



# Burn Support Group Charitable Trust, Inc. Newsletter

O C T O B E R 2 0 1 4

## CHARITY RACE NIGHT

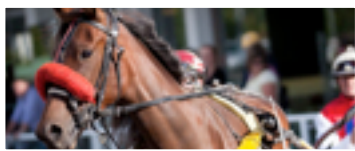
Burn Support Group Charitable Trusts annual charity race night is fast approaching! - Friday 14 November. A great night to get your work mates together for a pre-Christmas get-together!

Come and join us for a great night of food, racing, auctions and fun at Alexandra Park Raceway. This year we have four guest speakers.

All of this for the great price of \$65, which includes a free beverage on arrival. This years proceeds will help facilitate our annual camp for children recovering from their burn injuries

A fantastic evening for a work Christmas Party and to support a great cause!

Book a table of 10 and be in the draw to be chauffeur driven in a luxury limousine to the event.



## Burn Support News

Can you believe it's Spring, which means Summer is just around the corner. With Summer there is also the dangers of sunburn, BBQ's and bonfires. Check out our Summer Safety tips inside this edition.

## NEW CRAZE NOT COOL

A dangerous new craze sweeping through social media has angered a lot of people especially burn survivors who would never intentionally go through what they have had to live with.

The aim of the Fire Challenge that is gaining popularity with young people is to set themselves alight for internet glory. The challenge, that is becoming popular in America involves people dousing their bare skin in highly flammable liquids before lighting themselves on fire and then jumping into a pool or under a shower while another person videos and then shares the act on social media sites such as YouTube and Facebook

The NZ Fire Service has issued a warning in late August which says many young people have

already suffered horrific burns and two deaths have already been reported in the United States.

Schools in NZ are being warned against the craze being taken up here.

Please take the time to speak to young children especially teenagers about the horrifying consequences of such a dangerous act.

### **If you encounter someone on fire:**

- Lower the person to the ground
- Extinguish with water or smother flames with clothing
- Immediately apply cool running water for at least 20 minutes
- Call 111 for an ambulance

**Our vision is a world where scars do not limit a person's function, social inclusion or sense of well-being**

**- The Katie Piper Foundation**



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**

PO Box 97164

Manukau City

Auckland 2241

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

(09) 270 0640

## CAMP 2015



Camp application forms have been sent out. If you haven't received your application pack or know of someone who hasn't received one please contact [nikki@burns.org.nz](mailto:nikki@burns.org.nz)



Next years camp will be held at Lakewood Lodge, Huntly from January 21 - 25th, 2015. We look forward to seeing some familiar faces along with some new ones.



## BABY SHOW 2014

The Baby show was held this year in late August. A fabulous event with almost 14000 soon to be parents, or parents of babies / toddlers. Burn Support Group manned a stand to educate people on our burn prevention messages. Our photo board was a real eye opener for a lot of people, with a lot of people stopping to talk about it. A lot of people couldn't believe the injuries and scars were from simple things like a hot drink being left on a bench. We conducted a small quiz to see what people knew about burn prevention. See how well you do!!

The questions from the Baby Show:

- 1.) What is the emergency telephone number in NZ?
  - a.) 911
  - b.) 999
  - c.) 111
  
- 2.) How soon after a burn should you start to cool it, and with what?
  - a.) Any time, with any liquid till it stops hurting.
  - b.) As soon as possible with cool running water for at least twenty minutes.
  - c.) Finish what you're doing and then ice for as long as you can be bothered.
  
- 3.) How far away(at least) should you sit or place items next to a heater?
  - a.) Half a metre
  - b.) A metre away
  - c.) as close as you like
  
- 4.) when cooking what should you do?
  - a.) Turn pot handles to the back
  - b.) Use the back elements as much as possible
  - c.) Have bench space next to the stove to put hot items off the stove on.
  - d.) all of the above

Answers are: C, B, B, D



### 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.

## LOOKING FOR SOMETHING TO KEEP THE KIDS BUSY DURING THE HOLIDAYS?



There are PLENTY of activities in the Entertainment Book - Rainbows End, Butterfly Creek, Crystal Mountain, Snowplanet, MOTAT, movies, mini golf, ice skating, Skytower, Xtreme Entertainment ..... There are digital and hardcopy memberships for all around NZ.

If you would like to purchase an Entertainment Book through Burn Support Group the link is listed below. \$13 from each book comes directly to us which in turn supports burn survivors. Help us achieve our goal by sharing this link with your friends and Family. Thanks for your support!

<https://www.entertainmentbook.co.nz/orderbooks/967t08>



## BEAUTY IS SKIN DEEP BEAUTIFUL IS SOUL DEEP



A while back these two gorgeous ladies featured in the NZ Woman's Weekly talking about the healing power of friendship.

Tracey-Maree and Donna are the same age and were both babies when they tugged on cords of a boiled jug - the hot water caused severe burns to their bodies and they endured extensive skin grafting.

These two burn survivors met through our Burn Support Group facebook page and bonded over their similar traumatic childhood experiences. They finally met in person two years ago, and have

supported one another to become confident in their own bodies.

These two inspiring ladies will be speaking at our charity race night sharing their story and how they have become confident on the inside and outside.

Another person who is showing the beauty of scars is Indian photographer Rahul Saharan. The fashion photographer conducted a photo shoot for acid attack victims - giving these girls a brand new shot at confidence. He wanted to change the general perception of beauty in

the eyes of the world and not to identify their face with sadness.

One of the models - Rupa, recalls how she was scared of what people would think of the pictures but she didn't want one unfortunate incident which she had no control over dictate the rest of her life.

Rupa had acid poured over her by her stepmother who did not want her to get married. She selfishly wanted her to stay home and

help with the chores. Rupa was not seen to by a doctor until four agonising hours after the incident. Rupa has since disowned her father.

You can follow Rahul Saharan's facebook page here:

<https://www.facebook.com/rahulsaharanphotography?fref=ts>



## PRESIDENTS CORNER - Mark Wiggins

With the end of winter and the changing of the clocks I hope that the weather becomes more settled but more importantly have you either changed the batteries in your smoke alarms or checked that it is fully functioning.

I am sure that over the past few months there have been a number of reported house fires in the news and it is interesting to see that in the report is also if there was a smoke alarm working in the building.

I am pleased to see that in several of the reports the lives of the occupants were saved due to the smoke alarm waking them up. So please keep yourselves and your families safe by checking them.

We had the AGM in August and there were a few changes to the board. Welcome to the new members and thank you for joining the team. Many thanks to the board for supporting me and allowing me to continue in the president role.

I recently read Turia Pitt's book and I know a number of you have done that already. I am always humbled by the resilience of burn survivors. Although her story of recovery isn't unlike many of

your own it does go to show that the motto of the Phoenix Society is universal .... **Survive , Thrive , Return and tell your story.**

The Charity night will soon be upon us again and I know that again it will be an enjoyable night and we will hear the stories from some of our very own survivors. Contact Nikki for tickets because I know we still have space for more.

In a few weeks we are sending a larger Kiwi group to the World Burn Congress in Los Angeles and having been last year I know that the trip will be a life changing experience for all of them. Safe travels everyone.

Continue to look out for each other and lets spread the prevention message further .....



## WARMER WEATHER SAFETY TIPS

Never use accelerants to start a fire.

Make sure there are no combustibles in what you are burning.

Keep a bucket of water or a hose nearby when lighting fires.

Keep children well away from fires.

Make sure children wear footwear on hot surfaces so they do not burn the soles of their feet

Make sure children are not playing near the BBQ or fires.

Put matches and lighters away when finished

Make sure everyone has sunblock on at all times!



## DAYLIGHT SAVINGS

Daylight savings has come and gone - did you check your smoke alarm batteries?

## BSG CHRISTMAS PARTY

If you would like to come to this years Burn Support Group's Christmas Party then



contact [nikki@burns.org.nz](mailto:nikki@burns.org.nz). Join us in celebrating 2014 with lunch, fun and chatter. we would love to see you there.

Sunday November 23rd  
12pm - 16 Albion Road

## SOUTHERN STARS TELEMARKETING CAMPAIGN

Southern Stars charitable Trust once again chose Burn Support Group to be the beneficiary for one of their outbound telemarketing donation programmes. Their campaigns receive substantial donations from both members of the public and businesses.

Their dedicated team of telephone operators make thousands of calls over a number of weeks inviting people to buy tickets for one of their professionally produced LIVE pantomimes. These tickets can be purchased for the person's own family / children to attend the show or they can be bought and donated for distribution to special needs and disadvantaged children so that they can too enjoy the experience.

This years campaign will be fundraising to facilitate our annual children's camp and to purchase equipment to donate to the National Burn Centre and Waikato Hospital Burns Unit.

The pantomime in aid of Burn Support Group this year was Puss n Boots. A total of \$83,000 was raised from the campaign, and a lot of happy children enjoyed the pantomime. A special thanks to Southern Stars and Keith Slater for their continued support and hard work



## CHANGE OF ADDRESS

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 your 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.

### 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.