

*doing more*  
*with less!*



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Affiliated with the Amputees Federation of New Zealand

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## Quote of the Month:

Whatever you vividly imagine, ardently desire, sincerely believe and enthusiastically act upon must inevitably come to pass.

**Anonymous**

## Fun Fact:

The average person spends 6 months of their lifetime waiting on a red light to turn green.

## Editor's Message

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

September 23rd turned out to be a most interesting day. Just as I was readying myself to go and cast my votes, I received a call telling me that my mother had had a fall at Pioneer Stadium whilst voting. Although not badly hurt, she was taken to hospital in an ambulance to be checked out. I ended up casting my vote at the Hospital and Mum was discharged around 6.30pm after 7 1/2 hours. Although a long wait, the care & level of service she received was absolutely fantastic. Election night results turned out to be most interesting and now we wait to see who can "woo" Winnie with the best deal. MMP is an interesting "beast"...my only concern is that if a three way coalition between Labour, the Greens and NZ First was to eventuate, I fear that this coalition could become "messy" and we could well be back at the voting booths before the next scheduled election day in 2020. There is absolutely no guarantee that "Winnie" will go with the Labour/Green mix so I think the most interesting comment I heard about the election result came from a political commentator, Matthew Hooten. He made the point that The Greens have been in Parliament for over 20 years but have achieved very little. If they were truly serious about their conservation policies, they would jump at the prospect of forming a coalition with National so that they could be in a position of power to effect "real change" on climate change & cleaning up our rivers while leaving the economic direction of our country in the hands of a fiscally proven government. Somehow, I doubt The Greens could swallow their misguided pride in siding with "The Right" and they would once again find themselves in their usual position of being in opposition where they will once again find it extremely difficult to make the changes that they continually tell us they are passionate about..."Yeah right" !! Let us hope whatever Winnie decides, it works out well for the people of NZ.

## MEET PETER BELL:

Peter was born in 1932 in Mullumbimby which is in the Northern Rivers area of New South Wales although the family lived six miles away in the coastal township of Brunswick Heads which lies about 20-30 miles south of the Queensland border. Peter was the middle child of five born and has one surviving sibling, a sister who still resides in Australia. His father was a builder by occupation but worked most of his life in a sawmill at Mullumbimby and Peter remembers his Dad riding his bicycle 6 miles to work and the return 6 mile journey at the end of his working day. Although times were tough after the Great Depression, Peter recalls both his parents being very hard workers so that they could provide a good life for their family.



Peter attended school in the district and recalls a very happy childhood where he spent his days in and on the water and in the bush. He said he was rarely home during his childhood days and they were very happy times. After leaving school, he was successful in applying for a job with the Commonwealth Bank in Sydney so the country boy left home headed for the "big smoke". He found the adjustment quite hard to deal with and after about a year, he was transferred to Coonabarabran which is 300 miles N/W of Sydney where he worked for the next 2 years. Due to having to carry cash down the street, the Police allowed him to carry a gun, a huge thing for a 17 year old boy. He then transferred to the Newcastle branch for the next year but generally did not enjoy the job so resigned and moved to the Commercial Bank of Australia in Cairns for the next 4-5 years where he would relieve at remote branches in the "boondocks". In seeking higher wages, Peter obtained a job at a sugar mill in North Eton which is about 20 miles inland from McKay and in the off season, he would travel around seeking jobs to tide him over until the mill re-opened. Peter said that although the work was tough and the hours long, he earned very good money in this role and a far cry from the minimum wages he had experienced in his time at the banks.

From here, Peter joined the Australian Navy based out of Melbourne where he was attached to an aircraft carrier. His thoughts of seeing the world in this role were cut short as the ship left Australian waters only once bound for NZ and the sailors were not allowed off the ship. The rest of the time was spent on exercises solely in Australian waters. It was whilst in Melbourne that Peter met a NZ girl and they returned to NZ to be married before returning to Australia for a brief period. They then re-located to NZ where Peter had a variety of jobs including farming at Waimate, taxi driving in Timaru, the Ministry of Transport as a Road-Traffic Instructor in Gore and he spent 5-6 years in this role which he found interesting and enjoyable. His next role was as a stores officer with the DSIR (Department of Scientific & Industrial Research) and in this role, he had a

## PETER BELL CONTINUED:

weeklong trip to Antarctica. Peter finished his working life as a legal annotator for Brooker & Friend travelling extensively over most of the South Island.

Peter moved to Christchurch in 1994 and continues to live with his wife Penny in the same property in Centaurus Rd. Around 2 years ago, Peter had to have his leg amputated below knee due to vascular problems but he has an extremely positive outlook to life saying that this is the happiest time of his life with a wonderful wife. Unfortunately, he is unable to wear a prosthesis but has a power chair and a most supportive wife who assists him with his daily needs. Both Peter & Penny are avid readers and go to the Council library in Colombo St every day.

Favourite Food: In his younger days a good steak but nowadays Peter likes a lot of fruit.

Favourite Place: The Gold Coast.

Favourite Activities: Played cricket and rugby league as a young man. Nowadays, reading and visiting the library regularly.

Favourite Music: Pop and the "crooners", Dean Martin and Bing Crosby.

Favourite Books: Drama/thrillers and author, James Patterson

When asked what was the biggest risk he ever took in his life, Peter laughed and said, "Being cheeky to my mother" In keeping with Peter's positive approach to life, he said he is happy to wake up every morning and able to still take a breath.

*Thank you so much Peter & Penny for inviting me into your home. It was an absolute pleasure spending time with you both. Editor.*

## CHRISTMAS FUNCTION:

We have set the date for this years' Christmas function. **Sunday, 19th November** and it would be great to catch up with friends, new and old. Please note, change of date from previously advised as November 26th.

**Place:** Hornby WMC, Carmen Rd, Hornby.

**Date:** Sunday, November 19th.

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

**Cost:** \$25 pp payable prior to the function.

**Guest Speaker:** Dr Alistair Humphrey Canterbury medical officer of health.

Please ring Margaret (349-7585) by **November 10th** to advise attendance. Let Margaret know if you wish to pay by cash.

By cheque; payable to Amputee Society of Canterbury/Westland Inc, P O Box 26-148, North Avon, Christchurch 8148.

Online: Account no 0308 30 0264400 00. Looking forward to seeing you there.



## AMPUTEE MOBILITY CLINIC REPORT:

*On August 8th, prosthetic supplier, Ossur, in conjunction with NZALS, hosted an amputee mobility clinic in Christchurch. Andrea McLay was one of the attendees and this is her article about the event.*

I was invited to attend the Ossur Mobility Clinic in Christchurch on August 8th with renowned Physiotherapist, Cathy Howells who was visiting from Australia along with some of her colleagues.

Also attending the event were health professionals from all over the South Island (physiotherapists, OT's Prosthetists). The Health professionals training was held over 2 days and amputees were invited along to the one day event.

The day started off with an introduction from Cathy and some notes about lower limb amputee mobility and what issues can have a positive impact on mobility. Sarah from Ossur gave an insight into some of the prosthetic components that were available and suggested what level of functionality/ mobility suited each.

Then came the practical session starting with a warm up in the form of dance. A relatively simple dance that we copied and it encouraged us to change direction and kick a leg so to stand on one. It has been quite a while since I have done any (sober) dancing so whilst I am not very rhythmic, I thoroughly enjoyed the warm up and it made me step outside my comfort zone.

After this we paired up 1 amputee to 1-2 health professionals and given drills to do. Walking and thinking about it, standing up straight and tall, making huffing noises to work our core muscles which makes mobility easier for amputees. This particular session was great to try and reduce the excess energy wasted, (by myself and others) in unnecessary movement thereby developing a more balanced gait. I am a nurse and I regularly get asked by patients "do you have something wrong with your hip?" I usually say yes, as this is the easiest option. Maybe, with more practice, less patients will ask me as hopefully my gait will continue to improve?

We then used rubber bands around our waists to increase resistance when walking which meant that as an amputee, we ended up driving our legs down. This resulted in an improved walk and some amputees were able to move on to leaping and "trusting the prosthetic". Craig ran freely for the first time in 27 years since becoming an amputee after "borrowing" a running blade off a fellow amputee.

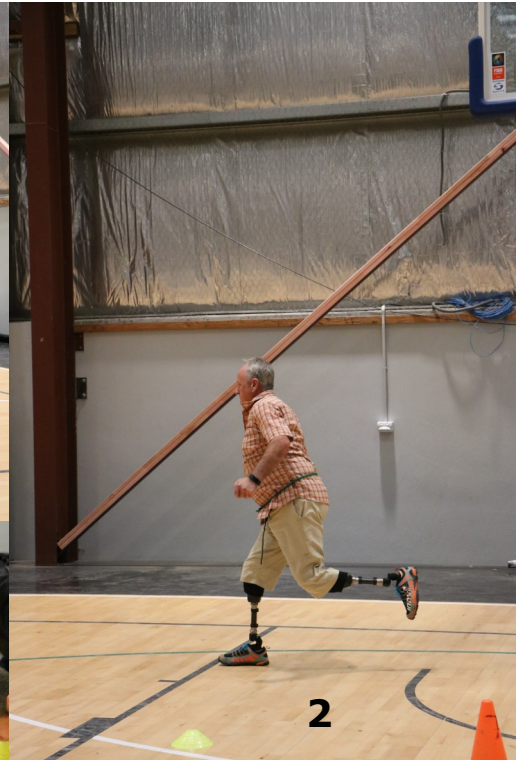
After a great lunch we moved onto a more physical session that everybody took part in called a "Tabata" workout. This was a high intensity workout that worked on developing core muscles and control of lower limbs. I found this exercise very challenging but I thoroughly enjoyed it. We did some forward, backwards and sideways movements and changing of direction with a ball in our hands. Working in small groups with health professionals and amputees enabled our supports to develop their own clinical knowledge/practice in a way that was developing ours.

Tying it all together came in the form of a game of basketball at the end of the day. There was a bit of cheating going on (mainly from the Prosthetists) but it was great. To see amputees running and taking part in this was truly a great experience and I found myself running for the ball to help my team mates out.

I would like to thank Ossur for the opportunity to attend the clinic.

***Some pictures of the days events on the following page.***

## AMPUTEE MOBILITY CLINIC PICTURES:



Clockwise from top left. **1.** Andrea McLay (green jacket), Mark Bruce (front), Ed Jones (right rear), Mark Inglis (right front).

**2.** Mark Inglis. **3.** Grace Johnstone. **4.** Ed Jones. **5.** Brian & Helen Coker.

## PEER SUPPORT TRAINING:

Peer support occurs when people provide knowledge, experience, emotional, social or practical help to each other. It commonly refers to an initiative consisting of trained supporters and can take a number of forms such as mentoring and listening.

A peer has '**been there, done that**' and can relate to others in a similar situation to themselves.

If you would be interested in this initiative to become a Peer Support Volunteer at NZALS clinics, please read the information below and if you would like to pursue this matter, please contact Mark Bruce by the **end of October** (details on back page)

With the grateful assistance of the NZALS, Melissa Noonan from Limbs4life Australia will conduct a one-day training session for interested persons which will run alongside the conference in Wellington next April.



WHEN: Friday, April 20<sup>th</sup>, 2018, 9am-4pm (approx.)

WHERE: The Brentwood Hotel, Kilbirnie.

### **COURSE CONTENT:** Program modules:

1. What is a Peer Support Volunteer?
2. The benefits of Volunteering within the amputee community
3. The importance of good communication – listening skills
4. The difference between Peer Support and Counselling
5. Taking care of your own health and being a role model

### **CRITERIA TO ATTEND:**

Completion of the Privacy 101 e-learning module online through the office of the Privacy Commissioner.

[www.privacy.org.nz/further-resources/online-privacy-training-free/](http://www.privacy.org.nz/further-resources/online-privacy-training-free/)

This online training will take around 3-5 hours and a certificate is issued upon completion.

Upon completion of the training, suitability to become a Peer Support Volunteer will be assessed by NZALS and the meeting of their "Peer Support Volunteer Job Expectations"



## Smile Awhile



## 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 Commission**

[www.drc-gb.org](http://www.drc-gb.org)

**UN Programme on Disability**

[www.un.org/issues/m-disabl.asp](http://www.un.org/issues/m-disabl.asp)

**WEKA-NZ Disability Info**

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

**International Diabetes Federation**

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



**CCS  
disability action**  
Including all people

TE HUNGA HAUĀ MAURI MŌ NGĀ TĀNGATA KĀTOA

CCS Disability Action

224 Lichfield St, Christchurch.

03 3655661 or 0800 2272255.

Email: [canterbury@ccsdisabilityaction.org.nz](mailto:canterbury@ccsdisabilityaction.org.nz)

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[lisagrey1@xtra.co.nz](mailto:lisagrey1@xtra.co.nz)

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03-732-8312

**Life Members**

Rachel White Rod Boyce  
Liz Rogers Ray Boundy\*  
Heather Plows Ray Newton  
\*Deceased

**Artificial Limb Service**

330 Burwood Road, Christ-  
church  
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)

**Association Bank Info**

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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