



Polio NZ News



Edith Kathleen Morris, 1944 – 2021

It is with sadness that we acknowledge the passing of Edith Morris who was President of Polio NZ from 2008 to 2013 and visited support groups around the country, revitalising the organisation and developing connections within disability communities. Edith joined the Board in 2007, having been an active member in a leadership role for the polio group in Waikato for many years.



Edith hosted the Waikato PPS support group monthly meetings in her home, and once a year, an ice cream party in her garden, which she loved. These ran for

continues over

Grateful Acknowledgements

The Society expresses our deepest gratitude to the following organisations and individuals for their support. Our sincere thanks go to the hundreds of people who send in donations each year. Amounts less than \$500 are too numerous to list.



2014

- The Sir Thomas and Lady Duncan Trust
- NZ Lotteries Grants Board
- Rural Community Trust

2015

- The Sir Thomas and Lady Duncan Trust
- NZ Lotteries Grants Board

2016

- The Sir Thomas and Lady Duncan Trust
- Bequest: The Estate of Almer Slack
- Freemasons Foundation
- NZ Lotteries Grants Board
- Gordon Jackman

2017

- The Sir Thomas and Lady Duncan Trust
- Freemasons Northern Masonic Assoc.
- Bequest: The Estate of Almer Slack
- Bequest: Nairn Estate
- Bequest: Ovenden Estate
- Gordon Jackman
- Ernest J Berry

2018

- The Sir Thomas and Lady Duncan Trust
- Freemasons Foundation
- NZ Lotteries Grants Board
- Talleys Ltd
- RE & YE Bensemann
- Rotary Whakatu
- Wakefield Quarry
- Bequest: John Dawson Estate

2019

- The Sir Thomas and Lady Duncan Trust
- Bequest: The Estate of Phillipa Morrison
- NZ Lotteries Grants Board
- Rotary Club of Motueka
- Paul Grant (InvitaNZ)
- Clive Thompson (Coopers Beach)
- Wellington Rotary Club
- Freemasons Foundation

2020

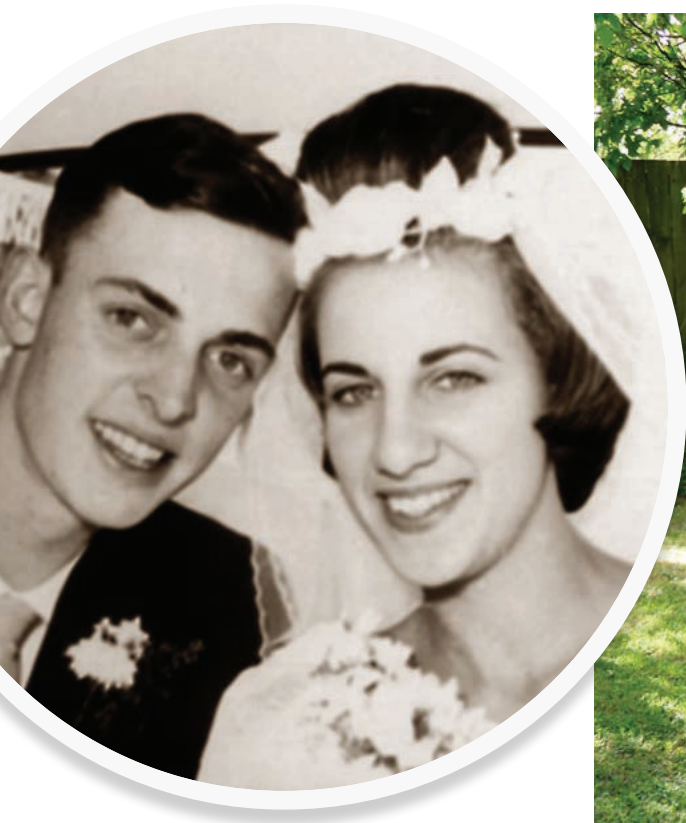
- Freemasons Foundation
- Habit Holdings Ltd
- The Estate of Nan Taylor (Oamaru)
- Onehunga Maungawhau Lodge
- Ponsonby Lodge No.54
- SBS Bank Starwinner
- Western Bays Polio Support Group

2021

- Freemasons Foundation
- The Estate of Nan Taylor (Oamaru)

Ways to donate to Polio NZ Inc.

By credit card on our website www.polio.org.nz
Deposit direct to Kiwibank Account 38-9022-0468027-01



about 15 years and had a significant impact on the local Polio community.

Edith and Noel were both involved in a 4-year fund-raising opportunity publicising a new Hydrotherapy Pool at Waterworld. This was a project which combined the efforts of a dozen disability organisations in Hamilton. Hydrotherapy was near to Edith's heart as she had benefitted so much from it as a child in the Wilson Home. So, from 2011 she and Noel made weekly use of those warm water facilities.

There were many other areas of disability that Edith was involved with. CCS Disability Action was one of her favourites. She was an auditor for some of their services. As a presenter of Disability Awareness she was sent to Hamilton City Council, Wintec Nurses training, and many other groups. One year she was the featured person for the CCS Christmas Fundraising appeal. Her story raised a lot of feedback as hundreds of letters (and dollars) flooded in. It was one of the ways she could repay CCS for all the help they gave to her as a child.

We thank Edith's husband Noel for the following insights into Edith's life.

Edith was born Edith Graham in Sydney during the War in 1944. Six months old Edith contracted polio and was immediately hospitalised and isolated from her mother and family.

When Edith came home her legs were badly weakened from the polio. She needed major therapy. Because of the polio epidemic there were thousands of others needing therapy too. As the war had just ended, Edith's parents made plans to come to New Zealand where there hadn't been any recent polio and effective treatment was more available.

At about 18 months Edith arrived at the Wilson Home in Takapuna, Auckland. Here Edith received loving care, healthy exposure to sun, and hydrotherapy. At age five she finally was able to go home. She strengthened her legs by riding a tricycle, and soon rode it to school. The family then moved to Jordan Valley, out from Hikurangi.

While having surgery Edith

encountered the Crippled Children's Society (CCS) and the field officer took a personal interest in her and encouraged her to go to Auckland for more education. She lived at Una Carter Hostel run by CCS in Remuera and travelled by tram to Seddon Memorial Technical College in Wellesley Street. At that time she took typing and shorthand courses.

One of the Una Carter residents was another polio, Kelly. Kelly and his friend Noel had met over Ham Radio. One night Edith went to a party with her boyfriend, but went home with Noel, her husband to be. The wedding was the following March in 1964.

A few years later Lynda was born. Mother and baby were sent to the Karitani Home, usually for a mother to learn to manage a baby with difficulties. This was opposite however because the doctors couldn't believe that a disabled mother could manage a normal baby. After a week she proved them wrong, and they came home. She found ways!



Grief at losing their second child at nine-months old, her Christian faith was strengthened and led to service in Japan. There Edith found a passion to help Japanese people with disabilities. In early years, these people were often hidden away in their homes, but gradually society began to open to be “disability friendly.”

One day, while sitting in a hospital waiting room, she saw a girl walking. “That girl had polio like me, I can tell by the way she walks! I’m going to talk to her.” That moment was the genesis of the Post-Polio Support Group in the Kansai area. Edith helped by finding information about Post-Polio Syndrome from NZ and America. She made many friends among the Japanese and missionary community. Many of them stayed in contact for the rest of her life and are scattered around the world.

After 25 years in Japan, Noel and Edith moved back to NZ and bought

a house in Hamilton. Edith was invited to be on the board of Gracelands Trust, which cared for many people with disabilities in the Te Awamutu area. Edith was determined to not be the “token disabled person” on the board and invested herself in the community. As a result she got a thorough grounding in the disability industry in NZ which served her well as she became more involved with other organisations.

One such group, DPA led her to start a weekly half-hour radio programme on Community Radio in Hamilton. Through “Talking Up Disability” she interviewed hundreds of people either with a disability or who worked with the disabled. From ordinary people to politicians, she could draw out their perspectives, and show dignity for people with disabilities. This radio programme ran for over 3 years.

From Noel: “This is the girl that doctors said should never get married and should get a mundane factory job. No, this is the girl who followed her heart and went out and made a difference to the world she lived in.”

President's Report

It is with sadness that I acknowledge that Past-President, Edith Morris, passed away in October. Our thoughts are with her husband Noel and their family.

I was very disappointed that we had to pull the pin on having the Welcome to Nelson and AGM on Labour Weekend. I know many of you were looking forward to being here, some for a nice weekend, others for an extended holiday, and myself, like many others for a catch up with each other and renew friendships.

In spite of not being able to meet in the same room, running the AGM electronically via Zoom went rather well. Gordon did a great job setting it up. The only downside for me was that I could not see everyone. I apologise if I missed you. Overall, it went well, and I thank all the attendees for joining in. It will probably be the way of the future.

We had intended to 'draw' a signed copy of one of our Guest Speaker Craig Potton's picturesque books at the Saturday night dinner. Instead, each registration was numbered and drawn at the online-AGM. The winner was Richard Wills-Collins, husband of Whangamata member Jan.

A smaller book of Craig's was also available to a lucky person who was present at the online-AGM. The lucky winner was Nancy Blackstock from New Plymouth. Congratulations to both winners.

Gordon Jackman has put in a lot of work and done an excellent job in bringing our website up to date with lots of information. This will be great for our members, possible intending members or anyone wanting to know about polio. If you haven't checked out the new look website yet, I suggest that you take a look. Thanks Gordon. www.polio.org.nz

Mee-Moi Edgar is still administrating our Facebook page for us with lots of interesting information. Thanks to you too Mee-Moi.

The Board has a few tasks this coming year. Oversee the finish of

the website and further work on the database. I have a pile of old Polio News and other valuable information. So we don't lose it, and can use it, all this needs to be digitized and indexed. We have identified a professional company that can do this work. We are actively seeking someone who could undertake overseeing this important task. If you, or someone you know might do this, please contact me.

I travelled to Christchurch on Friday November the 5th to the official opening and launch of the Christchurch Polio NZ Hub at On the Go Physio rooms with Jessie Snowdon. Jessie spoke about what the Hub would entail and how it will work for Polio NZ members in Canterbury. The Hub was set up as a two-year pilot-project in partnership between the Duncan Foundation and Polio NZ and the outcomes will guide the formation of similar Hubs in other regions.



I hope you are enjoying the Monday Zoom Polio Morning and Afternoon Teas and the Zoom exercise classes. Many attest to the benefit of these regular meetings with other members.

Finally, on behalf of The Board and myself we wish you all an enjoyable Festive Season wherever you may be, and I hope that restrictions are not too hard on you. Remember, if you are struggling with an issue, please feel free to contact me.

Take care everyone. Catch up in the New Year.

Kind wishes
Brian Robinson, President



Icons lit Purple for World Polio Day

A growing number of city icons around New Zealand were lit purple to mark World Polio Day on October 24 to remember the more than 800 New Zealanders who died from the Poliomyelitis virus during the pandemics of the 1950s and the thousands who still live with the disabling aftermath in their lives decades later.

Infantile Paralysis, or Poliomyelitis epidemics broke out in New Zealand in 1916, 1925, 1927, 1937, 1948–49, 1952–53 and 1955–56. Until the arrival of effective vaccines in the late 1950s, Polio was a devastating virus as it particularly affected children, says Polio NZ Board member, Sue Griffin.

“During the global polio pandemics New Zealand alone recorded around 10,000 cases, and more than 800 deaths,” says Griffin. “Survivors often suffered from lifelong partial or complete paralysis of limbs or the entire body. In the worst cases, the lives of seriously paralysed patients could only be saved by long periods in a compression chamber or ‘iron lung.’”

In very similar circumstances to the current Covid-19 pandemic, a mass immunisation campaign starting in the late 1950s achieved a high population coverage and eliminated the polio virus from New Zealand.

“If Covid-19 has taught us anything, it is that we cannot forget how vulnerable we are as humans to viruses,” says Griffin who is a polio survivor herself. “Just like Covid, the Polio epidemics had a dramatic effect on the life of New Zealanders. Schools and public places were closed and those who caught it had to be isolated until they recovered.”

The colour purple has become associated with World Polio Day following the World Health Organisation practice in third world countries to dip of the little finger of vaccinated children in gentian violet as a system to ensure children were not missed, or given a double dose.

“Although Polio has been eradicated in New Zealand, survivors today are still



struggling with the long-term effects known as Post-Polio Syndrome,” explains Griffin.

“The late effects of Polio are common - affecting perhaps as many as 50% of individuals who contracted Polio. They include associated pain in muscles, tendons, ligaments and joints. Depression is also common as everyday activities become harder to perform because of the depletion of the motor neuron pool leading to fatigue.”

The icons lighting up purple around New Zealand included:

Hamilton’s ANZAC Bridge; Christchurch

Art Gallery; Te Puna o Waiwhetū

Dunedin - Otago Museum; Toitu Museum; Dunedin Public Art Gallery; Carterton’s Event Centre; New Plymouth’s Clock Tower; Gisborne’s Clock Tower; Palmerston North’s Clock Tower; Upper Hutt’s Fantail; Wellington’s Michael Fowler Centre; Nelson’s Clock Tower

These purple icons joined others around the globe including The Coliseum in Rome, The Houses of Parliament in London, the Sydney Opera House, Table Mountain in Durban, Culzean Castle in Scotland, and The Empire State building in New York.

Patrisha Hill, MBE

Trish joined the Board of Polio NZ in 1993 and served until 2001 in roles including Secretary and Treasurer. A pioneer not only in serving Polio NZ, but a pioneer in the development of Para sport through the 1970s and 1980s. Trish became the first Kiwi female wheelchair athlete to complete a marathon and one of New Zealand's greatest all-time wheelchair athletes.

Born in 1948 as the eldest of three sisters on a poultry farm just outside of Oamaru, 'Trish' was an active young child and recalls playing basketball and skiing before contracting polio at the age of seven. Walking with callipers and crutches, she faced a challenging childhood. "Getting around on callipers and crutches was hard going," she recalls. "It was even tougher at high school because we had to move all over the school to different classrooms. I fell a lot carrying my books in a bag on my back. Getting off the school bus was difficult, and I always had to ask someone for help."

Trish says the opportunity to try her hand at competitive sport at school was never an option. She was instead often lumbered with being scorekeeper in school PE lessons. "I was bursting with enthusiasm to get involved in sport. To just sit there scoring feels like missing out," she recalls.

On her annual trip to Duncan Hospital in Whanganui, she recalls browsing through an issue of Woman's Weekly and reading about the accomplishments of pioneering Para athlete Eve Rimmer.

Inspired by the eight-time Paralympic wheelchair athletics champion, Trish

wrote a letter to Eve and later, when on vacation in the area, she dropped by to meet the champion athlete.

"Eve made us dinner and when we went into the lounge she showed me her Paralympic medals," Trish recalls. "I picked one up, put it around my neck and I thought, if she can do it, why can't I? That was the start!"

With the help of a small group of Dunedin-based athletes, she took her first tentative steps into training. Later connecting with coach Wayne Gough, she trained for both track and throws events and in 1974 headed north to Napier to make her competitive debut at the National Games.

Initially classified as a class three athlete, she coincidentally came up against Eve Rimmer and defeated her over 60m. It was a confidence boosting performance and, sensing greater success, so her passion for athletics developed.

Shortly after, she was reclassified as a class two athlete – for athletes with a more severe disability – and, despite competing in what she describes as an "old duffer" of a wheelchair which initially gave her speed wobbles, she was to have a secret weapon in the shape of husband Dave.

"He was a mechanic and could figure out why I got the speed wobbles," she explains. "He adjusted the front

wheels, which fixed the problem and we continued to gradually learn as we went along."

Trish was put on a weight programme and trained out of a church hall. She threw at an adjacent park, which she entered via a gate at the bottom of her garden.

In 1975 she made her international debut at the Far East and South Pacific Games for the Disabled in Japan, describing the experience as an "eye opener". Despite having never been overseas before, she nonetheless snared four medals in Oita – winning gold in the shot put and slalom, and silver in the 60m. She also won gold in the 50m freestyle swimming – a sport she would never compete in again.

Her Japanese experience had been a huge success, but she was overlooked for selection for the 1976 Paralympics in Toronto, Canada with selectors citing her lack of experience. "It was a big disappointment because I reckon, I could have come home with at least one medal, if not more," she says.

Combining training six days a week with working full-time in a petrol station following her non-selection for Toronto, she did not lack in motivation. She continued to make progress under the coaching of Wayne and





against athletes from outside Oceania or Asia, the grandstands were full, it was amazing.”

Competing with no real expectations, she won silver in the class two 200m and went on to claim bronze in a controversial final of the class two 400m.

Supporters of Kuwait’s Adelah Al-Roumi – the woman who crossed the line first – had somehow got onto the track in support of their athlete

and impeded Trish, who was pushing from lane one. “They leaned into my lane and started clapping for her,” Trish recalls. “I had to keep swerving around them and they were putting me off my race. Al-Roumi was disqualified, and I was upgraded to bronze, but I think I could have done better had I not been impeded.”

Nonetheless, Trish gained revenge on Al-Roumi in her favourite slalom event – a discipline which includes ramps and tunnels and tests the handling skills of the wheelchair – to strike gold. Winning the full suite of medals in Arnhem and placing fourth in the shot put, fifth in the discus and sixth in the javelin, it had been an epic all-round effort by the then 31-year-old athlete. “I was so happy to come away with the full set of medals, although it doesn’t really change your life, you just carry on,” she adds. “All that is different is you now have more stuff hanging on the wall.”

In 1981 Trish was invited to compete in the 200m in Rome as part of an event to mark the International Year of Disabled Persons. Competing in the Eternal City, she went on to win 200m bronze and got to meet the Pope in the Vatican.

Success continued the following year as she went on to win four gold medals in the 1500m, 5000m, slalom and 400m at the Far East and South Pacific Games in Hong Kong, setting a world record in the two former events.

Meanwhile, at the 1983 World Championships in Stoke Mandeville, she banked a further seven medals, taking gold in the slalom (with a world record) and pentathlon. She also

earned silver medals in the 5000m, and javelin throw and bronze in the 400m, 800m and shot put.

While she continued to accumulate more international medals, the success she enjoyed internationally was rich reward for putting in the hard yards to fund such trips.

Unlike today when the leading Para athletes are given the very best support, in the countdown to the 1984 Paralympics at Stoke Mandeville she was one of a group of four who took time off from their paid employment to tour the South Island to collect money from the public as a running group made their way around the island. “Dave drove the car and we followed behind the runners in the caravan, collecting money with buckets,” she says.



“It was a little like begging but that’s what we had to do to enable us to get away to the 1984 Paralympics and Graham Condon (a six-time Paralympic medallist) and I would continue to train on rollers during the trip.”

Once there, the 1984 Paralympics once again proved a huge source of success for the talented North Otago-based athlete. She successfully retained her slalom title with a world record and claimed pentathlon (800m, 1500m, shot put, discus and javelin) silver before adding marathon silver on her debut over the 42.2km distance.

“I’d done a one-and-a-half-hour half marathon and when I was asked by

husband Dave and in 1977 she returned to the international stage by competing at the Far East and South Pacific Games for the Disabled in Parramatta, Australia.

There competing in her familiar mix of track and field events, Trish claimed a haul of seven medals, including gold in the shot put, 60m and discus, silver in the javelin and slalom and bronze in precision javelin, as well as table tennis singles.

In 1979 she added the 200m world record to her growing list of accomplishments and the following year quite rightly earned selection to compete for New Zealand at the 1980 Paralympics.



However, in a sign of the ignorance which existed among some cultures towards those with a disability, the Paralympics were not hosted in Moscow – where the summer Olympics were held that year – but some 2500 kilometres away in Arnhem, Holland. “At that time, Russia said they had no people with a disability, so instead we went to Holland,” she explains. “It was the first time I’d competed internationally

organisers to put in a previous marathon time, I said to Wayne, 'What do I put?' He said to double my half marathon time and add ten minutes. So I put down three hours and ten minutes and that's exactly the time I recorded to win silver."

In winning silver, the South Islander became the first Kiwi female wheelchair athlete to complete a marathon.

In the final phase of her career, Dave took on a more central coaching and administrative role. He studied and learned from the top overseas chairs, skilfully making Trish's competition chair.

He also served as Assistant Chef de Mission at the 1988 Seoul Paralympics – the event which was to prove Trish's competitive swansong. "On that trip he told me, 'Do you want the good or the bad news?' I said, 'The bad news first'. He replied, 'There's no class two slalom (the event in which Trish had won gold at the two previous Paralympics)'. I told him I'd drop down to the class three and he said 'I thought you would say that I've already entered you. That's the good news'."

Even though she was competing against athletes with less severe disabilities, such as her slaloming ability she still took home a bronze medal, which was a huge source of pride for the Kiwi. "I may have won bronze but to me that bronze was equal to a gold because I was competing against women who were much more able than me," she explains.

In her final competitive appearance before retirement, she added marathon bronze in Seoul despite not starting the race with her racing gloves.

Finishing the race badly blistered, she was delighted to climb the Paralympic podium for the eighth time but aged forty she was at peace with her decision to walk away from the sport.

"The American who won silver and who finished ten minutes ahead of me was aged only 20 at the time," Trish says. "I remember thinking, I'm old enough to be her mother!"

Not only that but some five years prior



doctors revealed she was already suffering from a common post-polio condition affecting the function of her arms and hands and she was struggling to be able to grip the rims of her wheelchair.

In 1991 Trish was awarded the MBE for her competitive efforts which included thirty-six international medals and marathon trophies across a 14-year period.

Following retirement, Dave continued to be a champion for Para sport and was appointed as New Zealand Chef de Mission for the 1992 Barcelona Paralympics.

However, the preceding year he suffered from viral encephalitis – an inflammation of the brain – which acted as the trigger for a serious neurological condition. Today he lives in a rest home in Oamaru.

"The irony is, he has far more of a disability than any of the athletes he supported for many years," Trish says.

Post her sporting career, Trish supported Para fundraising efforts for many years and worked as a tutor for the CCS Disability Action. Now retired from working life, she has lost much the function in her hands and uses a power wheelchair.

Trish, now aged seventy-three, was a true pioneer of the sport. To this day, she still holds the Class Two World Record for the now defunct 110m slalom event.

Despite her current state of health, she adds "I would do it all again. I am proud that the work I put in paid off." It paid off not just for Trish, but for Para Athletes' now and forever!

"I had some amazing experiences. I met Prince Charles at the 1984 Paralympics, I met the Pope and the Crown Prince of Japan. All this wouldn't have happened without athletics."

Adapted from Athletics NZ website (by Steve Landells) <https://athletics.org.nz/legends/patricia-hill/>



Our new website www.polio.org.nz

The new Polio NZ website features the purple lit buildings of New Zealand marking world polio day October the 24th remembering the purple fingers of the children and the Polio Vaccination workers in Afghanistan and Pakistan, fighting the final battle with the wild poliovirus.

New to the site is the Living Well with the late Effects of Polio section. The first section is now live and devoted to providing useful information about the effects of contracting polio can have on our bodies, options for management of the late effects of Polio and hopefully, some of the joy we all need everyday to help us face the challenges in front of us.

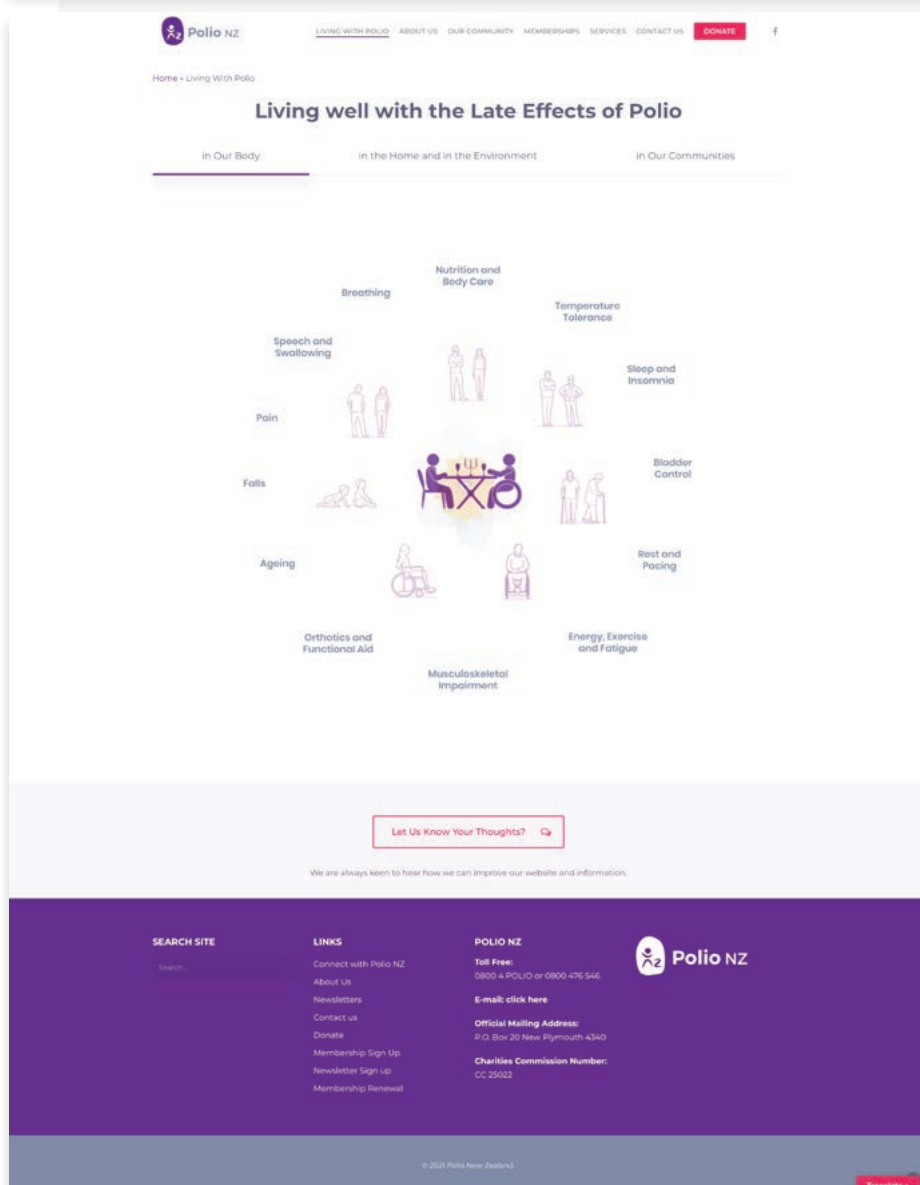
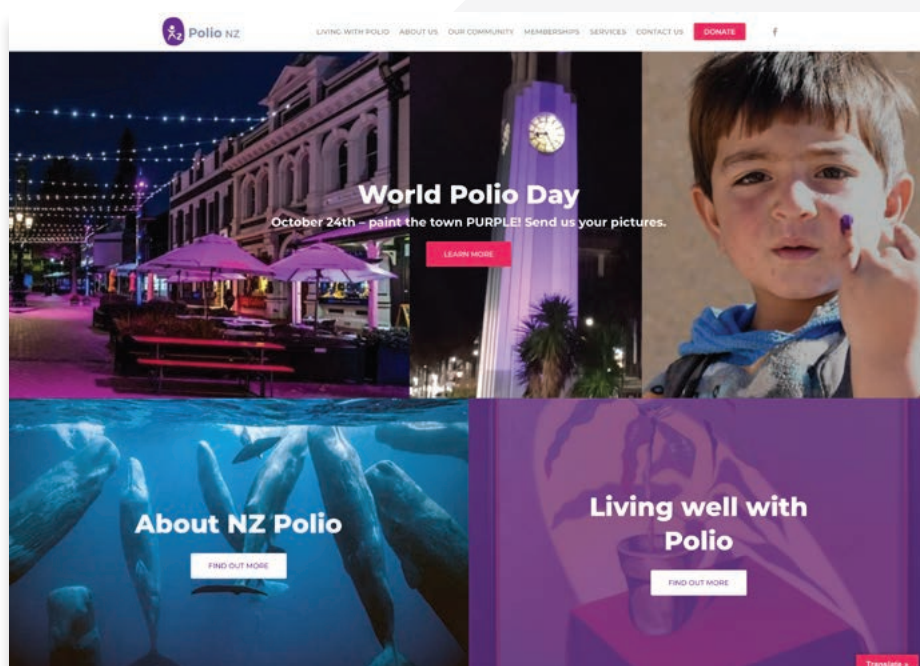
You will encounter our four animal sages, and occasional visitor, who offer their thoughts on each of the topics. Each page has sections on describing the issue, what are the common symptoms, how to deal with changes, strategies for improvement, social effects, and uncertainty about what is happening and tools and resources that might come in handy. At the bottom of every page is an invitation for suggestions, feedback, and content, so that we can build the website as a real community asset, sharing the experience and wisdom of us all.

The News section is regularly updated with polio related news.

You can join the Polio Morning or Afternoon Tea zoom session and get the weekly Polio Notes where we share information requested on the Zoom calls.

Go straight to the Polio New Zealand Facebook page, stay in touch, and send in photos you would like to share on the website.

The remaining sections of *Living Well with Polio*, in the home and the environment and, in our communities, will go live next year.



What is Pacing?

Pacing is learning to avoid doing something too quickly or doing too much at one time, so that you have enough energy left to complete an activity and then, giving yourself enough rest to regain the energy expended. It is both a science and an art.



Planning activities in advance



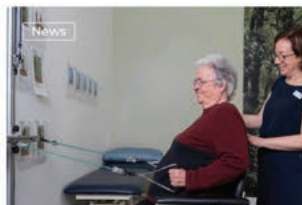
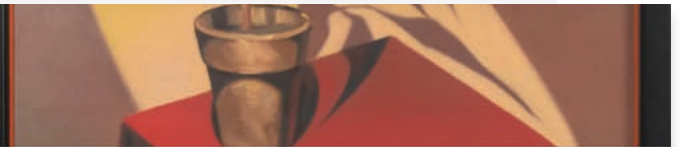
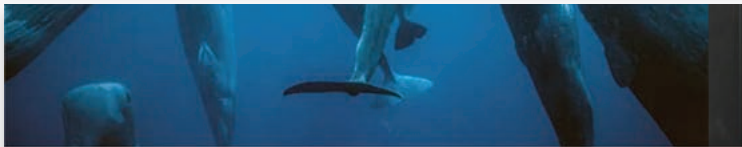
Taking regular rest breaks



Choosing activities based on available energy



Prioritizing activities



New hub designed to help polio survivors opens

If it was up to Jennifer Yorke, everyone in New Zealand would be vaccinated against Covid-19, Yorke, along with thousands...



Polio is caused by a virus, not 'industrial toxins'

WHAT WAS CLAIMED Polio is not caused by a virus. It should be countered with antitoxins not vaccines. OUR VERDICT...



Polio Snapshot Afghanistan September 2021

Infographic: Afghanistan Polio Snapshot September 2021 | UNICEF & WHO | Update on polio eradication efforts in Afghanistan for September...



Polio NZ Morning and Afternoon Tea's

JOIN NEXT MEETING



Join our FaceBook Group to keep up with the latest news.

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touch

SEND US YOUR PHOTOS



Become a member. Sign up online today.

Digital literacy training for seniors

In 2019, the Government allocated us \$600,000 over three years to provide digital literacy training for seniors.

Our goals are to:

- ▶ **enable** older people to keep up with technology as it changes
- ▶ **increase** older people's trust and confidence in doing things online, including staying connected to their families and friends
- ▶ **improve** digital inclusion.

We have contracted Digital Inclusion Alliance Aotearoa and 20/20 Trust to provide essential

digital skills and literacy training for up to 4,700 older people.

Our digital literacy training programme has won the Education category of the 2021 Smart City Asia/Pacific Awards.

Read more about the award here www.officeforseniors.govt.nz/latest-news/digital-literacy-training-for-seniors-wins-international-award/

We are exploring ways to increase the reach and impact of the current digital literacy training programmes. If you would like to know more, contact us www.officeforseniors.govt.nz/about-us/contact-us/

Post-Polio 1 week programme at QE Health

There's been a change of date for the next planned Post-Polio 1 week programme at QE Health due to the current Covid restrictions. **The new dates are 17 – 21 January 2022.**

For further detail: www.qehealth.co.nz/clinical_services

Clients from Lakes DHB can be funded via referral from their GP and from Waikato DHB need a referral from the rheumatologist.

DHB funding is not available for clients living in Auckland, Northland or South Island. DHB funding may be available in other areas: GP referrals can be sent to QE Health for follow-up with the relevant DHB.

Referrals are e-mailed to referrals@qehealth.co.nz

For Sale Great Chrissy or other prezzies



T-Shirts

Sizes – S, M, XL, 2XL



Eco – Drink Bottle Carry Bag

Ideal for carrying 2 x bottles of your favourite tippie plus 2 x spare pockets

\$30 each

Contact: Brian Robinson, 021 1382845, president@polio.org.nz
With number and sizes ordering. Bank: KIWIBANK 38-9022-0468027-01

Polio Exercise classes with Laura Audley

AKA “Laughing with Laura”

Come and join our weekly virtual gym - we'd love to see you! - *Belle, Laura and the Duncan Foundation team*

Seated class every Tuesday 2pm:

Join Zoom Meeting ID: 886 4644 9210

Passcode: 805366

Standing class every Thursday 11:30am

Join Zoom Meeting ID: 829 4848 5298

Passcode: 185699

Standing Class

If you are interested in the STANDING class please email Belle at admin@duncanfoundation.org. You need to fill in an emergency contact form for your safety as safety is paramount! There is a requirement that people are able to stand independently for this class.



Better Digital Futures

This new programme supports seniors (people aged 65+) seeking help in going online. Participants choose one of four pathways to learn new skills and build confidence with computers and the internet.

Embracing today's technology and skilling up for the digital age can open up a world of possibilities, from sorting out your finances in seconds, storing photos, having video chats with family, and participating in the Polio NZ and Duncan Foundation WEEKLY ZOOM events – Monday Morning Tea, seated and standing exercise classes, and more.

Better Digital Futures, a free programme supporting seniors to get digitally literate across Aotearoa.

diaa.arlo.co/w/courses/cat-10-better-digital-futures

Financial Membership

Polio NZ Inc. Financial Year is 1 July to 30 June.

Subs are due in July each year.

No Invoice is sent. Amounts are GST inclusive

Individual 1 year: \$17.25

Couple 1 year: \$34.00

Lifetime Individual: \$355.00

Lifetime Couple: \$500.00

Cheques are no longer able to be processed.

Payment

Deposit to Kiwibank 38-9022-0468027-01

PLEASE PUT FIRST AND LAST NAME

Donations over \$5 are tax-deductible

Consider making a Bequest to Polio NZ Inc.

Including a bequest in your Will is one of the most important things you can do in your lifetime. We are most grateful for any support that you can provide today and into the future.

By including a bequest to Polio NZ Inc. in your Will, you will help ensure everyone suffering from the late effects of Polio gets the services and support they need to live a better life.

For further information

please contact our Secretary on 0800 476 546 or download our Bequest Information from our website www.polio.org.nz



Board of Polio NZ Inc.

Brian Robinson, President

president@polio.org.nz

Steve Griffiths, Vice President

vicepresident@polio.org.nz

Yi Small, Treasurer

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Jeannette Aldridge, Secretary

secretary@polio.org.nz

Brent von Sierakowski JP, Barry Holland MSNZ,
Marlayna Zucchiatti, Sue Griffin

Patron: Vicky M Duncan O.B.E. F Inst Directors

The Board meets four times a year by videoconference in February, May, August and November. The AGM is in October each year as close as possible to World Polio Day (Oct 24)

Life Members

The Late Denis Hogan, The Late Pam Owers, The Late Ray Wilson, Dr Liz Falkner, The Late David Duncan, The Late JB Munro QSQ, Barry Holland MSNZ, Karen Peterson-Butterworth, Kath Berryman, Vicky M Duncan O.B.E. F Inst Directors.

Financial Assistance

Due to generosity of the Sir Thomas and Lady Duncan Trust, and other beneficiaries, Polio NZ can assist members with costs incurred by their disability that they are not able to cover themselves or get covered by other means.

If you need help in this way, please contact the President, Brian Robinson president@polio.org.nz or phone 0800 476 546 to ask for an application form.

Your request will be considered at the next Board meeting.

Urgent requests can also be considered between Board meetings. Talk to Brian. 021 138 2845

