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Save the Day
2020 Show-Off Day

Saturday - November 7
9am - 3pm

Come in and join in the fun and see what’s new out in the SCI community
Kia Ora Everyone

In my last update in early April, I updated you all about how Spinal Support NZ was doing our best to provide peer support to the unfortunate inpatients that found themselves going through the spinal unit during level 4, 3 and 2. As we all know it’s hard enough going through the unit at the best of times. So I really felt for these people going through the unit with no visitors allowed. no family support, no friends popping in with a sneaky box of KFC. It must have been really hard. Well now I can report that those inpatients did really well. I’m sure there was some low points for everyone, but in the face of all that hardship there was also some great friendships built amongst each other. They were also fortunate to have an “Old hand” (we’ll call him Paulo.) amongst them. Paulo had just been through back reconstruction, and ended up doing his rehab in the unit during lockdown. He was able to help show everyone, that there is a good life to be had after a spinal impairment. Paulo did his best to keep the morale up, all while going through his own significant issues. Thank you again Paulo, I hear there was some good banter going on too.

Coming up at Spinal Support we hope to get our Podcast started, we now have some equipment to help with this. We hope to be able to put some parts of each Newsletter into podcast form, along with the odd interview etc. We will be looking for a group of people that could read the articles for us. And interesting ideas we could interview people about. So if you can help please let the Spinal Support nz office know. We are also starting work organising the next training course to train Community Peer Supporters. Realistically it’s probably going to be spring before we are ready to start. As mentioned in my last report, these Peer Supporters will operate in the community as our Buddy system used to work, helping people that are transitioning into the community from hospital, as well as anyone else wishing the support of a peer. But now these “buddies” will have better training, and office support.

Don’t forget the Art classes have now restarted every Monday, any one is welcome, new and established artists. There is a lovely tutor to teach you all you need to know.

There are also some garden beds available in the Units Community gardens, so if you are keen on growing some veggies or flowers please let the office know.

Kind regards
Brendan Tourelle
Spinal Support President

As I sit here and watch the rain pelt down filling up our dry Auckland dams, I think of the how strange the last few months have been. Lockdown is a thing of the past, we hope, but it has affected us all in one way or another. Most of us have family in Australia that we can only see via WhatsApp or Zoom. I so miss my son and 4 of my grandchildren who live in Brisbane.

I was lucky enough to have a wonderful neighbour hood bubble so managed to stay sane but it was really lovely to be able to come back to work when we got to Level 2.

There are still no community users of the gym and visitor numbers are still restricted at the ASRU but we have been able to restart the outings, Back on Track sessions as well as the art classes so that is all a bonus.

We will also be restarting the gatherings that had to be stopped during the lockdown. These gatherings are from 11.30 am till about 3 pm.

Upcoming Gatherings

Pukekohe Thursday 23rd July
Franklin Club - 7 East Street—Pukekohe

Tauranga Wednesday 5th August
Tauranga RSA—1237 Cameron Rd—Greerton

Rotorua Thursday 6th August
Ngongataha Bowling Club 11 Domain Ave - Ngongataha

Papatoetoe Thursday 27th August
Papatoetoe Cosmopolitan Club—53 Rangitoto Rd—Papatoetoe

West Auckland Wednesday 23rd Sept
Swanson RSA - 663 Swanson Rd—Swanson

We hope to contact you if its your local area but please feel free to drop us a line if you want more details or if you would like to attend as well. These afternoon sessions are always a lovely way to catch up and enjoy each others company for a few hours. We also try to include a guest speaker before we eat lunch.

Till next time — Cheers Anita :)

Keeping your Problems in Perspective.

You’ve probably heard the saying: “I grumbled because I had no shoes, then I met a man who had no feet.” In a Peanuts cartoon, Snoopy looks in and sees the family sitting around the table enjoying Thanksgiving dinner while he’s outside eating dog food. “How about that!” he thinks. “Everybody’s eating turkey today, but because I’m just a dog, I get dog food”. Then he suddenly regains his perspective “Of course, things could be worse; I could have been born a turkey!”

How big or difficult our problem appears to be is often a matter of perspective. Most difficulties we face are pretty insignificant in the larger scheme of things. When a friend gets cancer or loses a loved one, we’re reminded of just how petty our issues are. Author James Agee recalled how he once stuck up a conversation with a impoverished elderly woman in the heart of Appalachia during the Great Depression. She lived in a tiny shack with dirt floors, no heat, no plumbing. “What would you do,” I asked, “if someone gave you money to help you out?” The woman thought for a moment and answered “I guess it’d give it to the poor”.

Realising there are people around you who have much bigger problems than yours brings gratitude and perspective.
**Mini Show Off Day in Bay of Plenty region**  
**Mount Maunganui College Hall**  
**31st October— 9 am—3 pm**

Through discussions with the team at Spinal Support NZ over the last two years and always having great support for the annual gathering in Tauranga it has been decided to run a mini Show off Day in the Bay of Plenty.

Initially as the Tauranga contact for Spinal Support, I thought this would be for everybody to bring their inventions and modifications along to share so on the day there will be an area for this to be able to happen.

There will be a sausage sizzle and coffee cart on site.

There has been an amazing amount of support from the business community. At this stage there will be up to 20 display stands for the public to view.

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<td>Allied Medical</td>
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<td>Trikes NZ</td>
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**Plus much more**

Contact person—Bryce McFall  Email - mcfallbryce@gmail.com

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“Life’s most persistent and urgent question is, What are you doing for others?”  
Martin Luther King, Jr.

**Are you keen to be a bit more involved?**
**Looking at giving back to the community?**

**We are looking for some volunteer regional peer supporters.**

Some of our regions (Taupo, Coromandel, Whangarei, Franklin, Northland) need the services of good volunteer regional peer supporters.

We are looking for people who can keep in touch with local Spinal Support members. Someone that we can call on to touch base with newly returned people with a SCI after they leave the Spinal Unit.

Maybe arrange a social gathering or get together during the year.

Is this something that you might be interested in?

These are volunteer positions.

Give Anita a call in the Spinal Support office on (09) 270 3526 or email info@spinalsupport.nz
I was 24 years old when my old life ended, and my new life began. I was on the other side of the world when I broke my neck and became paralysed from the neck down.

It was September 2, 2000. I was three months into my overseas experience (OE). A Taranaki lad roaming Europe with three of his mates from Waikato University. We were on a Greek island called Los – the Lonely Planet had it listed as ‘party island for the under 30’s’ – a 10-hour ferry ride from Athens. The day of my accident was the last night of seven on the island. We were down on the beach and I had just won two dozen beer in a horizontal bungie competition.

I called to my mates that I was just going down to the sea to wash the sand off my body. I walked in waist deep into the ocean and went to duck dive through the half-metre swell that was gently lapping in. Almost as instantly as my head pierced the water, I was struck in the face with a huge smack – it was a sand bar. It was like being king hit. I was knocked out instantly. As I came around, I found myself floating on top of the sea staring down at the bottom of the ocean.

I tried to rouse myself up on to my feet to stand – there was no movement. I began to panic as I started to breathe in water – one more mouthful, one more mouthful. Then one of my mates, who had luckily been watching me enter the water, sensed something was wrong and came down and turned me over.

He asked, ‘What are you doing?’ I was just floating about. I coughed out ‘I can’t move!’ He called people on the beach and luckily there were couple of Swedes who had worked in a spinal unit. I was moved up to the sand on a surfboard and the realisation of what had just occurred started to sink in. Panic and fear overwhelmed me.

I then had a five-hour trip from Los to Athens via boat and plane. The next three days were spent transferring between hospitals until my medical insurers found a way out of the Greek medical system and to a hospital in Austria to perform the surgery to repair my broken vertebral column.

After a month in hospital in Vienna, I returned home to the Auckland Spinal Unit where I was about five months into my rehab at Auckland Spinal Unit when TASC – the Wheel Blacks – came via a phone call from the coach. The best part for me was telling my friends and family and seeing their pride in me. I went from ‘Jai who had an accident’, to ‘Jai the Paralympian’.

We were on a Greek island called Los – the Lonely Planet had it listed as ‘party island for the under 30’s’ – a 10-hour ferry ride from Athens via boat and plane. The next three days were spent transferring between hospitals until my medical insurers found a way out of the Greek medical system and to a hospital in Austria to perform the surgery to repair my broken vertebral column.

After a month in hospital in Vienna, I returned home to the Auckland Spinal Unit where I was about five months into my rehab at Auckland Spinal Unit when TASC – the Wheel Blacks – came via a phone call from the coach. The best part for me was telling my friends and family and seeing their pride in me. I went from ‘Jai who had an accident’, to ‘Jai the Paralympian’.

I left in August, spent a week outside of Athens acclimatising to the Greek autumn weather in a camp with the majority of the New Zealand Paralympic team. We entered the Games Village about three days before the Opening Ceremony. The village was cool. Every nation represented, and the food hall with options befitting the scale of representation.

The Opening Ceremony really opens your eyes to the scale of the Paralympics – 60,000 people sitting and clapping in the athletes.

Wheelchair rugby competition started in the second week. We came into the Paralympic Games ranked fifth in the world. The USA had won every single Paralympic Games gold since wheelchair rugby was introduced and were expected to win again. Our five-day schedule was to play one game a day, working our way to the final. I was still the understudy to Bill Oughton, our leading 1.0, so my game time was limited but I played the role of sub the best way to support my team.

We rolled onto the court September 25, 2004 for the final against Canada. In the opening minutes I met my girlfriend Rebecca and my mates who had supported me through my rehab. My parents and family were back home watching on TV. After a tightly fought match we won the game 31-29, still New Zealand Wheelchair Rugby’s greatest day.

I remember rolling onto the date, receiving my medal and the sense of pride as the Paralympian #156 Jai Waite represented New Zealand at two Paralympic Games. He said, “you’d be perfect for wheelchair rugby”. At that stage it was football, squash – I loved it all. What was there for me now when I couldn’t move 90% of my body?

I had to learn the intricacies of screening and blocking, tactics, game management, but the most life changing learnings came off the court. We were a fully funded programme and had access to nutritional advice, and sports psychology. These things still live with me today. They have kept me healthy and strong.

My life would have been completely different had I not found wheelchair rugby. I’ve met some great people in the sport, and I have some lifelong friends who I’m proud to call my mates.

Sport is often quantified by results like medals, but I believe the true success is with options befitting the scale of representation.

The Opening Ceremony really opens your eyes to the scale of the Paralympics – 60,000 people sitting and clapping in the athletes.
The next 12 months I played every training session (Thursdays and Saturdays). I had a classifier come and look at my muscle function. I was given a classification of 1.0 which is the lower end of function for rugby, so my core roll was blocking and screening for the higher point players on the team.

I practised my ball skills daily, passing, bouncing. I took my chair home and started pushing at the botanical gardens to get fitter. By now, I could push a chair from end to end of the basketball court in 25 seconds. Rugby was helping my body grow stronger, and emotionally I felt prouder. As a sport wheelchair rugby had a good profile in New Zealand. I found when I went out now, ‘Joe Public’ would treat me different when I said, “I play wheelchair rugby”. Instantly you can see people look at you with less pity and more ‘you’re tough and strong’.

I played my first New Zealand nationals in 2002. I must have done alright at the nationals because by the next year Paralympian #107 Grant Sharman – now the coach of the Wheel Blacks – asked me to come to some training camps for the Wheel Blacks.

I tried to sponge up every bit of information I could. My game was pretty raw early on. I had to learn the intricacies of screening and blocking, tactics, game management, but the most life changing learnings came off the court. We were a fully funded programme and had access to nutritional advice, and sports psychology. These things still live with me today. They have kept me healthy and well.

However, the most important learning I had was rooming with teammates. This is where I learnt to live well in a wheelchair. The people you room with have years of lived experience and know all the techniques to dressing, cooking, wheelchair skills, bowel & bladder care. Transferring from bed to wheelchair, wheelchair to car. These things are passed down from old athlete to new. There is no better environment to do this – and this is how wheelchair rugby changed my life.

With this confidence, I felt less dependent. I could do more. I felt confident enough to ask a girl out on a date. That girl, Rebecca, is now my wife of 13 years.

After my first Wheel Blacks camp, I left with a training programme. I was soon a carded athlete with the New Zealand Academy of Sport. I started travelling with the Wheel Blacks in the build up to the Athens 2004 Paralympics. I was still the understudy to Bill Oughton, our leading 1.0, so my game was limited but I played the role of sub the best way I could, as fast as 2.0-point players.

The announcement for the team to go to Athens 2004 Paralympics came via a phone call from the coach. The best part for me was telling my friends and family and seeing their pride in me. I went from Jai ‘who had an accident’, to Jai ‘the Paralympian’.

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Wheelchair rugby competition started in the second week. We came into the Paralympic Games ranked fifth in the world. The USA had won every single Paralympic Games gold since wheelchair rugby was introduced and were expected to win again. Over a five-day schedule we played a game a day working our way to the finals. I was still the understudy to Bill Oughton, our leading 1.0, so my game time was limited but I played the role of sub the best way to support my team.

We rolled onto the court September 25, 2004 for the final against Canada. In the crowd I had my girlfriend Rebecca and my mates who had supported me through my rehab. My parents and family were back home watching on TV. After a tightly fought match we won the game 31-29. Still New Zealand Wheelchair Rugby’s greatest day.

I remember rolling onto the dais, receiving my medal and the sense of pride as they played the New Zealand’s national anthem.

What we had just achieved didn’t really hit me until we were riding back to the village on the bus and the motorway lights were flashing by. I thought about myself four years earlier riding in the back of an ambulance having broken my neck looking at those same lights flashing by; now, 4 years later, I was riding through Athens with a gold medal round my neck.

After winning the gold, I received a Prime Minister’s Scholarship, gained a Post Graduate Diploma in Multimedia and have been a documentary editor now for 15 years. I went to the Beijing 2008 Paralympics, we won silver at the 2006 world championships, travelled the world with the Wheel Blacks for seven more years. I got married in 2007, and we now have two girls, Emily and Claire.

My life would have been completely different had I not found wheelchair rugby. I have met some great people in the sport, and I have some lifelong friends who I’m proud to call my mates.

Sport is often quantified by results like medals, but I believe the true success is the impact it has on your character and the life skills I carry with me today.

This story was originally published in Stuff.
At Access, we are passionately committed to helping you live the life you choose, your way.

Our highly skilled staff will work with you and your whānau to support your care specific to your needs and aspirations.

Your health and wellbeing is our priority and our holistic approach considers your lifestyle, family, friends, and social connections. Trust us to be a part of your journey.

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Proud Gold sponsor of Spinal Support NZ
Well it’s been an interesting start to the year, one I guess none of us could have predicted.

The year started off pretty busy at the unit, people coming in, moving on, making progresses and learning to live new lives. Then lockdown arrived and we were locked out of the unit until part way into level 2. It was really tough not being onsite at unit, unable to meet new patients, helping the current patients and farewelling the patients moving on. It was even harder on the patients, unable to have any visitors or able to go anywhere. However we had feedback that they banded together as a tight knit family during lockdown, keeping each other company and checking in on each other as well as prioritizing meal times as “family time”. We were able to have “Zoom” meetings with patients, individually and in groups. We were also able to have “back on track” sessions via zoom with guest speakers. We made it work but it was a great relief to us, the patients and the therapists when we were able to return.

During lockdown there was a lot of baking going on and a bit of COVID weight gain! Sally was a familiar sight along Tamaki Drive every morning on her hand cycle.

June saw us have a trip down to Christchurch to visit Burwood Spinal unit. It was good to meet with our peers from Spinal Trust NZ & BAIL. There was a lot of brainstorming about how we can improve our peer support program. We focussed on what things we do well and also what improvements we could make to our service.

Please if you have any suggestions or ideas, please let us know. On that note we also want to thank everyone that took part in giving feedback for the BAIL research, we appreciate your time and help toward everything.

Now that we draw nearer to the second half of the year things are slowly returning to normal at the unit, hopefully the community gym users will be back in soon.

Let’s hope the next 6 months are a bit easier for us all.

Stay safe everyone! We look forward to catching up with you all in the near future.

The Spinal Support team that flew down to Burwood for the training workshop.
I responded on the 25th of May and as yet had no reply.

tratively taxing and would likely result in substantial cost.

assessment of individual entitlements) would be extremely adminis-

for making the assessments (which would logically an individual

can be made. One important issue here is that an alternate means

bright line test, such as the one imposed here, it will be important to

ence the OHRP stated that in general terms, when challenging a

The OHRP stated that the likely grounds for justified limitation for

there were justified limitations to discrimination under the HRA

ings declined my application for legal representation on the grounds

that, despite being still incapacitated by way of your covered injury,

mains whist you remain incapacitated by way of your covered injury.

If a secondary condition would in itself have precluded you from

As to the added cost of these assessments given the numbers

would be modest, in my view this would not be excessive. In any

event if we are only seeking a Declaration then cost factors are

irrelevant as this is only a Tribunal consideration when making an

order on discriminatory policy rather than legislation.

In my letter to Mr Timmins as Director of OHRP I noted that the

Corporation had reported the sum of $43.8 Billion being the stated

value of managed funds as at 31st March 2019.

The Corporation can only invest surplus Levy monies each year

that are not required to pay entitlement and in this they have been

very successful to the tune of between $500 million to $1 Billion

each financial year, depending on capital expenditure such as their

new computer upgrade.

It should be very obvious why there is an incentive for the Corpora-
tion to reduce entitlements and that ACC claimants are just a nec-

essary inconvenience to their real core business which is as a

Crown Investment Bank.

The writer has recently learned for example that ACC are the proud

owner of the Middlemore Hospital Car Parks.

It has been my experience that many of these Government funded

organizations that are meant to deal with various Public Complaints

are seriously underfunded and tend to shy away from the big ques-
tions, a “Don’t bite the hand that feeds you” mentality

Luckily I have found a sympathetic Lawyer who is willing to take the

matter forward Pro Bono so the matter does not die just because

the OHRP grew a big yellow stripe down their back.

Thank you for your letter of 21st May Which I confess has left me

scratching my head after reading your explanation for declining

representation as I outlined an alternate approach to this issue in

previous correspondence.

The Crown argument that every individual claimant that reaches

whatever “bright Line” point is set would require a costly and com-

plex assessment to determine when, but for the accident they would

have ceased work, is frankly, ridiculous.

As I previously explained entitlement to weekly compensation re-
mains whilst you remain incapacitated by way of your covered injury

despite any secondary condition you may suffer later. As an alter-

native my suggestion was that an assessment could be carried out

that for those older claimants at the prescribed “bright line” point

that, despite being still incapacitated by way of your covered injury,

if a secondary condition would in itself have precluded you from

working, then ACC could suspend.

As a standard part of current assessments non injury related factors

are already taken into account so the framework is already in place.

ACC already suspend entitlement if they are of the view that your

ongoing condition is “wholly or substantially” not related to your

injury cover.

Save the Day
Show Off Day 2020
Saturday 7th November
9 am till 3 pm
Do you have anything that you would like to include on the day?
Contact Yash in the office for more information.
Get your photos ready for the Robert McIsaac Memori-
al Photo Competition.
Also don’t forget the Bruce Hopkins Art Award.
Rise to the Occasion

- Improved maneuverability versus other chairs indoors with a more compact footprint and small turning circle.
- All power functions are included as standard: Sit to stand, elevate hilo, back-recline, active reach, lie flat and memory settings.
- Travel further: 35km - MWD Sky, 40km - FWD Standup.
- Other benefits include sitting lower under tables and in vehicles. The chairs are ISO Occupant crash tested.

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Visit our NEW website
Laughter is like a windshield wiper, it won’t stop the rain but it will allow you to keep going
- Anonymous
The Parafed Huddle

A space to reach more individuals, to share news and share knowledge.
During lockdown, we began two initiatives to connect better than ever.

We introduced The Parafed Huddle Newsletter and The Parafed Huddle Podcast, which are both released on a weekly basis.

Through The Parafed Auckland Newsletter we hope to update and inform about exciting programmes, events and news that is happening with the Parafed Auckland community.

You can sign up to the mailing list and you can view all of our previous issues on our website.

The Parafed Huddle Podcast, we want to bring experts, professionals and athletes from all over the country onto the show to share their stories and knowledge to support our members.
Currently, we have 9 episodes and you can find all of the episodes on our Facebook page, YouTube channel and our website!

Subscribe so that you are able to keep up with the excitement!

Programmes are back!

Now that we’ve moved down in Alert Levels, we are able to start our sessions up again! Already we’ve started Boccia, Table Tennis, Access Strength + Conditioning with FAM and Wheelchair Tennis!

With the new term starting in July, we have the Adult Recreation Programme, Swimming and many more programmes/events starting up again!
**RULES OF SPINAL SUPPORT NZ**

**PREVIOUSLY THE ASSOCIATION FOR SPINAL CONCERNS INCORPORATED (TASC)**

1. **Name**
The name of the Society shall be “Spinal Support New Zealand”.

2. **Registered Office**
The registered office of SPINAL SUPPORT NZ shall be at such place as the Executive Committee may from time to time appoint.

3. **Objectives**
The objectives for which SPINAL SUPPORT NZ is established are:

   a) To be a voluntary non-profit organisation formed to advocate for the requirements of people with spinal cord impairment (SCI) in all areas of consequence to them in their lives.

   b) To correspond with national and international bodies to keep SPINAL SUPPORT NZ informed of up-coming initiatives and to benefit from the research and resources available that recognise rehabilitation as an on-going process.

   c) To be an independent body specifically representing people with SCI.

   d) To monitor any proposed changes in legislation that may impact on the necessary standards of care and the specific needs of people with SCI and ensure the changes:

   - Do not negatively affect standards of care and the specific needs of people with SCI.
   - Provide for improved standards of care and cater for the specific needs of people with SCI.

   e) To make sure that an optimum quality of life exists for people with SCI living in the community.

   f) To assist persons with new spinal impairments in their transition from hospital to community living by ensuring that they are all well-informed of their rights and the services available to them.

   g) To explore avenues where necessary to provide emotional, psychological and spiritual support for those persons who suffer from the trauma of spinal impairment.

   h) To undertake any work which may appear to SPINAL SUPPORT NZ to be in accordance with the above objectives and do such things as are incidental or conclusive to the attainment of the above objectives.

   i) All funds of SPINAL SUPPORT NZ shall be applied exclusively towards the charitable objectives, aims and purposes.

   j) It is to be clearly understood by the members and officers of SPINAL SUPPORT NZ, that all its funds must be used to promote the above listed objectives of SPINAL SUPPORT NZ for its activities within NEW ZEALAND.