



# The Burns Support Group Winter Newsletter

www.burns.org.nz

August 2019

## Burns survivors relax at local retreat

A group of burns survivors were back at Castaways Resort in Waiuku last week, soaking up the sights, the scenery and enjoying each others company as part of a retreat.

Yana O'Gorman - yana@districtspost.media

●● The Burns Support Group Charitable Trust hosted the retreat for 18 women this year, up from the seven women who attended last year.

It's just the third year the retreat has been run and has seen significant growth. The growth is not just seen in numbers, but also the personal growth of the women who attend.

Heather was nine years old when she experienced burns to her body after an incinerator exploded. She said telling her story, and hearing the other women's stories has been empowering. "It's such a great bunch of girls. Their stories are inspiring. For me, I'm happy to share my story, it's quite therapeutic."

As a primary school teacher, she said she is able to teach resilience to kids, simply by being there.

Heather has been part of the Burns Support Group for more than 30 years. She was approached by Delwyn Breslau who set up the group in 1987. "She approached me. Originally I didn't want to, but that was a selfish way of looking at it, and I thought I could be there to help others." Heather has been part ever since.

She said one of the greatest parts of the retreat is knowing you're not the only one. "There are similar stories, you speak freely, ask questions, and we all get on really well and have fun."

Darlene is another member who has been part of the group since the beginning. As a child she attended camps that were run by the Trust, and now as an adult she has been able to be a mentor and leader at these camps. "It helped me in ways of being confident and speaking. It also promotes burns awareness."

She said she enjoys the group, "It is a confidence booster. You know that there is life after burns." As for the retreat Darlene said, "We can feel safe and be ourselves. There's no judgement, no stigma. It's uplifting, it feeds the soul."

Carol was one of four women to attend from Australia. "I'm really proud to have met these women and to be part of it. We all embrace each other. We're from different places, but when we come together, we're one big family." Several of the Kiwi women will be returning to Australia in the following months to attend their burns retreat.

As part of the activities, the women enjoyed massages, make overs from local make up artists who volunteered, heard from guest speakers, and enjoyed dinners. "It has been incredible," Heather said.

For more information on the Trust, and the retreats and camps they offer, go to [www.burns.org.nz](http://www.burns.org.nz) or find them on Facebook.



### Thanks to Maggie Durrell & Ronald Bruell and ...



Fresh Choice Half Moon Bay



Delwyn (patron) and special guest (Toni) thank you for your participation at W.B.C 2019

### Appreciation to....

- PSL Fire & Safety
- Castaways Resort
- Waiuku Kapa Haka
- Toni Street NZ TV presenter
- Peter Sharp Chairman of the Charity
- Aria Rose Life Coach
- Spit Roast Catering
- Michael Black Wagon Ride
- Jonathon Heather NBU Surgeon
- Mussleman Food Truck
- Sandeep Singh Body Contours
- College of Massage Auckland
- Catering by Debbie
- Heather Ogle NBU Social Worker
- Puha & Pakeha Food Van
- Red Shed Palazzo
- Madelene Moon Make Up Artists:
  - Kirsty Wallace
  - Sarah Harmer
  - Samantha Miller
  - Rhianna Reid
  - Sheena Kaur



PSL are Platinum Sponsors of the  
Burns Support Group

# Fundraising achievements generously donated to the B.S.G

## \$2,000 raised from Miss Asia Pacific International NZ

Thank you to the wonderful girls that took part in the MISS ASIA PACIFIC INTERNATIONAL N.Z. With a terrific achievement raising \$2000 which was handed across to the Charity.

Judy and Rachel were on hand to receive and express gratitude on behalf of the Burn Support Group for this generous donation.

To the organisers working hard behind the scenes the Burn Support Group wish to acknowledge your support along with nominating this Charity as one of the lucky chosen recipients.



Merchant Liquor in Dannemora  
Raised \$212 from the public donation box. this money will contribute to the 'Inaugural Men's Day Out'.

## LIC makes donation to Burns Support Group



Colin Hannam and Burns survivor Donna

Last Friday we were lucky enough to welcome in representatives from the Burns Support Group to our Newstead office to accept LIC's donation raised from the last CAZJ day.

## Manukau Nissan Donation offer

What could be better than buying a brand new Nissan and raising money for Burn Support Group at the same time?  
**Nothing!  
That's what!**

For more information contact  
**Ryno Hattingh**  
Manukau Nissan  
021 872 296

When you make your enquiry at Manukau Nissan, be sure to mention you saw this advert on the Burn Support Group website and when you purchase your brand new vehicle, **Manukau Nissan will donate \$300 to Burn Support Group.**



Michelle Hinton is the latest edition to the Safekids Coalition, Hamilton. Michelle works with the Morrinsville Fire Service as Senior Firefighter and is also working alongside Jess focusing on the youth programmes. On 2 May, Michelle gave a presentation on "Fire Safety in the House" for the Friendship Club of Te Rapa (formerly Probus) consisting of 83 members, at the request of Alan McAllen. After a well received talk the group offered a donation of \$50.00 which was to be given to the Charity of Michelle's choice, The Burn Support Group are the fortunate recipients of that donation. On behalf of the Burn Support Group thank you to both parties for this generous offer.

## Survivor Sunday - 19 May 2019

Thank you to all those that attended Survivor Sunday on Sunday 19 May - another great turn out at the lovely venue, Bucklands Beach Yacht Club.

The Burn Support Group were very pleased to welcome aboard new Ambassador, Jim Kayes, who shared his story and his affiliation for the Charity. Jim is one of those people who can tell a story, capturing a room of people with his wit and humor. Burn Support Group is thrilled to have Jim supporting all those throughout the burn community. With a wonderful lunch and the beautiful voice of Shari, and friend Dianne, all the chit chat and catch up, a great day was had by all. A special mention to those people that make the journey each time coming from Timaru, Whangarei, Tauranga and Hamilton,



### Survivor Sunday 18th August 2019

Hosted by the stunning venue, The Lounge, in Howick, and guest speaker Joshua Sade-Inia, his story and his words, a very inspiring account of his journey to date.

<https://attitudelive.com/watch/Being-Me-Joshua-Sade-Inia>

### Southern Stars Charitable Trust will commence their 2019 Telemarketing Campaign from 12 August to 4 October.

This years funding raised will contribute to the 2020 Children's Burn Camp along with invaluable equipment that will be gifted to the Middlemore National Burn Unit, Kidz First and Waikato Burns Unit. This is an amazing opportunity to support Burn Survivors throughout the Community.



Thank you to Southern Stars for your continued and extremely welcomed support. For anyone who is interested in attending the supporting pantomime, "Aladdin", please contact Michele on 09 270 0640.



Survivor Sunday  
8<sup>th</sup> December 2019  
Xmas Party for  
everyone!

Lunch provided 11am-3pm

Venue: St Lukes Church  
130 Remuera Road, Remuera

Please RSVP by 2<sup>nd</sup> December to Michele  
09-2700640 or email [michele@burns.org](mailto:michele@burns.org)

### Marvellous Maroochydoore!



Attendees: Delwyn Breslau, Melissa Owen-Paterson, Sweeta Bajaj, Michele Henry.

2019 proved to be again a wonderful platform for the Australian Burns Forum.

This year the venue was Maroochydoore, four days of fabulous presentations, plenty of suggested ideas on moving ahead with your journey and how best to assist the individual during this time...the professionals shared their tools and services which offer necessary assistance whilst moving forward.

Along with the enthralling presentations all those attending, 60 from throughout Australian states, all participated in fun activities such as Gail's creating our own wine labels which were attached to the lovely wine supplied by John from Adelaide.

A particular highlight where the smiles were beaming was the session on the drums! The energy, positive vibes and enthusiasm rocked the room as we all tried our talents as drummers, exception activity!

On our last day we had the pleasure of dining for lunch at The View Restaurant, Noosa, run by the famous and well known Matt Golinski. Matt circulated the room meeting and greeting everyone, as a burn survivor his connection was very paramount for all to see.

The Burn Support Group NZ would like to acknowledge and thank all those that contribute to making this event possible. The Burnslife Board who put so much hard work into preparing and scheduling this wonderful event, it is truly appreciated.

To the Board of the Burn Support Charitable Trust, thank you for making it possible and giving the opportunity for the lucky recipients that took part this year. There is a lot to be learnt, shared and discovered at these amazing forums



### Youth Search and Rescue - 15 June 2019

Burn Support Group would like to thank the YSAR team, Youth Search and Rescue, Auckland.

On Saturday 15 June, there were 15 youngsters that volunteered their time and service for two hours through the morning. Working in groups they made a brilliant job of arranging resources for the end of the year. Packs are now readily available for those community groups, schools or organisations that are looking for advice and education on dealing with burns....

A big THANK YOU to Kerrie Rutherford for suggesting and taking part in a very well organised day.

Burn Support Group wish to express their gratitude to the group, as young people heading out shortly into the big wide world being a part of your group, YSAR, will give you a great advantage moving forward....

On behalf of the Burn Support Group we wish each and every one of you all the best for your bright futures.

