



Julian Burton
BurnsTrust

Adelaide Antics

May 2nd -5th



The 5th Adult Burns Survivor & Family Education Support Forum Newsletter

Exciting Times Ahead

One by one they landed in Adelaide, excited and ready to make new friends. Just a short distance from the airport we stayed at the lovely Adelaide Shores Resort. The resort has swimming pools, lovely grass and gardens as well as the wonderful self contained Villas. With all the comforts of home built in we knew we were in for a good time with lots of wonderful speakers and participants. Some hopped on nearby transport to go to Harbour town and the centre of town for shopping. So many of the ladies were visiting each other to see what others had chosen to wear to the ball on Friday night while John and his helpers were preparing a wonderful welcome BBQ for us all. This newsletter has been written to give you a taste of the Adelaide forum with a firm hope that you and many more will plan to come to next forum at Maroochydore in June 2019. It's not only about hearing the great presenters but spending time with others who are on a similar journey to you. These times help you understand that your life matters and you can glean from others the tips, tricks and wisdom needed for a full life. The ball was a magnificent night celebrating all the wonderful things that the Julian Burton Trust has done as well as future directions for Burnslife (see article p13). My wife and I want to thank all of those involved with every organisational aspect of this forum. We will seek to love, learn, laugh and live each day. Come and meet us at the forum in 2019,

Flying and driving in from all over OZ & NZ



What a lovely place to stay! - Arriving day



Wonderful Villas



Fully Equipped Kitchen!



All the Yummy Food provided for Breakfasts



The Wildlife is cool too!

The Welcome BBQ - A great way to meet new and old friends



A great move to have a BBQ on the first evening. Everybody got around and met some new people as well as catching up with old friends. Great food, fun and even the weather was good to us. A big thank you to all who planned this and particularly John who did a great job cooking the burgers.. Jo did a lot of crying over the onions but managed lots of smiles while having a drink later. A great effort from Rose who can take great photos in the dark and manage to catch all the beautiful smiles.



A big Welcome to the forum - John Weeks

Bursting with expectation and enthusiasm John outlines the day and welcomes us all to Adelaide. John always has a surprise up his sleeve and was ready to hand out his good drop to all the presenters. He is handy with batteries for microphones too!

Tanja Klotz



Only the brave enter the confusing world of creams and moisturisers sold for our skin and scars. It's a tough world of studies, slick marketing and at times some creams that can cause trouble. Tanja uses the scientific method to try and cut through all the mumbo jumbo and advertising. Some of her conclusions are as follows. Thanks so much Tanja for presenting your findings to us.

Avoid	Use	Studies needed
Aqueous cream Imiquimod cream Vitamin E	Basic moisturisers Vitamin A Alhydran Protease's	Bio-Oil Basic moisturisers
  	  	

Silicone is most effective on scars that have formed from wounds which took a while (>2-3 weeks) to heal.

Pressure is most effective on scars that have formed after a surgical management such as a skin graft.

However, used ***in combination***, they have a synergistic effect to provide the best outcome.

Andrea Parker



What are your life values?

What sort of person do you want to be?

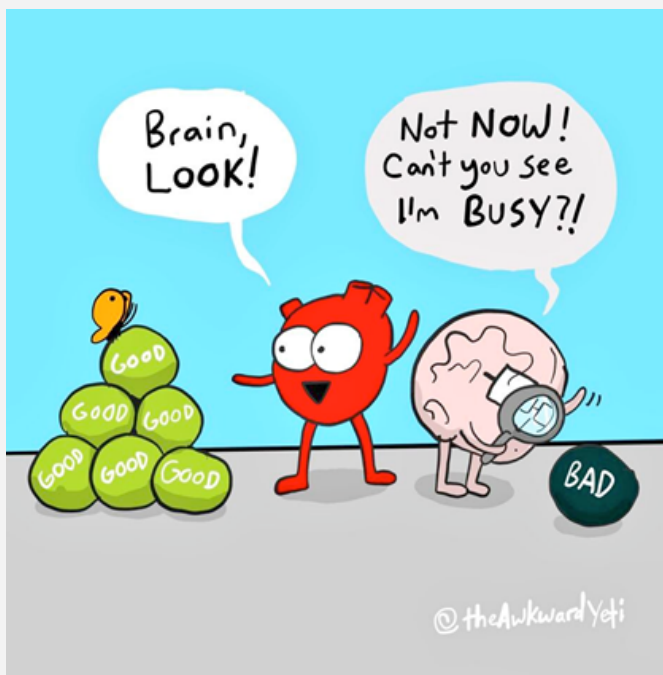
Family	Work
Relationships	Courage
Adventure	Friendship
Spirituality	Participating
Fun	Health/fitness
Learning	Helping others
	etc

Andrea had us smiling and interacting in no time as she pointed out the current modern obsession with body image. In the end we had a look at our real values. We need to realize what's important to us not letting how we feel about ourselves change our decisions. In the end it's our choice to be with family, friends and living out our beliefs and values. Get out there and do what is important to you. You could be the biggest hindrance to your wonderful new future. Carol shared a powerful story about how she went through a tough inner battle to go and work in her son's tuckshop at school. She stayed in that task for many years. Thanks so much Carol and Andrea.

Martha Druery



One thing we all know and love about Martha is that she cares for people. It's not just "her job". You know the minute you talk with her that she genuinely cares about you. She wants to include all and help us to love life. Martha helped us understand the parts of the brain that remembers life threatening events and another part that remembers the time (like a date stamp) Probably the most memorable part was her second session on supporting other burns survivors. This is very relevant to all of us. She is another special Brisbane person!



What gets the burns professionals worried?

- Giving advice that conflicts with the evidence-base
- Breaches of privacy
- Trauma risks
- Preparation and training
- Help if things go wrong



Things to consider...What's your role?

Formal / informal?

Friend?

Counsellor?

Rescuer?

Peer supporter?

Saviour?

Confidante?

Devil's advocate?

**I'm not playing a role. I'm
being myself, whatever the
hell that is.**

Bea Arthur

Martha also spoke about looking after yourself and keeping yourself safe. She added that we can't give somebody a drink from an empty glass.. We need to stay aware and not try to answer questions that we are not qualified to. People giving peer support need to be trained so that they offer support as a fellow survivor and not cross the line into medicine, occupational therapy or physiotherapy. Your experience and what works for you might be detrimental to other survivors. We need training so that we can recognise immediately when we need to point the survivor to the appropriate medical professional. Martha recognises the vital role that fellow peers can have in offering hope and companionship.. Thanks Martha for opening a "safe space" for the carers to talk and express their feelings too. We appreciate you being with us during the entire forum offering help, lots of laughs and giving freely of who you are. Thanks so much for your precious time.

Delwyn Breslau



Delwyn is an amazing soul. Not only did her son get burnt but she helped other burn survivors. I can't do justice to their story but she married Alan Breslau the survivor of a plane crash who started the wonderful Phoenix Society for Burns Survivors. For years they have run camps and special events to help children and adults who have been burnt. They are truly amazing and inspiring people. Please google their names and watch their videos. They tell their own story the best. You tell yours the best too. Alan is big on choosing the right attitude to your recovery. Thanks so much for coming Delwyn.

Julian Burton



No matter which way he turns this young man is going places. He has the enthusiasm and the determination to see what needs doing and follow through until it is done. As he closes the trust he leaves behind a band of like minded people who will carry on the great work that he has done. Thanks for helping to make this forum happen. Thanks also for what you will do in the future.

The group of dedicated people who put on this forum have emulated your past efforts.

Keep inspiring people Julian.

Dr John Greenwood



TWO-STAGE PROCESS

Biodegradable Temporising Matrix (BTM)

- Applied immediately post-burn excision
- Provide a structure to which cells can attach and thus guide dermal invasion
- Prevent or minimise wound contraction
- Prevent infection
- Temporarily 'close' the wound to shorten the phase of inflammation
- Reduce pain
- Prepare the wound bed for composite

Composite Cultured Skin (CCS)

- Applied when ready
- Should have ability to definitively 'close' the wound
- Should contain an autologous collagen matrix produced by fibroblasts, surfaced by keratinocytes anchored by a basement membrane
- Should 'take' onto the prepared BTM or persist until neovascularisation

How did such a small group of burns survivors manage to get this world renowned surgeon to come and speak with us? I think John Weeks had something to do with it! Well done John. John was one of the first patients to use the dressing developed by Dr Greenwood. We sat riveted to our seats as we saw clinical wonders that most doctors have never seen. Dr Greenwood's BTM and more lately his CCS are world shattering medical breakthroughs. CCS technology can take a piece of skin cells 20cm X 10cm from a patient and in 28 days grow enough skin cells to cover an entire body. Truly amazing and we saw the photos of it all. Thanks so much Dr John Greenwood. A once in a lifetime session for sure.

Anna O'Loughlin

Pay yourself first

- ◆ The most productive way to save money is to pay yourself first.
- ◆ Many of us think that whatever is left over I will save.
Do we then use the money or save the money?
- ◆ By paying yourself first we include our savings as something that is just as important as other expenses we may have.
- ◆ It is important to ensure that you budget the amount to save. There is no point saving \$100 per fortnight when you need \$50.00 extra to cover food or medication for yourself.
- ◆ Start off small and build towards something bigger.



How do I write a budget?

- ◆ Be honest with yourself
- ◆ **Be realistic**
- ◆ Have all your information up to date
- ◆ Don't guess amounts ring your utilities company and ask them what was my usage over 12 months.
- ◆ Remember costs can go up and down depending on the time of year.
- ◆ Writing the best budget <https://www.moneysmart.gov.au/>



Anna gave a no nonsense from the heart delivery of how we can get the most from our money. She covered budgeting, avoiding debt, card use, strategies for spending less and lots more. In particular she warned of the dangers of paywave not seeming like money and going overboard using it. Using real money you can see the weekly/fortnightly budget money disappearing from your wallet or purse. This helps the brain know clearly what is left therefore giving mental restraint to spending. Please visit the moneysmart page above as it has loads of very valuable financial information and calculators. Please also visit <http://www.moneyminded.com.au/> for great advice on managing money. It doesn't matter how good you are with your money -you can always learn something new. Thanks so much Anna for coming and giving us your best.

Paella on Thursday night



After an informative day participants relax with a drink or catch up with a new friend.



After a hearty meal we had many laughs from stand up comedian Anthony Lamond. What a great day!

The next National Adult Burns support forum will be held at Maroochydore next year under the Burnslife banner, a Royal Brisbane and Women's Hospital Foundation (RBWHF) initiative. We will let you know the exact dates very soon. This has been the most amazing weekend and the last JBT ball Friday night was a great way to close this organisation. Burns life received a donation of \$100,000 from the Julian Burton Trust so that is amazing as this will allow Burnslife to continue to help burn survivors and run future forums.

Karen Jacques.



We want YOU to think about coming to the next forum. With your help we can make these forums into something big and national that will help burns survivors all over this country.

Great venues, good company, wonderful information and loads of fun - are you planning to come to Maroochydore Qld in June next year?

Stay in touch with Burnslife on Facebook and we will give you all the information as it unfolds. We look forward to inviting you in 2019.

burnslife.rbwhf@gmail.com

To Andrew and Charlotte



From all the burnslife survivors and forum participants we would like to thank you for having the vision and passion to start Burnslife and to build it from here into something that we can all share. We congratulate you on the recent initiatives to step up to the forum plate and continue with the support that Julian Burton Trust started. You truly give us inspiration to "make things happen" even though we have been through tough things. We believe that through vision and defined goals much can be done to enhance life for all survivors. With your help we can even move from 'surviving' to 'overcoming'. Nothing really compares to somebody who has been through what you have and knows how to offer hope.

Being Creative





BALL







I've heard on the grapevine that Barossa Valley was a hoot as well -Shhhh!

On behalf of all the participants my wife and I would like to thanks the committee, the presenters, Julian Burton Burns Trust, Burnslife, Gail, Andrew and Charlotte and the RBWH foundation for making this wonderful forum one of the best so far. See you at Maroochydore June 2019. The best is yet to come. To all my fellow survivors and carers - thanks for being who you are. Your heart and potential is enormous. Dream big, love much and see you soon from Dale and Cristine Trevor.

