

# AMPUTEE SOCIETY OF OTAGO & SOUTHLAND INC.

Affiliated to the Amputees Federation of New Zealand Incorporated

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## NEWSLETTER

No. 174

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Hello everyone! I hope this finds you well and managing to get through the winter without catching some of the colds that are doing the rounds. We've certainly had some frosty mornings but one can't complain when sunny days follow - and spring is just around the corner so that's got to be good.

Enclosed is the July issue of *Purpose* which includes reports on the conference held in Napier earlier this year.

### OBITUARY

Since the last Newsletter, we have recorded with regret the passing of Raymond Clark of Invercargill.

### NEW MEMBERS

We warmly welcome the following new members: Wayne Taylor of Winton, Russell Newton of Te Anau and Peter Gordon of Wanaka.

### SOUTHLAND NEWS

A Limb-fitter's Clinic will be held in Invercargill on Thursday 27 September. If you would like an appointment, ring Sue at the Limb Centre (toll free on 0508-474-474)

And for later in the year, please put a note on your calendar or in your diary that our annual Invercargill Meeting and Dinner will be held on Saturday 10 November. (This year we are going to combine the Golf Day with our End-of-Year Barbecue on Sunday 9 December - more details in the next Newsletter.)

### HERE & THERE

**Our thanks** to the Community Trust of Southland for their recent grant.

**Overdue Subs** - There are still a few members who haven't paid their \$5 sub for 2011. If you're one of these, you'll have a red sticker on your Newsletter, and we would appreciate receiving your subs for 2011 and 2012 as soon as possible - either by post to me or to Sue at the Limb Centre. Or you can pay by direct credit to our bank account 031355 0277644 00 (please identify with your name).

**Golf** - A reminder that our golf cart at the 12 Oaks Golf Course in Mosgiel is available to all members. If you wish to use it, please phone Tony Wilson to make arrangements (455-8426). Also the NZ Amputee Golf Tourney will be in Christchurch on 25-26 October - more details on their website [www.amputeegolf.co.nz](http://www.amputeegolf.co.nz)

**Committee Meetings** - Members are welcome to join us - dates scheduled for the next couple of months are Wednesdays 15 August and 10 October at the Otago Bridge Club rooms. Just phone me beforehand to make sure there's been no change.

**Newsletters by Email** - A number of members now receive their newsletters and *Purpose* by email and we're quite keen to increase this number, especially given the recent increase in postage. If you'd like to be included, email me at [lrrstan@xtra.co.nz](mailto:lrrstan@xtra.co.nz)

**Facebook** - Have you "Liked" us on FB yet? Go to the Federation's website [www.af.org.nz](http://www.af.org.nz) and click on our name to LIKE us!

### **A MESSAGE FROM WENDY LOCKHART - Limb Centre Physiotherapist**

I'd like to introduce myself to those members of the local Society that I have not had the opportunity to meet. I am now working part-time at the Dunedin Artificial Limb Centre and provide physiotherapy as part of the ongoing management and care of amputees who attend the Centre.

Areas that interest me are reviewing and/or establishing exercise programmes that aim to improve strength, balance and general fitness. These are all very important in the rehabilitation and self management for everyone, regardless of age or mobility. Back pain is often an ongoing problem and I am able to provide information and advice on ways to address self management, as well as offer the opportunity for people to receive individual treatment sessions.

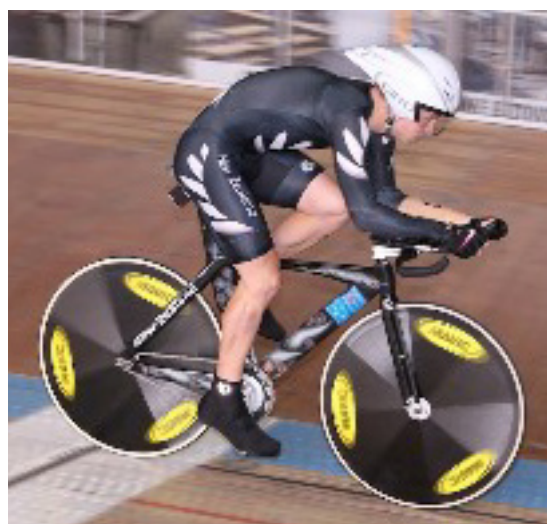
Phantom and/or stump pain is an experience that can often deter people from walking and/or potentially reduce independence. Management continues to offer challenges; however over recent months I have been able to help several people by modifying the impact of pain by using acupuncture. Acupuncture is a treatment that, as a Registered Physiotherapist Acupuncturist, I am able to offer as an option or in combination with medication for pain management. It involves the insertion of fine solid needles into the body at specific points and can be explained by concepts of anatomy and physiology, as well as the traditional paradigm based on Chinese theories of energy balancing.

Should you wish to contact me to discuss the possibility of using acupuncture for pain management, or developing an exercise programme, please phone the Dunedin Limb Centre (474-7983 or toll free on 0508-474-474) to discuss your options or to arrange an appointment.

I look forward to meeting you in the future.

### **GO CHRIS AND HOLLY!**

Two of our members, Chris Ross and Holly Robinson, are competing in the Paralympics in London and we wish them Good Luck! Both Chris and Holly were born with shortened left arms and are part of a group of 26 athletes who will represent NZ in the London Paralympic Games which take place between 29 August and 9 September.



Chris (23) will be competing in a track (Velodrome) event called the Kilo (4 laps) and also the 4000m Individual Pursuit (16 laps). He races in the Paracycling C5 class for Paralympics NZ; generally the C5 classifications include people with upper body disabilities and he fits nicely into this category as a below elbow amputee.



Holly (16) is a pupil at Taieri College and will compete in the javelin - an event in which she broke the NZ record in March. She will compete in the F46 classification and is one of three track and field athletes in the NZ team.

### **OUR VISITORS** - Get in touch if you would like a visit or just a chat.

Dunedin and Districts - Lorraine Peacock 455-6347 and Tony Horsfall 453-1261

Invercargill - David Johnston 214-1548 and Alice Smith 216-4271

Gore - Bill Lee 203-8263

Oamaru - John Hutcheson 437-1283

Alexandra - Judy Elliot-Hall 448-7242

Until next time, keep warm and take care

*Lorraine Peacock*