pain sufferers to give it a go. It is quite costly but WINZ have covered this cost after getting my doctor to confirm that there wasn't a suitable subsidised or partly subsidised alternative, and that the medication was essential and directly related to my disability. *Kind regards, Lyn.*

About medicinal cannabis products; (From the Government Health website)

You need a prescription from a doctor registered to practice medicine in New Zealand before you can obtain any medicinal cannabis products.

A medicinal cannabis product is a dried cannabis product or a product in a pharmaceutical dosage form (eg, tablets or capsules) containing one or more cannabis-based ingredient(s) and no other prescription medicines or controlled drugs.

Cannabidiol (CBD) products are a type of medicinal cannabis product that has potential therapeutic value and contains little-to-no psychoactive substances. These products are typically available as capsules or oral liquid

Seeking advice;

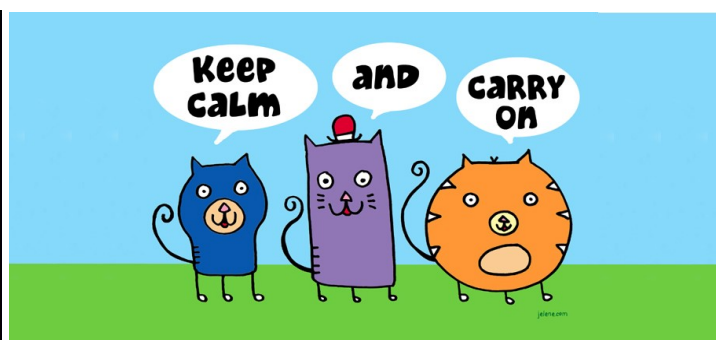
Your doctor is the best person to advise you whether a medicinal cannabis product is a suitable treatment for you.

For general information about the safety of medicines, see the [Medsafe website](#)

Getting a prescription;

Your doctor will have knowledge of your medical history, including any other medicines you are taking, and is best placed to advise you on the risks and benefits of using medicinal cannabis products.

You need a prescription from a doctor before you can obtain any medicinal cannabis product. Once you have a prescription, the doctor or a pharmacy will dispense the product to you. You cannot purchase medicinal cannabis products online or from a third party.



CHRISTMAS FUNCTION:



Apologies for the late notice regarding our annual Christmas function but we had been asked by our regular host, The Hornby Club, to hold off until mid-October, so that a suitable area could be looked out whilst they continue through their major refurbishment programme. Justine & Alesha met with the Hornby Club last week and unfortunately, they were not able to provide us with a suitable area to accommodate our requirements. Many thanks to Justine & Alesha for organising, at short notice, a replacement venue.

Last year, we featured a newsletter article about the service provider, Lifelinks and a representative of this organisation, Lesley

Campbell, will be our guest speaker.

Place: The Garden Restaurant, 110 Marshland Rd, Shirley.

Date: Saturday, November 21st.

Cost: \$25. A committee member will direct you where to go.

Time: 11.00am onwards for a catch up, buy your raffle tickets (GREAT PRIZES)

11.30am..Guest Speaker, Lesley Campbell, Lifelinks.

12 noon...Meal

Please ring Joanne (03 942-5320), Mark(337-5747) or Justine (021 105-5189) by **November 16th** to advise of your attendance. We look forward to sharing your company on the day.



We extend our heartfelt condolences to the families of those members who have sadly left us. A very warm welcome is extended to the new members who have joined our society during the year.

Our grateful appreciation is also extended to all of our current members for their ongoing support, without which, we would not be in such a strong position. If you have not already paid your subscription for the current year, we would greatly appreciate this being attended to at your earliest convenience.

**Thank
you**

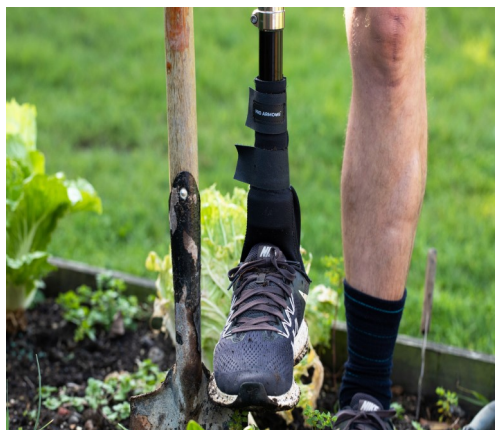
PRO ARMOUR: New Prosthetic Covers available now:

PRO ARMOUR™

Kia ora and hello everyone, my name is William Pike and I'm an Auckland based BK amputee. I was privileged to meet many of my fellow amputees at the annual conference at Dunedin in 2019 where I delivered a presentation.

Since losing my leg, I've always struggled to stop dirt, sand, moisture and dust etc from wrecking my prosthetic feet and components. I became tired of repeatedly cleaning my prosthetic limb and taking unnecessary visits to the Limb Centre to replace parts. So I decided to do something about it...

Over the past few years, I tried and tested countless different prosthetic covers. This year my wife and I refined our design and started a company called Pro Armour (short for Prosthetic Armour). Last month we released our first product on the market - the Pro Armour Lite.



The Pro Armour Lite is a protective cover made for amputees, of all abilities. Now I can take a walk along the beach, do some gardening, or go fishing without worrying about the elements damaging my prosthetic! They also look great as a cosmetic cover.

The Pro Armour Lite is lightweight, simple to use and takes seconds to put on/off. Now there's no need to change your prosthesis for different activities. They're available in different sizes to suit your prosthetic foot size. We're also extremely proud that they're NZ made and designed!

By wearing a Pro Armour Lite day-to-day, you'll reduce your limb maintenance and as a result - save prosthetists time, and reduce unnecessary spending by ACC New Zealand and the Ministry of Health - Manatū Hauora

Our vision behind Pro Armour is to offer amputees like you, the ultimate protection for your prosthetic limbs. More importantly than that, we want you to experience that same level of freedom, confidence that I have had.

We're extremely grateful to partner with The Peke Waihangā - Artificial Limb Service who are now stocking the Pro Armour Lite, just in time for your summer activities.

The Pro Armour Lite is free and available at all New Zealand limb centres – ask your prosthetist for one today!

Keen to learn more?

Follow us on [Facebook](#) (@prothetic.armour)

Visit our website: www.proarmour.co.nz

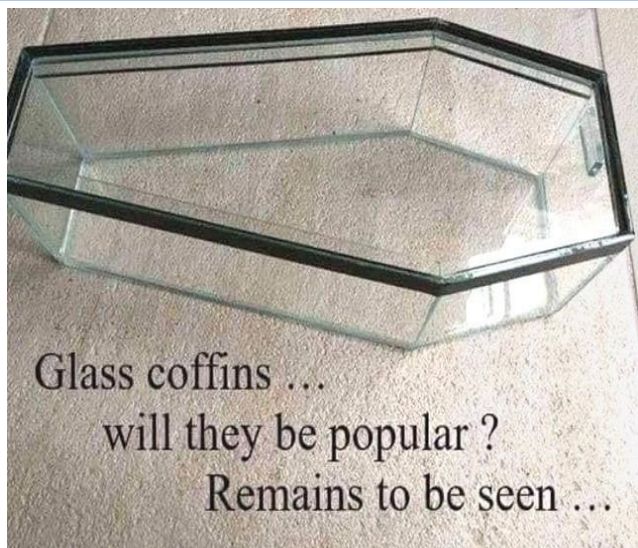
PS: As a new, New Zealand business, please help us move onwards and upwards by sharing this article with other amputees, wearing the Pro Armour Lite yourself and sharing some feedback with us by emailing: william@proarmour.co.nz

Best wishes,

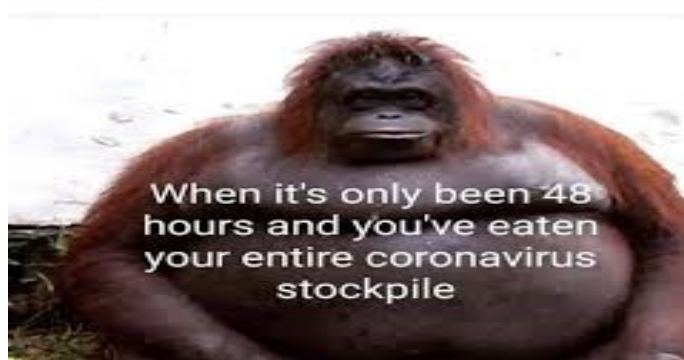
William and Bex



Smile Awhile



"I used to date a girl with one leg who worked in a brewery. She was in charge of the hops"



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

17 E Bishopdale Courts, Bishopdale Mall CHCH
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:

