



The Burn Support Group Summer Newsletter

www.burns.org.nz



'World Burn' Report 2018 - Joshua Sade-Inia

This year I had the honour and privilege of being able to attend an international convention. At the World Burns Congress, run by the Phoenix Society I was surrounded by so many inspiring survivors, many of which became part of my extended family, albeit on an international level.

Although different survivors at this event were at different stages of the physical and mental healing, it was a safe space for all to learn from others, bond with those that have gone through the same or similar experiences and just feel safe and able to be one self.

I felt comfortable in my own skin being around other burns survivors, because I felt as though I didn't have to have a constant guard up like I do at home as I was surrounded by people who would completely understand. I felt as though I was a part of a community who understood how I felt and the mental and physical battles I had to endure from my burns. I felt supported and completely accepted.

Many memories and friendships were made over the course of this week that I know are going to be lifelong and I will cherish.

This process of viewing myself more confidently is going to be a lifelong one, however 'world burn' has immensely helped me with this and it helped me view myself in a different way and fully realise that my scars tell a powerful story of survival.

Although I still have moments where I am overwhelmed by my previous negative thoughts to my scars, following 'world burn' I have been able to accept my scars more, and also manage these thoughts as well as see them as this powerful story that they tell to inspire others.

This event taught me to soar like a phoenix and accept me for the powerful amazing survivor that I am. It taught me to love myself and continue to inspire those around me and those that need it most. It taught me the difference between a victim and a survivor, and that we should all strive to get to a point where we can call ourselves survivors rather than victims?

Dates for your Diary

Board Meetings

12th Feb 2019

7th May 2019

13th August 2019

12th Nov 2019

AGM - 20th August 2019

CAMP AWHI: 18th - 22nd January

MOTAT FIRE & EMERGENCY:

17th November 2019

SURVIVOR SUNDAYS:

24th February, 19th May,

11th August, 24th November

WOMEN'S BURN RETREAT:

27th - 30th March

AUSTRALIAN BURNWISE FORUM:

30th May - 2nd June

HAMILTON BABY EXPO:

29th - 30th June

ANZBA REHAB COURSE

AUCKLAND: 27th July

PHOENIX WORLD CONGRESS:

2nd - 5th October

AUCKLAND CHARITY

FUNDRAISER: 19th October

Auckland Fundraiser Quiz Night - 27 October 2018

Thank you to all those that attended and participated in this year's Quiz Night. A grand total of \$5,756.00 was raised and will contribute greatly to the 2019 Women's Burn Retreat.

Congratulations go to the winning team "Somebodies". It was wonderful to see Middlemore Staff and Safekids staff battle it out between tables, along with the many other valued guests.



Thank you to Remuera Club for the perfect venue and to Commerce Caterers for providing excellent food for supper. Our thanks and appreciation must also be acknowledged to all those that donated and contributed items, vouchers and all the extra goodies, as without this support these events could not take place.

Burn Support Group is extremely thankful to the following organisations, companies and individuals for their valuable generosity:



The National Camp for New Zealand Burn Survivors

Mountain Valley Camp, 408 McVicar Road, RD2, Napier. Five days of enjoyment, encouragement, inspiration and togetherness.



Phoenix World Burn Congress : 2nd - 5th October 2019

Applications are now open for 2019 World Burn Congress being held at Anaheim, California, USA. For more information: <http://www.burns.org.nz/phoenix-society.html>

Residents Support Community Charity Group



Since May, four Flat Bush residents have made a significant contribution to the Burn Support Group Charitable Trust's efforts to enhance community awareness about burns. The four - House 6's David Smith, and House 7's Taylor Jarvis, Carey Timmins and Kim Stanners - have been assembling the Trust's burns resource packs. Events co-ordinator Michele Henry says the resident's voluntary work helps ensure sufficient stock is available when required.

Xmas Care Packs



This year the Burn Support Charitable Trust are delighted to work with the Occupational Therapists throughout N.Z handing over Care packs with a Pak n Save voucher as a kindly gesture in keeping with the season to those who have sustained burns and will be spending the Xmas period in hospital. Special mention must be acknowledged for the support of Tanya Warren (Whangarei) Suzanne Lee (Middlemore) Hannah Will (Waikato) Tracey Johns (Wellington) and Marie Williams (Christchurch).



merry
Christmas

**FROM THE BURNS SUPPORT
GROUP**

WAIKATO HOSPITAL DONATIONS



It was a pleasure to present Waikato Burns Unit with a new nursing treatment trolley and smart new Lazy-Boy chair. Funds raised from the July Quiz Night made it possible to purchase the required equipment.

Thank you to all those that attended the evening and participated in a fun night hosted by the very talented Jim Kayes, Special mention to Jess Johnson (Fire and Emergency), Hannah Will (Clinical Nurse) and Monique Mulhern (Te Runanga O Kirikiriroa).



Raising Awareness

Pete Bishop resides in Porirua, a plumber by trade, owning his own small company.

As we all need to be aware, hot water is the major contributing factor relating to burns throughout the country and this small, however extremely significant, reminder that Pete has attributed through his job could make the difference for one person using hot water.

Thank you to Pete for his initiative and raising the awareness of the Burn Support Group Charitable Trust. If you have an idea you think could raise the awareness regarding burns, please share it with us by emailing michele@burns.org.nz



Survivor Sunday's

2018 saw 3 survivor Sunday events, thank you to all those that have attended and we hope to see you all again in 2019.

Survivor Sunday's are offered each quarter, these days are catered for the adult burns survivor and those family members who have experienced living with burn injuries. This is a wonderful environment in which guest speakers, various activities and generally an enjoyable few hours sharing stories and support is made available.



2018 ANZBA / BRISBANE

2018 ANZBA saw Tracy Johns from the Hutt Valley DHB assisted to attend with the generous donation gifted from the lovely ladies at the Botany St Columba Opportunity Shop.

As the theme of this years ANZBA was "Scar Wars", with a focus on Scar Management, it was an incredibly useful conference for Tracy to attend. It provided information from world leader speakers in their field covering mechanisms of burn scarring and innovative scar treatments, all of which targets the work and role Tracy loves to do.

On behalf of the Burn Support Group, thank you to St Columba Shop for giving this invaluable opportunity and for considering us as your chosen Charity.