



Amputee
Society
of Canterbury &
Westland Inc.

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August 2026 Contents

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The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart. -Helen Keller

Fun Fact:

The longest word you're likely to encounter on an everyday basis is "uncharacteristically."

Editor's Message

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

The National Stump Club Camp is an annual outdoor recreation program in the Tasman district designed for young amputees and those with limb differences. Hosted at the Whenua Iti outdoors facility it offers participants aged 8 to 16 a safe space for activities like kayaking, stand-up paddleboarding and climbing.

The program is organised in partnership with the Amputee Society of the Top of the South (ASTOS) and the Amputees Federation of New Zealand. It aims to foster a supportive community where young people can build resilience, meet peers with similar lived experiences, and connect with inspiring role models like Paralympians.

The inaugural camp was successfully held in December 2024. Following its success, a second camp took place in December 2025 and this year's camp will run from 3rd-6th December. Given that there are roughly 150 to 160 young amputees across Aotearoa, these events provide a rare opportunity for many of them to meet another person with a limb difference.

The camp typically covers essential travel and participation costs for attendees to ensure the experience is accessible but this koha requires a lot of fundraising and effort by the many passionate people working behind the scenes. If you are looking to either get a young person registered, want to support the next event by making a donation or purchasing a \$5 raffle ticket, please make contact with Claire & John West at jcjscape@yahoo.co.nz



MEET JOHN FRASER:

John Fraser is the eldest child from a family of 8, including his parents. Born in 1962 to parents who were part of the late 50's urban drift, from small town New Zealand to life in the big city. John's father worked in construction while his mum took care of the growing family. John grew up in Beach Haven, on Auckland's North Shore. As a child of the 60's John says that Beach Haven was a great place to grow up. When John was 3 1/2, he lost his right arm in a wrestling match with the family's wringer washing machine. John climbed up onto the laundry tub and used a stick to push some washing through the rollers, unfortunately he didn't let go of the stick and his arm was squashed flat like a newspaper and couldn't be saved. John's arm was amputated above the



elbow. John thinks that he was fortunate to have lost his arm as a child as it was easier to accept the loss and carry on as a "winger." John grew up in a time where all of the local kids played together outside, exploring the bush and creeks around Beach Haven, raiding the local orchard or swimming at the wharf. John went through some trials at primary school, bullying was a part of everyday school life then, and anyone with an obvious difference was an automatic target. John's Headmaster gave him permission to sort things out for himself and once the bullies realised that John was happy to stand up to them, that was the end of it. Being an amputee didn't stop John from being involved in sport at school or in later life. John played in the first XV in high school as well as participating in many other sports.

John left school and Auckland at 15 and spent a year in Thames before spending a few years hitchhiking all over NZ, living day to day, working odd jobs, before settling in the Waikato and Bay of Plenty. John became a father for the first time at 20, and eventually had 3 sons and a daughter. John's father, understanding that a working life for a winger, was going to have some challenges, gave him a little advice that he has used in every facet of his life since, "You have a good brain, whatever you want to do, work out how you're going to do it in your mind, then once you've worked it out, do it" John has no formal qualifications, but has a master's degree in the school of life. John has worked in many different roles and hasn't ever had problems getting a job when he has needed to. In 1990, John was living in Hokio Beach with his oldest son, learning Te Reo and dabbling with bone carving. He put his son on a flight to Ch Ch for the August school holidays on the Monday, Friday of the same week, John got a message that his son had become paralysed from the neck down due to a spinal cord aneurysm. John immediately made his way to Ch Ch and has never left. His son spent 3 months in hospital and regained some use of his body. The hospital was able to identify his son's

JOHN FRASER CONT:

problem but didn't have the technology to remove the aneurysm and John made the decision to stay in CHCH as the chance of further damage was quite high. John and his son settled in Spreydon and John joined the Addington league club to meet new people and start a new chapter of life. He continued his interest in carving as a hobby while working, however, he saw a job being advertised at a community arts & crafts centre called Floyds who were looking for a bone carving tutor. Floyds was a community service catering mainly to people with a physical, mental or intellectual disability but was also open to the public. John was asked to create a system that allowed everyone to be successful in completing a simple bone carving. It was during his



time at Floyds that John picked up the nickname, The Bone Dude. One day, he went to the South City Mall and spotted a lady he knew having lunch with her parents. John & Barb had attended Birkdale College together and were boyfriend/girlfriend for a time. They rekindled their relationship and spent a couple of years living in Leeston before moving back to the city. Then in 2003, John & Barb set up The Bone Dude's Bone Carving Studio and Cultured Gallery on Fitzgerald Ave, which operated until the earthquakes in 2011, offering people from all over the world the opportunity to create their own carving as well as promoting local artists. John was able to salvage most of his equipment in the weeks following the quake and eventually created a studio in the garage of their rental home however, the ongoing aftershocks put a halt on tourism in CHCH and John made a decision to get a job. In 2012, John started working for Lifelinks as an Outcome Coordinator 4 days a week and until last year, running a couple of carving sessions a week. John is still happily employed there. As John said, "I'm a people person and like the whakatauki, he aha te mea nui, he tangata, he tangata, he tangata". Helping others and sharing knowledge are John's driver. John & Barb moved out to Birdlings Flat in 2016, reestablished the carving studio and carried on life outside of the city. John & Barb work remotely which means they only have to go into Ch Ch occasionally. John describes himself as a "MAKER" driven to create for himself, a carving or a set of shelves that sits comfortably alongside Barb's passion as a potter and photographer. Listening to music, reading Scandinavian mystery and crime novels, or just walking around Birdlings, enjoying the ever-changing beauty of this part of our country are activities he enjoys. Between them they have 8 children & 17 grandchildren. When asked about their travel experiences, John replied, "We have yet to break the 5-hour barrier" having travelled to Australia & the South Pacific islands. To end this profile, John & Barb are looking to create a dedicated space in their new home to create and pursue their passions. "Barb and I live a very contented life here at Birdlings Flat"

QUIZ FUNCTION 2026

QUIZ! QUIZ! QUIZ!

**SUNDAY 11TH OCTOBER 2026
5.00PM 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.**

The quiz function is our big fundraiser for the year so we would love to see members continuing to support this fun event.

Get a team together and come along to meet others, have fun and try your luck with the wonderful raffles that Justine & Alesha put together.

Please advise either Mark or Justine prior to the event if you are able to make it along. Many thanks.

VELOCITY KARTS EVENT:

Peke Waihanga

RIDE THE BREEZE WITH A BLOKART

Harness the Canterbury winds and try blokarting! Adaptive equipment is available for amputees and people with disabilities.

📅 1:00 pm – 2:00 pm on **Saturday, 3 October 2026**



This event is free to attend! Register your interest at www.bit.ly/PWBlokarting or scan the QR code with your smart device!



This exciting event is being sponsored by Peke Waihanga and we are most grateful for their wonderful support of the amputee community.

“Velocity Karts” are located in the Bexley Reserve on Pages Road between Rowan Ave & Farnborough St. Entry opposite 499 Pages Road, Christchurch. Drive into the Bexley Reserve entrance, follow the driveway approximately 400 metres and you will see the tracks ahead and there is plenty of parking available.

The karting will take place between 1-2pm and will be followed by a friendly BBQ for all attendees that is being sponsored by the Amputee Society of Canterbury/ Westland with generous assistance from the CCC via Jason Roberts.

Should you wish to register for this event, there is a limited number of spaces available for the karting itself so please express your interest as soon as possible.

Preference will be given to “amputees” in the first instance.

Please register your interest for the event by accessing the registration link or by using the QR code on the poster. Should you have any issues with the registration process, please make contact with the PW Events Coordinator, Matt Bryson, 022 1025697 or matthew.bryson@nzals.co.nz

A MESSAGE TO MEMBERS:

The Amputee Society of Canterbury/Westland was originally formed in 1944 and became an affiliate of the Amputees Federation of NZ in 1947.

Our society exists today because of the dedication, commitment, and generosity of those who came before us. Many years ago, members volunteered countless hours, raised funds, advocated to Government and worked tirelessly to establish the services, resources, technology, support, and advocacy that we all benefit from today.

The benefits we enjoy didn't happen by chance. They were earned through the hard work of people who believed in helping fellow amputees and ensuring that future generations would have opportunities they themselves may never have had. Those hard working and passionate people have ultimately enhanced our lives as amputees so that we can now receive all the benefits available ensuring that we can positively live our lives and be part of a strong and united amputee community.

In today's environment, I urge you to think about those from the past who "fought" strong and hard for your rights and the benefits which you enjoy today. It is incumbent upon us to help carry that legacy forward

One of the simplest and most important ways to do this is by attending to your annual subscription. Membership fees help keep our society financially viable, allowing us to continue supporting amputees, sending out newsletters, running events, organising social functions, advocating for our community, and ensuring that the society remains strong for not only us but for those who will need it in the future. Every subscription makes a difference. By paying your subs, you're not just maintaining your membership—you are investing in the future of our society and truly honouring the efforts of those whose vision and hard work built it.

So, when you receive your annual subscription invoice next February, I would urge you to attend to it, of your own volition, rather than causing extra work by having us "chase" members for the modest \$10 fee. Together, we can ensure that future amputees will enjoy the same support and opportunities that we have been so fortunate to receive.

Thank you for being part of our community and for helping to keep its legacy alive.



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

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**

Braintree Wellness Centre. 70 Langdons Rd.
CHCH

Website: www.aspirecanterbury.org.nz

Total Mobility. Contact (03) 3669093

Email: admin@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.

03 3655661/0800 2272255.

Email: canterbury@ccsdisabilityaction.org.nz

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Other Committee Members

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Andrea Thompson, Ralph
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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

Lyndleigh 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 ?

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at very affordable rates.

www.computertutor.nz

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Home 942-5320

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