



# Burn Support Group Charitable Trust, Inc. Newsletter

J U L Y 2 0 1 4

## CHARITY RACE NIGHT

Burn Support Group Charitable Trusts annual charity race night date has been set.

Put a circle around Friday 14 November, 2014 on your calendar and come and join us for a great night of food, racing, auctions and fun at Alexandra Park Raceway. We will also feature a great guest speaker.

All of this for the bargain price of \$65, which includes a free beverage on arrival. A percentage of the cost goes towards supporting burn survivors and burn prevention education.

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

Winter is now here, which means the electric blankets and heaters come out and the fireplace is roaring. Make sure you keep safe by following a few Winter Safety rules which are later on in the newsletter.  
**STAY SAFE EVERYONE!**

## YESTERDAY, TODAY, TOMORROW

Burn Support Group Inaugural Weekend Seminar - "Yesterday, Today, Tomorrow" - we would like to announce that we will be hosting a weekend seminar for burn survivors (aged 15+) and one support person in Auckland 12 - 14 September 2014.

The weekend will consist of inspirational and informative speakers, discussion groups, peer

support, workshops, etc that will ensure those with burn injuries have the opportunity and resources to live life to the fullest.

This is free of charge and we invite all people around New Zealand to register their interest in attending this event. Please contact [nikki@burns.org.nz](mailto:nikki@burns.org.nz) to put your name down to attend this wonderful event.

## WHO'S YOUR HOT WATER LIFEGUARD?

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 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>

**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)



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## Way to go Jorja!

Last newsletter we featured a story on Jorja who was burned at the age of 18 months from a hot cup of tea. Jorja is now 10 years old, and thriving. She recently made her syndicate speech final at her school with her speech called "Do Scars Hold You Back?"



Unfortunately on the finals day, Jorja came down sick with a croaky voice and sore throat and couldn't deliver her speech as she wanted and didn't advance. Jorja has kindly let us publish her inspirational speech:

Scars are pros at holding people back. I strongly believe that everyone with a scar should show their scar. My reasons are that scars take your confidence, waste your money on makeup. This is my story and how people helped me along the way.

Did you know that hot water burns like fire, and when your ski is burnt, it peels away as easily as a banana. I asked 29 people if scars hold you back 15 people said yes scars do hold you back, 14 people said no.

However, scars take your confidence. If you want to stand up and read your speech....but you're scared people might see your scar. What happens when you're walking around on a really hot day, gone to get an ice cream and you're wearing a jumper to hide your scar. Slowly walking down the street making sure no one sees scars hold you back, making a fool of yourself although your faith fades and your confidence has disappeared. What are you going to do now?

Your money is just being blown away by spending it on makeup. Make up is just a product, and it can't change the past. You should focus on the present. Why is a story going to be covered by make up? Being hidden isn't the greatest way to get rid of your scars. Show your scar and be proud that you're not afraid to show people who you really are.

My story begins when I was 1 1/2 years old on Anzac Day. I ran into the kitchen and grabbed the handle of a mug with freshly poured hot tea in it. Then Dad heard screaming and got me under the shower which was really cold, while Mum called the ambulance. A few months after my accident Cure Kids asked if I would like to join them - and soon it was my pyjama party where I met lots of other people who had accidents that they couldn't help either. Last year I went to Burns Camp and I saw lots of other children with scars and burns that looked quite bad. I thought that my scars weren't as severe as the others. My friend was burnt while she was asleep and she has many burns all over her body. The sad thing for her is that most of her hair was burnt off and she now wears a wig. Cure Kids and lots of family and friends have helped me and made me not be afraid. So don't hide your scar!

Your scar does not have to hold you back. You should show your scar who's the boss! Why does it hold you back? Because you let it! You are the boss, so show your scar, have more friends, and live in the present, not the past. Be who you really are. People will love you when you're truthful, now when you lie about yourself. Now I hope you have a feeling for people like me with scars. Remember - scars don't have to hold you back!

## 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>



## Lily's Blog

Lily Bartholomew is a 10 year old burn survivor who recently had surgery for contracture release and multiple z plasty.

She kept a blog to keep us informed of her surgery and how it all went. Here are a few snippets from her blog:

"Today it's Sunday - the day before my surgery. I'm a little scared but my Mum told me not to worry. Mum said the staff are very kind and nice so that has cheered me up. I'm

staying at Ronald McDonald house in Wellington so I'm kinda happy and at least my Mum is here"

"It's day 2 in Wellington and I'm ready for my surgery but I'm a little scared"

"Lily I know it's your blog, but anyway.... This is where your journey really begins. We met some lovely nurses and your anaesthetist and surgeon came to visit. They gave you a medazolam tablet which sent you off to

lala land and rather fast. You started being dizzy, to not being able to talk, to asking why we all had so many eyes! It was then time for you to be wheeled away. You came to and were very confused and scared but with a bit of magic gas you were away in the land of nod.

Before I knew it, I was called back through to recovery where you were half awake with a bright pink arm. Your arm hurts, but it's ok. This is the start of a new

you. The surgeon did find a few more tethers she would like to fix up but one thing at a time. Love Mumma"

"Today I'm quite sore and I can't move my arm much and it's still pink!! It's raining today but that's OK because I don't feel like going far"

Update on 1 July - all the dressings are off but still has sutures in place and more limited arm movement. Lily is back at school properly.



## Troy's inspirational weekend



Troy is new to our Burn Support family. He resides in Wellington.

He contacted me recently to reach out to other burn survivors for support.

As always Alan and Delwyn Breslau were accommodating.

Troy spent the weekend in Auckland with Alex Kruger who has been a mentor to Troy in the past year and with the Breslaus, Areena

Deshpande, Andrew Cameron and Heather Stewart.

Troy writes: "This weekend has moved me in more ways than one. I have met amazing new friends that have accepted

their new life which is what I have taken from this experience. Meeting these people has given me hope and now I know I'm not alone"

Thank you Troy for sharing your experience.



### 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.



## WINTER SAFETY TIPS

Clean chimneys and flues before your first fire of the season

Remember the metre from the heater rule - always keep furniture, curtains, clothes and children at least a metre away

Don't overload the clothes dryer and clean the lint filter after each cycle

Have your electric blankets tested annually by a qualified electrician

## Buddy - a hero!

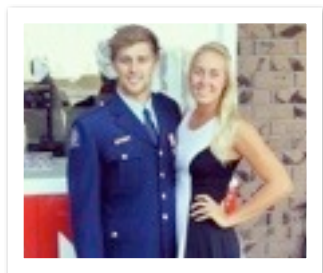
As flames engulfed the crashed car, firefighter Buddy Harwood knew an explosion was only minutes away.

Then he saw a terrified little boy peering out a window and heard his desperate screams for help. The 20 year old couldn't walk away.

Mr Harwood joined the NZ Fire Service at 16, and is now living in Canada.

Mr Harwood and another man pulled the little boy to safety and then noticed there were four more people inside. They worked to get them all out while the fire blazed. As they got them out, the car exploded. They were just in time.

Mr Harwood looked back at the rescue and recognised the danger he had put himself in.



"The focus is now. It's a situation that had to be dealt with. We've got to do what we've got to do, It was definitely much bigger than we thought, looking back. Would I do it again? Oh yeah, over and over."

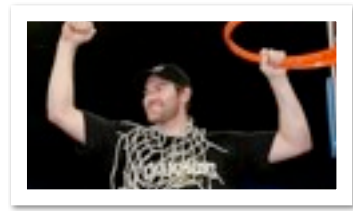
## SOUTHERN STARS TELEMARKETING CAMPAIGN



This years Telemarketing campaign begins on the ??? July. 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.

To help us achieve and realise this goal, the Southern Stars Charitable Trust Ltd in conjunction with the Burn Support Group Charitable Trust will stage a children's pantomime "Puss n Boots" at the ASB Logan Campbell Theatre Greenlane on 11 October 2014

## Congrats to our ambassador!



A huge congratulations to Burn Support Group ambassador Dillon Boucher.

Dillon is now a Member of the New Zealand Order of Merit. This was announced in the Queens Birthday Honours.

Burn Support Group are proud of his achievements and very happy to be associated with him.

## ADVERTISING

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 or you would like to share a story in the next one 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.