



Amputee
Society
of Canterbury &
Westland Inc.

Patron: Mr John McKie MB, ChB, FRACS.

1/127 Petrie Street
Richmond, Christchurch 8013
Email: amputee.cw@gmail.com
Web: www.amputeeinfo.co.nz

August Contents

Matt Bryson

Profile/Article/Messages

Society news/Smile awhile

Federation/Limb Centre

Website links & Sponsors

Quote of the Month:

Spread love everywhere you go. Let no one ever come to you without leaving happier. -
Mother Teresa

Fun Facts:

Do twins ever realize that one of them is unplanned?

Movie trailers were originally shown **after** the movie, which is why they're called **"trailers."**

MATTHEW BRYSON'S INCREDIBLE ACHIEVEMENT:

Many of you know Matt Bryson, tireless worker for the Waikato-BOP Amputee Society and the wonderful Co-Ordinator of the Peke Waihangā Peer Support program. Matt has put together this article which is continued on page 6.

Zach Friedley, from Born to Adapt, asked me if I wanted to join the Broken Arrow Skyrace located at Palisades, Tahoe in the north Lake Tahoe region of California. How could I say no? Leading up to the race, I messaged Romain who creates individual training plans for me. He wrote 'Just checking the race profile, this is no joke, be prepared to climb Mount Maunganui and the Rainbow Mountain track a few times'. I replied saying 'I'm f....d'.

I showed many the race website. My sister said to me 'What did you do that for'? My friend said 'Looking at your run....my god you are insane!'. I didn't look at the website as I was too scared but I decided to hit the trails head on but the question was, "Would I be able to complete this in the 6-hour time-frame?" Training included months of hard work. Hill climbs and flat runs involving many distances. Early mornings and late-night training, exercise training sessions, all the while encouraging many people of all walks of life to join me.

Go to page 6.....



DAN STUART-FORBES...INVENTOR

In late May, I had the absolute pleasure to meet a new member, Dan Stuart-Forbes along with his sister and brother-in-law, Cathy & Willie Paraha from Blenheim. Over a coffee, we chatted about the Amputee Society, life as an amputee and most importantly, Dan's recent "invention"

Dan is 63 years old and living in Rangiora with his wife, Sonia and their 19-year-old son after having moved from Blenheim just before the 2011 earthquake. Back in 2013, Dan was working for a local contractor when a digger ran over his foot causing serious damage and unfortunately, gangrene set in. After a month of treatment, the decision was made to amputate his left leg below knee. He returned to work 2-3 months later on a part-time basis but he admitted that this was a struggle and he couldn't fulfil his ethos of good day's pay for an honest day's work so he finished up. A knee replacement on his good leg 5 years later, due to extra stress, also slowed Dan down somewhat.

Dan is a keen white baiter and loves to "tinker" in his shed at home so having experienced the common problem for amputees of walking on uneven ground, he began a process of trying to come up with a solution. Rudimentary attempts were made over a number of years to come up with a moveable ankle joint on his prosthetic leg but failure is not a word in Dan's vocabulary so he stuck to the task and has now perfected and constructed a working adaption that is fitted to his prosthetic. There is a video link to this wonderful invention on both our website and Face Book page should you wish to see the end result and just how well it functions. Dan assures me that having the ability to "flex" the foot makes it SO much easier to not only get in and out of his gumboots during white baiting season but it also assists him greatly walking on uneven ground when he is down at the river.



He appreciates all the support he gets from Sonia but also from Cathy & Willy who are assisting him to progress this wonderful invention in an effort to get this "game-changing" innovation out there for the local, national and international amputee community. Dan and his team are investigating channels to progress this invention from a personal use adaption made in his back shed to taking it global. He is firmly of the view that amputees should have the chance to enjoy the benefits of a fully moveable ankle, increased mobility and a safer experience and Dan sees the benefits as being both physical and mental.

PARAFED DONATION:

You may recall that in the May newsletter, the society offered two handcycles that had been donated to us from a member, the late Sarah Horner and her partner, Mel from Carters Beach, Westport. There was no uptake on the offer made by the end of May so in accordance with Sarah's wishes for them to hopefully being utilised by the disabled community, a decision was made to donate them to Parafed Canterbury. This has taken place and Parafed Canterbury are both humbled and grateful to receive these handcycles which will be a valuable asset to their resources and be made available to people within our region. Sarah would be looking down with a huge smile of contentment knowing that the handcycles will provide a great deal of joy and fun to other disabled people.

Please see the article featured in this newsletter that both promotes and reminds people who and what Parafed Canterbury do for disabled people in our region.

****PLEASE SEE PAGE 4 OF THIS NEWSLETTER FOR A PARAFED ARTICLE****

SPARE A THOUGHT FOR OUR FELLOW AMERICAN AMPUTEES :

Donald Trump seems to court controversy on a regular basis and the passing of his "*BIG BEAUTIFUL BILL*" recently is no exception. It must be a worrying time for our fellow amputees in the USA as to how the Medicaid spending reductions might affect the limb-loss population.

After months of debate over the contents of the "Big Beautiful Bill," Congress finally passed a gigantic package of tax and spending cuts last month. The legislation slashes federal investments in health care, nutrition programs, education, and other services that many amputees depend on. And Congress still has a high-impact decision to make: whether to eliminate funds for the National Limb Loss Resource Centre.

The bill squeaked through last week (by two votes in the House and one vote in the Senate), and it will slash Medicaid spending by nearly \$1 trillion over the next decade—the largest federal health-care spending reduction in history. More than 15 million people are expected to lose healthcare coverage as a result, according to Congressional Budget Office estimates.



When those sort of numbers are thrown around affecting millions of people, one must be extremely thankful for the support and level of services we receive in good "old" New Zealand. Everyone, despite their ethnicity, gender, age or financial situation is **ENTITLED** to be assessed for prosthetic care—something we should be eternally thankful for.

ParaFed Canterbury

Operating since 1967, we are a not-for-profit organisation, focusing on people with physical or visual impairment offering a huge variety of services to our members and the wider community.

There are SO many benefits for joining ParaFed Canterbury!

Here are just a few:

Burwood Hydrotherapy Pool sessions

Wednesday 4.30 – 6.30pm

Sundays 1.00 – 2.30pm

FAM – Functional Adaptive Movement Gym Program

Sundays 10 – 11am

Access to a wide range of specialist sporting equipment, including:

Handcycles

Trikes

Sports Wheelchairs

And more

Total Mobility Taxi Cards

Assists eligible people with long term impairments to access appropriate transport to meet their daily needs and enhance their community participation

Subsidy is 75% on taxi fares

Junior Sports Club (5 – 17years)

Weekly sessions during the school term

A variety of sports and recreational activities in a safe, supportive environment.

Wednesdays 4.30 – 5.30pm

Sports Clubs

Badminton

Boccia

Table Tennis

Target Shooting

Swimming

Wheelchair Basketball

Wheelchair Rugby



These are just a few of the opportunities available to you through ParaFed Canterbury.

If you are interested, please reach out

Website www.parafedcanterbury.co.nz

Email info@parafedcanterbury.co.nz

Phone 03 385 4449

2025 QUIZ FUNCTION:

Our major fundraising event for the year is to be held once again at The Cranford Alehouse on Sunday, October 5th. Over the last 5 years, this event has been a huge success with wonderful attendance by members, their friends and families so we are encouraging you to please continue the incredible level of support. The income raised is very significant and enables us to administer the day to day business of the society without having to go "cap in hand" applying to funding organisations for assistance....a task that is becoming harder every year.

If you haven't attended in the past, give some serious consideration to coming along and enjoying a fun night out with fellow members whilst helping us to raise much needed funds. We look forward to seeing you on October 5th.

QUIZ! QUIZ! QUIZ!

Sunday 5th October

5pm for a 5.30pm Start



305 CRANFORD STREET, ST ALBANS

\$10 A TICKET

GET A TEAM OF 4 OR MORE TOGETHER

(BY YOURSELF? LET US KNOW IF IT'S JUST YOU AND WE'LL FIND A TEAM YOU CAN JOIN)

COME EARLY FOR A BITE OR STAY AFTER THE QUIZ FOR DINNER.

RAFFLES! LUCKY TICKETS! SPOT PRIZES!

Contact: Justine on 021 105 5189 amputee.cw@gmail.com
or Mark on 027 238 1958 mark.bruce@xtra.co.nz



Amputee
Society
of Canterbury &
Westland Inc.

MATTHEW BRYSON'S INCREDIBLE ACHIEVEMENT:

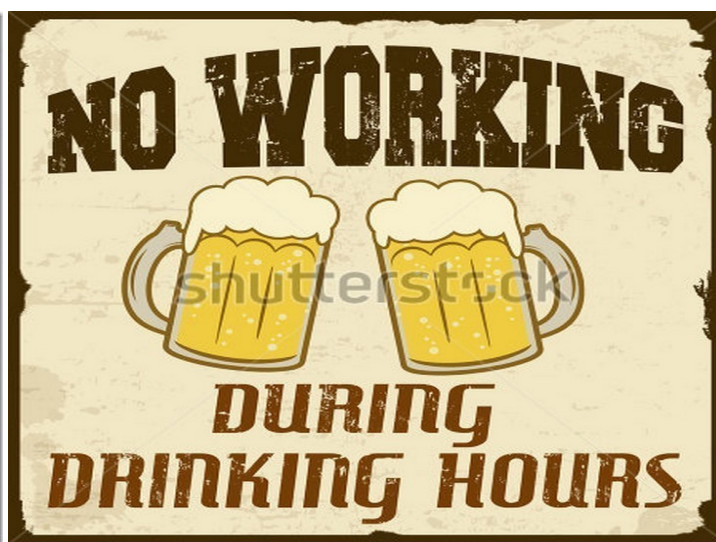
One last run before I headed to the States was a 10km run along the Auckland waterfront. I took it nice and slow, keeping my heartrate in check, it felt great and I was pleased with the outcome. That evening when I went for dinner, I struggled to put my leg on because of the pain in my stump. I woke up the next morning and was unable to wear my prosthesis. A check in at the Auckland Limb Centre the day before I flew out, a trip to the doctors and crutches were supplied as I was still unable to wear my leg. Was I going to be ready for race day in a few days' time? I arrived in Tahoe and the Born to Adapt Team were there to greet me. On the day before race day, the course changed due to the gale force winds that were predicted for race day. Race day dawned and two other adaptive athletes joined us. We lined up on the start line; my heart was already beating 160 beats per minute and we hadn't even started. Countdown finished and there we were, hundreds of people setting off to race up this mountain. My buddy, Brett Rawson was my guide (who also helped me at Tarawera 23km, 2025). We gradually started to climb through the forest, nice and easy, things were going well until I saw our first peak after about one hour in. It was like Baldwin Street on steroids and I thought I might have to change my Miss Piggy underwear. Step by step, we climbed up the peak. More peaks followed, all on uneven rocky surfaces. Gale force winds hit us in the face and I almost got blown off the ridgeline. Looking down, there were cliff faces either side. Thank goodness Brett grabbed me and pulled me to safety. Mini dust tornadoes formed but we needed to climb so it was step by step, one foot in front of the other. We met a few people on our climb who were struggling as much as I was but we gave each other much needed encouragement to push on. The Peak was reached but we now had to make our way down the other side. My stump was sore but I needed to push through. Our decent included walking through snow, river beds and kms of uneven rocky services. When was this going to end? It was tough and thank goodness Brett was there next to me, every step of the way. Finally, we could see buildings, we knew the end was not too far way and I tried to move as quickly as possible but it was a real challenge. The crowd at the end were cheering and our Born to Adapt mates were there waiting for us at the finish line. Exactly 5 hours, we did it!



Born to Adapt is coming to Christchurch, February, 2026 in collaboration with Peke Waihanga. Check out : www.borntoadapt.org and we hope to see you at this event.



Smile Awhile



www.shutterstock.com · 149377931

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](mailto:paraloan@xtra.co.nz)

**Nation Wide H&D Advocacy
Service – 0800 555050**

**Aspire Canterbury,
Disabilities Information Service**

Braintree Wellness Centre. 70 Langdons Rd.
CHCH

Website: www.aspirecanterbury.org.nz

Total Mobility. Contact Julie (03) 3669093

julie@aspirecanterbury.org.nz

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

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

1/127 Petrie Street,
Richmond, Christchurch 8013

President/Newsletter

Mark Bruce 027 2381958
mark.bruce@xtra.co.nz

Vice President/Marketing

Alesha Kelly 021 708863
alesha.kelly1618@gmail.com

**Secretary/Treasurer/
Funding**

Justine Mangan-Woods
021 1055189
amputee.cw@gmail.com

Web Site Manager

Jo Boereboom 03 942-5320
farmtree58@gmail.com

Other Committee Members

Vaughan Mangan-Woods
Karla Meredith, Lisa Gray,
Andrea Thompson, Ralph
McGuigan.

West Coast Contacts

Will Sturkenboom
027 7328312
wsturk@xtra.co.nz
Mike Stead
022 0890926
mcstead1973@gmail.com

Prosthetic Advisor

Mark Hills
021 222 0663
markhillsy@icloud.com

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

Liz Rogers Heather Plows
Ava Thomas Margaret Hunter
Mark Bruce

**Peke Waihanga/Artificial
Limb Service**

330 Burwood Road, Ch-Ch
Phone 03-383-0501
Freephone 0508 383 383
Hours: 8.00am - 4.30pm
Office administrators

Lynleigh Ashcroft
Caroline Leaper
christchurch@nzals.co.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

Disability Golf NZ

For any enquiries about
becoming involved, anywhere
in NZ, please contact
Andrew Woo, 021 885678
disabilitygolfnz@gmail.com



Need Computer Help ?

Contact Joanne for advice
at very affordable rates.

www.computertutor.nz

Mobile 027 2909246

Home 942-5320

Our Sponsors:

