



Amputee
Society
of Auckland &
Northland Inc.

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NEWSLETTER May 2022

President report – Katrina Bungard April 2022:

With 2021 now well behind us it is with pleasure that I report on our 2021/2022 year.

Firstly, it is important to acknowledge the climate that we have found ourselves in as a society. As is the case with most organisations, the covid 19 pandemic and associated lockdowns have been disruptive to our ability to host regular face to face functions and meetings during 2021. Despite this, our executive continued to meet monthly through Zoom meetings. These provided us the ability to have some much-needed contact throughout the Auckland lockdowns, and also allowed us time to discuss ideas around the society moving forward. Unfortunately, plans for our group to join in with Amputee Awareness week in September / October 2021 were cancelled due to covid restrictions and the Auckland lockdown being extended over this period.

During our monthly executive meetings, it was decided that we would do some membership research by phone calling our existing member base to enquire on their wellbeing and also on whether they would like to join any functions in the future (post pandemic). The committee decided that this would be a good way for our society to move forward with understanding how we could better cater to the needs of our membership. Our Secretary, Kathy Palmer, distributed each committee member a list of names so that we were able to contact financial members for this research.

From this experience, we learned that our existing membership base are predominantly elderly members, who tend to enjoy reading our newsletter, however are not particularly interested in attending events. This was good to know, however somewhat disappointing, as much of our past activity and Peer Support has been initiated through regional society events. Subsequently, we have decided to discuss this trend with other regional societies at the Amputee Federation conference in Wellington on the weekend of 8 to 10 April 2022, in order to establish what other societies are doing to overcome these issues. It was also decided that this would help us to establish if this is a widespread trend among other societies. Our predictions are that this is not an isolated trend, and particularly in the covid climate, events have not been popular.

Earlier in the 2021 year we were fortunate to have benefitted from a generous group GeneratorNZ led by Mea Grgec, who had decided to make the Amputee Society of Auckland and Northland Inc their chosen organisation to donate to for their Charity Fundraiser. The group raised money via a Give A Little Page for a marathon their team participated in to raise money for our society. Mea said that they decided on our Charity after her father was recently made an amputee, and she liked the idea of providing opportunities for our group to provide

Peer Support. Their fundraising efforts contributed \$3,143.00 to our society and we are of course extremely grateful for this.

In January, the committee were able to have a small New Year Function, with Katrina Bungard, Kathy Palmer and Janis and Leanne Bourne attending Lunch at Orewa to celebrate the festive season, it was nice to finally be able to meet in person at a dining venue after the ability to do so had been restricted for so long.

As we look forward to the following year ahead, and continuing to move forward in further establishing our society, I would like to thank our committee members for their ongoing support and commitment. A special thanks goes to Kathy Palmer for her tireless work as our secretary / treasurer over the past year. I would also like to thank our Vice President, Steve Inglis, for his input over the year and George Marr for sending out our Zoom meeting links and keeping us all connected. And as always, thanks to Janis Bourne for her input and contribution on many aspects of our society throughout the year. A huge thanks to the whole committee for their time and contribution, particularly around phone calling our members in order to gain valuable information and keep everyone connected throughout a challenging time.

Kathy Palmer and myself will be attending the Amputee Federation of New Zealand Inc conference in Wellington, as Delegates, with Colin Smith from Whangarei and Janis Bourne from Auckland attending as Observers, and reporting back to our team on how we may be able to move forward with some new ideas to invigorate our society.

Katrina Bungard
President
Amputee Society of Auckland and Northland (Inc)

AGM

We held our AGM on 3 April 2022. Despite the current covid climate, we were able to establish a committee of members to assist our Society moving forward. However, we are always looking for new Society members and anyone who may be interested in joining our committee. New members are always welcome. Feel free to contact Katrina on 0800 528 286 if interested.

Treasurer, Kathy Palmer, now has the financial report in a format acceptable to the Charities Commission. The society is in a comfortable financial position. Copies of the financial reports are available to financial members upon request.

Katrina Bungard

This is Katrina's second year as our President. Here is a brief breakdown of her busy life to date.

Katrina is an above knee amputee, having lost her left leg to bone cancer (osteogenic sarcoma) at the age of 11 years. She is now 38 years old and lives in Auckland with her husband Mark, and their two sons, Nathan (age 14 years) and Samuel (age 10 years). She has been a member of the Amputee Society of Auckland and Northland (Incorporated) since 2018 and the President for the second year.

Katrina is a member of the NZ Institute of Directors; Katrina has spent 9 years in local government and has held a variety of positions and portfolios as an elected member of both

Counties Manukau District Health Board and the Howick Local Board of Auckland Council. She has also been an active member of the Auckland Disability Advisory committee; a director of the Manukau East Council of Social Services and a member of Parafed Disability Sports.

Katrina also works in Education Leadership and Management. She has taught in a number of secondary schools over her 15-year teaching career, enjoying a variety of positions as a Head of Department and Deputy Principal. Katrina currently is employed at Mahurangi College as The Lead Programme Manager for Special Education and ORS funded students.

Katrina is passionate about ensuring equitability across the disability sector; particularly in regard to addressing the disparities between ACC and MoH Funding. She would like to become more involved with Amputee Federation of NZ Incorporated to ensure that these issues are appropriately addressed during this time of Health sector reforms and the amalgamation of the District Health Boards.

Mr Geoff Lamb ONZM, FRCS

At our Annual General Meeting, our esteemed Patron resigned from his position as Patron of our society. This was a sad time for some of us who have known Mr Lamb for many years.

Firstly, as the Orthopaedic surgeon at the Auckland Artificial Limb Centre. As we all know, the surgeon gives the final approval if a new limb is to be completed. Mr Lamb, always greeted us with his half glasses down his nose, and a cheery, hello, while reading our notes. You need a new limb? Yes, okay, I can approve this.

When the writer was elected onto the committee over twenty years ago, this all changed, and he was more friendly and welcoming. Apart from being appointed Patron of the Society, he was also made an Honourable member of our society. A Knighthood was bestowed upon him before he retired. There were a number of people who were involved in this. Mr Lamb was made Vice Patron of the Federation in 1980 and served on the Artificial Limb Board, representing Surgeons in the early 2000.

A truly amazing gentleman.

Crutch Stand

Thanks to Steve Inglis

It's a product which lets you stand crutches vertically to keep them out of the way and to avoid having to bend down to pick them up all the time. It's an Australian design which Steve's wife found online. They don't currently ship to NZ so they had to purchase it via their daughter in Brisbane. Steve reports that it is quite compact and works well. Steve has stated that he is not on commission ;) but is happy to pass on the contact details if anyone is interested.

<https://photos.app.goo.gl/V51TLHvrCgrkhncD>



Amputee Federation – Amputee Society – Artificial Limb Centre – Peke Waihanga - Peer Support

During conversations with members at the end of 2021, we were made aware that members were not aware of the differences between these organisations. This will clear up misunderstandings.

Amputee Federation of New Zealand Incorporated – This is a national organisation that is made up of the eight regional or district Amputee Societies. The executive is elected by delegates at the annual conference. One of the purposes of Federation is to encourage some uniformity of societies.

Contact phone number (03) 455 6347

Amputee Society of Auckland and Northland Inc – This is the district or regional society that you are a financial member of and the reason for receiving this newsletter. Our region covers from the Bombays in the south to Cape Reinga, in the top of the North Island. Any amputee is welcome to become a financial member of the society. Support people are welcome to join as an Associate Member. It is from these members that our committee is created/elected.

Contact phone number (09) 430 6499

Artificial Limb Centre – Peke Waihanga – This is the organisation that provides our prosthetic limbs. It is a business that is mainly funded by the Ministry of Health and Accident Compensation Corporation.

Contact phone number (09) 630 0644

Peer Support – This is an organisation that puts an amputee in touch with another amputee, matching people of similar amputations, along with other criteria. The Peer Support Volunteers are all amputees. Wherever possible face to face conversations can be arranged but sometimes a phone call or video call is possible

<https://www.pw.co.nz/support/>

Peer Support is supported by Peke Waihangā

Contact phone number Toll free 0508 733 778

I hope this helps remove any confusion.

Phantom Pain

An interesting speaker at this year's annual conference was Danyel Degenhardt talking about managing phantom pain.

Danyel lives in Whakatane and is a certified hypnotherapist as well as a trained physiotherapist. He asked for volunteers to experience an initial session of hypnotherapy focusing on each person's pain at the time. Of the seven who volunteered 6 reported an improvement in their pain. For some, this relief lasted for several hours.

You may have heard of the saying "No brain, no pain." Well Danyel takes it a step further, "No body, still no pain." Yes, he is talking to amputees.

For more information about Danyel, and his therapy take a look at his website. He has a video on the home page that introduces himself to you.

<https://www.rethinkpainworkshop.com/>

The Future

A little time was spent on the Sunday morning of conference discussing the falling membership numbers each and every society is experiencing.

This becomes more confronting when there are about 500 new amputees in New Zealand each year. As at December 2021, 53 amputees were members of a society. Why such low numbers?

One of the big challenges is making contact with new amputees – due to privacy laws New Zealand's medical system can not pass on contact information to support groups. How can we get around this?



It was recognised that Covid 19 has had an effect, but this issue is bigger than that. The best suggestion the writer heard was that the Amputee Federation of New Zealand Incorporated engage a professional to review our organisation and attempt to identify changes we could make. Of course, this would not happen overnight, what sort of professional? How

much would it cost? Can funding be arranged? Setting clear guidelines and many other things will take time but we look forward to hearing more about how we can move forward with this.

In the meantime, what can we do to help ourselves?

Ask what current members would like?

Consider the intergenerational difference of members?

Get prepared for the next generation of amputees in a different world to what many of us have experienced – what are we offering them?

Encourage the involvement of younger amputees, beyond and including the “Give it a Go” participants.

Have a presence on Facebook, Instagram, TikTok.

Ask new members what they can do for us when they ask “What will I get out of joining our society?”

Organise public events in malls, main streets, etc

If you have any ideas, we would love to hear from you?

If you have some time to become involved, then we really do need to hear from you.



Finally



On a positive note, our president, Katrina Bungard has been elected onto the Amputee Federation of New Zealand Incorporated,

as an executive committee member. It is hoped that she will be able to have some positive input along with other big changes on the executive this year.

Many of you will have heard of Lorraine Peacock, who has been involved with the Otago Southland society and the Federation of New Zealand Incorporated executive for many years. Lorraine has stepped down this year and her role has been split into two. We wish her well.

Not quite the new kid on the block, Korrin Barrett was elected as president of the Amputee Federation of New Zealand Incorporated. Korrin is an amazing woman, 25 operations and four amputations. You may have seen her story on TV "I am" on TV 1 on 26 October 2021 at 8.30 pm. If not then Google her, you will be inspired.

Enclosed or attached is the March 2022 edition of "Purpose", and the "Moving Forward" A further 25 years, written and presented at the 75th anniversary of the Amputee Federation of New Zealand Incorporated, by Lorraine Peacock. Some of you may have her first book, "A Challenge with Purpose, A history of the first 50 years of the Amputees Federation of New Zealand Incorporated" presented in 2002. For those who are receiving this via email, if you would like a printed copy, please contact the society to arrange for one to be sent via post.

Regards

Amputee Society of Auckland and Northland (Incorporated)
2022 Committee