

doing more
with less!



Amputee Society
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Quote of the Month:

Old age isn't so bad when you consider the alternative. Maurice Chevalier.

Fun Fact:

A jiffy is an actual unit of time for 1/100th of a second. Thus the saying, "I will be there in a jiffy" Now that's quick !

Editor's Message

Disclaimer: The information contained in this newsletter does not necessarily reflect the views of the Amputee Society of Canterbury/Westland)

Until the last few years, the cultural norm was that it was improper/unseemly to talk to a person about their death and what they intend to do with their estate. Views on this subject have changed significantly because death is no longer a taboo subject and partly because well known & respected charities like The Salvation Army, St Johns, Cancer Research and others have successfully promoted legacies amongst supporters and beneficiaries without any adverse effects. The reality is that we all know we are going to pass one day and doing a little planning is not only sensible but can also provide an ongoing base for a chosen organisation to provide services to their members.

Legacies are a major source of income for many not for profit organisations but traditionally, not for profits felt that asking supporters and beneficiaries was dangerous because it could offend supporters and make beneficiaries feel that there services would be compromised if they did not comply. My own personal view is that we should not in any way be afraid to discuss such matters.



Affiliated with the Amputees Federation of New Zealand Inc.

Editor's Message cont:

Charities have for many years, experimented with various forms of fundraising activities but because of a change in views on the subject, people seem much more comfortable nowadays in talking about what their intentions are upon their passing.

Pecuniary legacies are where someone, in a will, specifies that an amount should be left to a person or organisation.

To achieve this, a codicil which is a short, simple legal document, can be appended to a will which can easily amend an existing will to add a fixed sum (effectively a donation) to be given to a non-profit organisation or charity of your choice.

If you have been involved with an organisation either through membership, service or you simply respect the work a charity does, what better gift could you possibly leave upon your passing than a legacy income. The best place to start that discussion is among your family, trusted friends and/or your solicitor.

Profile: Debbie Hockley.

Meet Debbie Hockley-Physiotherapist ChCh Limb Centre.



Debbie was born in Christchurch in 1962 and grew up in the seaside suburb of North New Brighton along with her 2 sisters and a brother. She attended North New Brighton School before moving on to Avonside Girls High for her secondary schooling. She recalls her childhood being very enjoyable living close to the sea and being involved in many sports activities along with happy days of playing with local children. Debbie

says that her family times, even to the present, are fun-filled, happy and the entire family is supportive of each other.

Upon leaving school, she worked in a market garden before becoming a motorcycle courier and in 1986, she moved to Auckland to complete 3 years of study at the Auckland Institute of Technology to obtain her diploma in Physiotherapy. Being an adult student and away from the learning environment for some years, Debbie found the whole learning process to be very challenging. She returned to Ch-Ch in 1990 and started working at Burwood Hospital in 1991. Debbie has, since this time, always been employed by the CDHB and has held various positions at all Ch-Ch hospitals. In 2003, she carried out a significant project in conjunction with the NZ Artificial Limb Board in relation to the journey amputees take through their entire

Profile: Debbie Hockley.

procedure within the hospital system. At one stage, she worked as an educator for the Canterbury/Westland Amputee Society which progressed to her being employed for a considerable period of time with the CDHB as an Amputee Specialist Educator.

A move to Adelaide in 2012 for 4 months was a most rewarding experience and upon her return, she obtained the position of Physiotherapist at the Limb Centre in April 2013 where she now works part-time on a Tuesday & Thursday. Debbie states that she enjoys immensely working at the centre with amputees and fellow staff.

Debbie has had an illustrious sporting career in her chosen sport of cricket and in 2014, she was inducted into the ICC's Hall of Fame for her services to women's cricket in a ceremony at the Sydney Cricket Ground. Her fellow inductees at this time were, Bobby Simpson, Adam Gilchrist & Waqar Younis so she was in esteemed company. She represented NZ from 1979 (as a 16 year old) until 2000 appearing in 118 one-day games as well as 19 test matches. Debbie had the distinction of captaining NZ over 4 different periods of her career.

- **Favourite food:** Pasta & roast lamb.
- **Favourite place:** The south of England, Italy but most especially NZ and the Marlborough Sounds.
- **Favourite music:** U2.
- **Favourite movies:** Shawshank Redemption/Notting Hill/Schindler's List.
- **Favourite authors:** Elizabeth George/Michael Connelly.

Hobbies/activities: Walking on the beach/Tramping (completed The Routeburn track last Easter)/Soccer/Cycling & watching sport.

Looking back on her life, Debbie says feels blessed with the opportunities she has been provided with in both work & sport. The greatest risk she ever took was to give up full-time work but she states that this decision has also provided her with many wonderful opportunities. Debbie has travelled extensively with her work, sport and also in her personal life to Australia, Europe, Asia, the South Pacific and the USA. She admits to finding it hard to exercise in the chilly winter months of Christchurch but really enjoys reading and taking walks on the beach, especially at Sumner where she has lived for the last 20 years.

To finish, Debbie states that she absolutely loves spending time with her friends & family and creating experiences to relish and enjoy.

Patient Fitted With Prosthetic Leg That Can Feel

Austrian researchers have fitted a man with a sensory-enhanced prosthetic leg that can produce feeling, which they say increases safety and reduces phantom limb pain. "The re-established transfer of information also contributes to a more natural integration of the prosthesis into the body concept of the patient and, in this case, has led to the complete disappearance of previous long-lasting pains," announced the [University of Applied Sciences Upper Austria \(FH Upper Austria\)](#). The researchers, who are with the Research Group for Arm and Leg Prostheses Linz (ReALL), Department of Medical Technology at FH Upper Austria, provided a live demonstration of the prosthetic leg at a press conference in Vienna, Austria, on June 8.



Prior to the fitting of the prosthetic device in laboratory conditions, the patient underwent targeted sensory re-innervation, a selective transfer of nerves from the residual limb, during which the sensorial nerve endings that once relayed communication from the sole of the natural foot were reactivated to serve as an indicator for pressure on the sole of the prosthetic foot. Six sensors were then attached to the foot sole of the prosthesis; the sensors are linked to stimulators inside the socket, allowing the patient to receive sensations from the prosthesis. The neural interface can then communicate feeling from the sole of the user's prosthetic foot, providing information about the type of ground that he or she is walking on and awareness of obstacles, which can reduce the risk of falls.

The initiator of the research project, Hubert Egger, PhD, a professor of prosthetics with the Department of Medical Engineering at FH Upper Austria, also headed the development of a prototype of a mind-controlled and sensory-enhanced prosthetic arm as the head of research and development of Ottobock, Duderstadt, Germany.

Content provided by The O & P Edge

Conference Update:

A reminder that Canterbury/ Westland is to host the National conference in Christchurch on April 15th-17th, 2016. The venue has been confirmed as The Sudima Hotel in Memorial Ave and it should be a fantastic venue given the major refurbishments that are expected to be completed by November this year. The sub-committee has made good progress with planning to date and encourage members to keep the dates in mind as they are committed to making the weekend both informative & enjoyable with fantastic guest speakers organised.

Good In The Hood



During May, the Amputee Society was one of the (4) charities being supported by Z Energy at the Moorhouse station. At the prizegiving on June 12th, we were presented with a cheque for \$990 so if you supported us in any way, a huge thank you for helping us achieve a fantastic result. Our grateful appreciation must go to the owners of the station, Hattract Services and to Z Energy for their invaluable support.



This money has been "earmarked" to assist us in our hosting of the national conference.

Volunteer Visitors Needed



WE NEED YOU !!!!. The society provides a hospital visiting service for both new & existing amputees and we are desperately in need of more members to assist us with this most worthwhile focus. Appointees should be able to display the following attributes;

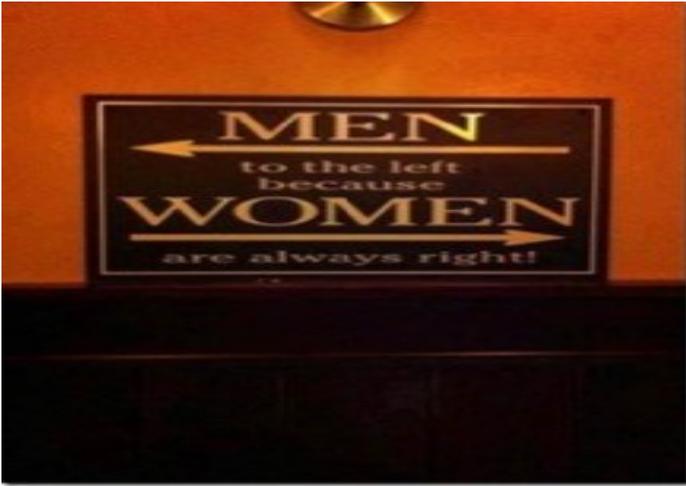
- ◆ A caring & supportive manner.
- ◆ Ability to communicate confidently & effectively.
- ◆ Be able to maintain confidentiality.
- ◆ Give support, information & advice to amputees & prospective amputees.
- ◆ Promote the work of the society.

If you are able to assist, we would really like to hear from you. Please contact Margaret on 349-7585.

Treasurer's Message

Hi everyone. As you will all know, the close off for financial membership was 30 June 2015, so if you have received this Newsletter then you will be up to date with your subs. Many thanks to those who have remained financial with us. Take care and try to keep warm. Ava.

Smile Awhile



TOILET SIGN READS:

Men to the left because women are always right !!!!!



Paddy sent his wife a text which read, "I am just down at the pub having a pint with the boys, I should be home in 20 minutes but if I'm not, just read this text again"

Web Sites

Amputee Society of Canterbury & Westland Inc.

www.amputeeinfo.co.nz

The Amputee Federation of NZ

www.af.org

Amputee Information

www.mossresourcenet.org

International Diabetes Federation

www.idf.org

Parafed Canterbury

www.parafedcanterbury.co.nz

Disability Awareness in Action

www.daa.org.uk

Amputee News

www.amputeenews.com

Disability Rights Commission

www.drc-gb.org

UN Programme on Disability

www.un.org/issues/m-disabl.asp

WEKA-NZ Disability Info

www.weka.govt.nz

Disabilities Information Service

314 Worcester Street, Christchurch

PO Box 32-074, Christchurch

(03) 366-6189

(03) 379-5939

9.00am - 4.30pm

Email: admin@aspirecanterbury.org.nz

Website: www.aspirecanterbury.org.nz

Amputee Coalition (USA)

www.amputee-coalition.org

NZ Limb Service www.nzals.govt.nz

Kipp's Patch www.kipps-patch.com

Nation Wide H&D Advocacy

Service – 0800 555050

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Manager

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Office administrator

Pauline Afitu
www.nzalb.govt.nz

Association Bank Info

Westpac 03 0830 026 4400 00

**Burwood Hospital
Hydro Pool**



Wed: 4-30pm-6-30pm

Sundays: 1pm – 2-30pm

This is with Parafed and there
is a \$2.00 charge.

Need Computer Help ?

Contact Joanne for advice
at very affordable rates.

Mobile 027 2909246

Home 942-5320



Christchurch City Council

Thanks to Our Sponsors:

