



# Burn Support Group Charitable Trust, Inc.

## Newsletter

WINTER 2015

### SAVE THE DATE

Burn Support Group would love for you  
to attend our Charity Race Night.



### Burn Support News

Brrrrr ... I hope you're all enjoying this crisp, cold Winter. Make sure you have checked your electric blankets before putting on your bed and you are sticking to the 'metre from the heater' rule. Stay safe and stay warm!

### CHARITY RACE NIGHT

FRIDAY 13th NOVEMBER 2015  
Alexandra Park Raceway, Greenlane



supporting  
Burn Support Group  
Charitable Trust

If you can't  
make it,  
please make  
a donation!

Come and join in the fun for our  
Fundraising Event.  
Enjoy live racing, live and silent auctions,  
delicious food and entertainment!

Proceeds from ticket sales help to facilitate our annual  
children's camp for children recovering from burn injuries

Tickets  
only cost  
\$65

Purchase your ticket now!  
Call: 021 873 038  
Email: [nikki@burns.org.nz](mailto:nikki@burns.org.nz)

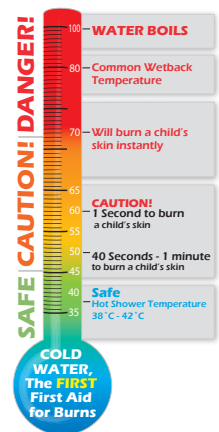
Doors open: 5pm  
Racing begins: 6pm

Dinner and Dessert and  
drink on arrival included

[www.burns.org.nz](http://www.burns.org.nz) [www.watersports.co.nz](http://www.watersports.co.nz)

## HOT WATER BURNS LIKE FIRE

According to Safekids Aotearoa, every day a child is burned severely enough to be admitted into hospital. Of 1 to 2 year olds admitted to hospital due to severe burns, over half are caused by spilt hot drinks and other liquids. Safekids Aotearoa and Burn Support Group Charitable Trust have combined forces for a radio campaign called "Who's Your Hot Water Lifeguard" It features the voice of former SKYCITY NZ Breaker Dillon Boucher who encourages listeners to be the family life guard and learn about important hot water burns prevention messages. You can listen to the radio ads here: <http://youtube/W88ScblAp2g>



## CALLING ALL CAMPERS!!

We have a new venue for our children's camp this year - **Piha Mill Camp**. The camp runs from Monday 25 January through to Friday 29 January 2016. Spread the word - we would love to see some new faces!!

Piha Mill Camp is only 60 minutes from central Auckland. It is situated at the foot of the Waitakere ranges heritage area and is surrounded by the magnificence of native and exotic bush.

If you have a burn injury and are between the ages 7 - 17 years, we invite you to attend our annual camp. The camp is completely free of charge. Contact [nikki@burns.org.nz](mailto:nikki@burns.org.nz)

### LOCK IN THESE DATES:

Baby Show - Auckland  
Showgrounds - August 21 - 23

Phoenix Society World Burns  
Congress (Indianapolis, USA)  
October 21 - 24

Burn Support Group Christmas  
Party Sunday 6 December



Mr Quick Cool says:  
"Seconds  
to burn,  
BUT at least  
20 minutes  
to cool !!!"

Lets be friends on Facebook.

[www.facebook.com/  
burnsupportgroup](http://www.facebook.com/burnsupportgroup)



**Burn Support Group  
Charitable Trust**

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(09) 270 0640

## SUPPORT SUNDAY



A happy gathering of burn survivors met together on the the 31st May at Alan & Delwyn Breslau's home for a 'Burn Survivor Sunday.' The 'old timers' really enjoyed sharing their coping skills and strategies with the 'newbies' and of course catching up again with each other. There are lots of requests for more such gatherings!

This was all captured by Attitude TV in a mini documentary which can be viewed through the following link <http://attitudelive.com/documentary/support-breslaus>

Alan talked about his life as a burn survivor and tools and strategies to deal with disfigurement.

Alan states "The whole problem with burns is how the public is going to perceive you. You could walk along and people will point you out like you don't see them. What you first learn is that you have to learn to deal with that. We stop them and talk with them and they see that you're a normal person inside and then you explain you were in a fire and they are very interested." Delwyn agrees and adds "I think it's just a natural curiosity. People tend to look at something that looks different from the norm. People don't mean any harm, they are just curious and once their curiosity is satisfied they don't see the burns any more.

Alan reminds us that there are three great healers:

**TIME** ..... **PURPOSE** ..... **LOVE**

- Give yourself some time
- Find a purpose
- Find somebody to love

***"The old person will never be there again. You'll never look the same, you'll never feel the same, you'll never be the same. You have to grieve that loss, give up that person, stop looking for that person or trying to get bak to that person, because you never can. Instead you are reborn, you must look to the future and build a new life."***



### The Beauty of Disfigurement - by Alan Breslau

Over the 50 years since his accident, Alan has developed many concepts, theories and strategies to help disfigured people cope with the many problems and challenges facing them in their day to day lives. You can purchase this book through the Burn Support Group for \$30 plus \$5 p&p.

A percentage of sales goes to Burn Support

## NEW FACES FOR BURN SUPPORT GROUP

We have had a few changes to Burn Support Group since the last newsletter.



Firstly a huge warm welcome to our newest member of Burn Support Group Charitable Trust - **Michele Henry**.

Michele takes over the role as administrator as Nikki moves into the new role of BSG Events. She is very enthusiastic and I'm sure will make a positive change to our group.



Our next new board member is **Erik Molving**. Erik joins the Burn Support Group as a burn survivor. Erik was burned in a car accident. He has a very positive outlook on his life with burns and a great mentor.

**Welcome to Burn Support Group Charitable Trust Michele and Erik.**

## HOT NOODLE DANGER



Two minute noodles can be a convenient snack for hungry kids when time is running low. But, they can be dangerous as well.

The most common burn injuries occur to the legs, chest, stomach, arms and genitals. Not just mild injuries either - injuries involving hot instant noodles can be so severe some kids require skin grafts.

Boiling water is poured over the noodles and then left to sit for a couple of minutes to soften up, or pop them in the microwave to do the same thing. According to the packaging, these noodles are now ready to eat..... but they're not!

Here's the thing - investigations show that the noodles were still at a temperature of 80 degrees celsius when the packaging instructions said they were ready to eat.

Dominic Hannon and Ange Warnock know all about the dangers of this. Their son was injured while making two minute noodles for himself. Brayden now faces a lifetime of surgeries and skin grafts to his face, neck and torso and has lost fingers to hot noodles. Ange also adds that the stove element at the time was super hot, as it needed fixing so possibly contributed to his injury. Brayden now attends Burn Support Groups children's camp annually and his injuries do not hold him back on anything!

Kidsafe NSW suggests that one of the other problems associated with noodles is the fact

that they stick. If a hot noodle attaches itself to the skin it will stick, making it hard to remove immediately. This allows the noodle to burn into the skin longer and deeper. Kidsafe have come up with some safe practices to make noodle time a little safer:

- Heat noodles under adult supervision
- Ensure noodles are not overheated and never boiled
- When microwaving, be careful of the uneven heating of food
- Heated noodles should be removed carefully from the microwave or stop by an adult
- Noodles should be allowed to cool before given to a child or eaten

(Information from [kidspot.com.au](http://kidspot.com.au))

First Aid by  
Burn  
Support  
Group

**BURNS FIRST AID**

- **Remove** any clothing and jewellery from the area which isn't stuck to the skin
- **Cool** under running water for AT LEAST 20 minutes
- **Cover** area with lint free cloth or cling wrap (do not cover the face)
- **Seek** medical advice if the burn area is larger than a \$2 coin or on the face, hands, feet or groin area

In an emergency telephone 111 for an ambulance

[www.burns.org.nz](http://www.burns.org.nz)



## PHOENIX SOCIETY WORLD BURN CONGRESS APPLICATIONS

Thank you to all the people that sent in submissions for the amazing opportunity to attend the World Burn Congress in Indianapolis, USA.

We had a variety of applications from burn survivors, parents of burn survivors, and volunteers. All were as worthy as each other and made it a very hard decision for our board.

A huge congratulations to Darlene Fenton, Mata Laakulu, Tori Blomfield, Lindsey Bartholomew and Lily Bartholomew who will be representing Burn Support Group in Indianapolis.

Darlene and Mata both suffered burn injuries as babies and attended our first children's camp 30 years ago. Mata is now a board member.



Tori Blomfield has been a camp counsellor at our Children's Camp for the last two years. We



Lindsey and Lily Bartholomew are Mother and daughter. Lily suffered her burn injuries as a toddler and both Lily and Lindsey have been attending our Children's Camps for many years now. We hope that Lindsey will learn skills to help other parents of burn survivor children, especially in the South Island where she is based.



Next year we will be sending another small group to the World Burn Congress - it will be in Providence, Rhode Island. We encourage everyone who applied this year and anyone else who thinks they will benefit and can give back to Burn Support Group to apply again.

### BURN SUPPORT GROUP RESOURCES

On a regular basis we send our resources out around the country to various groups - Plunkets, schools, kohanga reos etc.

would like Tori to learn new skills so she can carry on her fantastic work at our camps.

If you need any resources for open days, education days etc. please contact Michele Henry ([michele@burns.org.nz](mailto:michele@burns.org.nz))

### DO YOU HAVE NEW DETAILS?

Please keep our database up to date so that we can keep you informed on events and happening with Burn Support Group. If you change address, email or phone numbers please let us know so we can update our records.

### ADVERTISING

Are you a burn survivor or the parent/ caregiver or a friend of a burn survivor and feel that others might benefit from and be encouraged by you sharing your experience, please contact us and tell us about it.

if you would like to help contribute towards the production and distribution of our newsletter in return for advertising contact - [nikki@burns.org.nz](mailto:nikki@burns.org.nz)

If you have any concerns about the contents of this newsletter please don't hesitate in contacting us.

***"I will love the light for it shows me the way, yet I will endure the darkness for it shows me the stars." – Og Mandino***

Yes I want to make a difference to the lives of burn survivors and their families

Please accept my donation of \$

Details:

My email address is:

I'd like to donate by:

- Online at [www.burns.org.nz](http://www.burns.org.nz) OR
- Enclosed cheque made payable to Burn Support Group Charitable Trust. (PO Box 97164, Manukau City, Auckland 2241)

Please contact me about:

- Making regular donations
- Leaving a bequest in my will

All donations to the BSG are tax deductible and receipted. Charities Commission No: CC48691.