

A STEP AHEAD

WINTER EDITION 2021



CENTRAL OFFICE

Logan Central Community Centre
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We would like to thank InHouse Print & Design for the printing of our quarterly newsletter. Please contact them for all your printing requirements.

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FROM THE OFFICE

Welcome to the Winter Edition of A Step Ahead!!

A big thank you goes out to all of our volunteers who we appreciate not only in National Volunteer Week which was celebrated from 17 to 23 May but all year.

Did you know that the Amputees & Families Support Group Qld Inc is run primarily by volunteers who give their time to provide peer support to people who are pre or post amputation. The work the volunteers do is outstanding and they are making a difference to peoples lives everyday. Thank you!!



Our Healthy Living Workshops have been running well, if you have some time please join us as there is always something to learn, or just come for a chat and morning tea!

The Exercise Physiology information session we held in May was enjoyed by all who attended and we are looking forward to more upcoming sessions over the next few months. Please check out the Dates for the Diary on page 6 which has the dates and times for each session. If you have any questions or queries please contact me directly.

We also have several NDIS information sessions coming up in the next couple of months for those that are accessing the NDIS or would like more information.

Susan Merry, Chris Rice and myself all enjoyed a wonderful breakfast held by the Logan City Council to celebrate Logan Volunteers. Denise Drysdale was the entertainment and she did not disappoint, she was a real hoot!

As we celebrate our 35th year of operation this year I will continue to share information and articles from previous newsletters. This edition we look at Mary Wood's story from 2012 and then where she is today. We are thrilled that Mary made the move to Brisbane and decided to volunteer with us!

We are joining the Assistive Technology for all Campaign and we encourage not only Queenslanders but all Australians with disability to have the right to be treated equitably because right now, many people with disability who are excluded from the NDIS do not have access to the assistive technology they need. This limits their independence and participation in community life. It can also compromise their safety, health and wellbeing. To join the campaign visit www.assistivetechforall.org.au.

Lynda Foulis | State Coordinator

PEER SUPPORT VOLUNTEERS

ACACIA RIDGE

Mary Woods
0407 623 762

BEAUDESERT

Norm Urquhart
0456 995 358

BIRKDALE

Allan Churchward
0407 580 403

BRAY PARK

Kevin & Ann Holding
0415 558 974

CAIRNS

Bernie Wolland
07 4098 5607

CARINA

Phil Taylor
07 3398 8722

GYMPIE

Anne Barron
07 5481 1361

GOLD COAST

Tracey Prosser
5528 8190

GREENSLOPES

Sid Dyson
0435 898 043

HERVEY BAY

Paul Gaudron
0428 115 021

INALA

Joe Watts
0411 427 752

KINGAROY

Wayne Stenning
07 4162 3126

LOGAN VILLAGE

Kevin McIntosh
07 5546 3843

ROCHEDALE

Darren Wyer
0434 036 869

MACKAY

Marcia Andersen
07 4942 2334

MARSDEN

Chris Rice
0410 331 599

TOOWOOMBA

Annie Cathcart
0401 556 215

TANAH MERAH

Gina Bird
0414 915 540

SUNSHINE COAST

Peter Williams
0421 443 813

YOUTH GROUP

Josh Jones
0499 773 788

"Any one of us could be affected by an unexpected life event or illness where peer support will be vital to our recovery and wellbeing"



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DATES FOR THE DIARY

June

16th NDIS - Self Advocacy
17th Diabetes Education
23rd Grocery Bingo
30th Transport Information

July

7th Christmas in July
16th Exercise Physiology
21st NDIS - Social Enterprise & Be
Your Own Boss
22nd Seated Yoga
28th Grocery Bingo

August

4th Diabetes Education
18th Exercise Physiology
25th Grocery Bingo
28th AGM 9:30am to 11am
28th Father's Day Lunch 11:30am

September

1st Exercise Physiology
16th Morning Tea & speaker
22nd Grocery Bingo

October

4-11 Amputee Awareness Week ...
stay tuned for a week of fun!
27th Grocery Bingo

November

3rd Open House morning tea
24th Grocery Bingo
TBA Christmas Party

Please contact the office with any queries. All events and functions can change without notice so please ensure that you contact the office or check our Facebook page for updates.

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Companion Card

If you have a disability and a lifelong need for 'attendant care support' in order to participate in community activities and attend venues, the Companion Card can help you with the costs of getting out and about with the support of a companion.

Companion Card holders receive a second 'companion' ticket at no charge at participating venues and on public transport. The 'companion' ticket is also exempt from booking fees.

The Companion Card is issued in the name of the person who has a disability, and is valid for 5 years.

A companion is any person who accompanies a cardholder and provides attendant care support. The cardholder's chosen companion may be a paid or unpaid assistant or carer, family member, friend or partner.

Visit for more information - <https://www.qld.gov.au/disability/out-and-about/subsidies-concessions-passes/companion-card/about-companion-card>

Attendant care support

Attendant care support means significant assistance with mobility, communication, self-care or learning, where the use of aids, equipment or alternative strategies does not enable a person to carry out these tasks independently.

Attendant care support does not include the companion providing only social company, reassurance or encouragement.

Eligibility

The Companion Card is not income or asset tested.



To be eligible for the card, you must be a lawful Australian resident, living in Queensland; have a disability, because of the impact of the disability, be unable to participate at most community venues or activities without attendant care support; need, or be likely to need, lifelong attendant care support.

The NDIS is a separate scheme to the Companion Card program. Separate eligibility criteria and application processes apply.





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My Journey

by Glenn McLennan

I became a member of the Amputees & Families Support Group Qld Inc (Amputees Qld) in 2017 after the then President, Darren Wyer came to visit me and provided peer support, I am a bilateral below knee amputee. Darren asked me to join the group and I haven't looked back since.

I have lived in Logan for over four years now and when I first moved into my unit after my amputation, I was lying in bed one day and I thought to myself, I can't just lay here forever!



I contacted Amputees Qld and spoke to the boss, Lynda Foulis and asked her what activities they have during the week, Lynda let me know about the information sessions, workshops, morning teas, lunches and Bingo, Bingo is one of my favourites!

I attend as many functions as I can and I enjoy being associated with the staff, volunteers and members at Amputees Qld. Prior to the start of the COVID pandemic I was volunteering half a day a week which I really enjoyed.

The support from Lynda, Darren, Joe, Susan and Mary has picked me up a hell of a lot.

Lynda has mentioned to me on many occasions that I am always spotted out and about on my 3 wheel wheelchair. I'm always either heading to Marsden, Underwood or to my church on Sundays.

My pastor, Dave Morrow at Logan Central Gateway Baptist Church has been a great support as well as Nel, Peter and many others as well as Big Al, Little John and Rob Roy.

My nickname is 'Wheels' because I'm always on the road like Willie Nelson.

The last lot of news I would like to share is that I have met a very beautiful, loving, caring lady (she has to be, to put up with me)! Margaret and I are getting married on the 24th September 2021.

That's all folks!!





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Memory Lane



Life After Amputation (Originally published June 2013) by Mary Woods

I was forty-three when I had to make the decision to have my right foot amputated. This was after several years of foot operations to remove a benign tumour that kept growing after each removal.

I did a lot of research on the type of tumour that I had, I came to only one decision that would give me a better quality of life, and that would be with a prostheses.

Even though it would mean a change in my lifestyle, the outcome for me was to leave my country life on the farm. I moved to Kingaroy where my daughter was studying at the local TAFE and stayed with her. Fifteen months after my amputation I started volunteering with St Mary's Parish/Centacare South Burnett where I worked in welfare for twelve and a half years and eight years as volunteer coordinator. I attended seminars in counselling, suicide prevention, grief and loss as well as elder abuse.

The seminars have helped me to do the things that I have done since then. During these years I was called upon to visit patients in the local area facing amputation or who had just become an amputee as a support person. The hospital would ring Centacare and asked for me when the need arose.



This year we celebrate our 35th birthday in October with a look down memory lane! The article below is from A Step Ahead in June 2013 and you find out what Mary is up to now!

Life After Amputation cont....

I went volunteering with the Salvation Army op shop for approximately three years. During this time I was having trouble with a cyst on my stump and had it removed in 2009 where I spent eight months in Brisbane. I decided at this time that I would apply to Queensland housing for relocation as I was getting older and having health problems, and I needed to be closer to my family.

When I went home I decided to have another change while waiting for my relocation to come through. I started at South Burnett Friendship Centre and was a peer support worker with the elderly for two and a half years and from there I was offered the position of a support worker for two young women with an intellectual disability in a landscaping business which was owned and run by Jobmatch South Burnett, I was there for twelve months and enjoyed the work very much.

In November 2011 I started getting calls from the Housing Department in regards to areas where I would like to live, then in late April 2012 I was asked to look at a new unit in Acacia Ridge which I accepted and by May 2012 I was living 15 minutes from my family.

I have done all these things because I was shown so much support during my rehabilitation at the PA Hospital and up in my local community of Kingaroy. When I was able I thought if I can only get out there and help as many people as I could I would be happy because of all the support that was given to me during my rehabilitation and moving on with life.

Now that I have made a new home down here in Acacia Ridge, I made contact with the Amputees & Families Support Group Qld and offered my services for peer support like I assisted other amputees in Kingaroy. I am happy that I am now part of the peer support team here in the Brisbane area and visit others at the PA Hospital and Greenslopes when the need arises. I am also on the management committee which allows me further input into how the group is run.

Member Feedback

Thank you to one of our members who rang to let us know that she had needed to hire a car for her Sunshine Coast holiday and was able to hire a modified car through Driving Mobility. If anybody needs car hire and requires the steering or accelerator modifications give them a call, she thought that they were fantastic.

Driving Mobiiity, 288 Curtin Avenue West
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Email: sales@autoextras.com.au



Life After Amputation Now!!

By Mary Woods

We catch up with Mary for an update on how she is going and what she has been up to since 2013.

Mary loves being in Brisbane and enjoys being close to her family, friends and spending time with her canine companion Charley!

Mary has continued to volunteer with the Amputees & Families Support Group Qld Inc (Amputees Queensland) since 2012 and has not looked back! Mary is an integral part of the Management Committee as well as our peer support volunteer network.

Mary continues to provide peer support pre and post amputation to new and existing amputees throughout Brisbane. Mary said that peer support made such a difference to her when she first lost her leg that she wanted to be able to help and support other people when they needed it.

Through volunteering Mary has helped and supported many people over the years and in August 2018 Mary won Senior of the Year for her volunteering with Amputees Queensland and in 2019 Susan Merry and Mary received a Queensland Day Award from Cameron Dick MP for their contribution to volunteering in Queensland.

Thanks Mary for your continued dedication to supporting amputees throughout Queensland.



Ethan & Mary (Senior of the Year Award presentation)



Mary, Sue & Hon. Cameron Dick MP (Queensland Day Award)



**Grocery Prizes | Lucky Door Prize | Raffle
Morning Tea | Onsite Parking**

When: Wednesday, 23 June 2021
Wednesday, 28 July 2021
Wednesday, 25 August 2021
Wednesday, 22 September 2021

Time: 9.15am for 9:45am start

Where: Logan Central Community Centre
(Amputees Qld hall)
9-11 Jacaranda Avenue
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RSVP is essential. We have limited spots available for Grocery Bingo due to COVID-19 restrictions so it is **essential** that you RSVP to Lynda on 3290 4293 on the Friday before each Bingo session. **Sorry NO walk ins.**



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*Heitzmann DW, Salami F, De Asha AR, Block J, Putz C, Wolf SI, Alimusa M. Benefits of an increased prosthetic ankle range of motion for individuals with a trans-tibial amputation walking with a new prosthetic foot. Gait & posture. 2018 Jul 1;64:174-80.

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Caring for somebody with an Amputation

Caring for your partner

When your spouse becomes ill or disabled both of your lives will change. As a couple you may have considered what to do in your old age but an amputation may happen due to trauma, cancer or infection at any time. Day to day living may put a strain on your relationship because of the pressures of caring, child raising, the change in financial situation and loss of intimacy.⁽¹⁾

Your partner will be dealing not only with amputation but also the loss of their independence and dignity when you need to assist them with self care. These losses can hit self esteem badly and your partner may lash out at you. Often as the spouse you will bare the brunt of the anger because your spouse knows it is 'safe' to be angry with you. You can dismiss the occasional outburst as something that happens and brush it off but continual aggressive behaviour should not be tolerated.

Communicate. You and your partner need to be able to talk about feelings, needs and concerns without it becoming adversarial. Try to avoid accusations show empathy and do not assume what the other person is thinking. The goal of effective communication is to come to mutual agreements.^(1,2)

Independence. Your partner can still do many things and should be active in household decision making. Do not martyr yourself and do not micromanage: both build resentment on either side of the partnership.⁽¹⁾

Decide together what you as a carer will do and not do. You do not have to do everything and by taking on too many responsibilities you lose time to be partners and time for yourself. Delegate tasks to someone else or put them to one side when possible.⁽¹⁾



Advice for amputees

Your partner may be caring for you in a medical sense but do not forget that they too are an adult with emotions and needs. The following are tips for amputees who want to improve their relationships with their partner-caregiver:⁽³⁾

Take time to examine your feelings and be prepared to talk about what you need and how these needs can be met. Actively listen to your partner's feelings and try to understand their point of view.

Your partner cannot read your mind so always be specific in your requests for assistance. Treat them with the same kindness and respect you showed to them as a romantic partner.⁽³⁾ If you need to discuss issues try effective communication techniques to reach a compromise. Avoid criticism instead offer suggestions.

Your relationship as partners needs to be nurtured. Interact in ways that put the romantic relationship first such as a dinner out or a movie night at home. Small gestures of affection and gratitude are always appreciated. Physical contact such

as hugs are needed to nurture your relationship.⁽³⁾ Discuss how sexual needs will be met in a mutually respectful way.

Ask what your partner needs from you. You can provide emotional support for your partner and try to be as independent as possible. If you are worried about them tell it is alright to get help and allow them some respite time. Healthy relationships need alone time. Try to find ways to give your partner time to themselves on a regular basis.

Make your expectations clear about how much care you need. If your partner has worries about how you are performing tasks listen to their concerns. Your occupational therapist could assist in making everyday living tasks safer for you.⁽³⁾

Accept the possibility of needing outside help. If your partner brings up the issue listen and understand why they have thought about this. If you think it may help the relationship to have outside help, then discuss your feelings with your partner.⁽³⁾



Caring for your parents

The following information is for the 'Sandwich Generation' those people in their 50s and 60s who are caring for their parents and children or grandchildren. As a sandwich carer there is a good chance you:

- Are still in paid employment.
- Have adult children living at home or you financially support your adult children in some way.
- May have school age children of your own or care for your grandchildren while their parents work.
- Are concerned about your financial future in retirement and cannot afford to retire yet or may need to work past 65 years of age.⁽⁴⁾

Carers in this situation may find they have stress coming from multiple sources such as:

- How to split time between family and work.
- Mediating conflict between your children and parents, for example, an older parent who does not believe in adult children living at home.
- Having no time for rest and certainly no time for hobbies.
- Guilt because you feel that you are not giving everyone enough.
- Financial stress due to using all your carer's entitlements, having to take unpaid leave and needing to use your retirement savings to help others.
- Worry that all of your leave from work will cost you your job and finding another will be very difficult.
- Worry that neglecting your spouse may cause a rift in your relationship.⁽⁵⁾

When you find yourself between two generations there are some things you can do to lessen some of the stress.

Preserve your assets. Do not use your retirement assets to fund the needs of others. Use your parents' assets to fund their care and if they have none look into as many funding options as possible. Adult children should not be reliant on you for money or free full time childcare; if they are working they should organise their own financial affairs.⁽⁶⁾

Don't neglect your marriage/partnership. For those who are married it is important to keep the relationship healthy. Allow yourself time with your partner and work through any issues that arise together.⁽⁷⁾

Adult children are adults. If you have adult children at home they should be contributing to the household. Even if they have little money they can cook meals for the family and do their own cleaning, washing and ironing.⁽⁷⁾

You are all adults. Avoid treating your parent/s as another one of your children. Unless they are mentally incapable of making decisions they have the right to decide on their own care. If their ideas are not feasible, negotiate and try to reach a mutual agreement.⁽⁷⁾ In the same vein do not allow your parents to treat you as a child or make unreasonable demands.⁽⁸⁾

Look into ways to keep your parent independent. If they can live in their own space and have control over their lives they will have better health overall. If you take over they may become resentful and stubborn or on the opposite end of the spectrum, become very needy.⁽⁸⁾

Don't assume that living together is the best option. If your parents live on different schedules or have different lifestyles, living together may be a nightmare for all concerned. Don't assume that assisted living is out of the question or obey siblings who say it is unacceptable without talking to your parents. Your parents may be open to the idea but you won't know if it is never discussed.⁽⁹⁾

It is OK to admit you are not cut out for it. We all have different personalities some of us are not suited for a hands on caring role. If you think caring would cause lingering resentment or too much stress for you, do not hide it, instead plan how your parents can receive quality care that does not rely on you being the sole caregiver.⁽¹⁰⁾



Caring and the extended family

You will have to deal with other relatives when it comes to caring for a parent or grandparent. You may have found yourself caring in the role of carer because you are the closest or you are the one "with the time to do it" For many carers this is a source of frustration as there is always at least one relative who does not do their 'fair share' but has opinions on how things should be done. On the other hand a relative (or yourself) is not in a position to contribute equally for legitimate reasons but wants to help where they can. The following list outlines why some relatives can not/will not care equally.⁽¹¹⁾

They don't have the time

They may work long hours or be a shift worker. They may have grandchildren to look after or are already a carer for a disabled child or in-law. If the issue is time they could contribute financially for respite care. If they don't have enough money to fund respite care a quick visit for the carer to take a break on a regular basis is appreciated.⁽¹¹⁾

Your parent may be the cause of the issue

Is your parent telling a relative that they are fine or help is not needed? People may divide their relatives consciously or unconsciously by telling different relatives different versions of the truth. They may feel that one of your relatives has enough problems already or maybe someone is easily frustrated and your parent prefers they were not involved in their care. Try to open up communication with your siblings so that everyone is fully aware of the situation.⁽¹²⁾

Old hurts have resurfaced

Sometimes old childhood grievances resurface. If a person did not feel loved or accepted as a child they may have difficulty caring for the person who hurt them. Often they will be waiting for an apology but it will probably not happen. You will have to accept that your sibling has to come to terms with their past before they can help your parent.⁽¹³⁾ If you have a good relationship with your sibling find ways for them to help you and relieve your stress such as making some frozen meals for you or joining you for regular walks.

They don't have the money

If they live far away they can use the internet to undertake tasks such as paying bills or taking care of your parent's taxes. They could even talk to your parent over a web-cam or the telephone while you take a break for coffee and read the newspaper. If they live nearby they can contribute in "sweat equity" by doing some gardening or cleaning on a regular basis. They could visit regularly and stay with your parent while you have a break or go out for errands.⁽¹¹⁾

They can't bare to see them in this condition

This excuse is probably the most frustrating as you, the carer, take no pleasure from seeing them in this condition. Accept that you have stood up to this difficult challenge whereas they have not. Try to have them help remotely such as organising appointments and paying bills. If you are upset by your parent's condition still go and visit even if it distresses you, if you had a good relationship they will be missing you greatly.⁽¹¹⁾

Mum/Dad is bad tempered or abusive
Caring can be very difficult if your parent is a bad tempered person as part of their personality or due to dementia. Your relative may prefer to provide emotional support to you or financial support for respite or home help if they cannot cope with bad tempered outbursts.⁽¹³⁾

They are banking on an inheritance
Sadly money can bring out the worst in some people. You may have relatives who are more concerned about their share of the inheritance than providing quality care for your relative. If they are adamant that no money be spent to preserve an inheritance the best solution is argue for your parents' interests firmly without aggression, hire a mediator if needed. If you hoped for an inheritance let the idea go and provide for your parents now.⁽⁹⁾



When dealing with relatives the key is to communicate, you may be the primary carer but others will expect to be involved in the decision making. Include all concerned parties in the decision making process and do not withhold information. When you are communicating with your relatives you may need some ground rules such as not bringing up past events or not butting in. Try using "I" statements as discussed in the general care section.^[14,15]

The first part of resolving issues is coming to an agreement about what your parent/s' needs are. Often you agree on what your parents need but it is how to meet this need that causes conflict. For example, if your parent lives in a two storey house and has difficulty using their stairs the following may happen:

- One relative wants to sell the home and buy into a care facility.
- Another wants your parent to live with them because they don't like nursing homes.
- Another wants to install a bathroom downstairs and turn the dining room into a bedroom.
- Another wants their university aged child to live with grandma/pa so that they can help them in exchange for no rent.
- Another wants to install a stair lift.

Try to solve your parent/s' needs in a way that can address the concerns of others. You all might agree to install the stair lift as that is the simplest solution however you will regroup if it is not working out.^[13,14]

Look at each relative's situation and decide together the best ways that each person can contribute. Decide who can contribute more in time and who can contribute more financially.^[14]

Make direct requests and be open about what you need as a carer. Do not use hints or assume people know what you need. Plan early, don't wait for a crisis to occur or emotions will be high and everybody will be stressed.^[13] Involve your parent/s if they are capable as it is their life and they should play a role in making decisions.^[11]

If you cannot agree or your family dynamic is not harmonious enough to remain civil, an objective third party such as a social worker or family counsellor could work with your family. You could hire a professional mediator who specialises in elder care.^[13,16]

Accept that things will not always be fair. If you are silently fuming over those who have not contributed 'fairly' you are only adding stress and anger to your life. Make sure your expectations are realistic and remember that accepting a situation does not mean that you like it.^[15]

If you find that you are fighting over trivial things there is probably a big issue you are avoiding. Avoid drawn out discussions or arguments on matters that are not worthy of that amount of time. Try to solve the big issues before you discuss the details.^[14]

Recognising that someone needs home help

We all want our loved ones to stay independent and live on their own for as long as possible but it is not always possible. If you notice an elderly relative having difficulty with self care it may be time to arrange help. Signs to look out for include:

- The house is not being cleaned.
- The yard is becoming overgrown.
- There is unopened mail building up.
- Bills go unpaid.
- Appointments are missed
- Rubbish is not being taken to the bin or they begin to hoard trash.
- There is a smell of urine either in the house or on the person.
- Food is spoiling and not being eaten
- Your parent has body odour because they are not bathing regularly
- They are unsteady on their feet
- They have bruises or other marks that indicate they have had a fall.
- They are not managing their medications by forgetting to take them or taking too much
- Familiar activities are difficult for them
- They have stopped participating in activities they once enjoyed.^[18,19]
- Pets are unkempt or pet waste is in the house.

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Transport Information Session

The Transport Information Session is a **Healthy Ageing Hub** event, empowering older people to confidently manage their own health and wellbeing in the community.

TransitCare offers low cost door to door transport services to medical appointments, hospitals, shopping or banking as well as social engagement services to assist the elderly, the socially isolated and younger people with disabilities allowing them to live independently in their own homes and remain connected to the community.

Dates: Wednesday, 30 June

Where: Amputees & Families Support Group Qld Inc
9-11 Jacaranda Avenue
Logan Central

Time: 10:00am followed by morning tea

RSVP: Please contact Lynda on 3290 4293



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Amputee Support Association Sunshine Coast

by Peter Williams

I am Peter Williams, I was elected as President of the Amputee Support Association Sunshine Coast at our Annual General Meeting on the 18th May, 2021.

I would like to thank the outgoing President Steve Barbe and the outgoing Secretary Debbie Murr for their dedication and commitment to our support group and amputees on the Sunshine Coast.



It is a great pleasure to welcome Peter Molloy, Vice President, Robyn Boxsell, Secretary, Alexandria Ward, Treasurer, Joy Laxton, Ruth Jones and Glenn Bennett as Committee Members.

The Education Centre at the Hibiscus Retirement Resort has been our meeting venue for more than ten years but because refurbishment is about to start it is no longer available to us.



Lynda Foulis & Pete Williams

Committee members have been searching for a suitable meeting place and the Mooloolaba Bowls Club has been selected.

Our next meeting will be at the Mooloolaba Bowls Club (Club Mooloolaba) on 15 June 2021 starting at 10am.

We extend an invitation to our members and the local amputee community to attend and meet the new committee. There are some changes to be discussed and your input is very welcome.

Communication with our members is so important and to assist us could you please forward any updated contact details i.e. mobile phone number and email address by texting me Peter Williams on 0421 443 813.

The newsletter that you have received is a quarterly publication produced by Amputees & Families Support Group Qld Inc., and is distributed throughout Queensland to all amputee groups and other relevant organisations and bodies. We will be utilising this publication to communicate the Sunshine Coast events, information and resources.

Our plan is to work closely with Lynda Foulis, State Coordinator regarding grants, social events, peer support recruitment and training plus creating opportunities to meet with members state-wide to discuss and resolve issues.

I look forward to seeing you at our next meeting.


Pete Williams

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phone 07 4775 1323

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North Mackay QLD 4840
phone 07 4953 5738
fax 07 4953 2256

Christmas July

**Join us for a two course lunch!
Raffles, lucky door prizes and more!
Bring your friends and family along!**

Where: Amputees & Families Support Group Qld Inc
Logan Central Community Centre
9-11 Jacaranda Avenue, Logan Central

When: Wednesday, 7 July 2021

Cost: \$15.00 per person

Time: 11:30am for 12pm lunch

RSVP: Wednesday, 30 June 2021
Email: admin@afsg.org.au
Phone: 3290 4293





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www.oapl.com.au

YOU'RE INVITED

FATHER'S DAY



**Bring your father's, daughters, friends and
neighbours to our BBQ lunch!!
Everybody is welcome!!**

BBQ lunch | Dessert |
Lucky Door Prize | Raffles | Live Entertainment

\$10 per person

Where: Logan Central Community Hub
9-11 Jacaranda Avenue
Logan Central

When: Saturday, 28 August 2021

Time: 11.30am to 2:30pm



Amputees & Families
Support Group Qld Inc.

RSVP & Bookings Essential. COVID safe event.
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**Simply join or renew your current membership by
10:30am on 28 August to go in the draw to win
one of the following prizes!**

1st prize:	\$100 gift voucher
2nd prize:	\$50 gift voucher
3rd prize:	\$25 gift voucher

Your membership helps us to continue providing much needed support to amputees throughout Queensland.

As a member your benefits include:

- A Step Ahead quarterly newsletter
- access to resources and information
- advance notice of seminars and education sessions
- discounted events and functions
- voting rights at the Annual General Meeting
- access to our equipment program

If you have paid your membership between 1 May and 28 August (before 10:30am) you will automatically be entered into the draw!

The prize will be drawn at our Father's Day Luncheon on Saturday, 28 August 2021 at 12:30pm! Winner will be notified by phone.

Good luck!!



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MEMBERSHIP APPLICATION FORM



Date: _____ o New o Renewal

Name: _____

Partner: _____

Address: _____

Phone: _____ Mobile: _____

Email: _____

Date of Birth: _____

Limb/s amputated: _____

Cause of amputation: _____

Hobbies/ Interests: _____

Previous / current occupation: _____

Membership Contribution

Yearly membership - (1 July to 30 June)

☐ \$15 Adult single ☐ \$20 Families/ Pensioner Families ☐ \$25 Organisations

☐ I would like to make a donation of \$ _____

☐ I would like someone to contact me about volunteering.

☐ I have paid via direct deposit to Heritage Bank | BSB: 638070 | Account: 11471050.
Please use first initial and surname in the reference field.

☐ I have paid via pay pal at www.afsg.org.au

☐ I enclose my Cheque / Money Order to the value of \$ _____
for membership and/or donation.

Signature.....Date:.....

Complete application and return with payment to:
Amputees & Families Support Group Qld Inc.
PO Box 31, Kingston QLD 4114
admin@afsg.org.au

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