

doing more
with less!



Amputee Society
Canterbury & Westland Inc

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Quote of the Month:

Victory belongs to the most persevering.

Napoleon Bonaparte (1769 - 1821)

Editor's Message

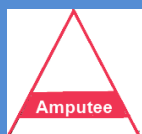
Happy Spring everyone and I hope you are all doing well and getting out in your gardens or just enjoying the days we get the lovely weather. I must apologize for the lateness and size of this edition, but we are roughing it out in a caravan in the driveway while our repairs are being done..UGH! It has been a chore getting the internet to work on a regular basis and I'm sure there are multiple copies of this newsletter in outer space as I have started it many times only to lose everything when the router cuts out.

Some of us are heading over to the coast this weekend to meet up with a few of our members over there. It will be nice to put faces to names and catch up on any news. I will tell you how it goes in the next edition.

Once again I am asking any of you for any photos for both the Newsletter and the Web Site. It doesn't matter when they were taken but just a photo of everyday life as an amputee. It would be interesting to see some of you and it could prove to be an inspiration for another amputee. I also would love to do another profile, such as the one we did on Elma, so please think about it and let me know.

I apologize once again for the short Newsletter this issue and promise that the Nov/Dec Edition will be back to the correct size and will contain a write-up on the Amputee Convention that Mark and I attended. Putting this issue out has been a lesson in patience and perseverance , altho I must admit the air was a little blue at times on Joy Street- hahaha.

Be well everyone, and if any problems we can help you with, don't hesitate to call. Please attend to all stump care and contact the Limb Centre if need be. I look forward to seeing some of you at the Xmas Function and catching up with what has been happening. Please just a favour and DON'T mention EQC to Shazz or I. hahahaha



Address: PO Box 26-148 North Avon
Christchurch 8148

E-mail: info@amputee.info.co.nz
Web site: www.amputeeinfo.co.nz

Affiliated with Amputees Federation of NZ Inc.

Hi Everyone, I hope you are all well and surviving the stress of yet another day to wait and bring home the "Auld Mug" again. How time has flown and it's hard to know where the year has gone. It's almost time for our Christmas Function on 17 November 2013. As I pointed out in the last edition we will be taking payment before each function from now on. You may choose to pay by online banking to our bank account: 03 0830 0264400 00 using your name and meal as references or you could post a cheque to me at our PO Box 26148, Christchurch 8148. There will be a cut-off and this time it is to be at midday on Monday 11 November. Please advise Margaret when you phone her to register your booking or she phones you which method of payment you would like to use. If you need to pay by cash please ring me 382-1873 to arrange a pick or drop off. It was very nice to see many of our new members at our last function so it would be fantastic if we could see that again. Ava

The annual Federation Conference is being held Mar 21-23 in Nelson. We have 2 openings for members to attend- with accomodations and travel paid for by the Association. If you are interested in going please let Mark know in the very near future. If more than 2 members apply it will be decided by the Executive Committee with a name pull.

We now have a buy and sell page on our Website . If you are interested in selling or looking for something in particular to buy, please let Jo know the details and it can go in both the Website and Newsletter.

Last month Shazz, Mark and I manned our booth at the Positive Ageing Expo at Papanui High School, sponsored by Age Concern. There were over 100 booths with all aspects of Health and Wellbeing represented. We made some good contacts who would like to work with us in order to provide more support to our members, such as Caring for Carers, St. Johns Alarm Service, and many more.

We had many different prosthesis displayed showing the progress made in equipment over the years. Thanks to the Limb Centre for the use of these items. Many people stopped and asked questions and a few were interested in membership for friends and family. It was a very enjoyable day and was nice to talk to other organizations and compare notes so to speak.

One group is the Community Energy Action(charitable trust)who provides subsidised insulation and heating, free energy advice, recycled curtains and DIY window insulation.

For more info call 03-374-7222 or visit the website info@ca.co.nz

Christmas Luncheon

Place: Hornby Working men's Club'
17 Carmen Road;
Hornby

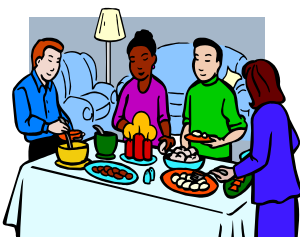
Date: Sunday 17th November

Time: 11am for drinks and Social get together
Meal 12.15 pm

Cost : \$20 per Person This time we pay before the 11th November Midday

- Pay by Check and send to Ava Thomas P. O. Box 26148 Christchurch 8148
- Internet Banking Number 0308300264400 00
- Or pay by Cash and ring Ava Thomas to arrange to be picked up Phone 03 382-1873

Please ring Margaret on 03 349 7585 by 11th November if you would like to attend as she may not be able to ring everyone this time.



The Story of Caring for Carers

Like most community groups, Caring for Carer began with one person's personal experience, vision, and the desire and energy to make a difference. In the early 1990's, Tini Gruner read a book in which the feelings associated with looking after a family member paralleled her own experience. The book was Ken Wilber's, "Grace and Grit". In caring for his young wife who had been diagnosed with a fast growing breast cancer he spoke of feelings of isolation, his need to share his experiences and the need for services to recognize what family caring meant and to provide better practical and emotional support.

Caring for Carers was born in 1995 after Tini placed an ad in the paper and held a public meeting just for carers. The response was such that carers decided to continue to meet. They met twice a month: one meeting to share experiences and to provide support to one another; the second meeting to listen to a guest speaker from a background relevant to their needs. Once the group got underway, it became evident that not only were carers' needs complex, but those who attended the meetings was just the tip of the iceberg. Most carers were so engrossed in their roles as carers that they barely had time to attend to their own needs, let alone attend meetings. These early members wanted to reach out to others to let them know that a helping hand and a sympathetic ear were not far away. As a result, the group became an incorporated society in 1996 and thus eligible for funding. This was duly applied for and in Jan. 1997, Caring for Carers opened its doors and employed its first professional staff.

Looking back it is clear that Caring for Carers has developed by responding to the needs of its members as well as responding to the issues and concerns expressed in those early days. Today, Caring for Carers employs three staff. They consist of the CHCH Social Worker, CHCH Service Co-ordinator/Office Manager and the Timaru Field Worker. The work includes:

- Providing a monthly newsletter to keep carers up to date with what is available to them and a point of contact for those who are unable to attend social gatherings or attend meetings.
- Monthly Support Group meetings are hosted by Caring for Carers in the city, Rangiora, Amberly, Ashburton, and Timuaru. Work is continuing to develop other areas.
- A Monthly meeting in the City is being trialed as an opportunity to hear various speakers from other agencies.
- Four "Carers' Days Out" a year provide a Spring and Autumn Outing for CHCH members. Ashburton and Timaru Carer members also get a "Day Out" during the year.
- Individual contact by the Social Worker and Field Worker is maintained with carers. That contact may involve a home visit, accompanying or supporting a carer in dealing with services, providing information, counselling or simply lending an understanding ear.
- Regular contact is maintained with community and government agencies in promoting awareness as to the needs of carers as well as alerting them to the services we provide.

As the services to individual carers has developed over the years, so has public awareness increased as to the role and value of informal caring in the overall delivery of health and disability support services. Caring for Carer continues to represent the needs of Canterbury carers in the "Carers' Alliance".

For more information or to apply for a membership call 03 386-1863
Email address--- caringforcarers@xtra.co.nz or visit their website at
www.caringforcarers.org.nz

I will bring some of the latest Newsletter to the Luncheon.

Web Sites

Amputee Society of Canterbury & Westland Inc.

www.amputeeinfo.co.nz

The Amputee Federation of NZ

www.af.org

Amputee Information

www.mossresourcenet.org

International Diabetes Federation

www.idf.org

Parafed Canterbury

www.parafedcanterbury.co.nz

Disability Awareness in Action

www.daa.org.uk

Amputee News

www.amputeenews.com

Disability Rights Commission

www.drc-gb.org

UN Programme on Disability

www.un.org/issues/m-disabl.asp

WEKA-NZ Disability Info

www.weka.govt.nz

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

Amputee Coalition (USA)

www.amputee-coalition.org

NZ Limb Service <http://nzals.govt.nz/>

Kipp's Patch www.kipps-patch.com

Nation Wide H&D Advocacy Service – 0800 555050

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

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Heather Plows
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S C Common
Ron Tiney

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0501 Fax 03-383-
3566 Hours: 8.00am -
4.30pm

Manager

Graham Flanagan

Office administrator

Pauline Afitu
www.nzalb.govt.nz

Association Bank Info

Westpac 03 0830 026 4400 00

**Burwood Hospital
Hydro Pool**



**6:00-6:45 pm
Every Monday**

See you there for a
Relaxing session!
Funded by Lottery Board.

(closed until further notice)

Thanks to Our Sponsors:

