



## **Response Form**

In order to assist with planning and organisation please respond with your interest to any of the below events and activities: Please note, all events are limited to the first 25 people only.

Please either post this form to P O Box 56102 Dominion Road Auckland 1446 or email [anamputeesociety@gmail.com](mailto:anamputeesociety@gmail.com) or ring 0800 AMPUTEE or text 021 086 14545.

- 1) **14<sup>th</sup> May 2016 Saturday** - Bunnings Warehouse- : 2 Carr Rd, Mt Roskill, Auckland 1041 – We are running a sausage sizzle for the general public. Please indicate whether you will come along and at what time, between 7.30am and 5pm

**I intend to come to this event: YES / NO**

**I can come at \_\_\_\_\_**

- 2) **29<sup>th</sup> May 2016 Sunday** – Fish Market Wynyard Quarter 3pm. As per last time, the society contributes the first \$20 towards your food or drink. For this event we will hold a meeting of committee members and anyone who wants to participate as well is most welcome to attend, or just come along socially. Part funded by the Lotteries Commission.

**I intend to come to this event: YES / NO**

- 3) **Saturday 18<sup>th</sup> June 2016** Ascension Wine bus trip –. Meet at 11.30am at the Britomart Transport Centre to board the bus. Enjoy the scenery and arrive Ascension Winery and enjoy a light lunch before returning back to Britomart. Wheelchair transport available for 4 people. Bus and lunch funded by The Lotteries Commission.

**I intend to come to this event: YES / NO**

**I need wheelchair transport: YES / NO**

- 4) **Saturday 30<sup>th</sup> July 2016** Stony Ridge Waiheke Island. Meet at the ferry building at 9.30am and travel on ferry to Waiheke Island. Meet the bus and travel to Stony Ridge. Enjoy wine tasting and a light lunch meal, and return on 3pm ferry to Auckland. Funded by the Lotteries Commission.

**I intend to come to this event: YES / NO**

**I need wheelchair transport: YES / NO**

**My \$5 membership subscription to November 2016 is up to date: YES / NO**

**If not, the bank account Amputee Society of Auckland & Northland Inc number is 12-3061-0190809-00 – use your name as the reference, thanks.**

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**Email address:** \_\_\_\_\_

# Amputee Society of Auckland and Northland Inc

Free Phone 0800 AMPUTEE

Text 021 086 14545 or [anamputeesociety@gmail.com](mailto:anamputeesociety@gmail.com)

## APRIL 2016



Greetings to all our current and new members! My name is Martha and as you may have read in the newsletter last month I am a new member of the society, joining as a part time volunteer as well as becoming the Vice President for the society at the AGM meeting on Sunday the 3<sup>rd</sup> of April.



It's been a fantastic and insightful couple of months with Marlé showing me around, meeting new people and making all sorts of progressions within the society as 2016 unfolds. Marlé has also been busy visiting the rehab places – ABI Rehab, Laura Fergusson, Rehab Plus and left information books, so we are well underway in getting our name out!

A few weeks into working with the society, Marlé and I had a meeting with Hamish Meacheam the executive officer of Parafed Auckland at the spinal clinic in Otara. It was incredible to see their sailing simulator, which is great for people who are new to sailing that may lack confidence on the water. After 3 sessions in the simulator you can be ready to sail on water!

Thank you to all the emails regarding our previous newsletter last month! A quote from one of our members from Whangarei "...thanks for the new look at the Auckland + northland society (haven't had a lollypop in years!). Please put me on the e-mail list"

### This newsletter's theme is...

### **"Auckland – We are On The Up!"**

A short intro from Warren who is not only an active committee member, but also runs a home business selling firewood and pinecones. Find information about the split dry pine firewood below.

***"Hello All! I'm Warren T, 60, raised & educated from a Mt Roskill location. Work career spent in the customer service & sales arenas. Elected reduced hours from the "40 hour workload " late 2004 to care for the family canine after loss of remaining parent.... a good existence for both. Have had more than my share of health issues, initially back & neck injury before contracting Diabetes***

*late 2011, & succumbing to resultant complications & losing my lower right leg last July. I'm happy to be involved with ANAS, & look forward to being an integral part of a working team"*



### **Split Dry Pine firewood**

"Wazza's wood" @ 156 Terry St, Blockhouse Bay~ ph 971-3053, 02102675232

(Warren Tayler - committee member Auckland Amputee Society)

- Bagged Split Pine (vic 12.5 kg each) at \$7 per bag ...easily handled, easily stacked in minimal space
- Loose Split Pine @ \$85 per cubic meter, normally \$90
- Free starter material with bulk purchase

I will deliver FREE OF CHARGE 6 or more bagged pine or 1 cubic meter loose, to any Metropolitan suburb on the Auckland Central side of the Harbour Bridge. North Shore & rural location subject to a charge to cover running/petrol.

You are welcome to collect from here, with an advised day & time to suit us both.

I would need able-bodied assistance to unload at your location if delivering.

---

### **Next, our secretary Helen has written a brief report:**

#### AGM report

We held our AGM on the 3<sup>rd</sup> April at the Fickling Centre behind the Three Kings Library. The room we hired was a little bit too small in the end, as we had a record number turn out for the meeting, 15 members in total with apologies from 5 more.

Election of officers:

**President** – Claudia Teague

**Vice President** – Martha Delmonte

**Secretary Treasurer** – Helen Kocks

**Committee members** – Warren Tayler and Elizabeth Reidar Mogensen

A resolution was passed, signed and agreed with all members, that we apply to The Trusts

Community Foundation for a grant to cover our primary annual expenses. To date the application has been submitted to the funder, on the 10<sup>th</sup> April.

One highlight from the meeting was the presentation of a beautiful bunch of red and white carnations that was given to Marlene Bennett who did not wish to stand again for the committee. Marlene congratulated us on putting enthusiasm, energy and activity into our branch. We will miss you, Marlene, but as agreed, you are always 'in the loop' with our branch.

Nick also acknowledged Janis Bourne and her commitment for 14 years to our branch, and Janis has now taken over from Nick and is our Total Mobility Officer.

We already have 8 people from the meeting keen to give an hour or so for our sausage sizzle at **Bunnings Mt Roskill on 14<sup>th</sup> May**, so that was great. Put it on your calendar and come along!

**Other matters of interest are:**

So far we haven't heard back from Z Good in the Hood and whether we will be one of the four selected for voting at the Royal Oak Z Petrol Station.

As mentioned in the last newsletter, we know of one member who is taking advantage of the free entry for himself and his carer at a rugby match at Eden Park, so good on him!

---

**What are our goals as a society you ask?**

Our first goal these past two months has been increasing our membership count. This is not to benefit us financially at all (as we are a registered charitable trust); this is simply to help those in need of our support. The second goal has been increasing the identity of our society with other health providers in our greater Auckland and Northland area and to link in with these agencies, so that we are able to refer our new amputees to be the recipients of better care.

There are approximately 2500 amputees in Auckland and only 250 of these are members. Memberships are only \$5 per year, which covers the cost of making flags and posters to increase awareness, printing newsletters and posters...

We have just recently made a Facebook page called "The Amputee Society of Auckland & Northland Inc" with the intention of fishing new and younger members of our society. We created this page with the intention of sharing news, events, stories or anything that YOU feel like sharing.

**Updates on previous and future events:**

On Sunday the 17<sup>th</sup> of April we hosted the social at the fish market! Unfortunately I couldn't make this social but was updated with photos and the food and company really looked great... So we are having a committee members meeting on Sunday 29<sup>th</sup> May at the Fish Market Qynyard Quarter again, at 3 pm. Anyone who wants to participate as well is most welcome to attend or just come along socially! Let us know by filling out the response form attached to the newsletter. As last time, the society will contribute the first \$20 towards your food or drink.



(Our new committee member Elizabeth on the right in the blue, and her husband Ray beside her)



## Wine not some wine on Waiheke?

As mentioned in last month's newsletter, we are planning on taking a group of 25 people to Waiheke to do a wine tour at Stonyridge on the 30<sup>th</sup> of July, catching the 10am ferry from Auckland (40 minute ferry ride) and catch the 3pm ferry back from Waiheke. I have found a 25-seater bus with a ramp that can offer easy access, which can pick us up right outside the ferry terminal and take us right by the main door of the Stonyridge Courtyard.

The wine tasting at Stonyridge will include a tasting of 3 wines per person and tasting platters with a selection of house made favourites such as: aged prosciutto di Parma, coppa, salami, smoked Salmon, grilled Prawns, vegetable sticks, fresh fruit, house marinated olives, assortment of toasted nuts, daily house made condiments

& New Zealand cheeses served with fresh local ciabatta bread.... If your mouth just watered reading this, form **let us know that you're keen by filling out the response form** attached and we'll add you to the list. **First in first served** and the bonus is... the society will be funding the event!



I have also contacted Ascension Wine Estate for an event on the 18<sup>th</sup> of June for some pizza and nibbles. We will meet at 11:30 am at the Britomart Transport Centre ready to board the bus and return by 3:30 pm. It is about an hours drive with beautiful scenery and wheelchair transport is available for 4 people. The bus and lunch will be funded by The Lotteries Commission. If you are also interested in this event, **let us know by filling out the response form** attached.

## Because everybody loves sausage sizzles....

On Saturday 14<sup>th</sup> May we are booked in for a sausage sizzle at Bunnings in Mt. Roskill from 7.30 am. We have gathered some members from our AGM who are willing and able to help on the day (for as much time as they have). Please contact us - we would love to meet you! And thanks to those who have already offered... remember to ring 0800AMPUTEE

## How about something new?

My mother, Raffaella Delmonte is a Pilates instructor and would love to set up classes for people that are interested in keeping active, condition the abdominal muscles or alleviate lower back pain. She mostly teaches at the Millennium, configure express and the Albany Tennis stadium but if you're interested in taking classes she is willing to donate her time. She is also willing to find a suitable venue and perhaps do a few classes on the South of the bridge for those of you who live that way. -Phone Raffaella on 02102941764.

***“Things may come to those who wait. But only the things left by those who hustle” -Abraham Lincoln***

I find this quote particularly relevant to what we are trying to promote within the society at the moment, and that is to get involved! Exercising is an important part of our overall health, especially for those that have lost a limb or have other disabilities. There are so many sports and events out there for a range of interests, so don't wait for someone to sign you up, it's so easy to sign up yourself! We have two new banners with the society's name and logo. One banner has been put up at the Limb Centre and the other we will carry around with us during events so people know where to find us. You may have also noticed that we have updated the news board where you can find attached a variety of different activities and sports you can get involved in. Me and Marlé have been busy updating this but are looking to have a new brochure rack with space to hold brochures and the information packs etc. and which is accessible from wheelchair height. **We are looking for a**

**handyman/carpenter/cabinetmaker** in our midst who would like to take on this project and build one? The society will pay for the materials and a reimbursement of time to the same amount as we would have paid if a similar brochure rack was purchased through a commercial retail outlet.

Please let us know by 16th May as if we have no takers, we will purchase one from a supplier. Phone 0800 AMPUTEE or email [anamputeesociety@gmail.com](mailto:anamputeesociety@gmail.com)

HalbergAllSports ([www.halbergallsports.co.nz](http://www.halbergallsports.co.nz)) and Parafed ([www.parafedauckland.co.nz](http://www.parafedauckland.co.nz)) are two great organisations set up to enhance the lives of physically disabled New Zealanders.

### **Parafed Auckland offering sport for all**

Parafed Auckland is New Zealand's oldest sports organisation for the physically disabled, celebrating 50 years of leading sport run for, and by the physically disabled.

We currently lead a network of 15 clubs and activities, ranging from Wheelchair Rugby, to Powerchair Football & Para-Athletics to Physical Disability Rugby League. Currently we have close to 300 athletes across all of Auckland and are looking to double those numbers in the coming few years.

Amputees have been a huge part of the history of Parafed Auckland, including one of our highest profile members, John Dowell; who was a multiple Paralympic medalist in Athletics and was Auckland team captain at many national games. Amputees are not only welcome in many Para-Sports - but they are very enthusiastically recruited, as they often tend to excel to the highest levels if they choose the right sport.

If you are interested in exploring your options in sport, please contact Parafed Auckland and we can discuss the options available and what sports might suit you - all based on your ability, enthusiasm and commitment. We'll work with you to put together a plan and can often help with equipment and coaching.

We have a small but committed staff that work alongside our sports clubs to get you involved. If

you're interested in any of our sports in the first instance give us a call on 09 270 2503 and we'll arrange a time and place to catch up and work out a plan. You never know, you might be the next Sophie Pascoe or Cameron Leslie - call us today and get in the game!

Hamish Meacheam  
Executive Officer  
Parafed Auckland  
Auckland Spinal Rehabilitation Unit, 30 Bairds Road, Otara, Auckland  
P: P.O. Box 23533, Hunters Corner, Auckland 2155, New Zealand  
T: (09) 270 2503 | M: (027) 324 1976  
E: [hamishm@parafedauckland.co.nz](mailto:hamishm@parafedauckland.co.nz)

On the 22<sup>nd</sup> of March, Marlé and myself attended a talk given by Cameron Leslie. Here are a few words written by Cameron to you all:

***"Challenging oneself has always been a motivating factor for me, a 26-year-old quadruple amputee and full time prosthetic user. And, it's fair to say, there has been many challenges after being born without fully formed legs or arms.***

***As someone who dislikes being treated differently to my able-bodied counterparts, I have challenged myself to live an active and healthy lifestyle for a long time.***

***Growing up on a lifestyle farm in Whangarei meant being active and healthy was possible from a young age - even if it was simply me being as active as I could, and maybe not necessarily keeping up with my three older siblings. However, therein lies the challenge.***

***Coming from Northland meant an abundance of outdoor activities, which of course included lots of water-based sport - which began my sporting career.***

***As a chubby 10-year-old I began swimming. Why swimming? Three reasons I suppose, 1: it was easy to get to; 2: the water safety factor; 3: I wanted a sport I could call my own.***

***Now, for those who swim you will understand it's not an easy sport. I guess that sums up my ignorance of how difficult some of the challenges I set myself are.***

***However, showing the determination and grit to try achieve is what I'm after - sometimes failure is imminent but it's about the journey of attempting.***

***Fast-forward six years and as a teenager I was representing New Zealand at a World Championships in South Africa. Fast-forward another two years and I was representing the country at a Paralympic Games, the pinnacle of disabled sport, and winning a gold medal in world record time. Then, in 2012, I did the same at the London Paralympic Games.***

***Just prior to the 2008 Beijing Paralympic Games I took up a second sport, wheelchair rugby - also known as murderball.***

***Wheelchair rugby is a sport predominantly designed for quadriplegics but triple and quadruple amputees also fit the criteria.***

*For me, wheelchair rugby was - and still is - a way to be part of a team. Being a contributing member of a team isn't always easy as a person with a disability, but sport has given me the chance to fulfil that desire.*

*While only 26 years into my life, I feel I have achieved my goal of living an active and healthy lifestyle. Now, the challenge is maintaining it and achieving life balance.*

*- If you'd like to know more about wheelchair rugby go to [wheelblacks.com](http://wheelblacks.com)."*



### ***Services for you....***

We currently have a list of Total Mobility operators, so if anyone is interested please ring the 0800 number or email us at [anamputeesociety@gmail.com](mailto:anamputeesociety@gmail.com)

There is an Auckland Disability Law service for disabled people and their whanau who may have a disability-related legal issue. For more information, go to [aucklanddisabilitylaw.org.nz](http://aucklanddisabilitylaw.org.nz) as they can help you resolve the problem or work with you to find someone who can.

Vaka Tautua is a charitable organisation that aims to help improve the health and wellbeing of Pacific people in New Zealand. They have recently set up a Financial Literacy program for Pacific Families with disabilities. Call 0800 825282 or email [money@vakatautua.co.nz](mailto:money@vakatautua.co.nz).

We are also in the process of translating our society's information brochure into Tongan, Samoan and Cook Island languages. If anyone who is able to read and write in these languages would like to contribute towards proofreading the brochure, please contact us.

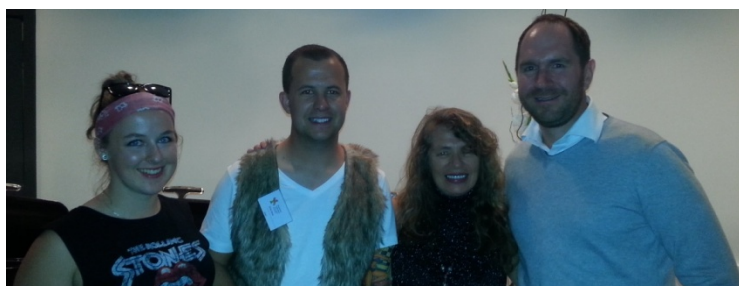
**Do you have a smoke detector in your home?** Smoke alarms save lives. If there is a fire in your home, smoke spreads fast and you need a smoke detector to give you time to evacuate. We all know how important this is. If you don't because you can't afford it or you can't reach the roof very well to put it up, please let us know, ring 0800 AMPUTEE or email [anamputeesociety@gmail.com](mailto:anamputeesociety@gmail.com) or text 021 086 14545. There will be funding available to support you in having a smoke detector correctly installed in your home.



Here are some **DID YOU KNOW** moments for our older members, courtesy of Helen...

- St John offers free emergency ambulance cover when you pay to be a St John Supporter. Ring 0800 785 646
- There is funding available (if eligible) to have a St John Medical Alarm, through the Ministry of Social Development. Contact your WINZ manager or call St John 0800 50 23 23 and if no joy, call our field officer Marlé 0800 AMPUTEE
- The NZ Fire Service, in your area, if you ask them, will come to your home and install your fire alarm in the best position, if you can't reach the ceiling very well, totally free of charge, so consider this opportunity and if you don't know the number of your local fire service, ring us on 0800 AMPUTEE and we will get the information for you.
- For any amputee who also has visual impairment, the Blind Foundation will take you on as a client even though your visual impairment may not be as critical as able-bodied persons. If you want to receive assistance the number to call is 0800 24 33 33
- Grey Power Electricity gives a discount to customers over 65 years of age. If you want to enquire ring them on 0800 473 976
- A new business in the Auckland area is called Moving Assist Ltd. They specialise in helping people move, relocate or simply reduce the clutter in your home. If accumulating clutter is a problem for you and you just can't clear it out, these ladies will help however this is a paid service and is not government funded. Ring 0800 839 974 if you want help to clean out the clutter in your home.
- Life Unlimited Hearing Therapy is a national service funded by the Ministry of Health and is free and independent to NZ Citizens aged 16 and over. Free phone 0800 008 011

Adding to this is an update from Helen about the recent National conference in Christchurch:



The photo on the left is Helen and Lorraine Peacock who is the National Coordinator.

The photo on the right is from left, Claudia Teague (our President), Chris Ross (our retiring Vice President), Helen Kocks (our Secretary Treasurer) and Sean Gray the CEO of the NZALS (New Zealand Artificial Limb Service), a Crown owned entity.

The conference in Christchurch went off with a great amount of energy. Our new banner was erected and looked great. Lorraine has been a great help in society matters to myself, and our field officer.

Not only was our president Claudia elected onto the Executive Committee of the National Federation **but our Auckland branch was invited to host the next conference in 2017**. This has not happened since 2009, so, once confirmed we will be able to organize (with the help of the Conference Coordinator Mark Bruce from Christchurch) a really impressive conference, which will have the rest of the country going, wow! We will keep you in the loop as things develop and if we need more people on the organizing committee. If this already excites you, get in touch now!

### Other discussions at the conference:

The availability of osseointegration in New Zealand and whether there is funding for this and whether the Federation could lobby for this. One of the guest speakers was from ACC and she talked about the funding available for amputees who were accident victims in NZ. Funding is not available for treatments outside of New Zealand, as most of us would know.

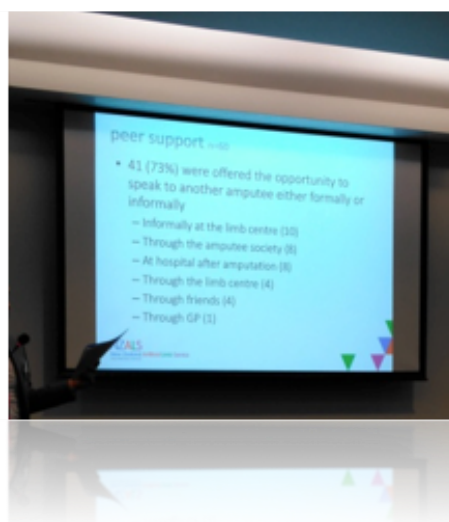
Also we received a good amount of information from Des Nicholson owner of Orthopro website at [www.orthopro.co.nz](http://www.orthopro.co.nz) who are ACC accredited who also have clients around the country using their services, in conjunction with the NZALS.

There is also a similar orthotic practitioner in Auckland named Shore Orthotics and the website is [www.shoreorthotics.co.nz](http://www.shoreorthotics.co.nz)

At this stage this business is not ACC accredited but hopes to be in the future, but is available for services in a private capacity, and from what we saw, is very competent.

Both these two businesses are run by South African people, who are highly qualified in their fields.

Sean Gray provided a synopsis of where the NZALS is at, being a crown owned enterprise, (not privately owned) and mentioned in particular the survey carried out on the benefits of peer support. How to carry out peer support was investigated with the following results in the first photo. How people thought the best first point of contact for forming peer support is shown in the middle photo. Finally a measurement of client satisfaction with the NZALS is shown in the right hand slide. Sean's presentation was well received and he took questions from the floor, which were answered appropriately and to the satisfaction of members.



### **Last words from Helen...**

As always, it is important that we can show good financial viability of our Auckland and Northland branch, not only on the national front of the Amputee Federation (the more paid up members we have, the more voting rights we have at the National Federation AGM for the election of executive officers), but also to the funders who we rely upon to fund our activities, events, work and endeavours. Its only \$5 a year so if you suddenly remember you probably haven't paid the subscription in the past year, then please do so.

### **HOW TO KEEP UP TO DATE WITH SUBSCRIPTIONS:**

Write a cheque out to Amputee Society of Auckland and Northland Inc and post to P O Box 56102  
Dominion Road Auckland 1446

Pay by Internet banking to ASB bank account 12-3061-0190809-00 using your name as the reference.

Hopefully once we get our website up and running you will be able to pay directly from our website, with your credit or debit card, so, watch this space!

*This newsletter was made possible by the generous funding from The New Zealand Lotteries Commission*

**LIFE IS SHORT**  
SO LIVE IT

**LOVE IS RARE**  
SO GRAB IT

**DREAMS ARE REAL**  
SO CHASE IT

**FEAR IS AWFUL**  
SO FACE IT

**MEMORIES ARE SWEET**  
SO CHERISH IT



**"A day without a LAUGH is  
a wasted day."**

- Charles Chaplin