

Purpose

Journal of the



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Federation**
of New Zealand
Incorporated

November 2021

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*Heitzmann DW, Salami F, De Asha AR, Block J, Putz C, Wolf SI, Alimusaj M. Benefits of an increased prosthetic ankle range of motion for individuals with a trans-tibial amputation walking with a new prosthetic foot. Gait & posture. 2018 Jul 1;64:174-80.

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PURPOSE

No. 124

November 2021

**Published by
Amputees Federation
of New Zealand Inc.**

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are invited
and welcome

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Contributions welcome.
Deadlines for articles
and advertising material
15th February, June
and October each year.

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Purpose Number 1 - July 1980

Newsletter of the New Zealand Civilian Amputees Association Inc.

This name is not the ideal name but will do for this introductory issue which will be sent to District Association Secretaries for distribution to their members. Disraeli said: "The secret of success is constancy to purpose" and sums up many aspirations of people disabled to some degree by amputation. To become mobile again, to manage in the office or the kitchen, to walk, to play sport, to look like others in a crowd. Amputees develop a sense of purpose in adversity sometimes without noticing it. We do not conquer, but we live with it, often in frustration and silent despair. Those who succeed show purpose, those whose associations succeed have purpose - without purpose, social acceptance, legitimate welfare concessions and opportunities will elude us.

It is our purpose to try and link Associations and people. It is not our purpose to "co-ordinate" because there are too many doing this now. The word has lost its meaning. To succeed, two way communication is required and if we can spark more interest then we will be satisfied.

Mr F Gordon Trotman
President

(This first issue of Purpose followed the gradual demise of a national journal named Conquest which was first published in 1965.)

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Amputee Awareness Week - Unfortunately this didn't get off the ground in most regions due to restrictions imposed under Alert Levels and many Societies postponed planned events until the "climate" is more suitable. Here's hoping that 2022 brings with it some normality!

Lorraine Peacock

National Coordinator

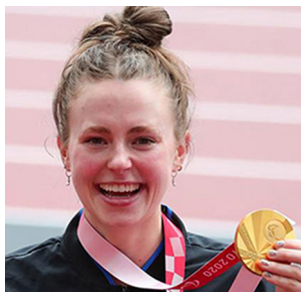
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OUR TOKYO GOLD MEDALLISTS



Holly Robinson
(Javelin)



Anna Grimaldi
(Long Jump)



Sophie Pascoe
(Swimming)

New Zealand did itself proud at the Tokyo Paralympics by winning a total of 12 medals - 6 gold, 3 silver and 3 bronze - and finished 21st overall out of the 78 countries which competed.

IT'S TIME TO CELEBRATE!

Our 75th Jubilee will be held in Wellington during the weekend 8-10 April 2022. Programmes for the National Conference and Give it a Go event, together with registration forms, will be available on our website in early December.

TO THE AMPUTEES OF NELSON AND MARLBOROUGH REGIONS

You are invited to a Special Meeting to discuss the future of the **Top of the South Society** to be held at the Wakefield Village Hall, Whitby Road, Wakefield, on Sunday 28 November at 2.15 pm. Afternoon tea will follow the meeting.

The future of the Society is dependant on your input at this meeting. It would be with considerable reluctance if a decision was made at the meeting that the Society be dissolved. First founded in 1955 as a sub-association of the Wellington Society until it became established in its own right in 1986, the Society has over the years traversed some rocky roads but we don't want to lose it!

Please get in touch with the Secretary, Deborah Green (contact details on page 12) to indicate your support and say you'll be at the meeting. The future of Top of the South depends on you!

PROFILE - LEE COOK

The chances are that Lee (who features in our latest Ongoing Challenge reprint) won't need an introduction to many of you. In her own words.....

I was born with a disability called Talipes equinovarus (the common name is clubfoot) along with misplaced knee caps, under-sized tibulars and fibulas, and dislocated hips. The surgeons agreed amputation would give me stability and I was almost thirteen years of age when I had the double amputations. Until then I used callipers, and like so many amputees I found the final operation provided a better quality of life. In January 2003 I had both hips replaced five weeks apart and the operations went well.



My association with Amputee Societies began in 1981 as Secretary of Hawke's Bay/East Coast and soon after I moved with my husband Rog to Hamilton

where I assisted with reviving the Waikato/Bay of Plenty Society and was Secretary, then President for a good part of the following 40 years. Serving on the National Executive was a great experience and I held the position of National President for two terms. These positions gave me great insight when representing our Society as a delegate for many years at our Conferences, and at the same time built my self-esteem and confidence.

Proud moments within our Society and the Federation have been receiving Life Membership from both, some things you just don't expect. Lastly, receiving the Certificate of Outstanding Service, in April 1997 at Government House, along with my fellow Amputee comrades, is definitely up there with the best.

I encourage all amputees to join a Society, the amputees you meet will change your life.

If you are receiving Purpose in printed form and would like an e-copy emailed to you, please let us know.

ARE YOU INTERESTED?

In April 2022 the positions of Coordinator and Treasurer of the Amputees Federation of NZ will become vacant.

Nominations for both positions should be submitted through a Regional Society at the National Council Meeting scheduled to take place on 9th April 2022.

Job Descriptions are available upon request from the National Coordinator

coordinator@amputee.co.nz

Digitally enabled prosthetic service to be taken to the community

(Excerpts from a 9 September 2021 Ministry of Health publication)

Technology is enabling Peke Waihangā to take its artificial limb service to the community, using 3D scanning and printing approaches. Peke Waihangā is a health care provider that makes high-tech medical devices, mainly prosthetics and orthotics. Scanning the stump of someone who has lost a limb and then 3D printing the socket of their new prosthesis allows for an alternative to traditional manual plaster-casting and fabrication techniques. The initiative has received funding from the Ministry of Health's Digital Enablement Programme, which provides support for innovation in digital health care. The programme has a particular focus on co-investing in projects that improve access or participation for people who do not access health services and need to. It's all about improving equity.

Peke Waihangā chief executive Sean Gray says previously, someone needing a prosthetic would have to visit one of their centres several times: to be measured, have a plaster cast made, and then – once a fibreglass or carbon fibre socket had been made from the cast, to have the limb fitted and adjusted. 'But now, using 3D scanning and printing, we can take part of the service to the person. We can't take plaster casts and all the equipment out into the community. But you take a 3D scanner with you and visit people where they are. 'If you take for example a lower limb amputee, the person's stump can be scanned, the file manipulated on the computer, and then sent to a 3D printer to print the person's socket. When the 3D printed socket comes back, we can fit the pylon and the foot to it, versus doing a plaster cast, making a plaster mould, modifying the plaster mould, draping materials on it and making it, and then fitting it to

the pylons and foot. 'Digitally enabled prosthetics allow for increased convenience and can be produced to a high quality while being efficient and cost effective.'

To support and leverage the benefits of digital prosthetics, Peke Waihangā is in the process of buying a mobile clinic bus, to take its services on the road. These approaches immediately improves access to this essential service for people where they feel most comfortable. 'For example, we will be able to work with iwi health services – using their clinical space and having our bus in the carpark where the technical work will be done,' Sean says. 'We will be able to scan a person's stump, do the digital modifications on site, and send the file to the printer. When we come back, we can have the 3D printed device ready to fit. It is going to enable services to be provided closer to home, in the community.' He says while there has been hype in the media for some time about the opportunities presented by 3D printing, the technology hasn't been there to make it a reality – until now. 'In recent times materials have achieved a level of strength, integrity and affordability that means we can actually do this. We have done some great work with Victoria University Wellington Design School over the last five years looking at the opportunities, so we are now in a position to build on this work. The funding from the Ministry of Health will allow us to accelerate our work so we can have digitally enabled prosthesis in the market for amputees in New Zealand to benefit from.'

Have you seen our two publications?

A New Challenge - Advice for New Amputees
and ***An Ongoing Challenge***

Both are an interesting read and available from the National Coordinator or your Regional Society

OUR THANKS to the Lottery Grants Board for their assistance towards our administration expenses

*Age is something you become aware of
when your back goes out more often than you do*

PROFILE - MATTHEW BRYSON

(From the latest edition of An Ongoing Challenge)



Matthew Bryson was one of a set of triplets born in 1984 to his parents who lived in Edgecumbe and it was there that he attended Primary school. At the age of 17, Matt travelled to Japan to undertake a year-long student exchange and totally enjoyed the experience living amongst the Japanese people. Upon returning, he finished his high school year at Edgecumbe and then undertook a 3 year course in Palmerston North at a private University, International Pacific College, completing a Bachelor of International Studies. His passion for Japanese culture led to him putting this degree to good use and he left NZ once again to take up an English teaching position in Akita prefecture where he spent the next 2 years totally immersed in the Japanese way of life. Matt said that he was the source of some amusement as he was the only Westerner living in the town of 5,000 people. Whilst there, Matt learnt the art of Japanese drumming, Kagura/Taiko, and this interest has continued to this day.

In 2009, Matt returned to Edgecumbe to work on the family farm and grain business but in 2014 he was involved in an horrific farm accident when his leg got caught up in an auger, causing massive injuries which led to him having his lower leg amputated. The next year (2015) Matt attended his first Amputees Federation conference in Wellington and participated in the GIAG programme for youth. This sparked his interest in the amputee world and now his entire life is based around "our" community. In late 2019, Matt left the family business to take up a wonderful career opportunity with Peke Waihangā - Artificial Limb Service as Peer Support & Events Coordinator. Matt says that he feels extremely fortunate to have been provided this wonderful opportunity which he is thoroughly enjoying. Matt says that he can look back to 2014 and think that the horrible situation in which he was involved has had the most positive and productive outcomes that he could never have envisaged. He loves being involved in the amputee world, doing good for others (and himself) and making a difference in people's lives. He stated that this involvement has led

to him meeting the most incredible group of strong, courageous and giving people that he could have ever hoped to be involved with.

(The above are excerpts from an interview of Matt carried out by Mark Bruce, a Past President of the Amputees Federation. In 2017 Matt was appointed GIAG Coordinator of the Federation and, together with Brooke Donaldson, has since been responsible for running this annual event.)

SHAZ DAGG AIMS TO BE FIRST WOMAN AMPUTEE TO FINISH COAST TO COAST

Excerpts reprinted from the Horowhenua Chronicle

The feisty 54-year-old from Feilding has set herself the goal of being the first women amputee to contest multisport's toughest challenge - the Coast to Coast - in February next year. Known as "limb-it-less Shaz", her journey is one of empowerment and determination since losing her left arm above the elbow in a farming accident in 2016. Not one to sit around wallowing, she has used the accident as a reason to push the limits of what can be achieved with a positive mindset. Her story has the power to inspire others. The Coast to Coast looms as a massive challenge and her main focus since missing out on the Olympic Games this year due to Covid-19.

"Sport does incredible things...mentally and physically. I'm not going to stop now. I'll continue to do it as long as I can," she said.

NEWS FROM THE REGIONS

Auckland & Northland - Things have been very quiet here in the north of our beautiful country. Firstly winter which kept us all indoors more and then just as we are starting to think spring is coming, Covid 19 appears again. As I write this Auckland has been in lockdown for 7 weeks, mostly at level 4. Now we in Northland have joined them in level 3 due to the lack of consideration and cooperation of two people. At this point Northland has no cases but it is still possible they will appear. Of course we have been unable to put any positive effort into Amputee Awareness week. However we are thinking that in early 2022 we will be able to get ourselves properly organised. *(Kathy Palmer, Secretary)*

Waikato, Bay of Plenty & Districts - It is rather challenging trying to organise gatherings during changes of lockdown levels.

When our region is at Alert Level 1, we will continue to organise coffee catch ups once a month in Hamilton, Tauranga, Rotorua and Whakatane. A Summer Amp Camp is planned for Summer 2022. If you would like to attend these outings, please get in touch. *(Matthew Bryson, President)*



Hawke's Bay/East Coast - Amputee Awareness Week was a great success for us as we had one of our members offer free training sessions to amputees at his gym, Legacy Fitness. Ribbons, pens, posters and Little Jellybean books were on display and the Society received a number of donations from gym members. We were also extremely lucky to have Peke Waihangā organise a Have-A-Go Golf Day at the Hastings Golf Centre during AAW. It was a beautiful sunny day and we had approximately 50 participants turn up to try driving, chipping and putting at the centre with the help of some local golf pros. A BBQ afterwards was enjoyed by all and I'm sure it was a hugely successful day for all attendees. Our local peer support team also met in person with Matthew Bryson from Peke Waihangā which was nice to put faces to names. *(Korrin Barrett, Treasurer)*

Manawatu & Districts - Due to Covid restrictions, our awareness week was cancelled along with other activities planned. One of our activities which has taken off and being embraced by fellow amputees is Ten Pin Bowling. Under level 2 you need to wear a mask, and practice social distancing but you can take the mask off while bowling. We started with 3 keen members to give it a go. We enjoyed it so much that we booked once a month to have return matches. Last week we had 6 keen bowlers and our next booked event is at Bowlarama on Monday 15th November starting at 2.00pm. We play 2 games and have a great time sharing each other's company. Our final event for this year is an outdoor event in the secretary's small nursery and the neighbour's private rose garden next door. This will

be a live plant demo by yours truly and then a BBQ luncheon in the middle of a 19th Century Formal Rose Garden. This event will be on Monday 8th of November starting at midday in Rongotea. All are welcome. *(Eddie Johnston, Secretary)*

Greater Wellington Region - Our committee planned hard for Amputee Awareness Week but the Covid level 2 rules meant that we were unable to run our event which is now parked up until such time as the rules allow. Our movie fundraiser has also suffered at the hands of Covid. The next event that is going ahead will be our Christmas dinner. If you'd like to join us on December 6th let me know. Looking further ahead, our AGM will be at the Wellington Limb Centre on the afternoon of Saturday February 12 at 3 pm. Please consider attending and supporting the work that your committee does on your behalf. *(Rob Penhey, Secretary)*

Top of the South - A Special Meeting to discuss the future of this Society is to be held on Sunday 28 November (see page 4). We sincerely hope that the meeting will result in a new lease of life for this Society in serving the amputees of Nelson and Marlborough.

Canterbury & Westland - AAW was a great success for Canterbury/Westland. We spent 2 days at the Palms Mall interacting with the public and getting the word out. Well done to the team who spent time on the stall. Unfortunately we had to postpone our planned Quiz function on August 29th. However we are glad to announce that our Christmas function will be held on Sunday November 28th at 11:30 am, in a private function room at The Redwood, 340 Main North Road, Redwood, Christchurch. Contact Justine 0211055189 or Mark on 03 3375747/0272381958. *(Justine Mangan-Woods, Secretary)*

Otago & Southland - Like a number of other Societies, our Amputee Awareness Week efforts had to be put on hold until we are at level 1. However, we are hoping that we will still be able to go ahead with our Southland meeting and dinner in Invercargill on Saturday 13 November and our Christmas get-together in Dunedin on Saturday 4 December. *(Lorraine Peacock, Coordinator)*

Newsletters of Regional Societies are available on the Federation's website (www.amputee.co.nz) along with other useful information.

Small deeds done are better than great deeds planned

AFFILIATED AMPUTEE SOCIETIES

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conspicuous success.

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than half-way there - the remainder is as
easy or as difficult as you make it.

