

Welcome to Spring 2020.



A very warm welcome to you all from our President, Merrell in hoping that you are all safe and in good health.

ASMD members can begin to meet and greet, plus do a little happy dance in fellowship together again in the months of early Summer.

Our move to Covid 19, Level 1 has allowed us to breath and begin to have our life back again to move forward. We still need to be aware, not becoming complacent but keep a weary eye on the situation at hand of Covid 19.

At the AGM earlier this year 21st March 2020. just before Lock down began the following people took up office.

Those elected were –

Patron - Lindsay Trotman

President - Merrell Worboys.

Vice President - Karen Tipper.

Secretary- Eddie Johns.

Treasurer - Lester Cottam.

and Committee being Thanisara Trotman, Elizabeth Cottam, Edward Butt.

Honorary Solicitor - Lindsay Trotman.

Reviewer of Financials - Peter Savage.

After lock down it was the beginning for everyone to return to some normality. We meet as a committee and planned events for 2020.

Please join us for the first get together for late 2020 with two exciting events planned for this year as the pandemic has at present now been contained and kept in quarantine.

We looking forward to seeing you there with friends, family and partners to enjoy the groups outings in fellowship and friendship together.

Our Annual Memberships are now due and if you would like to remain a member and receive emails and new letters please to make payment to our treasurer Lester as this will be your last newsletter you will receive. The account details are on the bottom of the newsletter. Please give us your support and make payment now.
Best wishes Merrell

Luncheon at Upokongaro.

Our first event is a Luncheon in the rural area of Upokongaro on Saturday 14th November at 444 State Highway 4, Upokongaro. This is a few miles out of Whanganui at the “Cafe Behind the Door on 4” from 12.30pm.

We are trying to encourage our members from Whanganui and surround districts to come together to enjoy meeting new people and gain and talk about new experiences of amputee life.



Anyone that would love to come and join us can email me at ASMDsecretary@gmail.com or my mobile is 022 6741 224 to text or call to let me know numbers for attending of this event by Wednesday 11th November please.

It would be wonderful to see you with your friends, family and partners.

All would be made most welcome.

Christmas Picnic.



Our 2nd event is a Christmas BBQ to be held at Duddings Lake Picnic Park, State Highway 3, Marton on Sunday the 13th December from 11.00am onwards. Everyone that would like to join us would be made most welcome. It's a BBQ with bring your own meats and a salad to share with others. Please bring a \$5.00 gift to give away to someone else along with a few coins for a raffle. It has a common meeting room so wet or shine it will be a good place to be.

Anyone that would love to come and join us can email me at ASMDsecretary@gmail.com or my mobile is 022 6741 224 to text or call to let me know numbers for attending of this event by Wednesday 9th December please.

It would be wonderful to see you, your friends, family and partners.

All would be made most welcome.

BBQ area at Duddings lake plus link to Virginia Lake walks.

<https://www.visitwhanganui.nz/take-walk-virginia-lake/>

Conference 2021

Letter from Lorriane,

Federation Coordinator.

for Amputees Federation of New Zealand Inc.



Hello Everyone

This is to let you know where we're at with regard to next year's Conference.

As previously advised, we are booked in at the Rydges Hotel in Rotorua on 16-18 April 2021. This is still the case but the hotel is currently being used as a quarantine facility and has a contract with the MOH for such until the end of December 2020. They are unsure whether their contract with the MOH will extend past that date.

We have a back-up pencil booking with the Distinction Hotel in Rotorua for the following weekend 23-25 April – their conference facilities aren't available for our chosen dates and their accommodation isn't suitable, most of their bathrooms having showers over baths. Therefore we have tentatively booked accommodation at the Regal Palms which is next door (carpark in between) - their bathrooms are suitable but they don't have conference facilities.

Our preference is obviously the Rydges, especially as the following weekend involves a long weekend with Anzac Day. We hope to be in a position to make a decision by the end of January, so that we can then finalise a Conference programme and action funding applications in early February.

However, having said that, if Covid-19 restrictions above level 1 exist in the "top of the north" in February next year, it is likely that we will cancel the conference and instead hold a Zoom meeting as we did earlier this year.

These are uncertain times which obviously don't help our planning but we certainly haven't got this on our own.

Keep safe and kind regards to all,
Lorraine

New products.

Kia ora and hello everyone, my name is William Pike and I'm an Auckland based BK amputee. I was privileged to meet many of my fellow amputees at the annual conference at Dunedin in 2019 where I delivered a presentation.



Since losing my leg, I've always struggled to stop dirt, sand, moisture and dust etc from wrecking my prosthetic feet and components. I became tired of repeatedly cleaning my prosthetic limb and taking unnecessary visits to the Limb Centre to replace parts. So I decided to do something about it..

Over the past few years, I tried and tested countless different prosthetic covers. This year my wife and I refined our design and started a company called Pro Armour (short for Prosthetic Armour). Last month we released our first product on the market - the Pro Armour Lite.

The Pro Armour Lite is a protective cover made for amputees, of all abilities. Now I can take a walk along the beach, do some gardening, or go fishing without worrying about the elements damaging my prosthetic! They also look great as a cosmetic cover.

The Pro Armour Lite is lightweight, simple to use and take seconds to put on/off. Now there's no need to change your prosthesis for different activities. They're available in different sizes to suit your prosthetic foot size. We're also extremely proud that they're NZ made and designed!

By wearing a Pro Armour Lite day-to-day, you'll reduce your limb maintenance and as a result - save prosthetists time, and reduce unnecessary spending by ACC New Zealand and the Ministry of Health - Manatū Hauora

Our vision behind Pro Armour is to offer amputees like you, the ultimate protection for your prosthetic limbs. More importantly than that, we want you to experience that same level of freedom, confidence that I have had.

We're extremely grateful to partner with The Peke Waihanga - Artificial Limb Service who are now stocking the Pro Armour Lite, just in time for your summer activities.

The Pro Armour Lite is free and available at all New Zealand limb centres – ask your prosthetist for one today! Keen to learn more? Follow us on [Facebook](#) (@prothetic.armour) Visit our Website: www.proarmour.co.nz

P.s As a new, New Zealand business, please help us move onwards and upwards by sharing this article with other amputees, wearing the Pro Armour Lite yourself and sharing some feedback with us by emailing: william@proarmour.co.nz

Best wishes,
William and Bex

Membership Subs Now Due.

Could you please pay either by post \$10-00 to treasurer Lester Cottam, 8 Hardie Street, Palmerston North or pay into our bank account (Use your name as a reference)
Manawatu Amputee Society 02-0719- 0142317-000

This will be the last newsletter if your membership remains unpaid.

Get to know a member

Lis Cottam is at present putting together phone lists of members to ring and keep in touch with to see how they are and if they need anything that we may be able to help with, or perhaps help getting to our next events.

We tried this before which had mixed reactions, some wanted it and some did not. We would like to try this again and get the network flowing again. So if you receive a social call you will know what its all about and let us know what you think of the idea please.

For our newsletter, maybe you would like a write a little bit about yourself and your experiences that we could add to the newsletter. Or maybe an article that will inspire others that are members of our group.

We'd love to share your story. Please send in a paragraph about yourself and a photo of you doing something you love for this section

Member contributions to our newsletter are always welcomed. Please send to asmdsecretary@gmail.com

