



# The Burn Support Group Winter Newsletter

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

June 2021



## The Road to Recovery

Labour Day, 26 October 2020 is a day we will never forget – the policeman coming up the driveway to our home in Waikeanae, the gut-wrenching news that our daughter Catherine had sustained full-thickness burns from a petrol fire to 60% of her body. Catherine lives in Lower Hutt so she was rushed to Hutt Hospital where she was treated in theatre then flown by air ambulance to Middlemore Hospital. My husband Peter and I flew up to Auckland a few hours later accompanied by Catherine's twin sister Joy and her partner Nick. And Peter and I are still here, 8 months later.

What a journey it has been. We were told it would be a rollercoaster ride. We were told to pace ourselves 'cos it's not a sprint, it's a marathon. And we were told to look after ourselves because caregivers are not much use if they aren't well. All true and valid.

One of the first things I did was look for a burn support group. We had received a lot of help from Kidney Kids Support Group when Catherine was younger, so I was very happy to discover the Burn Support Group, especially because it is based in Otahuhu where we are living. I've been to 2 Survivor Sundays which has been very helpful, and have really appreciated reading some of the books in the Burn Support library at the office. And I met Delwyn Breslau who has been a mine of information and a wonderful support to us all.

So, where are things at for Catherine now? Her recovery has been tricky for the doctors to manage because she is a renal transplant recipient, so she is immunosuppressed. This has meant her healing has been very, very slow. Several of the first grafts carried out failed due to infection. Her slow healing meant there was no skin available to use for grafting. It was found that she healed best if she had dressing changes often. Her pain tolerance meant that she needed to have these under anaesthetic, so up to now she has been having 2, sometimes 3 anaesthetics per week. Finally, we are seeing light at the end of the tunnel. The grafting has all been done, and Catherine has healed enough to have dressing changes on the ward without anaesthetic. Huge progress. She will soon be transferred back to Hutt Hospital to continue her physiotherapy and rehab. Another long journey up ahead from all accounts.

B.S.G are wishing the wonderful Crowley family all the very best for Catherine's recovery and beyond. We also wish to thank Merren and Catherine for sharing their journey to date.



**TOTAL**  
calibration



# Burn Survivor Men's Day Out 9<sup>th</sup> October 2021



- Seasprite Charter – Rods, bait etc supplied
- BBQ and swim
- Depart 7am from Westhaven Marina Pier Z11
- Return to port 3pm

\*Skipper will make a call if postponement is required due to unforeseen weather conditions

Completed registration forms due 26<sup>th</sup> September as numbers are restricted

Event open to peer support by arrangement

Contact Michele Henry on 09-2700640 or [michele@burns.org.nz](mailto:michele@burns.org.nz)

TICKETS \$10

All proceeds to Men's Day Out 2021  
Prize kindly donated by Heliflite

## Scenic Flight Raffle



HELIFLITE  
CHARTER & TRAINING

"See Auckland from above! Our Auckland City Scenic takes you from our Ardmore base out over the eastern beaches of Auckland. Next, it's onto the city center via the summit crater of Rangitoto, Auckland's youngest volcano. During the flight, you will overfly the historic township of Devonport and its Naval Base as well as fly around the iconic Sky Tower. Taking in views out over the Hauraki Gulf and right out towards the Waitakere Ranges. This flight is one of our most impressive!"

\*This experience is valued at \$1650.00

\*Available for up to 3 passengers (total weight restrictions apply)

For tickets contact Michele ph 09-2700640 or email [michele@burns.org.nz](mailto:michele@burns.org.nz)  
Raffle drawn 1<sup>st</sup> September 2021



Available 1st July



## A Sad Goodbye to Kerrie Rutherford

It is with great regret and sadness that we accept the resignation of our Board Member, Trustee and Treasurer, Kerrie Rutherford. We have been the fortunate recipient of Kerrie's expertise, not only as an 'Office Volunteer' (five years ago), but also when she subsequently utilized her well honed financial and

business skills, using them to the max in her later roles within our charity, totally upgrading and revamping our recording systems. She not only devoted untold hours in doing this, but her professionalism has also been greatly appreciated in designing the graphics for our special events, plus voluntarily supporting Michele at our last two annual Women's Retreats. Her wealth of skills, combined with her compassion and empathy for our burn survivors has been invaluable in assisting us provide a high continuum of care for the special needs of those within our charity.

We will miss you so much Kerrie, but totally understand your current commitments and wish only the very best for you and your future endeavours. Thank you again from the bottom of our hearts . . . . .



## Raffle Winner

Winner of Winter Get Away Raffle, congratulations to PETE SHARP, thank you to all those that purchased tickets raising \$970.00 towards 2022 Camp Awhi.

A special acknowledgement to Lynn McMillan who gifted this wonderful prize, many thanks for your tremendous contribution.

### 3 // The Burn Support Group



Stunning venue, Castaway Resort again provided the splendid location for this invaluable event. The ladies that attended and the B.S.G board wish to express their sincere appreciation to all those that offer time, skills, talents and support over the 4 days...all are extremely grateful and humbled for the generosity provided! Thank you ladies for your participation, wonderful personalities and sharing your inspiring journeys....Information is provided on the website for 2022, get your registrations in early...

#### Thank you to.....



#### THANKYOU TO.....

Michelle Keenan – Yoga & Wellness  
 Dr Amber Moazzam – Burn Surgeon  
 Donna Bernasconi – iBrowz & More  
 Janelle Smith - Facials  
 Tamara Bennett – Smiling Dragon  
 Ben Fraser & Koal Berkahn – One Up Rehab Solutions  
 Ivanna Drink! – Caluzzi  
 Ian Paton – Move Café  
 Just Pizza's, Waiuku  
 Spit Roast Catering

#### SR Academy Make Up Artistis:

Diane Heke-Baice  
 Reshmi Dayal  
 Marcela Silva  
 Nafisa Ahmed  
 Brittany Maine

#### Masseurs:

Rangi Monga  
 Sue Gardner  
 Sandee Clark  
 Tennille Wharewaka  
 Juanita Herewini  
 Nicole Berry

#### Telemarketing Campaign 2021 - 21st June - 6th August

Sincere appreciation to Southern Stars Charity team....



## 4 // The Burn Support Group



### Working with the community

Hi, I'm Emma Goldsworthy and I am a Fire Risk Management Officer for Fire and Emergency New Zealand. I am based out in the Counties Manukau Area covering everything South of Sylvia Park down to Port Waikato and up to Awhitu in the West then out to Kaiaua and up to Beachlands and Maraetai in the East.

My key role involves engaging with communities – including schools, Marae, business associations and community networks to name a few, providing education around fire safety and how everyone can keep themselves, their families and communities safe from Fire. Burns support is one of the organisations that we work with to get our fire safety and fire prevention messaging out in the community.

### Emma's Oven Fire Safety Hints

Keep looking when you are cooking – to prevent a kitchen fire starting, always keep an eye on anything that is on the stove.

- At the very first sign of fire you can turn off the stove, put a lid on the pot which will starve the fire of oxygen and leave it to die out but do not keep opening the pot to check if it is out as this will cause it to restart.
- If the fire gets any bigger – Get out, Stay out and Call 111. Our firefighters will be able to get there quickly and deal with the fire safely.
- FIRE BLANKETS can be extremely useful. Keep one handy in the kitchen, instructions are easy to follow and can make a difference....



W.B.RETREAT CALENDARS FOR SALE: \$12.00 Place your orders in by 1st December to obtain your copy, The gorgeous ladies from Retreat 2020 working with photographer "MaddieAboutYou Ltd", are the stunning models on each page... contact [michele@burns.org.nz](mailto:michele@burns.org.nz) for further details...



12th May, Tracey Crouchman promotes B.S.G at the Cambridge Women's Group.

