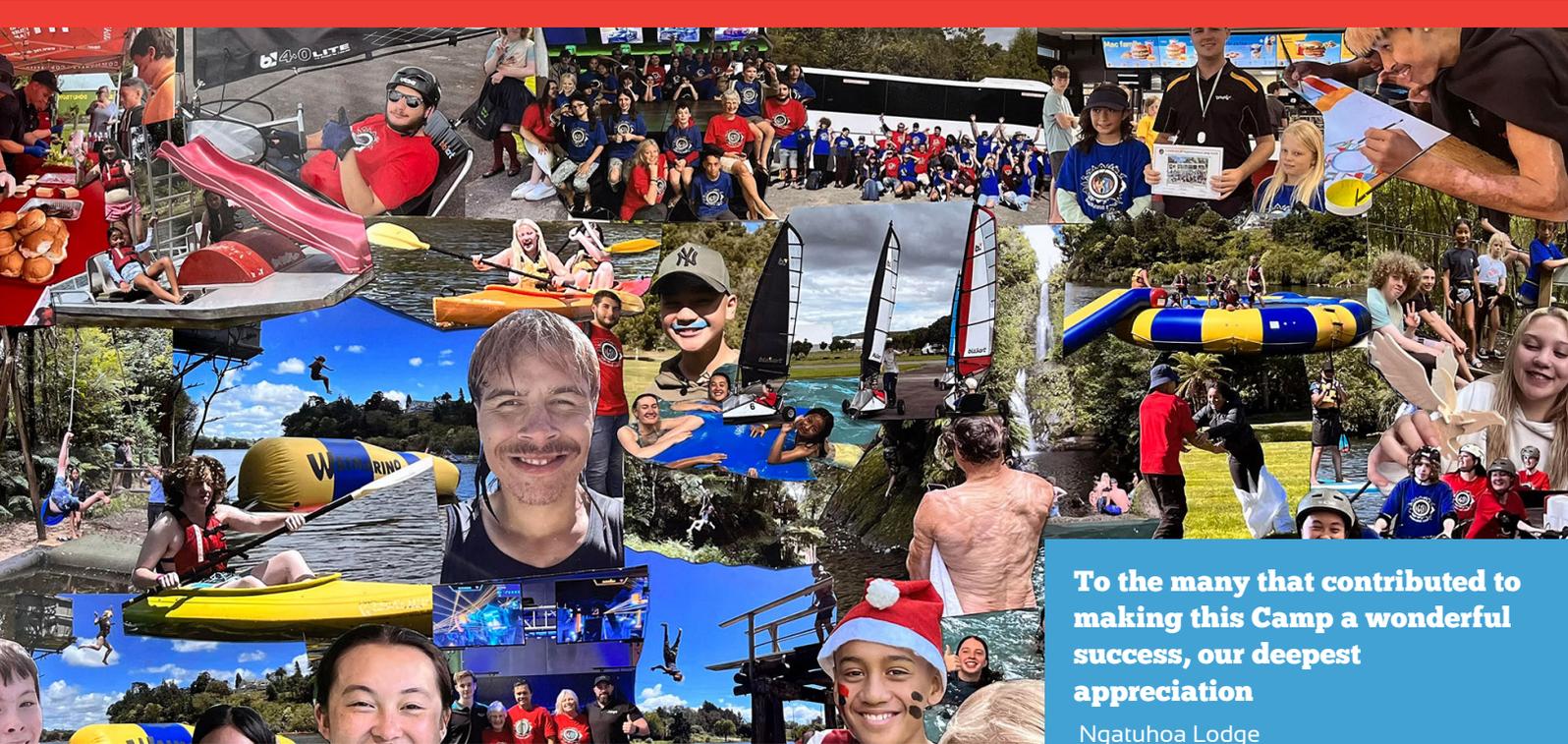




The Burn Support Group Summer Newsletter

www.burns.org.nz

February 2023



CAMP AWHI NGATUHOA LODGE 2023

It was fabulous to get out into the sunshine, frolic in the water and enjoy the many activities put in place for our time at NGATUHOA LODGE.

The frightening thought of no Wifi or Internet was short lived as the 33 participating campers learnt the old fashioned art of conversation and interaction! The camp offered a great environment, tubing on the river, swing rope, waterfall walks, glow worms, obstacle challenge and plenty of fresh clean air.

The newly named tribes made the most of all available and the smiles and laughter always make it so worthwhile. We would like to extend a heartfelt THANK YOU, to all that contributed to make this event possible. Every contribution is applied to the Camp costs, catering, accommodation, goody bags, transport and the many amazing activities that Tauranga provided this year. The many organisations that so greatly looked after our campers and gave incredible opportunities to partake in all the fun on offer.

A special mention to, JULIAN, our trusted driver provided by the very generous KIWIS COACHES. Julian had as much fun as the kids and joined in wholeheartedly!

Every year it is a pleasure to meet the new faces as they are welcomed to this unique experience, Camp is growing and the relationships created are a true testament of this invaluable event.

20th - 24th January 2024 - NEXT YEAR CAMP IS OPEN FOR REGISTRATIONS, FORMS AVAILABLE ON THE WEBSITE....

Shakespeare Lodge
Shakespeare Regional Park
1503 Whangaparaoa Road
Army Bay
Auckland

To the many that contributed to making this Camp a wonderful success, our deepest appreciation

Ngatuhua Lodge

Lions Club / Papamoa, Welcome Bay

BBC Trust – John Springfield, Trevor Webb and Mark Coombe from the Bernard Chambers Charitable Trust.

McDonalds, Papamoa

Rapid Relief Team, Tauranga

Industrial Tubing

Fulton Hogan

Southern Stars

Quota Papakura

Dulux, East Tamaki

The Cave, Papamoa

Baywave TECT Aquatic & Leisure Centre

Bay Park

John McDermott

Kiwis Coaches

Good Local Restaurant, Piers Pa

Waimarino Adventure Park

Sun Weekend Newspaper / Georgia

Minkhorst

Karl and Jan Brannigan



Introducing JOHN McDERMOTT

John attended Men's Day Out 2022 along with participating at the Children's Burn Camp 2023, meeting with the children sharing his burn journey and giving positive advice moving forward. Read more on John's story which will be in the Australian Lucky Break Magazine, Issue 12 to be on the shelves early March. B.S.G wishes to thank John for his involvement and raising the awareness surrounding burns.

Trina Blazely - My Story

In 1971, at 8 years of age, I survived being burned severely over much of my body with methylated spirits as an accelerant. Not expected to survive, I spent 2 weeks in the Intensive Care Unit followed by 9 months in the Burns Unit at Vaucluse Hospital in Hobart, Tasmania.

I was lucky enough to have some very good plastic surgeons working on my reconstructive surgery over the next 10 years. Towards the end of that 10 years compression garments became available enabling scars to be flattened considerably. My scars were thicker and more noticeable than they would be today.

Although I am sure my accident and lack of support services back in the 70s have impacted on my self-image, self-acceptance and confidence, particularly during my teens, I have had a pretty good life. If anything, it has made me stronger and fuelled my desire to achieve my dreams. I am very independent!

Eventually, connecting with Kaz and the Burns Foundation in Australia, and going on adult Burns Retreat, allowed me to feel dent, to get further surgery and learning about the various options now available. I chose Integra and was amazed at the lack of scarring at the donor site for the skin graft as only one thickness of skin was required. I have a much greater range of motion in both my neck and my arm now.

My family have been very supportive throughout my life and have treated me as 'normal' (even though I know that normal is just a cycle on the washing machine). This makes such a difference to how you think of yourself. I have had my own delightful children, who I raised mostly as a single parent, and these days I have a couple of grandchildren too. PTSD did catch up with me 40 years after my accident, triggered by a series of other life events. Over 5 years I worked through my issues and have used the experience to become stronger and eventually to view life in a much more positive way. I am grateful for both the experience of lifting the lid on things that I had suppressed and also for the outcome.

My life experiences have enabled me to develop a great sense of humour, empathy and acceptance of others. I have worked in various roles in the Community Services sector for many years. I find it easy to connect and communicate with most people. I have had many conversations during my life where people have revealed that they didn't even notice my scars. I find that if I focus on the scars, people do notice them. If I just be me, my personality shines through instead. A great life lesson learned in my late teens.

I continue to follow my dreams, to learn, to grow and to find joy in whatever I am doing. Chakradance is a passion of mine and I am very excited to be running my first Chakradance Retreat in February here in Tasmania and also to be coming to New Zealand for the Women's Burn Survivor Retreat in March and to be offering a session of Chakradance to the other participants while I am there.



Trina in 1972



Trina in 2022



GRANT A WISH RECIPIENT 2023 : Jack Dragicevich

Congratulations, Jack not only graduated at Camp Awhi 2023, but also the very lucky winner of the Annual Grant A Wish scheme.

Jack is looking forward to gaining his drivers license, B.S.G are very excited that can contribute to assisting him in his goal. Well done Jack as you venture into the next chapter of your journey.



KARTER UPDATE:

Hi, you may remember me. My name is Karter I am 2 years old and I got badly burnt in August last year. I had a long 7 week stay in hospital I'm now over the bulk of my surgeries and after 7 long months of wearing a splint for atleast 12 hours a day I no longer have to wear it YAY and have got full range of movement back. The doctors say they will need to cut my bands (armpit) in the future but as long as I keep doing my physio and stretches they are hopeful it will be a few years away yet



Our Sincere Appreciation

It was a pleasure to meet this wonderful lady, GILL WARREN. Gill has so generously supported the Annual Women's Burn Retreat for the past 4 years gifting ladies with beautiful unique handmade journals enabling them to record their time at Retreat. Gill has also sponsored ladies financially to participate at this invaluable event. The Burn Support Group wishes to express our sincere appreciation of your kind and generous contributions and THANK YOU immensely for your continued support.

DESERVED HEROES AWARD

It was an absolute privilege to be invited and represent the Burn Support Group at a very special award event. ZARA PHILLIPS, young burn survivor was the only one home when her mother Hazel was involved in a kitchen burn incident.

Zara who is 13 years old acted promptly and correctly in getting the help and assistance mum needed. St Johns Ambulance service Taupo, were so impressed with Zara's reaction they held a ceremony where they presented a well-deserved Super Saver Bravery Award.

Congratulations to Zara from all your friends at the B.S.G, a truly brave and courageous young lady.

WE ARE SUPER PROUD OF YOU ZARA....



Western Community Centre Support B.S.G

Since 1979 the centre has been providing a wide range of support services, programmes, activities and events that contribute to the social wellbeing of the people of Hamilton. Our Vision Thriving, vibrant, healthy and self-reliant communities.



- Community information hub
- Justice of the Peace Tuesdays 9am-11pm
- Citizens Advice Clinics,
- Family Court Navigator every second Wednesday
- Whanau Support Worker - family support
- Community Connection service
- Need a job, Kiwi staff are here weekly
- Plunket outreach clinic
- Fruit/Vegetable co-op, bag for just \$15
- Western Community Newspaper, bimonthly
- Playgroups and children's programmes
- 50+ events, trips, luncheons, activities

- Western Wheels learner licence course
- Outwest Radio Show - Fridays 11am Free FM,
- Toa Whakapuawai Youth activities
- Holiday /after school programmes
- Community education and training
- Free public phone and computers
- Photocopying, printing and scanning,
- Table and chair hire
- Free fruit exchange
- Triple One Care, First Aid Courses
- Kaivolution Free Store, Monday to Friday 1pm
- Community development projects
- And heaps, heaps more!

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MOTAT EMERGENCY SERVICES LIVE DAY

Thank you to Motat for inviting B.S.G to attend this event.

It was a hot day and great to see so many families out enjoying the sunshine. With the presence of Fire and Emergency, Police and Ambulance there was plenty to explore and watch with the various entertainment and education provided.

These events offer a wonderful opportunity to raise the awareness of burns, the many incidents that can be avoided and the giving of resources as friendly reminders to consider in the family household. Thank you to Jessica Marginson, Jack Dragicevich and Tayla Henry for your support throughout the day, it is always a pleasure to hear the discussions with the public on Camp and the many initiatives provided by B.S.G.



Burn Survivor Men's Day Out
17th-18th
November 2023

Venue: TAUPO Friday overnight accommodation & BBQ
Saturday: Activity on the lake followed with lunch provided at TWO MILE BAY SAILING CLUB

Transport from Auckland can be arranged, times to be confirmed.
Numbers restricted
Please return registration form to michele@burns.org.nz




Introducing: **Jim Kayes**
Burn survivor
Ambassador
TV personality



SURVIVOR SUNDAY
26TH MARCH 2023
VENUE: 73 GREEN RD, PARAKAI
TIME: 11.00AM TO 3.00PM

Judy Hohaia is doing a Charity Jump with the support of Skydive Parakai. Come along and watch as Judy soars the skies!

THANK YOU TO THOSE THAT HAVE SPONSORED AND DONATED TO THIS EVENT, B.S.G. are extremely grateful....

BBQ Lunch provided, looking forward to seeing everyone there!! R.S.V.P. to michele@burns.org.nz or ph 021 863670






PSL are proud Platinum Sponsors of the Burns Support Group



BURN SUPPORT CHARITABLE TRUST would like to acknowledge the wonderful and hard work that the FIRE AND EMERGENCY SERVICES have provided through the last weeks since the horrific storm that roared through N.Z.

Our thoughts are with those from the Muriwai Station as they deal with the aftermath, our prayers to the families, friends and colleagues. B.S.G recognizes the ongoing tasks that lay ahead, an insurmountable recovery process that can test everyone's endurance.

THANK YOU for your tremendous efforts throughout the country, we can only imagine the emotional and physical exhaustion each individual is feeling, we wish you all the very best, stay safe and thank you for looking after N.Z's communities.....