



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

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Hi All,

November 2022 Newsletter November 2022 Purpose

Goodness, November already! Where has the year twenty twenty-two disappeared to?

December 2022 next month, and then it will be twenty twenty-three, "another year older another year wiser" as the saying goes.

Attached or included is the November 2022 issue of the Amputee Federation publication of Purpose. Enjoy reading and hearing about fellow amputees and their journeys. Always inspirationally reading.

Special General Meeting

This was held via a joined zoom meeting at three locations: the Auckland Artificial Limb Centre, Horopito Street Mt Eden; at President, Katrina Bungard's residence and at the home of Committee member Colin Smith and his wife Irene in Whangarei.

Janis Bourne and Steve Inglis were at the Auckland Artificial Limb Centre, ready and willing to meet fellow members.

Janis, you really didn't need to make all those Asparagus rolls. Just as well I didn't make the banana cake.



President, Katrina Bungard, attended at her residence with fellow committee members.

Colin Smith and Kathy Palmer attended at the Whangarei residence of Colin Smith.

All members were welcome to attend any of these venues, or via zoom on line in the comfort of our own homes, in your own armchairs with your usual cup of tea, or coffee or a glass of your evening wine.

During our Special meeting, the changes to our Rules were passed as per suggested by the Amputee Federation of New Zealand. Our society is now in line with Federation Rules. If any member would like a copy of the rules, please ask and a copy will be forwarded, either via email or by hardcopy.

NZ Post

Unfortunately, NZ Post seem to be changing options regarding delivery days and dates. We are aware some mail may have been late in arriving; hence knowledge of the impending meeting was not notified in the correct time frame. This is most unfortunate. The committee did cover all bases, publishing the meeting on Facebook and other known websites.

The better option is via email. We are aware however that email does not suit everyone, however if you do have an email that you have not previously provided to us, please let us know if this is your preferred method of delivery for our newsletters and updates.

Annual General Meeting

This important meeting where we elect committee members for the roles of President, Vice President, and all other committee members, has been set for Sunday 2 April 2023, at the Peke Waihangā, Artificial Limb Centre, Horopito Street, Mt Eden.

Options to attend include in person at the Limb Centre or via zoom. Please contact Katrina Bungard on the Society email address of anamputeesociety@gmail.com for the zoom link if this is your preferred method of attending.

We need to grow our numbers again, after the last couple of years of Covid 19 lockdowns. Any suggestions would be greatly appreciated.

In years gone by, the society have held Barbecues, Mid-winter Christmas Lunches, social gatherings of cups of tea and coffee at the Limb Centre, usually on Sundays, so all those working amputees and families can attend.

Peke Waihangā, Artificial Limb Service and Orthotic Service

Peke Waihangā according to The Reed Concise Māori Dictionary, means "limb build".

We have expanded the services we provide patients with the introduction of the orthotic service in August 2021. This contract covers the Auckland region (excludes Northland) and includes having staff based in the hospitals as well as a community clinic based at Unit 1.02, 72 Dominion Road, Mt Eden. We now have a clinical team of 7 orthotists and 2 podiatrists lead by Helen Marshall in her role as orthotic service manager and 3 orthotic service coordinators lead by Annette Hopa in her role as orthotic service coordinator lead. We have also increased the technical team to provide support to both services. If prosthetic patients are assessed as requiring orthotic support, an orthotist or podiatrist will be booked to attend the prosthetic appointment.

The prosthetic team remains the same with the only staff changes being two new service coordinators Olivia and Monique. They are supported by Sarah Rigg in her role as prosthetic service coordinator lead.

Peke Waihangā will be closed over the Christmas period from 12:00pm Friday 23 December and re-open on Wednesday 4th January 2023. There will be a prosthetist on call to provide phone support if required

Peke Waihangā Artificial Limb Service free phone 0508 630 630

Submitted by Stephanie Shennan, Northern Regional Manager, Peke Waihangā, Artificial Limb Service and Orthotic Service

Northland/Whangarei Amputees

In what is hoped to be the beginning of something for all Northland amputees a monthly shared lunch is being organised in Whangarei

Yes, I am aware that some of you live in Kaitiā, Takahue, Kohokohu, Dargaville, Ruawai, Opua, Kaikohe, and Kerikeri and that for some of you it is still a couple of hours travel to Whangarei. I also know there are others out there who have not made contact with the Amputee Society of Auckland & Northland Inc.

My vision is a regular gathering for amputees. Maybe this is just two or three people in our smaller towns along with a bigger group in Whangarei. Amputees sharing the challenge of being an amputee and sharing ways to meet those challenges positively

Our initial gathering on Sunday 2 October saw 9 amputees along with 5 spouses enjoy meeting each other and sharing conversation and lunch

I hope it was just the rain on Sunday 30 October which saw only 4 of us gather.

The next function will be on: **Sunday 27 November 2022**, from **11.15am to 2 pm**
At: **The Anglican Care Centre, Deveron Street, Whangarei.**

Tea, coffee and hot chocolate will be available. Please bring a plate for a shared lunch. For any suggestions or queries please contact

Kathy Palmer

anamputeesociety@gmail.com

or telephone (09) 430 6499

Peke Waihanga – New Zealand Artificial Limb Service - Whangarei Base Hospital

Claire Murrin, has taken on the role of Physiotherapist for amputees at the Whangarei Base Hospital.

Claire also runs a clinic at ASB Stadium in Kensington a couple of days each week specially for amputees. She also visits new amputee patients at Whangarei Base Hospital. There are more than 17 physiotherapists at the hospital, but Claire is employed especially by the Limb Board to help and support amputees.

If you feel you need some help with your prosthetic give Peke Waihanga a call on (Free phone 0508 630 630) and arrange an appointment to meet Claire. This may save a trip to Auckland or having to wait for the monthly Whangarei Clinic.

Subscriptions

Our yearly subscriptions of \$10.00 per year are due from 1 January to 31 December. Remember to ensure these are up to date in order to receive regular newsletters and the Federation Purpose Magazine. Remember, your membership allows for attendance at our regular social get togethers as well, which will be more frequent now that covid lock downs are behind us. These are a great way to connect with fellow amputees.

Payment can be made either at the Auckland Artificial Limb Centre, or via internet banking, the account number being 12 3061 0190809 00.

Donations are always welcome and appreciated. Remember, donations over a certain amount are tax deductible.

Quality of Life

The quality of life that you will ultimately enjoy, is not determined by what happens to you, but how you deal with it, and what you decide to do about it.

With Christmas and New Year literally, around the corner, the committee would like to take this opportunity to thank all paid members for their subscriptions and donations over the year.

The committee hope 2022 has been a positive year, no lockdowns is the first winner. We look forward to working with as many amputees and their families as possible in the coming year.

Katrina, Steve and committee would like to wish everyone a safe and happy festive season. If traveling, take care, share the driving, take regular breaks and above all have fun!

Regards
Janis Bourne
Auckland Contact Person