

BURN SUPPORT GROUP
GATHERS SPEED



Auckland Burn Support Group Charitable Trust Inc.

BURN SUPPORT GROUP CHARITABLE TRUST INC

WE AIM TO:

Provide burn injured persons (and their families) with support and assistance, during and after hospitalisation and to help them to return to normal and satisfactory lives within their community.

Lower the incidence of burn injuries by prevention, awareness and fire safety education.

Improve patient care by funding equipment etc., where required.

Foster a sharing of information between burn survivors, their families, health professionals and other interested parties.

Provide opportunities for mutual support for survivors, who, through their experiences have found inner strengths and have risen like the Phoenix, from the ashes.

SERVICES WE PROVIDE TO HELP US ACHIEVE THESE AIMS:

Hospital visiting
Professional & Peer Counselling
Family Group Meetings
Guest Speaker Evenings
Children's Burn Camps
Burn Awareness Programmes

Speaker Bureau
Regular news communications
Static Displays
Book & Video Resource Library
School Re-entry Programmes
Corrective Cosmetic Advice

Location: Middlemore Hospital,
Hospital Road, Otahuhu, Auckland, New Zealand.

Postal Address: Middlemore Hospital,
Private Bag,
Otahuhu,
Auckland,
NEW ZEALAND.
auckburn@ihug.co.nz
www.burnsnz.org

Phone: +64 9 276 0250

After Hours: Vera Steenson +64 9 525 0631

I was raised to sense what
someone wanted me to be
& be that kind of person.
It took me a long time not
to judge myself through
someone else's eyes.

Sally Field.



BURN SUPPORT
GROUP
CHARITABLE
TRUST, INC

MR QUICK COOL JOINS **RACING FOR SAFETY**

Proudly supporting Fire Safety & Burn Support
Group Charitable Trust

In 2002, a team of volunteer firefighters built a rally car for the 2002 Dunlop Targa Rally. They approached the New Zealand Fire Service with a view to promoting the Fire Service's "Come on guys get Fire Wise" programme. This has proven to be a great success.

The team is now well underway with its third vehicle. The team's focus is to promote safety to children, the use of the Fire Safety/Burn Awareness advertising on the vehicles has proven to be a positive way to achieve this.

The team is made up of both career and volunteer firefighters.



	Honda 1	Honda 2	Ford Capri
Driver:	Terry Hewitt	Adam Lelo	Graham Dakin
Co Driver:	Stu Hitchcock	Arrin Rozendaal	Sherilyn Dakin

Team Manager: Stella Hewitt

Team Mechanic: Graham Dakin

Team Support: Karl Hewitt, Shontell Hewitt & James Sommerville

For further information on rally dates, please visit the Racing for Safety Website - www.rfsracing.co.nz

**' Racing round the
country, be careful,
don't be a fool.
Remember seconds
to burn 20 mins to
cool**



What's in a name? & who is "He" anyway?



Some ill informed people call him "*Mr Blobby*" others, "*The Drip.*"

His real name is "**Mr Quick Cool**" (with emphasis on the "quick")

He is actually a concept and teaching aid combined.

His father was a first aid concept and his mother a teaching aid.

Although he was conceived in NZ he spent his formative years in China before immigrating.

Most of the cost of this procedure was paid for by kind grants from the Public Trust Greenlane and Albany Rotary.

Five thousand Mr Quick Cools arrived in 2005 and they are all set to spread throughout NZ with the safety message of commencing the cooling of a burned area as quickly as possible and for 20 minutes duration.

He has found that children who are in hospital think he is nice to cuddle as well.

His photo has formed the motif on the new "**Burnwise**" Teaching DVD and he is slowly becoming better known.

His Father, "Mr Concept" features in the "**Burnwise**" video in the final scene. This shows that a shower with running cool water is a quick and handy place to "Quickly Cool" a burn when and if one occurs.

Although not very big his size belies the importance of the message he brings.

So to answer the initial question: **"There is an important safety message in the name and he is a teaching aid by profession"**.

He should be popping up at a school near you shortly!!

WELCOME KAREN KIDDELL Secretary-co-ordinator

Karen unofficially started with Burn Support by volunteering her office skills during Telemarketing 2005 while Peter and I were away. It certainly took a weight off our shoulders knowing the office would be running smoothly. Apart from her administration skills having Karen as part of the team is beneficial. Andrew, her son, is a burn survivor and that gives Karen an understanding in how people are feeling when suffering the trauma of burns. Karen is very organised and efficient and I am hoping that it will rub off on me. As with any new person she brings new and fresh ideas. We hope Karen has a long and enjoyable stay with us.

B . U . M .
Burnwise Update Memo

The people of the City of Sails once again gave generously during our telemarketing campaign run by Southern Stars Charitable Trust in 2005. This has enabled us to commission Greenstone Pictures to update our 'Burnwise Education Resource Kit'. We have added several new features:

1. A segment of the three burned children who appeared on the original video showing how they are today and what a zest for life they have.
2. Two songs, one on safety, the other first aid, in English and Maori aimed at Year 1, 2 & 3.
3. A "voice over" in Mandarin.

All will be on DVD and the teacher's resource will be able to be downloaded. The DVD will be donated to all Primary and Intermediate Schools nationwide. It is pleasing to note that a number of community groups also use 'Burnwise' when teaching burn awareness/prevention.

Dr Stephen Mills, Chevy's surgeon, introduces the new DVD to school Principals, urging them to implement the new programme in their school. Thanks so much Stephen!

Thanks to Chevy, Andrew, Liam and their parents for participating. We spent some time with Greenstone film crew rushing around with camera; sound equipment and lighting, which gave us all a small appreciation of the complexities of film making!! Thanks also to all the "film extras" in the form of the soccer team, karate club, school choir and Porsche car workshop team.

*Happiness lies in the joy of achievement and the thrill of
creative effort.*

*Franklin D Roosevelt.
1882-1945*

CAMP 2006
LAKEWOOD LODGE

Lakewood Lodge our destination
A chance to go to camp
Knowing not what lay ahead
Escape, and hope no damp
We all met up at Middlemore
On that fine day in Jan
Of course we had our driver....
Delightful lovely man

Looking forward to such fun
Over Huntly way we stay
Do we take part in everything?
Gosh yes it's best that way
ENJOY ENJOY ENJOY

Thanks Colette, Craig Trish & all
You gave us such great care
We hope to see you back next year
We hope to see you back next year
A challenge if you dare!





I enjoyed all the activities we did at camp. My favourite was horseriding. It was great meeting other people who have been burnt and sharing our experiences. I have made lots of friends through Burn camp. The caregivers were awesome. Thanks to all who made it possible.... Liam.

I had an amazing time at camp! I made many new friends and we still keep in touch. I gained so much confidence. All the activities were so much fun and all the leaders were fantastic, funny and encouraging. I have to say the best part of camp was horse riding, as I've never rode a horse before. It was a very exciting experience that I will remember for a LONG time...Worod

Burns Camp 2006

For the last two years I have had the privilege to be part of burns camp organised by the Auckland Burn Support Group. As a physiotherapist on Kidz First and the National Burns Unit at Middlemore Hospital it has been great to encourage the kids in pushing their physical boundaries. Earlier this year about 10 kids from age 7 to 14 years old went to Lakewood Lodge where a team of enthusiastic young people had prepared kayaking, rafting, swimming, horseriding and other exciting games and activities for the children. With one of the leaders being a burns survivor herself there was an opportunity for all the kids to share their stories with each other.

Some of the children knew each other from the year before and immediately clicked together. For others it was the first time and they quickly made new friends.

An exciting weekend away where the kids had a chance to learn new skills finished with a barbeque where they could show off some of their newly learned songs and dances to their parents and other siblings. It was heaps of fun and I can't wait to hear what they have got planned for next year!

Colette Teunissen
Senior Paediatric Physiotherapist
Middlemore Hospital

Dearest Friends,

This very belated farewell is to let you know why I left Burn Support Group so abruptly.

Back in June last year, my lovely father-in-law (who had lived with us for 14 years) was diagnosed with terminal cancer. I took leave of absence to look after him. Sadly, Dad passed away a month later. This prompted me to start reassessing my priorities, and, after eleven years working as Secretary/Co-ordinator for Burn Support, I decided to call it quits. I was both physically and emotionally exhausted, and could no longer do the job justice.

I took time out from any paid employment until the New Year, and in April I landed a great job as Administration Assistant in a local pre-school, a short stroll from my home. No more sitting in traffic for me!

Another highlight for this year was accepting an invitation to attend the opening of the new National Burn Centre. It was great catching up with you all, and extremely pleasing to see the facility finally coming to fruition. Now burn patients and staff can benefit from top quality surroundings and equipment; the staffing of course, has always been top quality!

I still remain as a volunteer for Burn Support so hope to see you from time to time. Until then, take good care of yourselves, live life to the full and be happy.

I wish Karen all the very best, what a great successor, and thank you Burn Support, first of all for being there for me and my family during our burn tragedy, and secondly for being a great employer.



Love Ruth x



Helen Hall, one of our long standing volunteers, needs your help.

Do you have a few hours to spare for sewing or knitting items to be sold on the Burn Support stall?

Also needed is someone to help Helen "man" the stall.

For further details please phone Helen on 620-8436.



Changing of the guard!!

Ruth Wall worked for Burn Support as Secretary Coordinator for over a decade.

We had many moving experiences in that time. At present we are in H corridor but Ruth's tenure saw us move along, up & down and then along again!. The size of the rooms to which we were directed and the quantity of material we had acquired meant we were forever trying to condense our "stuff". Although these moves could have resulted in tears of frustration, reports indicate that the reverse was true and the tears were of hilarity!

Ruth didn't quite see the opening of the new Burn Centre but experienced the long and tedious build up.

Burn Support has changed somewhat during Ruth's involvement and she has participated in the gradual growth of the Trusts activities both in scale, reach and complexity.

Ruth's cheerful and friendly manner always put people at ease and made Burn Support approachable.

The job of Secretary coordinator is not a normal job as it calls for commitment and flexibility not usually found in an "Office" job. Ruth put in many hours outside the broad job description and these were much appreciated.

All at Burn Support wish her well in her new situation and understand her relief at not sitting in traffic driving from the Shore to Middlemore!

On a personal note I (Vera) wish to thank Ruth for providing a listening ear and a shoulder to cry on. We had some hilarious times and certainly shopped well together.

On the subject of farewells

Gary and Raywyn Cook who until recently owned Southern Star Charitable Trust have retired.

Gary and Raywyn ran Magic Promotions & did major Fund raising for us as long as we can remember!. An early fundraiser was the Vince Carmen Magic Show. Magic Promotions morphed into Southern Stars Charitable Trust (as if by magic) and continued their fine efforts on our behalf. In the early years to receive a cheque for 10,000 dollars seemed like a miracle! The association between our organisations has always been amicable, positive and continues to be so.

We wouldn't use the term "retired" in reference to Gary or Raywyn as they are both active people who we are sure are keeping themselves busy.

Gary and Raywyn have made a home in Kati Kati from which they pursue their interests in nation wide ancient historical research and gardening.

We have heard that they have planted a substantial quantity of flax and this is sure to attract tuis in abundance.

It gives great pleasure to achieve ones aims, not only to those who achieve the aims but also to those who witness the achievement.

Although the relationship between Burn Support and Gary & Raywyn's companies has essentially been a business one it has been much more than that. Gary and Raywyn were always interested in our success as a Charitable Trust and have played an essential role in our achievements.

The best portion of a man's life,
His little nameless, unremembered acts of kindness and love.
William Wordsworth.

S.T.E.P.S

to

Social Comfort & Confidence

STEPS is a simple and effective “tool” for anyone effected by a burn injury. When meeting strangers, entering new social or work situations, or going into public places, we can influence how others respond to us. By using **STEPS** every day, we project confidence and send the message to others that we are self-assured. It takes practice until it becomes authentic and easy.

SELF –TALK - what we say to ourselves and believe.
I love and accept myself the way I am and the way I am not.
I meet people easily and feel comfortable with them.
I CAN DO IT!

TONE OF VOICE

Friendly
Warm
Enthusiastic

EYE CONTACT

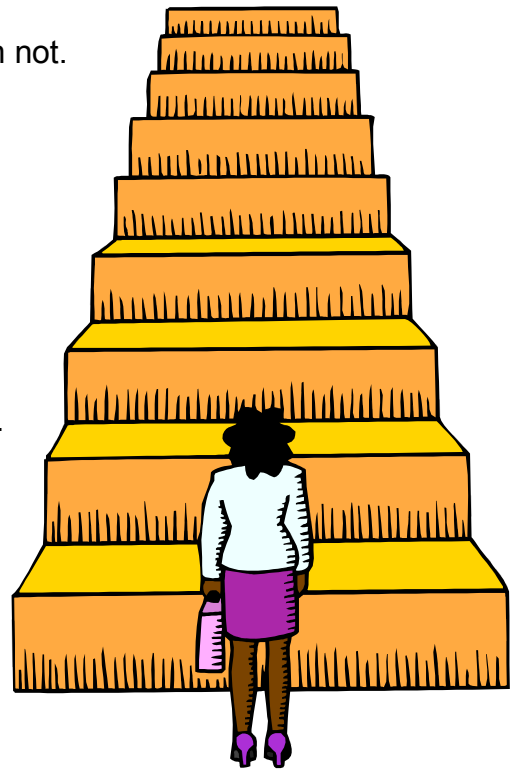
Look people in the eye – even if only for three seconds.

POSTURE

Head raised
Rib cage lifted
Shoulders back

SMILE

Confident
Approachable



REHEARSE YOUR RESPONSES

The “Tool” for answering Questions

Rehearse Your Responses is a helpful “TOOL” to use when people ask questions. People with burns and their family members often report feeling awkward, angry or embarrassed when strangers ask questions about their burns and injury.

Writing and memorising a 3-sentence response to unexpected questions is a “TOOL” that increases social comfort and confidence. One gains control of social situations and feels proud to respond calmly with courtesy, grace and warmth. Practicing **RYR** in front of a mirror also helps one gain poise and confidence.

Example:

"I was burned in an auto accident a few years ago. I'm doing a lot better now. Thanks for asking." or "Thanks for your concern."

"Thanks for asking." or "Thanks for your concern." gives closure to the conversation.

If the person requests more information and you choose **not** to talk more, politely respond with, **"That's all I care to discuss today; I'm sure you understand."** Smile warmly and walk away.

Be sure to use **STEPS**

Self-talk - "I can handle this easily and confidently."

Speak in a friendly **tone of voice**

Look 'em in the **eye**

Posture - Stand up straight.

Wear a **smile**.

Create Your Own 3-Sentence "TOOL"

First sentence states: How you were burned.

Example: *"I was burned in a house fire a few months ago."*

Second sentence states: How are you doing now.

Example: *"I'm getting better all the time and still having surgeries."*

Third sentence states: closing to conversation.

Example: *"Thanks for your concern." OR "Thanks for asking."*

Remember: If the person requests more information and you choose **not** to talk more, politely respond with, **"That's all I care to discuss today; I'm sure you understand."** Smile warmly and walk away.

Be sure to use **STEPS**

Self-talk - "I can handle this easily and confidently."

Speak in a friendly **tone of voice**

Look 'em in the **eye**

Posture - stand up straight

Give people a warm, confident SMILE.

STEPS BY BARBARA KAMMERER QUAYLE, M.A.
IS FROM THE BURN SUPPORT NEWS 2005 PUBLISHED BY THE PHOENIX SOCIETY.

www.phoenix-society.org

GoodWill Broking, a Win-Win Concept

Each year, we all have financial decisions to make, and millions of dollars of commissions and finders fees are earned by brokers and advisers, for providing us with solutions and products. The strategy behind the GoodWill Broking system is to direct a large part of those fees to charities who enhance and improve the lives of those less fortunate in our society.

Martin Jago, a financial adviser with 21 years experience, is the founder of GoodWill Broking Ltd. GoodWill Broking is a Financial Advisory service, providing investment advice, mortgages, equity release schemes and insurances to its clients. The ultimate owner of GoodWill Broking will be a charitable trust which passes any profits over to three charities, namely Make-A-Wish Foundation[®], Heart Children NZ Inc and The Burns Support Group Charitable Trust Inc. The advisers in GoodWill Broking are paid a commercial salary and cannot participate in those profits. As the concept grows, with static overheads, GoodWill Broking hope to pass over 50% of all revenues to charity. They have a five year target to raise \$500,000!

Donations are not required or asked for. Far greater sums can be raised by doing everyday business. GoodWill Broking clients appreciate that their business helps others as well as satisfying their own needs. However, you are not asked to do business because of the charitable benefit in doing so. GoodWill Broking competes for your business by providing a professional service where your needs are met by the best solutions available. By using the GoodWill system, you should pay no more, nor receive any less in return, than if you place the same business elsewhere. If however, their solutions are on par with or better than others, you have the opportunity to benefit some very worthy causes by placing that business with them.

To find out more about GoodWill Broking and their services, either call Martin Jago on 0800 800 492 or visit their website at www.goodwillbroking.co.nz.



Do not wait for extraordinary circumstances to do good.

Try to use ordinary situations.

Jean Paul Richter. 1763 - 1825

Property – a versatile asset for young and old!



The wealth we have tied up in our properties presents a massive opportunity to grow further wealth prior to retirement, and boost our lifestyles once retired. Here's how.....

Not retired yet?

You can use the value of your property as borrowing collateral to purchase another property, which in turn can be rented out to cover all or part of the repayment costs on the borrowed amount. This also creates valuable tax benefits. The concept is used widely today and given that more people are prepared to rent property throughout their lives rather than owning it, the future for rental property owners should be assured. My only caution is that rental property purchase should be viewed as a long term wealth accumulation strategy, not a get-rich-quick scheme. If property continues to rise in price as it has over the last thirty years or so, such a strategy should be relatively risk-free but there are pitfalls. The main one is over-borrowing and not being able to make it through times of hardship, such as an economic downturn or loss of tenants. Also, you need to be prepared to be a landlord. Not everyone is cut out for this and tenants are not always pleasant. Thousands of New Zealanders however are significantly increasing their wealth by using this concept.

Retired but hard-up?

If you own your own home but don't have other significant resources, there are some new products on the market which allow you to borrow against the value of your home to provide additional income or lump sums to boost your lifestyle. These are called Equity Release Schemes. You can access money as a credit line, an annuity, or lump sum advances of up to 45% of your house value, depending on your age and the house price.

The thought of borrowing against your house in retirement may be rather frightening but the modern

products available are very user-friendly. Here are some new features which should allay any fears;

- You cannot owe more than the house value, even if the debt becomes greater than the house price. Therefore, your family cannot receive a bill when you die. If you wish, you can guarantee a proportion of the house value at point of death.
- As long as one spouse is over 60, the product is available to you.
- You have the right to live in your house until you pass away, sell or move to a retirement home, you cannot lose that right.
- You can access your equity how and when you want it, depending on your house value and your age.
- There are no restrictions on what you use the money for.

So now there are no excuses to put off that medical operation, spruce up the house or take that holiday. It's also a great way to help your children buy their first home or put a grand child through university.

There are several Equity Release schemes on the market. They all work on the same principles but have varying conditions. It is important you select the correct one for your needs. I strongly advise you to seek professional advice from a Financial Planner and it's probably a good idea to include your family in that process so they understand what is occurring. It is also mandatory that a solicitor advises you on the contract terms. Apart from these conditions the process is simple and from the feedback from other clients who have used this option, it should make quite a difference to your lifestyle.

If you would like any information on these topics, please call Martin Jago at GoodWill Broking on 0800 800 492, or visit our website at www.goodwillbroking.co.nz. Martin is a mortgage broker and an expert on Equity Release Schemes.



At long Last. **National Burn Centre Opens.**

On June 16th 2006 Counties Manukau District Health Board Formally opened the National Burn Centre at Middlemore.

The ribbon was cut by the Right Honourable Prime Minister Helen Clark and burn survivor extraordinaire Serena Rudd.

Serena's story has appeared in a previous Newsletter.

We now have a facility that equals the quality of the staff and patients are assured of world class treatment.

Burn Support hopes that the beds remain empty for as much of the time as possible and is working toward that impossible goal.

Sometimes, to become expert in a subject one has to have narrow focus and application such as the burn centre has. Burn Support on the other hand has a broader, far less specialised role to play in the whole field of burns. We are sure that the unit will prove the wisdom of its creation and the people who are both unfortunate enough to need it and yet fortunate to have it, will be the beneficiaries of expert care in the future.

We offer our congratulations to all involved in attaining such a long sought after goal.

Thank you.!!

Burn Support receipts all donations as a matter of course but there are many people who contribute to the work and aims of the Trust.

These range from folk who knit small items for stalls "manned" (if this is an acceptable term in these PC days) by others who quietly in the background promote the Trust and it's aims. We have Malcolm Custom and Cargo who underwrite vehicle costs over a regular and long term time. Else where in this Newsletter "Goodwill Broking" is mentioned, while one who wishes to remain anonymous is completely unknown to us.!

Another vital characteristic of a successful organisation is to have a network of sympathetic and efficient suppliers of services in the commercial field. Brannigan Print who print this newsletter is an example. For Ever Living Products, Aloe Vera, is another.

As hinted at in the above article regarding the opening of the Burn Unit; Burn Support has a broad range of associates who we personally relate to and rely on in achieving our goals of being available to people. These range from Fire fighters in the prevention side to relationships at Middlemore.

To all these and the many who we have not nominated we hope that from this small acknowledgement you receive our gratitude.

*The years between fifty and seventy are the hardest.
You are always being asked to do things and yet you are not decrepit enough to
turn them down. T S Eliot.*

Keep Safe This Summer

Sunscreen

- Apply as directed

Caravans / Tents

- Install a smoke alarm
- Plan an escape route
- Take extreme care with gas cooking
- Make sure all electrical leads are well maintained



BBQs

- Do not use accelerants
- Use in a safe place away from children



BURN SUPPORT GROUP CHARITABLE TRUST INC MIDDLEMORE HOSPITAL, PRIVATE BAG, OTAHUHU.

Ph: +64 9 276 0250 Email: auckburn@ihug.co.nz

- Thank you; please delete my name from your mailing list.
- Please add my name to your mailing list.
- My address has changed – my new address is below.
- Please contact me – I am a survivor & want to help with visiting.
- Please contact me – I would like more details as I wish to remember the Trust in my Will.
- I would like the Burn Support Group to contact me.
- I enclose a donation of \$_____ for the Burn Support Group Charitable Trust

N.B. All donations are tax deductible.

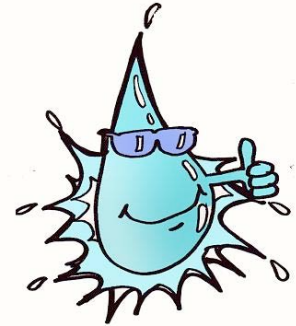
NAME _____

ADDRESS _____

PHONE _____ (Home) _____ (Business)

WE HOPE YOU ENJOYED THE
AUCKLAND BURN SUPPORT GROUP'S
2006 NEWSLETTER

Editor: Vera Steenson
Email: auckburn@ihug.co.nz



AN AFFILIATED MEMBER OF



A world wide Burn Support network.

"By helping others, we also help ourselves"

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