

doing more
with less!



Amputee Society

Canterbury & Westland Inc

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Affiliated with the Amputees Federation of New Zealand

October 2018 Contents

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Quote of the Month:

Even if you are on the right track, you will get run over if you sit there.

Will Rogers

Fun Fact:

Approximately 150 people are killed every year by falling coconuts.

Donald Duck comics were banned in Finland because he didn't wear any pants !!!

Editor's Message

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

I am using this month's editorial to advise members of the achievement of Kelly, our beautician/boxer who fought in a charity event at the end of August to raise funds for Child Cancer. As you will be aware, Kelly was able to nominate her own charity to raise extra funds for and she most gratefully chose our Canterbury/Westland Amputee Society. Kelly, her sponsors and support team put in a tremendous amount of hard work to make the event a success. Although I had tickets to go along on the evening to support Kelly, a family illness precluded me from attending but I did receive a text late that night to say, **"I won"**. Well done Kelly. Her fundraising efforts have raised over \$1500 extra funding for our society and this will go a long way to allowing us to continue supporting our fellow amputees. Kelly, on behalf of the society, we extend our heartfelt thanks for your fantastic effort and we are most humbled by your generosity to support us in such a way.



I took the opportunity to visit Kelly and her fellow staff at the Caci Clinic in Riccarton a few weeks ago and "shouted" the staff morning tea in appreciation for their super support.

The Amputees Federation annual conference is being held in Dunedin next April and we will be seeking funding to send as many of our members as we can. If you are interested in attending, please contact Mark Bruce, 337-5747 before the **end of October**.

Meet Sandeep Uppal:

When Sandeep Uppal arrived in New Zealand in July, 2012, he was too scared to talk to the person who was waiting for him. Sandeep had come to NZ to study towards a Graduate Diploma in Infection Prevention at Waiariki Institute (now, Toi Ohomai Institute of Technology) in Rotorua. In his native home of Sri Ganganagar in India's northern province of Rajasthan, he had spent his primary & secondary school years speaking only Hindi and it was only when he enrolled for a degree in prosthetics that the language of instruction changed to English. Even then, the emphasis was on writing, not speaking. In NZ, Sandeep quickly realised that if he wanted to achieve his career ambitions, or to have any chance of finding work, he needed to speedily improve his English and communication skills as the Waiariki course on its own was not going to be enough. Sandeep joined the public speaking group Toastmasters and he remembers his heart pounding as he first stood up to speak. He ended up winning competitions for his humorous and inspirational speeches with that, he joined Speech New Zealand for Certificate in Professional speaking, where his examination speech was about Prosthetics and Orthotics. All these things made a huge difference professionally in his life.



During study with Waiariki, Sandeep found work on the night shift at a service station and also started working as a care giver in Tauranga, where he travelled by Bus each morning after his night shift at the gas station. After completing study with Waiariki, Sandeep began looking for work that matched his qualifications as his job search visa was due to expire soon. Finally, he got a job offer in Wellington limb centre in April 2014. Sandeep spent 3 ½ years in Wellington before transferring to the Burwood Limb Centre in October, 2017. Sandeep lives in St Albans with his younger sister (Renuka) who is also doing well in NZ but his parents still reside in India. He has 2 special friends as well in Christchurch, they are like family to him with whom Sandeep spends his free time.

Sandeep had obtained his Bachelor's Degree in Prosthetics & Orthotics after 4.5 years of study in India back in 2011 and worked for Endolite India for 1 year. He had grown up in a happy and supportive family environment and although his parents found it hard financially, they would do whatever it took to assist Sandeep to follow his dreams. He recalls his Mum, Lakhveer, saying he should always be true to himself so he made plans to come to NZ to pursue his dreams. Sandeep has a very special relationship with his Mum and also with a mentor in Rotorua, "Jennie, his NZ Mum". Sandeep said "Many people in this world even don't have one mum and I am lucky and blessed to have 2 beautiful angels in my life, my Mum in India (Lakhveer Uppal) and in NZ (Jennie Arvidson).

Sandeep says that he is thoroughly enjoying his new life in Christchurch and is passionate about his role at the Limb Centre at which client focus is his primary objective. "Every patient has a different story and the way we communicate with them is also very different. Some are happy and enthusiastic, they like to walk, they are excited to have a new limb but some are not ready to accept what has happened to them. You need to be able to explain things to them, assure them that they will be fine and that they can trust you. You need to build that relationship"

Sandeep Uppal cont:

Sandeep is justifiably proud of his achievements in presenting to the World Congress of International Prosthetics & Orthotics, (ISPO) in Lyon, France, 2015 and in Cape Town, South Africa 2017. In addition, he also presented at Australian Orthotics and Prosthetics Association twice in 2015 and 2016. He is also currently the Secretary of NZOPA (NZ Prosthetics and Orthotics association). Earlier this year, he was an Ottobock Repair Centre Volunteer at the Para Sport Gold Coast Commonwealth Games which he described as one of the greatest experiences of his life.

FAVOURITE FOOD: Apart from Indian, Italian pasta dish with garlic & mushroom sauce.

FAVOURITE PLACES: Paris & Sydney.

ACTIVITIES/HOBBIES: Love to do Bollywood freestyle Dance but also likes contemporary dance.

FAVOURITE MUSIC: All genres but particularly ballads where songs have a story and meaning.

FAVOURITE MOVIE: The Fault in our Stars (about an amputee) & Bollywood Movies.

FAVOURITE BOOK/AUTHOR: The Laws of Spiritual World by Khorshed Bhavnagari and J K Rowling and the Harry Potter series.

Sandeep states that the greatest risk he has ever taken in his life was to travel to NZ to pursue his dreams but admits he is a risk taker and thinks that accepting the challenges has made him a stronger person. He also says that he finds it hard to say "No" to people but he has learnt to think about himself as well. Sandeep has travel experiences in Europe, South Africa, South East Asia and Australia as well as a lot of NZ.



Meet Craig Harrington:

Craig is the newest member of the Burwood Limb Centre staff having started there as a Prosthetic Technician in May this year. Craig was born in Christchurch in 1974 and lives at Rolleston with his wife Ana, their 4 year old son, 6 year old daughter and he also has a 16 year old daughter with whom he describes as having a "best friend" relationship with. His parents still reside in Christchurch and he has one older sister and 3 step-sisters. Craig completed all his schooling in Christchurch and it was when he was a 15 year old student in the 5th form at Christchurch Boys High School that he was involved in a motorcycle accident which necessitated him



Craig Harrington cont:

having his right leg amputated below knee. He had 6 months off away from school while he recuperated and entered the 6th form but as he describes, school was not for him and he left at the end of that year. Prior to his accident, Craig had been involved in the ATC, (Air Training Corp) and had visions of entering the Air Force but the accident put paid to those aspirations. At the age of 17, he did apply to the Limb Service to become a prosthetic technician but feels his tender age was against him and he did not get the job. His first job was with a wool press and hydraulics distributor and then moved on to become a manufacturing jeweller for a year but found this type of work very mundane. For the next 5 years he worked as a plastic welder before setting up his own business in the same field and ran this business for 18 years. It was while at the Limb Centre earlier this year getting an adjustment when Dion mentioned to him that a position was available and encouraged Craig to apply. Craig has nearly 24 years' experience in fabrication and composite work so his skills are very relevant to his new position and he states that he is enjoying his new role immensely.

FAVOURITE FOOD: Japanese.

FAVOURITE PLACE: Byron Bay, Northern NSW.

FAVOURITE MUSIC: Rock genre and the band Metallica.

FAVOURITE MOVIE: Dead Pool.

FAVOURITE BOOK: Silence of the Lambs.

ACTIVITIES/HOBBIES: Martial arts, Cross fit, Drumming and anything to do with motorcycles. He said he loves to "tinker".

Craig said that he had a very happy childhood and apart from his accident, he has great memories. He enjoys catching up with his extended family and playing golf with his Dad although he would like to do that more often. In looking back, Craig feels that he has taken every opportunity presented to him throughout his life and loves to take on new challenges. He feels the greatest risk he has taken in his life to be leaving his successful business to start his new career but is pleased everything has worked out so well.

Craig has travelled quite a lot around Australia and has seen much of his home country. He finds it hard to sit still and is happy when he is able to "fix things"

Welcome on board Craig and we look forward to seeing your smiling face when visiting.

THE ATHLETES FOOT:

SINGLE SHOES FROM ATHLETES FOOT. After a similar gesture late last year, we have received another donation from Simon at The Athletes Foot store at Riccarton Mall of many single shoes that had been display models. These shoes are all **NEW** and recognised brands. They are mainly running/casual models and we have a selection of both left & right in various sizes. They could possibly suit amputees transitioning to a prosthesis or after surgery where they can only use one shoe for a period of time. We have decided that to make best use of these shoes, they will be kept at the Burwood Limb Centre and staff can utilise them as required. Many thanks to The Athletes Foot for their kind donation.

There are still a number of subscriptions outstanding. Production of the newsletter costs the society between \$400-\$500 a time and I simply make a plea for members to attend to this minimal charge of \$10...THANK YOU. Contact any committee member if you have any questions regarding your membership. Your cooperation would be greatly appreciated.

Society & Limb Centre:

We are holding another sausage sizzle on **October 14th at Mitre 10 Mega, Hornby**. Please contact Justine or myself if you are able to do an hour or two on the stand. It is a great opportunity to help your society and to meet the many great people who support us.

It is with sadness we have to advise the sudden & sad bereavement of Basil Campbell. Basil & Janice attended our recent Quiz function and was looking forward to upcoming events. Our sincere condolences are extended to Janice and the entire Campbell family and we wish to thank you most sincerely for the donations made at Basil's service. Our sincere condolences are also extended to the family of the late Maureen Ebert.

In the last newsletter, mention was made of the wonderful opportunities available for the disabled sector at More Mobility on Blenheim Rd. It is with much sadness, that I have to advise that Kim Thomas, co-owner with her husband Russell, sadly passed away on August 21st after battling cancer. Kim was a wonderful woman, always smiling, readily offering assistance and was a fantastic supporter of the Amputee Society. To Russell, Troy, Sam and the extended family, please accept our sincere condolences at your loss.

Due to extensive renovation work being carried out at The Hornby Club, our Christmas get together will be slightly changed this year and be held in the Bistro Bar.

We have set the date for this years' Christmas function. **Sunday, 18th November** and it would be great to catch up with friends, new and old.

Place: Bistro Bar, Hornby WMC, Carmen Rd.

Time: 11.30am for a get together, buy your raffle tickets (GREAT PRIZES) and a meal at midday. **Cost: \$23 pp payable at the function on the day.**

Please advise Margaret, 349-7585 or any committee member if you intend coming along.

BURWOOD LIMB CENTRE IS ON THE MOVE.

After 35 years plus, the Burwood Limb Centre has been condemned for demolition and approval given by the NZALS Board for the building of a brand new purpose built facility on the same site at Burwood. Architects have been engaged to work with the NZALS and interested parties to design and built the new centre which is exciting for all amputees.

Obviously, a new temporary location for the Centre to continue operating to serve amputees has to be found until the new building is completed. On Tuesday, September 4th, I met with the architects, NZALS and property managers to visit 4 prospective sites with a view to choosing the most preferred building and location that will best serve the needs of all interested parties during the re-build of the new Centre. At this stage, it is anticipated that the Limb Centre will be re-located for a period of 2 years plus to a site at 100 Orchard Rd, near the Christchurch Airport. The building in question is owned by the Airport Authority and they are very willing to agree to the changes needed to make this building operational to serve everyone's needs. The building is easy to access, has ample parking available and most importantly, will meet the needs of the Limb Service to adequately continue the successful provision of prosthetics for people experiencing limb loss within the Canterbury & Westland catchments with only minor structural changes required. It is the intention of both Sean Gray, CEO of NZALS and Matthias Blattner, Southern Regional Manager, to trial some new innovations in the temporary location that may be able to be adapted for the new building at Burwood.

The date of re-location has yet to be determined but it is anticipated to be in early 2019 and we will keep you informed as more details are advised by NZALS.

FEDERATION NEWS:

At this year's annual conference in Wellington, a Peer support training session was conducted by Melissa Noonan, Limbs4Life Australia. This most valuable event was kindly sponsored by Sean Gray & NZALS. Following on from this training, The Federation and NZALS have had lengthy discussions about how we could progress the issue of Peer Support within NZ so that new & prospective amputees can receive a professional, consistent and appropriate response to some of the many questions they may have about living life with limb loss. Currently, some regional societies have Field Officers or a team of volunteer visitors that carry out this role to the very best of their abilities. We, the Federation and NZALS, saw a great opportunity to investigate the implementation of a national programme based on the Limbs4Life Australia model, whereby all Peer Support Volunteers who are trained, can provide the same consistent approach to amputees no matter where the amputee lives in New Zealand. To this end, Sean Gray from NZALS committed a project manager to advance these possibilities and at the time of this article, a Memorandum of Understanding has been finalised between the two parties and signed off. A Peer Support Business Case is also being compiled courtesy of NZALS and this is a detailed document outlining the workings and funding details of the entire programme for an initial period of 3 years. Several options were provided for who would run this programme and how. The Federation Executive unanimously agreed that "we" do not possess either the resources or skills to effectively implement such a programme and kindly accepted the offer from NZALS to advance the possibilities.

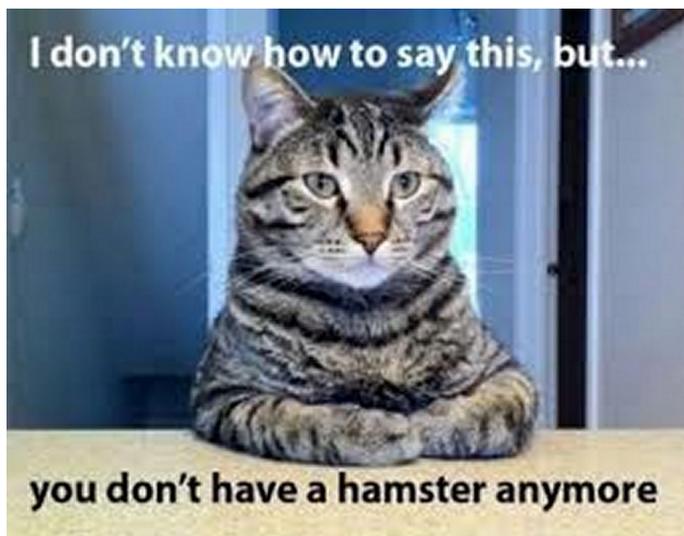
Peer Support Volunteers who wish to become part of this scheme would operate under the auspices of NZALS which means they would have to complete the Peer Support Volunteer Training, Privacy & Health modules online with the Privacy Commission, be subject to a Police Check, be of a suitable character as assessed by NZALS and agree to comply with all Health and Safety and in-house policies of NZALS. Both NZALS and the Federation still see a **vitaly important** role for regional societies in this area of support whereby the "social" support network for new and existing amputees can still be delivered to offer advice, social enjoyment and comradeship.

However, the focus of providing a unified and professional national approach to as many new and prospective amputees as possible in the early stages is the **crux** behind this initiative and is seen by both parties as a one of the **most important** areas of support that we can provide. It should be stressed that neither party wishes this initiative to be perceived as this programme taking over from the fantastic work of regional societies and their valuable volunteers. Rather, a collaborative approach from the interested parties working together to provide our new amputees with the very best form of support that can possibly be delivered at such a crucial part of their journey of living life whilst experiencing limb loss.

As more details are finalised and come to hand, rest assured that we will keep you informed of this exciting and valuable initiative that we are confident will benefit all amputees.



Smile Awhile



Web Sites

**Amputee Society of
Canterbury & Westland Inc.**

www.amputeeinfo.co.nz

The Amputees Federation of NZ

www.af.org.nz

NZ Artificial Limb Service

www.nzals.govt.nz

Amputee Information

www.mossresourcenet.org

Parafed Canterbury

www.parafedcanterbury.co.nz

Disability Awareness in Action

www.daa.org.uk

Amputee News

www.amputeenews.com

Disability Rights Commissioner

www.hrc.co.nz

UN Programme on Disability

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

WEKA-NZ Disability Info

www.weka.govt.nz

**Nation Wide H&D Advocacy
Service – 0800 555050**

**Aspire Canterbury,
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

Kipp's Patch www.kipps-patch.com

International Diabetes Federation

www.idf.org



**CCS
disability action**

Including all people

TE HUNGA HAUĀ MAURI MŌ NGĀ TĀNGATA KĀTOA

CCS Disability Action

224 Lichfield St, Ch-Ch. Thomas Callanan.

03 3655661/0800 2272255.

Email: canterbury@ccsdisabilityaction.org.nz

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0800 324636

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03 732-8312
wsturk@xtra.co.nz

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Liz Rogers Ray Boundy*
Heather Plows Ray Newton*

***Deceased**

Artificial Limb Service

330 Burwood Road, Christchurch
Phone 03-383-0501
Fax 03-383-3566
Hours: 8.00am - 4.30pm

Office administrator

Pauline Afitu
www.nzalb.govt.nz

**Amputee Society of
Canterbury/Westland Inc**

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.



Christchurch City Council

Amputee Golf NZ

For any enquiries about
becoming involved, any-
where in NZ, please contact
Alan Dearden, 03 383-3766.



Need Computer Help ?

Contact Joanne for advice
at very affordable rates.
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