

Amputee Society of Auckland and Northland Inc

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MARCH 2016



**Amputee
Society
of Auckland &
Northland Inc.**

Welcome! Kia ora koutou katoa.

(This newsletter takes as long to read as it takes your lollipop to fully dissolve in your mouth!)

A big hi, how are you going, from Helen (Secretary/Treasurer). You may remember I joined August 2015 and along with my full time job as Invoicing Team Leader at Geneva Healthcare Ltd, and being the new wife to my wonderful husband as of a month ago, I love being involved with our group.

I write this newsletter and it goes out to all valued people in our area, who have, for a long time, or just recently, formed a connection with the our group in various ways, shapes or forms.

Our theme for this newsletter is:

“Your voice is Our endeavour”

Why I ask this question is because, along with Marle, our hard working Field Officer /Johnny On the Spot/Feet On the Ground /Go To Person, (you would have seen her profile in the most recent **Purpose** newsletter), we have discovered that there is just **SO MUCH** out there for people like yourselves, to do, to participate in, to get involved with, just waiting for the asking.

All you have to do is Use your voice.

(We’ve all got one of those.)

The key is to talk to us. Ring us. Email us. Text us. Facebook us. (Some people already have, yay!)

<https://www.facebook.com/groups/919025144862372/> or simply search for The Amputee Society of Auckland and Northland Inc.

But before I get onto the good bits about what we can do for each other, here are just a few 'housekeeping' type general newsy things, in no particular order.

Well, quite important, I must say, is the Annual General Meeting coming up. Yes I know, we can think of these as 'they put me to sleep' type events, but I am hoping our next one will be exciting and energised and productive. I've selected a very nice venue.



2pm Sunday 3rd April 2016

The Fickling Centre – top level

546 Mount Albert Rd, Three Kings, Auckland 1042 - behind the Three Kings Library, which is just along from the Countdown Supermarket area in Three Kings – **lots of parking too.**

Our rules state that we must have a minimum number of members present, so please think about coming along – if transport is an issue, don't let that stop you. Like I said, use your voice! Ring us and let's see what we can organise for transport. Please let us know if you will be there so I can send you the agenda beforehand.

Did you notice the 0800 number above? We got this because we know that not everyone has a mobile phone and not everyone likes ringing mobile numbers from a landline. So we made it a free call for you to ring us. Marle our Field Officer takes those calls, so if she is driving or whatever, please leave her a message.

Ok, so here is a list of what's been happening...

- 1) I applied to Z Energy's "Good in the Hood" fund raising campaign, at the Royal Oak Z petrol station. When I applied there were 7 other organisations as well and only 4 get chosen for each petrol station. I should hear end of April if we are one of the 4.

(fingers crossed!) I said that we need the funds to organise bus trips for our members, which we are planning for, and also looking into a Wine Tour on Waiheke.

- 2) Since Marle is our public facing person, we wanted her to look professional. So she ordered a professional smock to wear on such occasions. See photo taken with Sean Gray CEO of the NZALS. (I am the short one in the middle!)



- 3) Our annual financial accounts have been audited by the New Zealand Trustee Association ready to be filed now with the Charities Commission. Remember also that we are a registered charitable trust and all donations and subscriptions qualify for tax rebates.
- 4) Anybody interested in being nominated for the National Executive of the Amputee Federation or being considered for the NZ Artificial Limb Service Board, please contact Marle who can put you in touch with Lorraine, the national co-ordinator.
- 5) As part of our marketing strategy, we have ordered two flags, similar to the ones you see at Real Estate Open Homes., with our logo, colours and contact details. One will 'live' at the Limb Centre in Auckland and the other will be 'mobile' and go with us to identify our group at gatherings which we are planning. We have also been putting up posters around various places that Marle visits, like Rehab Plus, some hospital wards, and any other venue where there is space, hoping to make ourselves more known to people.
- 6) Janis Bourne who does the Total Mobility applications, has a new email address janisbourne@gmail.com or phone 09 833 8057. Talk to Janis if you want to get a Total Mobility card which gives you 50% discount on transport through an approved provider such as Driving Miss Daisy and some taxi companies. Janis has the details.

Ok, that's all 'our stuff', now what about 'your stuff'?

Proposed Meet Ups.

We've included a map of the Auckland CBD because we are holding some Meet Ups in the central Auckland area for a start, until such time as we get to know each other and the areas we are in. This map is especially designed with 'Accessibility' in mind, even the gradient of the streets is shown, plus where you can park with a permit if you have one. Check out on the side of the map, it shows exactly where the wheelchair access toilets are, and where the disabled parks are.

Sunday 20th March 2016 1pm – 4pm – The Band Rotunda – Auckland Domain.

<http://www.musicinparks.co.nz/events/detail.asp?ID=1804>



This is a free concert put on by Auckland City Council as part of their Music in Parks program.

The Auckland Jazz orchestra is playing along with La Luna and the Gadjos. La Luna and her Gadjos perform vibrant and vivacious French chanson, gypsy swing to New Orleans par excellence.

We hope to have our flag with us so you can spot us easily, but if it is not ready in time, you at least know what Marle and I look like, as per the photo of us above. We are taking our own picnic refreshments and a chair to sit on, and it is, sit back and enjoy the music. People can stay for as long or as short as they like, and it's a very relaxing atmosphere, just to hang out together on a Sunday afternoon. This would be a great time to catch up if you're thinking of coming to the AGM.

17th April – Sunday from 3pm – Auckland Fish Market –

Jellicoe Street - Wynyard Quarter. Parking website here:

http://www.parkopedia.co.nz/parking/carpark/jellicoe_street_car_park/1010/auckland/

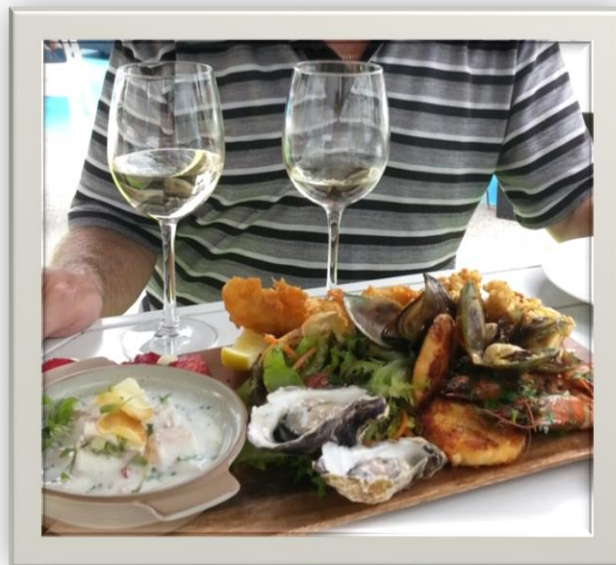
(The Society will provide up to \$20 per member to pay for meal/drink)

For a late lunch or early dinner of fresh seafood (and other things) or just hang out with a coffee or a cold beer or glass of wine, this is a really nice venue, easy access, and on the City Link bus route if you can get the bus or train to Britomart, the red City Link bus goes to the Wynyard Quarter. Travellers over the age of 65 get free bus travel around Auckland by showing their Super Gold Card.

Again, we will be there with our flag, so come on and venture out a little so we are not sitting there

all lonely and by ourselves! 😊

We've been there before and love the Seafood Platter! Does this look mouth-watering, or what!!



And one more date we have finalised is with

Bunnings in Mt Roskill

Saturday 14th May from 7.30am – we are booked in to run the sausage sizzle outside this store.

We are looking for 'keen barbeque masters' to help out on the day. Contact Marle for this.

And now for some more fun stuff.....



Disabled patrons in a wheelchair have FREE entry to the stadium and disabled seating facilities for selected matches including Super Rugby and ITM Cup Rugby.

Care givers are also free (for Super Rugby and ITM Cup) and tickets can be obtained through Auckland Rugby Union on **(09) 815 4823**.

Disable seating is located in both the North and South Stands with fantastic views, easy access to retail and bathroom facilities and a convenient seat for your friend or carer.

Yoga and Pilates groups. Talk to Marle if you've often thought about doing some gentle Yoga and Pilates exercises especially designed for amputees. We have instructors who are more than happy to donate their time towards this. We also have the wonderful Martha, a second year student helping us with any sport and recreation activities. Here is her email to us last month...

Hi there,

I am writing to introduce myself and to ask about the possibility of volunteering with your organisation. I am based on the North Shore of Auckland as a second year student studying Sport and Recreation at AUT University. I have been looking for an amputee organisation that would help me learn more about my passion for sport and helping people in society. This semester my timetable gives me afternoons free as well as Tuesday's and Friday's free which would allow me to get involved and assist with the organisations activities, programmes or events.

I'm hoping that my volunteering experience will also enable me to develop contacts within the field and prepare me for my extensive co-operative education industry experience in my third year at AUT University.

I look forward to hearing back from you.

Martha Delmonte

How about going diving? Read our email below....



Sly@DiveWithSly <sly@divewithsly.com>

Hi Marle

7:40 PM (14
hours ago)

Generally all dive training is funded for people living with disabilities therefore there is no cost for anyone signing up for DDI dive training.

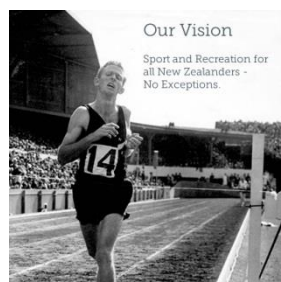
Courses depend on the trainee, usually one on one and can vary in length from 2 weekends to 8 weeks. Please let me know if you had further questions, would be happy to give you more information, course details, etc.

Thank You, Warm regards, Sly www.divewithsly.com

ALSO, check out these websites, or give Marle a call if you want to get into some activities.

<http://www.parafedauckland.co.nz/> They have Archery, Boccia, Curling, Cycling, Lawn Bowls, Para-rowing, Powerchair sports, Powerlifting, , Shooting, Swimming, Table Tennis.

www.halbergallsports.co.nz Founded by Olympic champion Sir Murray Halberg in 1963, their mission is to enhance the lives of physically disabled New Zealanders by enabling them to participate in sport and recreation.



What about going sailing? (all ages)



Accessible Sailing Auckland

Time 10.30am

Date Saturday, 5 March, 2016 and every second Saturday.

Venue The Anchorage, off Pinecrest Drive, Fairway Bay, Gulf Harbour

Come along and experience the fun of sailing!

The sessions are held every second Saturday at 10.30am. Please email sailabilityauckland@xtra.co.nz for the schedule and to make a booking.

The first two sailing sessions are free.

One off group sessions are available by prior arrangement.

All disabilities are catered for, no prior sailing required, life jackets supplied and a hoist if you need it.

To book or for further information please contact: Tim at Sailability Auckland. Phone: 09 834 0557 or 027 484 4716 email: sailabilityauckland@xtra.co.nz

Needs Assessment and Service Coordination services

If you or someone you care for needs support because of a disability, you'll need to talk to a Needs Assessment and Service Coordination service (NASC).

What's involved in a needs assessment

A needs assessment looks at your abilities, resources, goals and needs. The NASC will work with you to identify which of these is most important.

The goal of the needs assessment is to figure out how to maximise your independence so that you can participate as fully as possible in society.

Who's eligible for a needs assessment

- likely to continue for a minimum of 6 months
- reduces your ability to function independently, to the extent that ongoing support is required.

Getting a needs assessment

In most cases, you need a written referral before a needs assessment can take place. You can get a referral form from a NASC. You can refer yourself, or any other person or organisation can make the referral for you, as long as they have your agreement.

Once the NASC has your referral, it reviews your eligibility for Ministry of Health-funded disability support services. They'll make an appointment to see you with any family, whānau, aiga or carer you would like to have with you.

Contact details for your local NASC

Whangarei – Northland – Northable Matapua Hauora, 40 John Street, Whangarei

Phone 09 430 0988 Email drc@northable.org.nz

Auckland – Taikura Trust Building 1 Level 1, 570 Mt Wellington Highway Mt Wellington

Phone 09 278 6314 or 0800 TAIKURA (824587) Email info@taikura.org.nz

Other general bits of information:

- We found out that Red Cross provides some transport in the Whangarei area or phone 0800 RED CROSS (0800 733 276) to book at least 24 hours before travel.
- In Kaitia there is a Community Shuttle Service – phone 09 408 2436
- Through the Disability Allowance (Work and Income), the cost for a medical alarm can be covered.
- St John provides a service called Carer Calling which provides telephone support to people in need – phone 0800 000 606
- The DIAS – Disability Information Advisory Service can help with equipment and modification. Phone 0800 DSD MOH (0800 373 664)
- For vehicle modification possibilities contact Accessible (Auckland/Northland) on Phone 0508 001 002 or look at this website
- <http://www.health.govt.nz/your-health/services-and-support/disability-services/types-disability-support/equipment-and-modifications-disabled-people>

Equipment and modifications for disabled people

The Ministry of Health can provide different kinds of support if you have a disability. This includes equipment and modifications to your home or vehicle to help with your everyday activities.

And finally, some inspiration for you.

We hope, by this time, you would have enjoyed your lollipop!

Watch this You Tube video:

A young amputee girl performing a gymnastics routine on a Beam.

<https://www.youtube.com/watch?v=rv122Q9pmXg>

And a personal story written by Jess Quin and published with permission from Jess. Thank you Jess.

October the 25th 2001, 14 years ago, I weighed 18kgs, had no hair, a feeding tube in my nose, a bag of chemo attached to a tube in my chest, surrounded by nurses and surgeons telling me everything was going to be ok. I was preparing for the next day that would (hopefully) save my life but also turn it upside down and inside out.

This used to be a sad day, a day I'd beat myself up and ask "Why?", now it's a day I celebrate. Because I made it! I kicked cancers BUTT. A day I learnt just how lucky I am & just how quickly your whole world can change but that doesn't mean it has to be bad - you just have to find the good elsewhere.

I consider myself lucky to have learnt how short life is at such a young age as its given me the positive outlook I now have on life. I don't wait to do things, I don't sit around and hope someone is going to build my dreams for me because this life can be taken at any second.

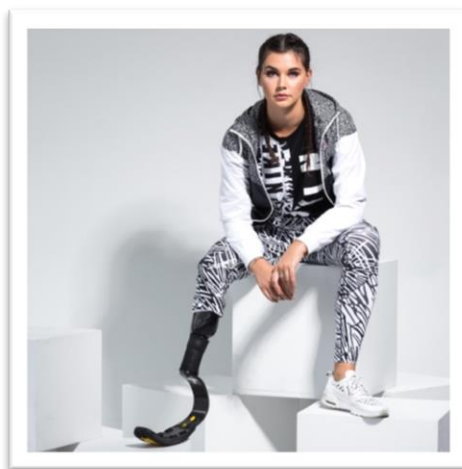
Ask me a few years ago if I would change what happened and live a 'normal' life, I would've jumped at the opportunity & now I'm not so sure. It is because of these lessons I've learnt, the people I've met and the peace I feel with myself - I know that I can fight anything that I'm faced with and that is a strength I could never give up.

I used to try to find reason for why my life turned out the way it did and it's only in the last few years that I have. I never understood why people said I was inspiration, remarkable, when in my head I was just doing what I had to do to survive.

I now understand that my story and outlook is unique and how lucky I am that I have a platform where I have the ability to influence people's lives. And in doing so, I have found the reason why I now live the life I do and I don't think I'd choose another way. At the end of the day - a second leg would be nice but a life is even better so I'll take it and run (literally).

Jess Quinn – Instagram name [jessicaemilyquinn](#)

This is Jess.



Until next time, remember our theme...

“Your Voice is Our Endeavour. “

Just like the founding members of what was the New Zealand Civilian Amputee Association Inc, in 1947, they used their voice to say what they needed, and look what they have achieved in our country for themselves and others!

Cheers from Helen and other committee members, plus Marle and Martha and family and friends.