



# Burns Support Foundation

Issue 24 | March 2018

[www.burnssupportfoundation.org.au](http://www.burnssupportfoundation.org.au)  
[info@burnssupportfoundation.org.au](mailto:info@burnssupportfoundation.org.au)



## COMMUNITY GRANTS PROGRAM

### \$15,000 Clipsal Community Grant for Burns Support Camp

The Burns Support Foundation is once again incredibly grateful for the support of the Julian Burton Burns Trust and Clipsal by Schneider Electric. By awarding us a \$15,000 Clipsal Community Grant to facilitate our May Camp this ensures it will be filled with fun and interactive activities for the whole family.

We are thrilled to have partnered with these two organisations over the past 12 -18 months to provide more families with the opportunity for specialised burns support in a safe and welcoming environment. In 2017 we received a \$20,000 Clipsal Grant to run our Summer Camp and we have also been successful in securing a \$15,000 Clipsal Grant for our 2018 Winter Camp. These grants are made possible through a 50 cent donation from every Clipsal smoke alarm sold across Australia.



## Is your child over 10yrs old?



If your child is between 10-18 years of age they may attend the Children's Camp for Burns survivors which is held annually and is run by the Westmead Children's Hospital staff. If you would like to attend or receive further information please contact Cheri at the Physiotherapy Department on (02) 9845 3369 or Sandra at the Social Work department on (02) 9845 2641.



If you are fundraising and not sure who to raise funds for, we would love you to consider helping the Burns Support Foundation.

To help support the BSF, please visit the website [gofundme.com/burnssupportfoundation](http://gofundme.com/burnssupportfoundation)

## Committee Members

President: Cheri Templeton

Vice President: Sandra Pittaro

Treasurer: Barry Lowe

Camp Coordinator: Margaret Jackson

Support Coordinator: Sandra Spalding

Committee Members: Sarah Allen, Zinta Bruzgulis, Erin Fountain, Hugh Martin

Karen Doyle, Kristy Orlovsky



After winning his First "State Title Belt " in Muay Thai

### An inspiring fighter!

Back in 2014 I was involved in an accident which resulted in me having serious burns to 25% of my body, my back, my top half of my arm, shoulder and half of my face. I was air lifted by Air Ambulance from Tamworth to Westmead Children's Hospital where I spent 4 weeks in the Burns Unit receiving treatment for my injuries including skin grafts to my back and arm. I spent the next 2 years going to the Burns unit for regular check-ups and wore pressure garments for 18 months. For the next 12 months I was very limited with my regular activities I did before my accident as I played a lot of contact sport and just started doing Kickboxing 12 months before.

I loved keeping fit and was extremely competitive and all of sudden I couldn't do what I had before. Apart from my physical injuries I also suffered extreme anxiety and PTSD and I struggled daily with this and found it very difficult to carry out day-to-day routines I once had. I found it hard to concentrate at school and felt very alone.

A few months after my accident I was able to go back to Kickboxing training once a week. It felt good to get back to something I enjoyed doing. Eventually after 12 months, I stepped up my training and I realised this was actually helping me feel better about myself and my anxiety levels weren't so extreme after I trained.

My Mum and I talked about setting a goal for myself to achieve and to focus on making this a reality. My goal was to get well enough to get into the ring and compete in a Muay Thai match and eventually win a State Title Belt. We spoke to my trainer Scott from Chaffey's Black Belt Academy about achieving this goal. For the next 12 months I worked really hard at getting fit, changing my diet and continually striving to work hard to get to my goal. Having this drive and dream put me in a better place mentally and of course physically.

In the last 12 months I've had 7 fights and finally last month I won my goal a State Title Belt! I've found my passion and plan to continue on achieving my goals. Whilst my accident has caused life long scars on my body, I am no longer focused on how I look but focused on living a healthy, active lifestyle and I've realised no matter what life throws at you, with hard work and determination anything is achievable.

~ Story by Josh McCullough ~

## Donations

Thank you to all those who kindly donated to our charity. Clipsal, Anonymous Donors, Go Fund Me donors.



Contact the Foundation if you have not received your tax deductible receipt.

## Become a Volunteer

We are always looking for helping hands so get in touch if you are interested in being part of the team.





Save the date

Summer Camp: 16 - 18 November 2018

Site: Lutanda - Toukley



Burns Support Foundation

Like us on Facebook to keep up to date on all the latest happenings and camp photos.

## Summer Camp 2017

The Burns Support Foundation would like to thank all the families and friends who attended a wonderful camp at Wedderburn Christian Campsite. It was a fun and memorable camp for all those who attended.



## The Tops Conference Centre

You can expect so much fun at our next camp at The Tops Conference Centre.

Activities may include Friday night BBQ, archery, kite making, bottle rockets, abseiling, cart racing, treasure hunters, vertical cluster, giant swing and sessions with Sandra Spalding (Support Coordinator).

After a day of fun activities, you can also expect some Saturday night entertainment.

Fun for all the family no matter what age!



Contact Us

P: 0438 906 617

E: [info@burnssupportfoundation.org.au](mailto:info@burnssupportfoundation.org.au)

W: [burnssupportfoundation.org.au](http://burnssupportfoundation.org.au)



INVITATION

Reach us on 0438 906 617



# Camp Corroborree

Registered Charity: CNF 13805

March 2018

Sausage sizzle will be available on Friday from 6pm.

Friday Fun begins @ 8pm

## Important Information

### Camp Cost:

Adult:	13yrs & up:	\$95
Child:	8yrs – 12yrs:	\$75
	4yrs – 7yrs:	\$55
	3yrs & under:	Free

### Non-Related:

12yrs & over:	\$215
4 to 12yrs:	\$165

### Holding Deposit

Deposit \$20.00 per person (NON-REFUNDABLE).

Deposit must be paid by 10<sup>th</sup> April 2018

Due to high demand we have limited spaces and can only secure your booking with your FULL deposit. (e.g. Family of 5 people to send \$100 as holding deposit).

### Room Allocation

Due to popularity, we may ask extended family members to share a room.

### Activities

Friday night games, Archery, High ropes, Giant Swing, Abseiling, Laser Tag, Rock climbing and sessions with Sandra Spalding (Support Coordinator).

The Burns Support Foundation invites you to the Winter Family Camp of 2018. We have fun and exciting activities on offer or you may choose quiet relaxation 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.



The Burns Support Foundation's next family camp is at:  
The Tops – 51 Bendena Garden, Stanwell Tops NSW 2508  
Friday, 18<sup>th</sup>- 20<sup>th</sup> May 2018  
<http://www.thetops.com.au>

CAMP QUERIES: 0438 906 617 or [info@burnssupportfoundation.org.au](mailto:info@burnssupportfoundation.org.au)

SECURING YOUR PLACE AT THE CAMP: Please complete the form below with the names and age of each family member. Please specify who is the Burn survivor and a contact phone number to reach you on. An Information Pack will be sent upon receipt so get in early and pay your deposit so you don't miss out on this weekend of fun.

Please Note: All camp forms must be returned prior to the camp for processing by 1<sup>st</sup> May 2018.

## Please return the below Application Form: The Tops 2018

Please identify who the Burn survivor is by adding a (S) after their name. Please also add any additional names if required.

Name.....Age: .....

Name.....Age: .....

Name.....Age: .....

Name.....Age: .....

Name.....Age: .....

Address\_\_\_\_\_

Phone number: (H)\_\_\_\_\_ (M)\_\_\_\_\_

Email Address:\_\_\_\_\_

Next of Kin: \_\_\_\_\_ Ph: \_\_\_\_\_

## Payment

Amount: \$\_\_\_\_\_ being for \_\_\_\_\_ people.

Please make cheques payable to the Burns Support Foundation.

Or EFT to BSB: 112-879 Account: 155731431. Please ensure you place your name as the reference.

Please post to PO Box 476, Paddington NSW 2021 or scan and email to:

[info@burnssupportfoundation.org.au](mailto:info@burnssupportfoundation.org.au)