



Outlook

Issue 20

CNF:13805

Contact us on 0438 906 617

March 2016

Burns Support Foundation P.O box 476 Paddington NSW 2021 or email on info@burnsupportfoundation.org.au



us on Facebook Burns Support Foundation for all the latest updates on camps and pictures.



Save the Dates

Winter camp - 20-22 May 2016 & Summer camp - 2-4 September 2016

What to expect at Stanwell Tops.

Strap yourselves in and hold on for an exciting fun-filled time. This camp will be jam packed full of excitement, starting with our Friday night games with a brand new host. Weekend activities will include a scenic walk down to Kelly's Falls, blast off with bottle rockets, ready, aim, fire – sharpen up those archery skills, rappel down the abseiling wall, take a stroll along the high ropes, make your way up the climbing tower, take a leap of faith and the ever popular, wouldn't be a camp without it GOLIATH giant swing and Saturday night disco.

Committee Members

President: Cheri Templeton

Vice President :Sandra Pittaro

Treasurer: Barry Lowe

Camp Coordinator: Margaret Jackson

Support Coordinator: Sandra Spalding

Committee Members: Julie Schofield, Hugh Martin

Sarah Dubois and Wathik Almoaiel

Newsletter Editor: Erin Fountain

Donations:

We would like to thank everyone who has donated;

- E. Valentine
- L. Newson

Kid safe Burn Safety tips

The best way to be safe from burns is prevention. We all lead busy lives, so here are a few simple tips to help make your home and kitchen safe for children and your family. For children aged 0-5 years the most common injury is scalds, caused by mimicking adult behaviour. Like pulling hot drinks off tables, touching hot taps or grabbing saucepan handles. Babies and young children have fragile skin and their skin burns deeper more quickly than adults at a lower temperature.

Do's and Don'ts

Do turn saucepan handles away from the edge.

Do keep hot liquids(including tea coffee noodles and soup) well out of reach.

Do Test bath water before putting the child in.

Do Not Carry Your child on your hip, or nurse a small baby whilst cooking drinking hot drinks or heating a baby bottle..

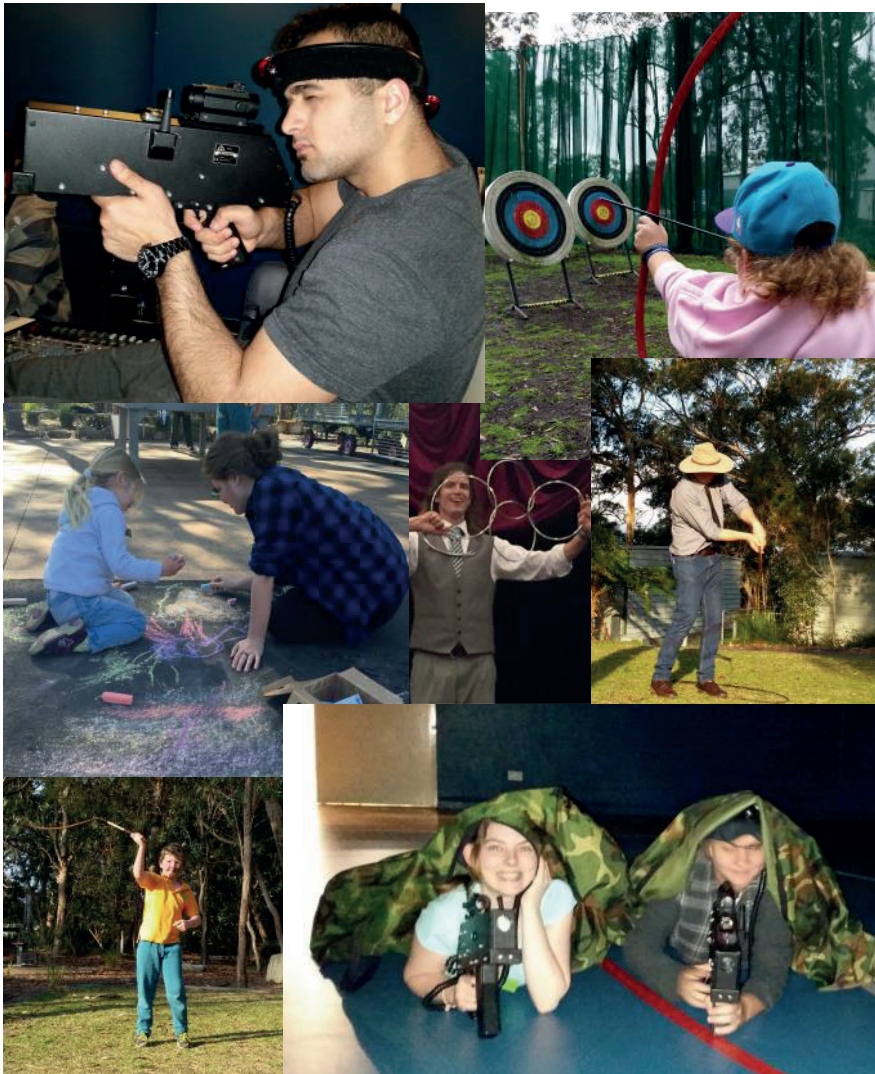
Do Not Leave a child unattended in a kitchen or bath especially if there is hot water running.



ACKNOWLEDGMENT

Once again it is with enormous gratitude that we accepted a cheque for \$25000 from the Boyce Chartered Accountant group. Julie Schofield together with her colleagues "ran for the BSF" in the City to Surf in 2015. The Boyce group has been extremely generous in supporting us over 4 years. Not only have they continued to support our camps financially they have also shown a real interest in learning about the impact of a burn injury on survivors and their families by attending our camps with their families and getting to know participants. These acts of generosity go beyond what one would normally expect from financial donors. The BSF therefore cannot adequately express how important the Boyce contribution on all these levels has been to enabling us to continue to run our bi-annual camps. A huge THANK YOU to Julie and each and every Boyce participant! The BSF committee would like to wish all burn survivors and their families a very HAPPY NEW YEAR. We really look forward to welcoming you back to our 2016 camps. The BSF committee members who assist in managing the Charity also work tirelessly to make the camp happen by giving their time generously they also deserve acknowledgement and our sincere gratitude for all their hard work.





SUNBURN – the silent burn agent

“Silent” because often people apply sunscreen appropriately but still end up with a nasty and painful sunburn. Why?

Dr L Gibson from the Mayo Clinic cites 2 reasons: (1) that the sunscreen product is out of date or (2) is not applied correctly.

Sunscreen expiry dates are extremely Important so discard any product out of date. Also discard sunscreen that has been exposed to high temperatures (left in the car) or has obvious changes in colour or consistency.



Apply sunscreen generously **20-30 minutes before going outdoors** and reapply every 2 hours.

A **generous application is 30ml to cover all exposed parts of the body.** Always ensure that the sunscreen has been absorbed to ensure adequate protection.

Children old enough to apply their own sunscreen need to be taught these basic principles to protect themselves.

Summer Family Camp 2015 at Galston was a huge success with fun activities and exciting entertainment for all ages.

Activities included;

Vertical cluster, archery, laser tag, face painting, arts & craft and a thrill table tennis tournament.

The entertainment was the best yet with a whip cracking extravaganza as country met city and everyone young and old had a crack at it, followed up by the night time magic show that had all our minds blown.



Newsflash

Supper, Nibbles and Dips will be provided from 6pm Friday Night.

Friday night Games will commence at 7pm.

INVITATION CAMP CORROBORREE



Burns Support Foundation invites you to the First Family camp of 2016.

The Burns Support Foundations next family camp is at:

We have fun and exciting activities on offer or you may choose quiet relax action and contemplation. Whatever your preference we guarantee that you will meet some wonderful folk and possibly make some special friends. We aim for an accepting and caring environment.

Stanwell Tops Conference centre
51 Bendena Garden
Stanwell tops NSW 2508 - Grevillia camp

Date: 20 - 22 May 2016

QUERIES: Toll Free: 0438 906 617 OR
Email: info@burnssupportfoundation.org.au

Important info

Camp cost:

Adult: (13 and up) \$90

Child: (8 to 12) \$70

(4 to 7) \$50

(under 3) Free

Non related

12 years and over \$210

4 to 12 years \$160

Under 3 Free

Holding deposit

\$20 per person nonrefundable

Deposit must be paid by **April 15th 2016**

Due to high demand we can only secure your space once **Full** Deposit is paid (e.g. Family of 5 book would need \$100 holding deposit).

Room Allocations:

Due to popularity we may ask extended family members to share rooms.

High ropes, Leap of Faith, Bottle rockets, Abseiling, Kelly's Falls walk, Goliath giant swing and Climbing tower.

Just a reminder of our new number :0438 906 617

Securing your place at the camp

Please complete the **form below** with the names and age of each family member. An Information Pack will be sent upon receipt of deposit.

Please return the below application form

Application Form— Stanwell Tops 2016

Please add additional names if required.

Survivor name Age.....

Name Age.....

Name Age.....

Name Age.....

Name Age.....

Name Age.....

Address _____

Phone Number: (h) _____ (m) _____

Email Address _____

Next of kin _____ Ph _____

Amount\$ _____ being paid for _____ People

Please make cheques payable to Burns Support Foundation

Or EFT to **BSB: 112-879 Account: 155731431**

Or type of card Visa MasterCard (circle one)

Card number: _____ Expiry: _____

Card holder : _____

Signature: _____

Please post to PO Box 476, Paddington NSW 2021 or scan and email to; info@burnssupportfoundation.org.au