

# ***PURPOSE***

**Newsletter of the  
Amputees Federation of New Zealand Incorporated**



**JULY 2013**



# VARI-FLEX® XC WITH EVO™ BY BY ÖSSUR

## MEET DWAYNE:

In 2008, he ran up all 1504 stairs of his first building – the Sydney Tower – in 23 min and 49 sec. He also was the first Double amputee to scale the 1576 steps of the Empire State Building Tower Run Up. Dwayne doesn't think of himself as the fastest or fittest, but believes that "life is worth living" and "you've got to do what you can with what you've got." Now he is doing it on Variflex XC feet by Össur.

## WHAT HAPPENS WHEN YOU COMBINE THE BEST FEATURES OF TWO ICONIC PROSTHETIC FEET?

You end up with the **Vari-Flex XC**, which marries the **smooth** rollover of our **most popular K3 foot** with the **excellent vertical compression** of the industry-standard for distance running feet. The result is a foot that is great for walking, jogging, or any activity where the user benefits from **exceptional toe dynamics**.



VARI-FLEX® WITH EVO™



FLEX-RUN™ WITH NIKE SOLE



VARI-FLEX® XC WITH EVO™



[www.ossur.com.au](http://www.ossur.com.au)



YouTube



Life Without Limitations

## **PURPOSE**

**No.99**

**July 2013**

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

Registered with the  
Charities Commission  
(CC26629)

for income tax  
deductibility of  
donations

**Editor  
Lorraine Peacock QSM**

**213a Bay View Road  
St Clair, Dunedin 9012  
Phone (03) 455-6347**

**Email  
info@af.org.nz**

**Website  
www.af.org.nz**

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

## **Included in this Issue**

The National Executive	2
Editorial	3
News from our Societies	4-5
Conference 2013	
A Great Experience	6
Osseointegration	9
Give it a Go!	10
We Would Like to Hear from You	7-8
Letters to the Editor	11-12
Affiliated Amputee Societies	13

*The opinions expressed in this  
Journal are not necessarily those  
of the Amputees Federation of NZ Inc.  
unless stated as such.*

Our sponsors who advertise in this  
Newsletter help pay for its publication.  
Please give them your support!

**AMPUTEES FEDERATION OF  
NEW ZEALAND INCORPORATED**

**The National Executive**

<b>President</b>	Dr Simon McMillan Mosgiel
<b>Vice President</b>	Mr John Ealand Blenheim
<b>National Coordinator And Editor of <i>Purpose</i></b>	Mrs Lorraine Peacock QSM 213a Bay View Road St Clair Dunedin 9012 Phone (03) 455-6347 Fax (03) 455-9547 Email <i>info@af.org.nz</i>
<b>Committee</b>	Mr Wally Garrett New Plymouth  Mr Rory McSweeney Dunedin  Mr Chris Ross (Marketing Officer) Auckland  Mrs Diane Walsh Havelock North
<b>Nominees to the NZ Artificial Limb Service</b>	Mrs Kerry Wilfred-Riley Ms Paula Tesoriero
<b>Hon Solicitor</b>	Mr Lindsay Trotman LLM(Hons) Palmerston North
<b>Federation's Website</b> <i>www.af.org.nz</i>	

## EDITORIAL

The primary objective of this Federation is to “support and promote the welfare of all amputees”. We like to think that we do a reasonable job of achieving this goal but are the first to acknowledge that there is always room for improvement. To this end, the National Executive has decided to ask you, our members, if there are any ways your quality of life can be improved through the support and services provided to you as an amputee. Included in this issue is a brief questionnaire (pages 7-8) and we would appreciate you taking the time to complete it and returning it to us.

As well as the one-to-one support and advice available through our District Amputee Societies, the Federation endeavours to keep up-to-date with what is happening in the wider world and ensuring that amputees and their families are kept fully informed of services to which they are entitled. You will, for example, read in this issue about our recent conference to which we invited four guest speakers to share with us the significant progress being made in New Zealand with regard to osseointegration. This is sure to be an ongoing topic for discussion at future conferences.

Another way we can keep you informed is through our website and this has recently undergone “refreshment”. We hope it is user friendly and that you can easily find your way around it for any information you may need but please let us know if you have any suggestions as to how it can be improved.

And last, but not least, are our publications which are always in strong demand. *A New Challenge* and *An Ongoing Challenge* are both available through your local Society or from the National Coordinator.

Until next time, keep warm and take care.

*Lorraine Peacock*

**JOIN US ON FACEBOOK - GO TO OUR WEBSITE**

**[www.af.org.nz](http://www.af.org.nz)**

**and click on our name to LIKE us!**

## NEWS FROM OUR SOCIETIES

**Auckland & Northland** - The committee and fellow amputees enjoyed a Coffee, Cake and Chat Sunday social afternoon on Sunday 19 May. An intimate number were present, which did not deter the chatting and sharing of experiences. This type of support is very important to amputees and their families/supporters/carers. The next Sunday social afternoon is planned for Sunday 7 July at 2pm. Ian Winson will give an account of his "Life Changing" experience. This will be followed by a Mid-Winter Christmas afternoon tea. Our final Sunday social afternoon will be a Christmas Barbecue on 3 November.

**Waikato, Bay of Plenty & Districts** - Welcome to new Secretary, Sharon Tribe. We hope to touch base with you when you have settled in to being at the coal-face of our biggest District Society.

**Hawke's Bay/East Coast** - The last 3 months have been exciting for our group. We have worked with a Trust to get funds to employ a part-time Field Officer and he started in June. We have had some successful luncheon get-togethers and we have a Facebook page to encourage our younger people.

**Taranaki** - No recent news from this Society - maybe they're preparing for the challenge with Manawatu?

**Manawatu** - At the AGM in March a new and expanded committee offered their services and the meal and social gathering that followed was enjoyed by all present. The May members' meeting received an address from Robyn Wareham, a physio from the hospital, and those attending were given individual advice on appropriate activities and programmes to maintain fitness, flexibility and mobility. On Sunday 21st July members will be meeting for a lunch at the Rendezvous Restaurant. Plans are being made to challenge the neighbouring Taranaki Society to a social meeting with a mix of competition events. Watch out for further details.

**Greater Wellington Region** - The Society did a great job of hosting this year's conference and Committee member Ken TeTau, together with members of his band, did an awesome job of entertaining us at Saturday evening's dinner - hopefully we will have a repeat performance at next year's conference.

**Nelson & Marlborough** - June was a busy month. A successful Quiz Night was held with John West as the Quiz Master - members collected great prizes from local businesses and provided baking for supper. In addition, Secretary Claire presented a talk to the Kensington Rest Home Staff on amputation and how to care for new elderly amputees. A questionnaire was sent to all members with good numbers replying - this will help the committee to plan future events.

**Canterbury & Westland** - We are delighted to have 27 new members join us as the result of a recent mailout. Some of our Committee members have been busy delivering Winter Warmer from the Red Cross to a lot of our members. Sadly,

a lot of people are still living in very cold homes while they wait for their houses to be fixed. Mark and Sue are currently in the USA attending a Convention in Orlando - we look forward to hearing how it went. We have two new Life Members - Liz Rogers and Rod Boyce - thanks to them both for their hard work over many years. Our Mid Winter Dinner is planned for 14 July at the Hornby Working Men's Club - we hope to see some of our new members there.

**Otago & Southland** - A Mid Winter Dinner in Balclutha was an enjoyable occasion for members from Dunedin and Invercargill, with some pick-ups from Gore along the way. Two of our Committee members, Holly Robinson and Rory McSweeney, will be competing in the javelin events at the IPC World Championships in France during July and we wish them good luck.

**N**ewsletters of District Societies are available to readers on the Federation's website ([www.af.org.nz](http://www.af.org.nz)), along with plenty of other useful information.

**SUPPORT YOUR DISTRICT AMPUTEE SOCIETY  
IT SUPPORTS YOU!**



*Wellington members, Jenny Thompson (left) and Jon Fitzpatrick (right) with the Governor General at a Patronage Reception to celebrate Volunteer Awareness Week*

**A REQUEST FOR SPONSORS**

If you know of anyone who would be prepared to advertise in *Purpose* and thus support a worthwhile cause, please ask them to contact our Marketing Officer at [info@af.org.nz](mailto:info@af.org.nz)



## CONFERENCE 2013

The Brentwood Hotel in Wellington was the venue for this year's Conference on 15-17 March. There's no doubt about it - our conferences get more stimulating and enjoyable every year!

Diane Walsh who, along with Rory McSweeney, was elected as a new Executive Committee member, has provided this report.



**A Great Experience!** *The National Conference in Wellington was a great experience.*

*I attended my first Conference in Napier in 2012, less than one year after losing my right leg below the knee as a result of an out of control infection. That first Conference was rather overwhelming for me - suddenly being surrounded by amputees of all ages. It was all I could manage to simply absorb the atmosphere. But Wellington was a different story, with another year under my belt.*

*The most enjoyable and beneficial aspect of the conference was, for me, the opportunity to talk to others who have less than a full set of limbs. I met people who are living well with two or more amputations. This is very quick way to put things into perspective!*

*Discussions with committee members from other Societies who are also trying to achieve the objectives we are striving for in Hawke's Bay and East Coast proved very useful and in fact I have already used a lot of the information I brought home.*

*It was wonderful to see the young amputees "Giving It A Go"; having the chance to experience some of the adventures that most people of their age relish. I sincerely hope that this initiative is able to continue as a priority for young amputees.*

*The osseointegration address was most informative. It is an exciting, developing alternative which will undoubtedly enhance freedom and comfort for those amputees for whom it is appropriate. I suggest its increasing availability in New Zealand is something we should be watching as an organization.*

*Put this all together with comfortable accommodation, good food and lively entertainment, the 2013 Conference in Wellington was a very worthwhile way to spend a weekend.*

*If the Nelson Pirates were an indication of the fun in store, the 2014 Conference in Nelson will also be one not to be missed!*

To be sure! Watch out for details of next year's Conference  
in Nelson 21-23 March 2014

(See pages 9 & 10 for more Conference reports)



**WE WOULD LIKE TO HEAR FROM YOU!**

The primary objective of this Federation is to “support and promote the welfare of all amputees”. We would of course like to think that we are doing our best but acknowledge that there is always room for improvement. To assist us in achieving this goal, we would appreciate it if you could respond to this brief questionnaire. You can return this form to the Coordinator at 213a Bay View Road, St Clair, Dunedin 9012, or email your response to *info@af.org.nz*.

- 1. The Federation publishes its national journal *Purpose* three times a year. Is there any way you think we can improve this publication?

.....  
.....

- 2. Are you a member of an Amputee Society?  Yes  No

If so, which one .....

- 3. Do you take part in activities/meetings organised by the Society?

Yes  No

Would you like to comment?

.....  
.....

- 4. Is there any way the Federation or your Society can help to improve your wellbeing?

.....  
.....  
.....

(Cont. Over)

5. Do you wear a prosthesis and if so are you happy with the service you receive at your Limb Centre?

Yes

No

Would you like to comment?

.....  
.....

6. If you are an ACC client, do you experience any problems, e.g. with your Case Manager?

If so, please elaborate.

.....  
.....

7. Have you any other general comments?

.....  
.....  
.....

(Please expand your comments on to a separate sheet if necessary)

You may if you wish include your contact details. If you do so, the information you have provided will be treated as strictly confidential.

Name .....

Address .....

**WE APPRECIATE YOUR HELP IN COMPLETING THIS QUESTIONNAIRE**

Please return to the Coordinator at 213a Bay View Road, St Clair, Dunedin  
9012,

or email your response to *info@af.org.nz*

**Osseointegration** - In an endeavour to better inform New Zealand amputees about osseointegration, invited speakers presented some facts about this procedure. Most readers will be aware of publicity given this in recent years and that Leigh Ellis of Christchurch was earlier this year the first recipient of an ILP procedure undertaken in this country. As reported in earlier issues of *Purpose*, there are two procedures operating (excuse the pun!) in Australia - the Integral Leg Prosthesis (ILP) system in Sydney and the Osseointegrated Prostheses for the Rehabilitation of Amputees (OPRA) system in Melbourne. There is, and will continue to be, much debate about the merits of both systems; the important thing is that protocols are now being established in this country with a view to further advancing the availability of osseointegration to our amputees and this can only be good.

One of our Conference speakers, Phillip Coulson, was the first New Zealander to undergo osseointegration surgery in Sydney, and shortly after Conference was featured in the *Dominion Post* - the following is reprinted with their permission.

*Integrated prosthetic legs are the “holy grail” for amputees and a year after having one fitted, a Nelson man who lost his leg from the knee down in a motorcycle accident says the change has been “fantastic”. In October 2010, while taking his lovingly restored Ducati 750 F1 on its maiden voyage, mental health worker Phillip Coulson, 46, lost his leg after a high-speed collision with a campervan. The father-of-three used a conventional socket artificial leg at first but in March and May last year he became the first New Zealander to undergo osseointegration surgery in Sydney. He was fitted with an integrated limb – a weight-bearing pylon that goes right into the bone rather than cupping the stump like a traditional prosthetic.*



*Mr Coulson spoke at the Amputees Federation of New Zealand national conference in Wellington on Saturday and told the audience about the fast-evolving surgical technology that could make life easier for hundreds of Kiwi amputees. Getting a true feel for underfoot textures such as gravel and grass was one of the first things he noticed after the surgery. “I remember sliding my foot along the carpet and joking: I think this carpet’s an 80/20 wool-nylon mix,” Mr Coulson said. “I wore the leg for about five minutes and my face hurt more than the leg. “I couldn’t wipe the smile off it.” It hasn’t all been plain sailing though - he has had complications including infections but the pros definitely outweigh the cons. “It’s a thousand per cent better and it’s*

*probably as close to having your leg back as will be available in my lifetime. 'It feels like a dead leg below the knee,' Mr Coulson said. 'It just feels more like part of you rather than something being attached to you.' Mr Coulson, a keen mountain biker, now has longer endurance, better gait and range of motion, and no longer needs crutches.*

*"If this is successful and effective, it's probably the holy grail for most amputees," Christchurch orthopaedic surgeon John McKie said. Mr McKie also attended the conference and performed the surgery for the first time in New Zealand on Christchurch woman Leigh Ellis last week. "It's an exciting concept but like everything in life there are no free lunches," he said. There were still risks of infection and mechanical failure, and the cost still loomed large. Mr Coulson paid for his own surgery, which cost about \$100,000. The Ministry of Health and ACC funded Ms Ellis' trial surgery and are reviewing how the procedure might be funded and who would be eligible.*

**Give it a Go!** The Conference weekend wouldn't have been complete without the presence of the 17 youths took part in kayaking, rafting and rock climbing. Here is what two of the girls had to say....

*Attending the give it a go 2013 was such a fun experience; I met some great people and did some great activities. I had never been to Wellington and to go for this weekend*



*was amazing, the rafting was definitely my favourite activity as I had never done anything like that before. Although there was a lack of flowing water in some places we still had a great time watching and pushing people off the boats. What I really liked about this weekend was getting to know some people with similar problems as me and find out different ways of getting around tough tasks. Thank you to Chris and everyone else who made this weekend possible I had the best time - Anna (17)*

*The 'Give it a Go' group was even better this year with about double the amount of people, adding to the fun we all had! I really enjoyed the rafting this year, as I missed out last year, but I now know why all the others were raving about it- we all had a great time plotting how to push others out of their rafts, although we had to wait for appropriate times as the water was often quite shallow with many rocks due to the drought. It was great to talk with everyone, whether their experience was similar to yours or not, and I genuinely had a good time, making friends from all*

over the country. It was also really nice to just be with people who understand that it takes a little time to put a limb back on after rafting without it for a couple of hours. Overall, Give it a Go was a huge success and I look forward to next year in Nelson! - Claudia (16)

*(Nelson Society delegates holding the Conference to ransom in their bid for next year's gathering)*



**Look out for details in the next issue of *Purpose*!**

## LETTERS TO THE EDITOR

*Dear Editor*

*Re Osseointegration*

*The Federation Executive is to be congratulated on a very enjoyable and successful conference held in Wellington. Prior to the conference I was completely unaware or what Osseointegration was about and the workshop presented introduced the ILP procedure currently under trial in NZ as funded by MoH and ACC. Since conference two matters have occurred to me as I looked into becoming more aware of what is on offer. Firstly there are other options and procedures in use overseas and the OPRA system has distinct advantages in many ways when compared to the ILP system being trialled. I hope future articles in *Purpose* or sessions at conference might offer a chance for members to become more aware and informed on what system(s) offer the best option to members. Secondly, with osseointegration more likely to be offered to younger amputees when talking at the conference dinner to members involved in the Give It a Go activities they were unaware of what was on offer and its relevance to them.*

*I do realise that this technology is in the early stages of development and becoming available to amputees but look forward to the information made available to amputee members being extended in the future.*

*John Maher (Amputee Society of Manawatu)*

FOR SALE - Nissan Cube 2003 (Silver) 114,220 kms, Current WOF & Registration, Disability Access at rear including full depth rear door, Folding wheelchair ramp, security stays and belts. Rear suspension lowers hydraulically to accommodate ramp. \$16,500 ono. Phone Ciao (07) 345-1225.

*And another letter - keep them coming.....!*

*Hi, my name is Tim Crowe, I'm a Warrant Officer Medic with the Royal New Zealand Army Medical Corps. This contact is informal and not part of an official Army request or otherwise.*

*I have been involved with a number of groups over the years helping to provide simulated casualty training (St John, AUT, the NZDF, Civil Defence, Fire Service etc) and until recently was down in Christchurch with the NZDF medic training school in Burnham. I've been directly involved in providing emergency medical training to NZDF personnel for operations and have a fair amount of personal experience with traumatic amputations whilst working in Afghanistan in 2002. One of my areas of skill is rudimentary special effects make up (casualties). It's not in my actual job description, but is something I'm known for and get asked to help with voluntarily on a reasonably regular basis*

*I would like to talk to amputees who would be interested in assisting providing scenario training (as actors) to military and other personnel. There is a group in the UK called "Amputees in Action" that does this commercially (I've talked to the founder- he wants to emigrate) and they help provide fantastic training to those going to Afghanistan etc. I'd like to start something similar here, although on a voluntary basis. Although I'm not in a position to pay people for their time at the moment, I can offer the occasional opportunity for people to get dirty, wet, smelly, occasionally cold, and generally have a really fun time while being exposed to something less ordinary at the same time as providing realistic training to those who go into harms way to help others. Discomfort, noise, gun fore and explosions, smoke filled rooms, latex rubber and silicone covered in fake blood- and maybe the odd ride in armoured vehicles or choppers. In short- adventure. Specifically I'm after people between 17 and 55 who are otherwise healthy, and who have an acting bent. Anyone interested can contact me at [timothy.crowe@nzdf.mil.nz](mailto:timothy.crowe@nzdf.mil.nz)*

### **NEW ZEALAND ARTIFICIAL LIMB SERVICE**

Our mission is enabling people with limb loss to achieve independence by delivering prosthetic and rehabilitation services.

The New Zealand Artificial Limb Service is a Crown Entity (Government organization) that manufactures limbs and provides rehabilitation to amputees to increase their mobility, independence and quality of life.

The New Zealand Artificial Limb Service is the sole national provider of artificial limbs in New Zealand. For New Zealand citizens and legal residents, the service is generally free of charge.

*The Federation appreciates the support provided by  
the NZ Artificial Limb Service*



## **AFFILIATED AMPUTEE SOCIETIES**

<b>District</b>	<b>Secretary</b>
Auckland & Northland	Janis Bourne P O Box 71171 Rosebank Auckland 1348      Phone (09) 833-8057
Canterbury & Westland	Shazz Hanrahan P O Box 26-148 Christchurch 8148      Phone (03) 385-7727
Hawke's Bay/East Coast	Colleen Kelly 12B Otatara Road Napier 4112      Phone (06) 844-3289
Manawatu	John Maher 27A Alfred Street Palmerston North 4414      Phone (06) 354-7023
Nelson & Marlborough	Claire West 5 Cape View Nelson 7010      Phone (03) 545-1410
Otago & Southland	Lorraine Peacock 213A Bay View Road St Clair Dunedin 9012      Phone (03) 455-6347
Taranaki	Tracey Rees 143C Wills Road New Plymouth 4312      Phone (06) 755-4346
Waikato, Bay of Plenty & Districts	Sharon Tribe 15 Upper Cross Street Raglan 3225      Phone (06) 359-2989
Greater Wellington Region	Allan Blithe 40 Kahurangi Heights Aotea Porirua 5024      Phone (04) 237-7500

**REMEMBER THAT YOU'RE NOT THE  
FIRST PERSON TO HAVE LOST A LIMB -  
MANY OTHERS HAVE PASSED ALONG  
THE SAME ROUTE AND ACHIEVED  
CONSPICUOUS SUCCESS.**

**IF YOU WISH TO DO THE SAME,  
YOU ARE MORE THAN HALF-WAY THERE -  
THE REMAINDER IS AS EASY OR AS  
DIFFICULT AS YOU MAKE IT.**