



Rotary Club of Christchurch South Inc.

P O Box 12-243, Christchurch 8023, NZ.

SERVICE ABOVE SELF



27 for 29 January 2025

The New Zealand Spinal Trust - Our mission is to empower people with spinal cord impairments and their whānau to embrace positive futures.



Tonight's speaker was Hans Wouters - CEO - NZ Spinal Trust. Hans is a Christchurch born resident all his life, such that whenever returning to the city, the sight of the Port Hills is as "coming home to my mountain".

There are only two spinal units in NZ – Auckland and Christchurch.

Hans said that patients arriving with a broken neck, so tetraplegics, the next morning, not being able to feel one's body seems to offer up a fate worse than death. The second most dramatic day, often up to 6 months later, is that of hospital discharge.

The spinal unit receives 220 to 240 spinal impairments annually, of which 2/3rds are traumatic and 1/3rd non-traumatic (illness, infection ...).

Traumatic impairments include 45% falls, 28% vehicle accidents, 12% sports. Significantly, of these victims, 75% are males. Two thirds are tetraplegic; 1/3rd paraplegic.

Significantly,

- no two injuries are ever the same
- 80 – 85% require surgery (bones).
- The average spinal unit stay is 3 months

Perhaps surprisingly, being unable to walk is almost always the least of a victim's problems. Getting the head in the right space is the most important hurdle – hope for the future makes for a better outcome.

Some features of the NZ Spinal Trust and its achievements include:

- established for 30 years
- 18 staff NZ wide
- family support, as much as a rehabilitation service
- Resource Centre, in particular, books.

- a free service, annual budget \$1.3 – \$1.5m/year (5% gov't, 95 % donations, grants etc.).
- peer support network
- early intervention
- 57% of its patients going back to work

Hans provided copies of the superb December SNN Spinal Network News (journal), along with other informative pamphlets with invitation to donate to such a worthy cause.

Editor.

Thanks to Viv for the photograph.

Upcoming Meetings

•

5/02/2025	Mike Beer & Dave the Photographer	Ghosts on Every Corner - recreating miniature iconic Christchurch buildings – Artist Mike Beer
12/02/2025	Election of officers. Club Forum	Election of officers for 2025/2026. Club Assembly. AGM.
19/02/2025	Joanne Saunders	The Rejuvenation & Beatification of the Central City Gardens & Landscape – CCC Ranger Joanna Saunders. **Partners Night**

• **FIRST WALK AND LUNCH FOR 2025 – THURSDAY 20 FEBRUARY**

• **Street Appeal Dates:**

Aviva

May 16th and 17th

Or

May 23rd and 24th.

New World, St. Martin's.

This date will all be confirmed nearer the time of the appeals.

Notices: Nil.

- **Duties:**

Duty	5-Feb-25	12-Feb-25	19-Feb-25
Cash Desk	A Kim	M Bruce	G Bailey
Cash Desk	D Peterson	A McCully	A McKinnon
Reception	D Buist	M Opie	H Garlick
Speaker's Host	V Ellis	#N/A	A McCully
Grace	V Ellis	S Mackenzie	A McCully
International Toast	D Buist	M Opie	H Garlick
Thanks to Speaker	D Peterson	#N/A	G Bailey
Quote for the Week	A Kim	A McCully	A McKinnon
Speaker Reporter	G Bailey	A McKinnon	V Ellis
Sergeant	G Dockrill	D Peterson	D Buist

- **Leave:**

WHO	FROM	TO
J Wylie		TBA
S Hays	11/08/20	TBA
E Bermingham	01/01/23	TBA
S McLean	20/03/24	TBA
L Brown	01/05/24	TBA
R McKinney	13/09/24	mid- April
R Palmer	03/11/24	TBA
K Gunsekara	04/12/24	TBA

The link for the club web pages is www.christchurchsouthrotary.org.nz

The link to club Facebook pages is

<https://www.facebook.com/ChristchurchSouthRotary/>

Reminders:

APOLOGIES

Record your apology at the Reception Desk at a prior meeting, OR email: chcsouthrotary@gmail.com before 11.00am Wednesday.

You will get a reminder a couple of days before the meeting re apologising and to advise if bringing a guest.

Emergency apologies to Alan McKinnon (021 142 7668)

OR, Club Secretary Viv Ellis (027 490 3161)

DUTIES If you are unable to carry out your allocated duty, it is YOUR responsibility to arrange a substitute.

LEAVE OF ABSENCE

Please advise all leave of absence of 3 or more weeks to the Secretary, by email or in writing.