

The official magazine of

# CATWALK™

Funding research to cure spinal cord injury



December 2021

## Brain Bee

Page  
**17**

**Ben Kwok**  
Board member profiles

18  
22

December 2021

# This issue



## Content

- Founder's Footnote.....1
- International Patron.....2
- The CatWalk Open .....3
- Pot of Gold raffle.....4
- Research Funding.....6
- Research Update. Dr Darren Svirskis .....8
- Spinal Cord Injury Research Facility.....10
- Profile - Darren Svirskis.....12
- Queenstown Marathon .....14
- Too Darn Hot .....16
- Brain Bee Challenge.....17
- Benevolence at Karaka 2022.....18
- Grocery Ball new date.....21
- Board member profiles.....22
- Tora Challenge.....24
- Lawrence Quek.....25
- Embracing Kiwi Hearts .....29
- Hamish Ramsden.....30
- ANZSCoS.....31
- ACC Funding Peer Support.....31
- Thanks- Queenstown Resort College.....32
- Donations by cheque.....33
- Tax Refund options.....33



**A special thank you  
to our supporters  
who help us produce  
this magazine**

### NATIONAL PATRONS

Richie McCaw ONZ; Dr Rick Acland, Dion Nash; Lance O'Sullivan, ONZM; Aaron Slight MNZM; Toni Street, Sir Mark Todd, CBE; Sarah Walker, Duane Kale ONZM; Dame Lowell Goddard, DNZM, QC.

### TRUSTEES

David Pretorius (Chair), Grant Sharman (Deputy), Emeritus Professor Louise Nicholson, Tom Brady, Paul Wilcox, Fiona Webby, Simon Manners. Kirsty Rueppell

**Front page:** A mixed team of students from St Peters College, St Kentigern College and Samuel Marsden Collegiate who shared equal first place at the 2021 Brain Bee Challenge with a team from St Cuthberts College

**Print:** Mirage Visual Limited  
**Mailhouse:** Western Mailing



Follow us on instagram  
[@Catwalk\\_trust](https://www.instagram.com/Catwalk_trust)



Like us on facebook  
[/thecatwalktrust](https://www.facebook.com/thecatwalktrust)

# Founder's Footnote

Dear CatWalkers,

For those in the southern hemisphere, how has the winter hibernation gone? And northern – I bet you are pleased to be back to a sense of normality. Covid has affected each of us differently depending on where we live in the world. I hope you are all well and for those of you with a cough, cold or covid please steer clear of those of us who are immunocompromised until you are hunky dory again. We have proved we can dig deep when we've had to recover from a spinal injury but adding a virus or flu to a body that's a teeny bit broken, well let's just say it's another challenge we'd rather not have to face.

Exciting news: the big CatWalk raffle is back, featuring 250 tickets for \$250 and some stunning prizes. We've held off repeating this really successful campaign for a few years as we wanted to ensure the prizes were incredible and without doubt they are beauties, so make sure you secure your ticket or two soon. Details inside this edition of the mag!

We love celebrating what others are doing and so our Chris has created a Community section in this issue. It's headlined by CatWalk ambassador Hamish Ramsden – remember he's the famous author of "Dog's Getting Fat" – if you don't have it already, it's a must for Christmas stockings, and also includes other passionate people we're so proud of.

Ben Kwok may be an unfamiliar name to many of you but reading on inside, you'll come across a very generous thoroughbred enthusiast who's backing CatWalk's goal of supporting the very best cutting edge SCI research possible. A special thank you shout out to you Ben!

Here at LA we seem to have had a wonderful stream of guests from godchildren to family, friends, cycling

buddies and clients. Whether it's for my latest fish dish or to see the stallions or maybe watch the foals playing in the paddock we love the catchups.

We farewell the Hood family from the Wairarapa this year as they venture down to Marlborough after nearly 20 years. Not the biggest move you might say but Anna is the friend and carer who enabled our very first challenge - the NY marathon - to be completed and thoroughly enjoyed! She was also the first person we called in the middle of the night when the second SCI happened. Matt has been our bank manager – yes another important role in our life too! However as we all know with those we love we must encourage new challenges and adventures especially those who have talent, ambition and balls! Right behind you every step of the way Team Hood.

Here's to setting your sights on your own goals and challenges, don't hold back because as my incredible friend Perry Cross say's 'Everything is Possible'.

**Much love**

**Catriona**

PS. I'm in the closing stages of a fundraising proposal for a very cool, wheelie accessible campervan for all to be able to hire and use. If you're interested in supporting this project - big or small - please contact me [catriona@lastud.co.nz](mailto:catriona@lastud.co.nz) I'd love to hear from you.



# International Patron

Dear CatWalk friends and family.

As 2021 draws to a close, it's time to reflect on another rollercoaster year right around the world.

We've joined together to overcome the challenges of COVID, and although a return to full 'normality' remains a work in progress pretty much everywhere, I think we can see a bit of light at the end of what's been a very long tunnel.

Something which has continued to give Mike and I a real boost during these times is our ongoing involvement with organisations doing so much good in the community. That includes Cure Parkinsons here in the UK – a group I mentioned in a previous newsletter. Mike's dad was diagnosed with this cruel disease in 2003 and we'll continue to do all in our power to overcome it.

And – of course! – we're both fully committed to Spinal Cord research and support, me with you great people at CatWalk, and Mike with the Matt Hampson Foundation here in the UK.

**“I think we can see a bit of light at the end of what's been a very long tunnel.”**

Zara Tindall MBE



Matt has been a great mate of Mike's for many years, but was tragically paralysed in a scrum training accident in 2005. He's an amazing guy and has gone on to establish his own charity to help others who've suffered catastrophic injuries through sport.

We both love him dearly and so that's why Mike's recent TindallGolf tournament was dedicated to raising funds for the Foundation, and for Cure Parkinsons.

We had an absolutely amazing day of golf which raised the incredible sum of 190 thousand pounds for these great people. I'm far from a golfer but it was one of the most fun days I've had in a long while, with lots of laughs and banter – mainly from Mike!.

Let's harness that energy. More power to CatWalk and to the Hampson Foundation, and here's to more good times for us all in 2022.

Zara Tindall MBE

The only time we're looking for *below par* support!

Come join us for

# The CatWalk Open

Friday April 8th 2022

@ Wainui Golf Course,  
North Auckland

Teams will compete for the coveted **CatWalk Blazer** while supporting spinal cord injury research.

**Special prizes** and events throughout the course!

**For further information and registration**  
[www.catwalk.org.nz](http://www.catwalk.org.nz) or email [info@catwalk.org.nz](mailto:info@catwalk.org.nz)

**SPONSORSHIP  
OPTIONS  
AVAILABLE!**

**CATWALK™**  
Funding research to cure spinal cord injury

**Wainui.**  
EAT. PLAY. MEET

# New Zealand POT OF GOLD

**PRIZE ONE:**  
VALUE: \$15,000

**FIORDLAND DISCOVERY**

Six nights for two people exploring Doubtful, Breaksea and Dusky Sounds, including Preservation and Chalky Inlets, on board the Fiordland Jewel.

- Private cabin - a Captain Cook Cabin with a super king double bed and ensuite & all meals
- Helicopter transfer (one way) to or from Te Anau to Preservation Inlet and a coach/boat transfer (one way) to or from Doubtful Sound to Manapouri
- The redemption of this prize is subject to cabin availability



**PRIZE TWO:**  
VALUE \$3,500

**TANTALUS WAIHEKE & ADVANCED FLIGHT**

Luxury Lunch at Waiheke. Fly in a private helicopter from Auckland Heliport to Tantalus Waiheke for refreshments on arrival and a three course lunch for four people.

- Expiry 30<sup>th</sup> September 2022
- Please book ahead with your voucher number to ensure availability the Restaurant. Non Transferrable and Non Refundable.



**TICKETS \$250**

To purchase go to  
[www.catwalk.org.nz/pot-of-gold-raffle](http://www.catwalk.org.nz/pot-of-gold-raffle)  
Only 250 tickets available

**PRIZE THREE:**  
VALUE \$2,850

**ORTON'S AT THE OLD CHURCH**

A three nights stay at The Old Church Villa, Hawke's Bay, for up to four couples. The villa has four rooms, all with double beds and ensuites.

- Exp 30/09/2022. You must consult with Orton's first on the desired date.

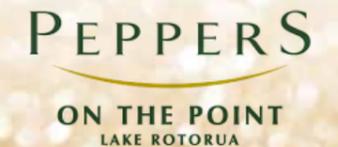


**PRIZE FOUR:**  
VALUE \$2,250

**PEPPERS ON THE POINT PACKAGE**

Two nights accommodation for two people in a Lakeview Lodge Suite, Peppers on the Point, Lake Rotorua.

- Valid 30<sup>th</sup> September 2022
- Not transferable and subject to availability
- Included is a four-course dinner, breakfast daily, a bottle of refreshments, and a box of handmade chocolates.



# See who you're supporting with your donations.



## Neurostimulation treatments Sydney-based clinical trial

Development of neurostimulation treatments to return feeling and function to those that have been paralysed.

Total commitment: \$1,750,000 AUD\$

Connor Clement

## Gene therapy and cell transplantation in chronic SCI

This project aims to combine the gene therapy approach with enriched cell transplantation to promote stronger connections for recovery.

Total commitment: \$114,777 (payments also made in 2018-2019)

## The NZ Brain Bee Challenge (NZBBC)

This high school competition encourages students in Year 11 to learn about the brain and its functions, the latest advances in neuroscience research and career pathways.

Total commitment: \$45,000 (committed until 2024)

Dr Simon O'Carroll

## Spinal Cord Injury Research Facility (SCIRF)

A goal of SCIRF is to maintain ongoing research programmes to develop novel treatments for SCI and to attract new ideas through local and international biomedical and clinical collaborations.

Total commitment: \$580,880 (committed until 2025)

Dr Amy Chapman

## Generating human oligodendrocyte cells for the treatment of SCI- Postdoctoral funding

This study will investigate whether the precursor cells of human oligodendrocytes (highly specialised neural cells) generated from human skin cells can be used for cell transplantation to promote natural repair and improve electrical pathways.

Total commitment: \$186,842



Associate Professor Darren Svirskis

## The Health Research Council of NZ (HRC) and The CatWalk Trust strategic partnership

Co-funded by CatWalk and the HRC, this project investigates an innovative new treatment combining both beneficial electrical fields and nerve growth factors to regenerate damaged nerves.

Total commitment: \$250,000 (payment also made in 2019 and 2020)

## Dr Sheryl Tan (Extension)

Complete analysis and testing of an existing drug (Tonabersat) to stop chronic inflammation and provide training.

Total commitment: \$22,464

Associate Professor Darren Svirskis

## Applying sustained electrical fields to achieve functional recovery after SCI

This project aims to determine the efficacy of sustained electrical fields incorporated into a bioelectronic implant to direct axonal regeneration after SCI.

Total commitment: \$337,942

Dr Sheryl Tan

## Calcium binding buffer proteins and neuroprotection

A series of functional studies will be conducted using human spinal cord tissue and stem cells to see if the distribution of calcium binding buffers are altered in the injured spinal cord and therefore if they create neurodegeneration.

Total commitment: \$186,818

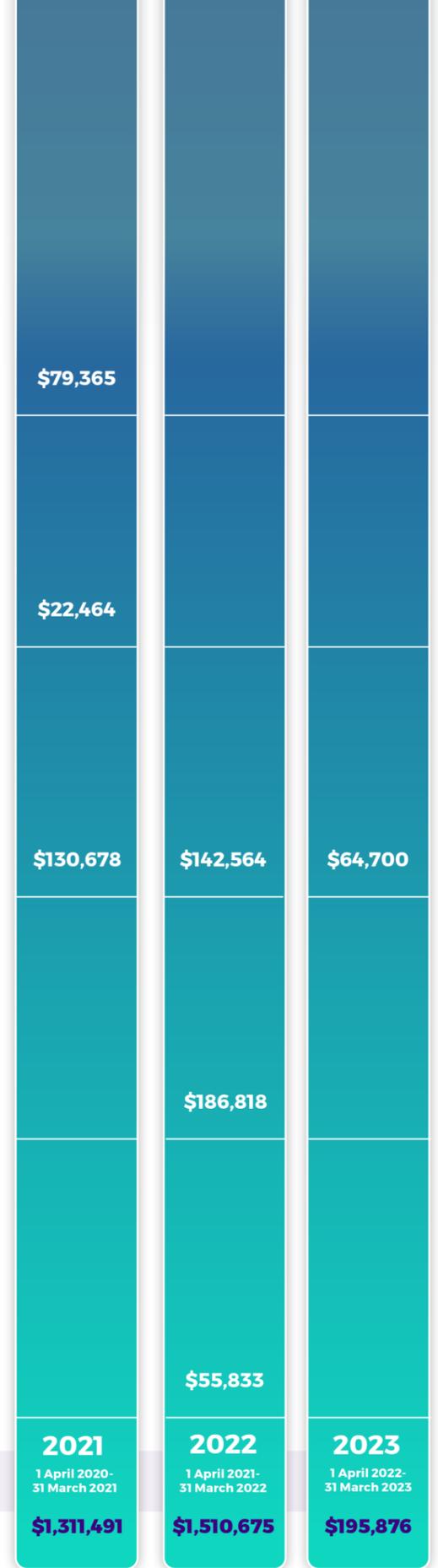
Dr Amy Chapman

## Generating human oligodendrocyte precursor cells from adult human dermal fibroblasts - Project funding

This project will compare the viability and differentiation of cells encapsulated in 3D bio printed hydrogels verses the traditional flat 2D substrates.

Total commitment: \$55,833

Total :



## Thank you for all your support!

Your generosity enables critical research and gives hope to Kiwis with spinal cord injuries that they will walk again.



Continue over

Associate Professor  
Darren Svirskis

# Research update

We enjoyed being full steam ahead with our research through the middle of 2021 but unfortunately have been largely shut out of the labs during the extended Auckland lockdown. We have used the opportunity of lockdown to analyse our work to date, and set incremental research milestones for the next three years.

Using our bioelectronic implant positioned directly on the spinal cord of rats we have obtained a rich data set of electrical activity in rats both with and without an injury. Processing and understanding these signals is

a large body of work. To date we have identified some typical waveforms in the signals which we believe represent nerve cells in the spinal cord communicating through electrical signals (Figure 1). This work is

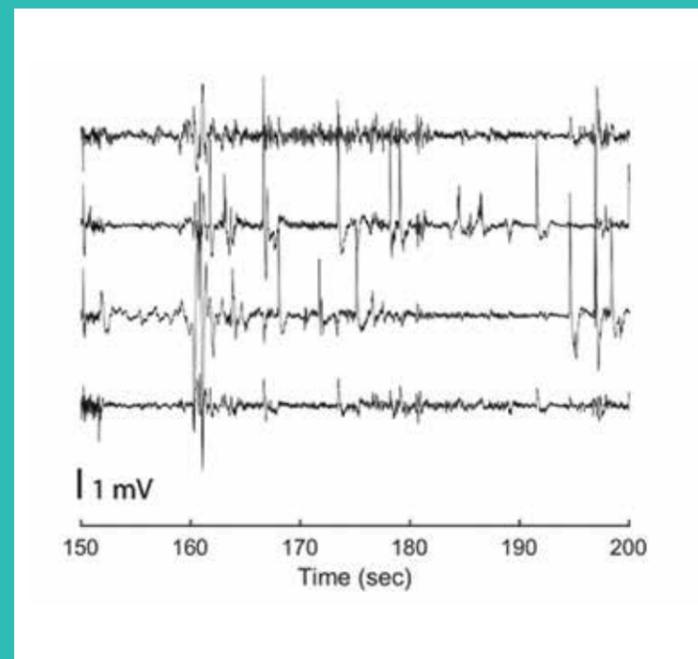


Figure 1

## Stimulating injured spinal cords with precise electrical fields...

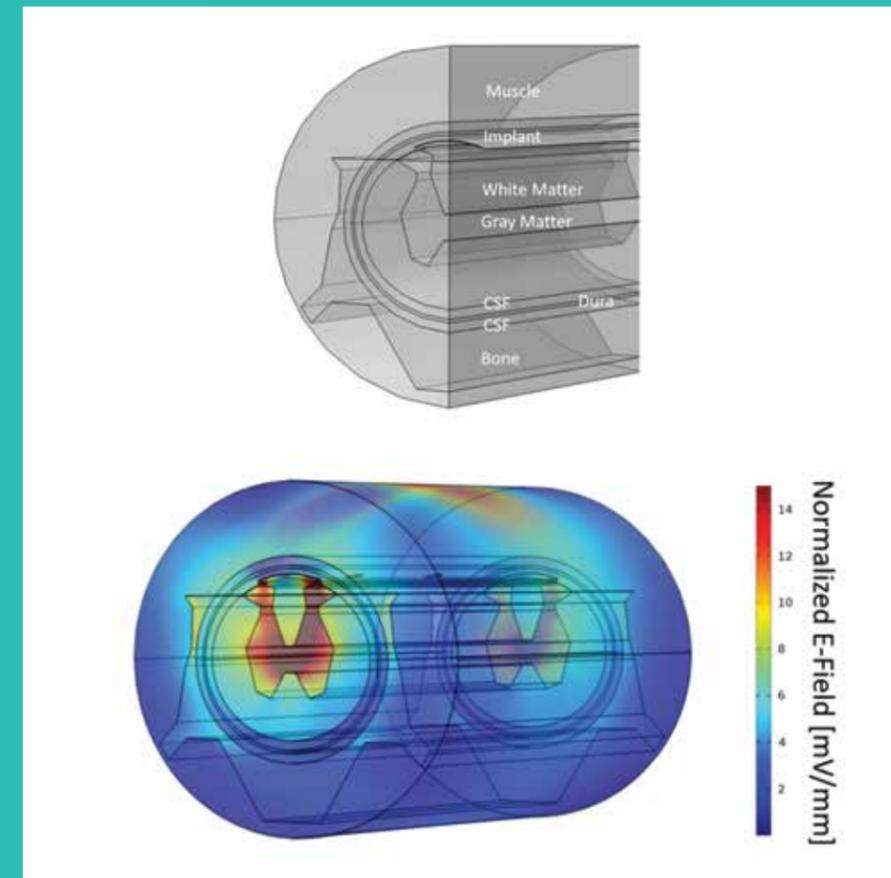
ongoing and is important as it will be used to describe injuries, and to inform treatments and monitor recovery.

Immediately before the lockdown we were able to successfully deliver electrical stimulation through our bioelectronic implant positioned directly on the spinal cord in rats, and we are now set to determine the ability of this electrical stimulation as a treatment following spinal cord injury. We have recently had confirmation that animal experiments will be able to restart from December 2021.

María Asplund, our partner at the University of Freiburg has started up a new PhD project and has recruited an engineer, Lukas Matter for this work. Lukas has started work with us developing a finite element model of

the spinal cord. This work will tell us how electrical signals spread around the spinal cord. This is needed so we can better understand the signals recorded from the cord, and will allow us to precisely stimulate damaged areas of the cord. Our international team has worked closely together and using some clever mathematics Lukas has prepared an example of the model which is shown in Figure 2.

We eagerly await the red-level setting in Auckland where we can get back to using the University infrastructure and working towards our research milestones. Some of the research we are most eager to continue with is stimulating injured spinal cords with precise electrical fields and monitoring recovery.



**Figure 2:** A finite element model is being constructed to understand how electrical fields spread through and around the spinal cord. On the left is a cross section including the tissues around the spinal cord. On the right we see the simulation in action with electrical fields moving through the cord when an electrical signal is applied.

# Spinal Cord Injury Research Facility

Dr Simon O'Carroll

Unfortunately, once again our research has been impacted by Covid. The lockdown in August has meant that we have had limited opportunity to work on our research since the last update and with Auckland still being in Level 3 we have limited access to the labs. However, the students are now back on board making progress on their projects to make new discoveries for treatments for spinal cord injury.

## Gene therapy and cell transplantation

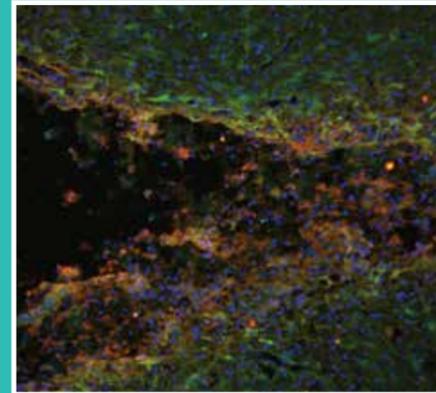
The projects of PhD student Connor Clemett and Masters student Jeeram Sheehan are back on track. Their work, using cells called oligodendrocytes, which are involved in protecting nerve cells and allowing them to function properly, is giving us an understanding of how these cells can be promoted to grow and mature by removing scar tissue and how our enzyme that removes the scar can act in these cells to promote their function. This work will provide an important understanding of these mechanisms and how we will be

able to target it as a treatment for spinal cord injury.

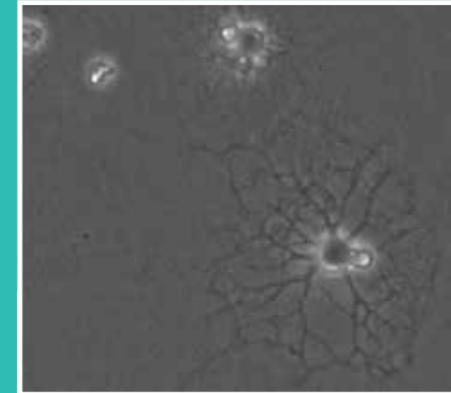
## Visualising changes in the spinal cord after injury

The work being carried by PhD student Zahra Laouby, in collaboration with Dr Juliette Cheyne and funded by the Jon and Louise Nicholson Spinal Cord Injury Research Scholarship, aims to understand how changes happen in the brain and spinal cord in real time and therefore understand more precisely how treatments work. This project, which uses a tiny camera attached to the rat to study changes in nerve cell activity in the brain and

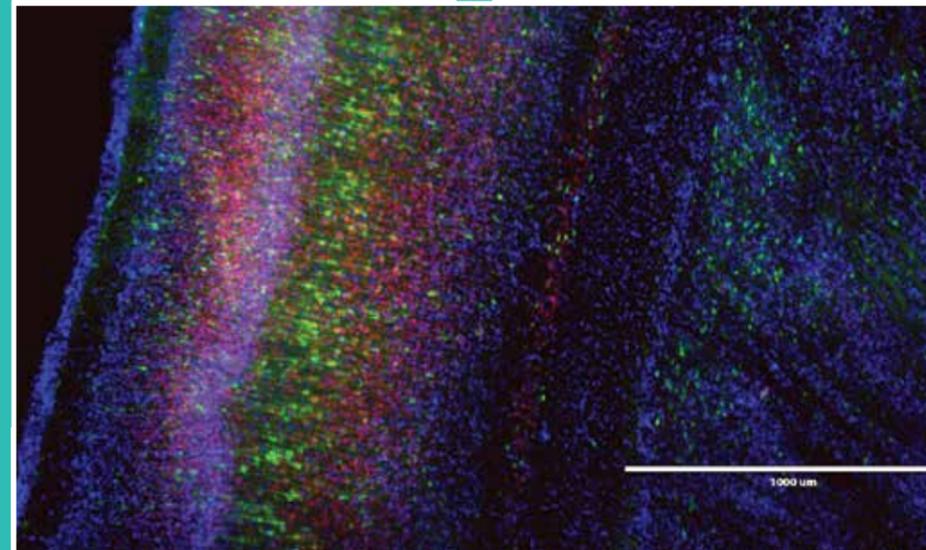
spinal cord as they happen, has also been significantly impacted by the lockdown, but Zahra is now back in the lab further optimising the method to better see the activity of nerve cells in the brain and spinal cord. Our goal was to undertake experiments to see how activity changes in the brain and spinal cord with injury this year, but this has been delayed until next year. Ultimately we will use this approach in conjunction with treatment and be able to accurately measure the effect it is having and how we might improve it. This will improve our ability to develop more effective techniques to repair the spinal cord.



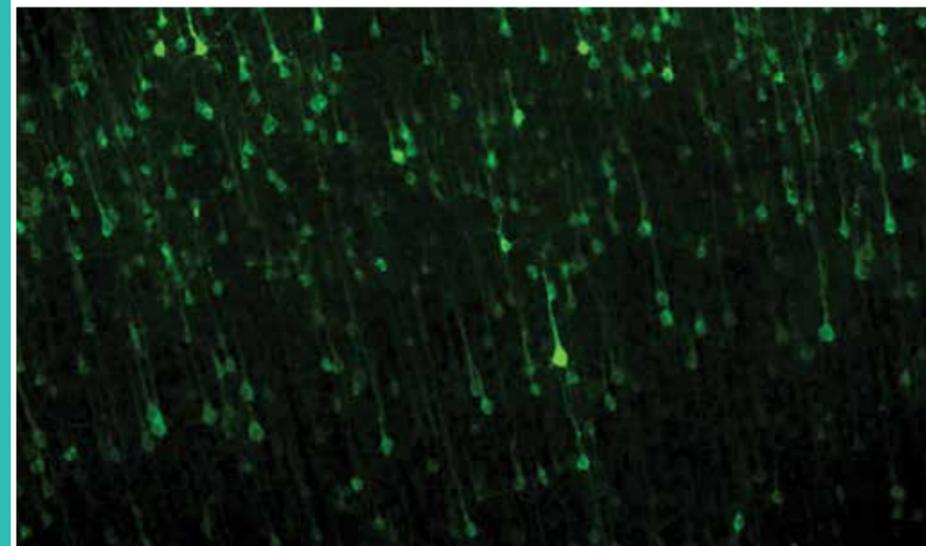
**Figure 1** – The scar removing protein (red) is produced by oligodendrocytes (green) after spinal cord injury



**Figure 2** – Oligodendrocyte cells grown in culture



**Figure 3** – Brain cells that control muscles labelled to be visualized with our camera and understand how they change with spinal cord injury



**Figure 4** – Labelled cells in the rat brain

# Profile



## Associate Professor Darren Svirskis

Associate Professor Darren Svirskis on overcoming COVID frustration, and getting on with the search for a cure.

Researchers are no strangers to setbacks – failed experiments, replication issues, unexpected outcomes, loss of funding: all these variables are typical for those who dedicate themselves to advancing the body of scientific knowledge. Along with these variables, inevitably, emerges frustration – driven by the inability to achieve an outcome.

That emotion – frustration – is something many of us have become all too familiar with in the last couple of years. Those of us in Auckland, in particular, are facing frustrations arising from a multiple-month lockdown.

While there is now an end in sight for Auckland, it hasn't alleviated the sense of frustration Associate Professor Darren Svirskis has been feeling, a result of being unable to get back into the laboratories to continue his research at the Spinal Cord Injury Research Facility, part of the University of Auckland's Centre for Brain Research.

He wants to do more, but he can't.

"Our research needs to be pretty hands on," he explains. "While I don't need to be in the lab personally, my team does in order to generate data. While some of them can go in at the moment, their interaction and what they can do is limited. The work is still there, but all the good bits are taken away – all that critical face-to-face interaction that helps to progress the research."

Darren is quick to point out that making do with what you have is a hallmark of research, but the delays are clearly affecting him. He and his research team are planning to reassess things at the beginning of next year, but again COVID-19 uncertainty makes it difficult to plan.

Despite all the frustration, Darren and his team are still making significant progress.

Darren's research is a critical piece in the search for a cure to spinal cord injury (SCI) paralysis. In late 2019, Darren was the recipient of nearly half a million dollars in funding from The CatWalk Trust and the Health Research Council, for a research project involving working with living cells, trying to create models of a human spinal cord, and towards developing a high-tech bio-electronic implant, which Darren hopes will assist the body to heal and reconnect injured sections of the spinal cord, using mild electrical fields and growth factors to stimulate the damaged spinal cord to regenerate.

The first step in the research has been to develop a custom method to apply a "stretch injury" to the live cells, one that replicates what would happen in the case of a sudden impact or car crash in people. Such cell-based models are a powerful research tool, for developing and testing new treatments.

The next step, Darren articulates, is to use them to understand, once the cells are injured, if electrical fields can help them to recover.

"We know that some recovery is possible already, and that electrical fields help somewhat. This is the first step. From here, we will test the effects of electrical fields and growth factors to find out how we can help the damaged cells regrow in the right direction."

Once this can be demonstrated in the cell-based models, Darren and his team will move on to using animal-based models of SCI. His team are working on a surgical method to appropriately position the bioelectronic implant on the spinal cord allowing

them to test treatments in animal models – another critical step in terms of progressing the research.

This is where some additional funding from The CatWalk Trust, which was approved at the end of 2020, comes into play. Darren and his team are working with the University of Freiberg in Germany, who make the implants for use within the body, to further develop and adapt the implant.

"Everything is poised and ready to go, and I think we're going to have some very interesting results coming through in 2022."

The end goal, of course, is to use the implants to encourage nerves to regenerate within the spinal cord, resulting in a potentially life-changing outcome for those living with SCI-paralysis.

### A vocational calling

Research is a vocational calling for Darren. Before he embarked on a career as a researcher, he felt he was "standing at the bottom of a hill". A newly graduated pharmacist, Darren had realised that he did not want to dispense medicines for the rest of his career, limiting himself to providing services on a patient-by-patient basis.

"For me, research is a way to make a bigger impact on the world, rather than deal with one person at a time. I'm attracted to problems, and I want to spend my time and energy tackling problems that affect people. Spinal cord injury paralysis feels like a problem that should be solvable.

"I've always been in drug delivery research. Then thinking about how the body uses electrical signals for so much, led us to the emerging field

of "electroceuticals", which uses electrical fields as therapeutic agents. I don't think that is wildly different from pharmaceuticals, and we are working towards using the two approaches together."

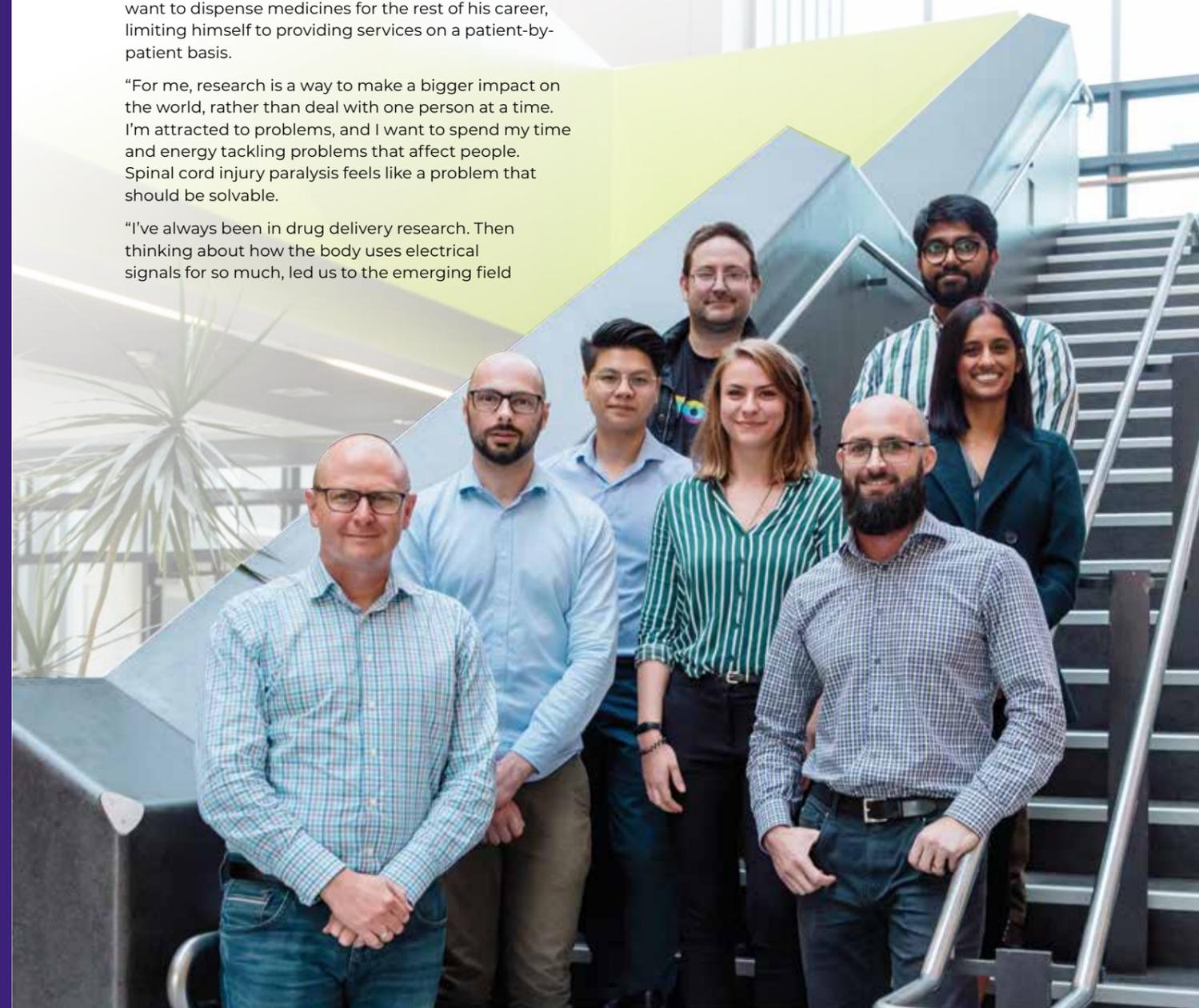
Support from The CatWalk Trust came at a stage in Darren's career where he had already built some momentum. The funding has allowed him to focus his energy on spinal cord injury, something he concedes would be one of several research areas pulling on him without the assistance of The CatWalk Trust funding.

"Continuity of funding is so, so immensely important to progressing research. I have an overwhelming feeling of appreciation for the people who contribute to The CatWalk Trust, to those who are funding this research."

He is lucky, he says, to have such generous people with a focused desire to help develop technologies and focus directions towards SCI-paralysis.

And his final message to The CatWalk Trusts supporters?

**"Thank you. Sincerely."**



JOIN TEAM CATWALK FOR THE

# Queenstown Marathon

SATURDAY  
19<sup>th</sup> MARCH 2022



Help CatWalk raise money for spinal cord injury research at this most beautiful of NZ locations.

 For further information visit [catwalk.org.nz](http://catwalk.org.nz)

Even though the Queenstown Marathon has been postponed until the 19th March, training does not stop for our team members!

For one, Brodie Kane, the marathon was part of her build up to competing in the 2022 Coast to Coast event being held 11&12th February.

Brodie has already 'crossed the divide', in a team with her Mum and brother AJ in 2020, with her mum in 2007, and the single mountain run in 2019. This time she takes on the whole beast herself with entry in the Two-day individual.

**The Coast to Coast comprises**

- 2.2km run to the bike transition
- 55km bike to transition back to the running shoes
- 30.5km of mainly off trail including rocky riverbeds with an elevation of 800m over Goat pass
- Another 15km bike ride
- Kayak 70km of the braided Waimakariri River
- A final 70km cycle to the finish at Brighton Pier Christchurch



Although some leadup events have been postponed or cancelled, Brodie is still on a mammoth training schedule with plans including heading to Queenstown to run a marathon distance including a big hill mission and then on to Te Anau to do the Luxmore Grunt track!

**We wish you all the best Brodie!**

Follow Brodies progress on Instagram: [\\_Brodiejeankane](https://www.instagram.com/_Brodiejeankane) or at [brodiekanemedia.com](http://brodiekanemedia.com)



**“We thank you for supporting a wonderful cause...”**

Vin Cox

Alastair Pulford, Catriona Williams and Vin Cox.

# Too Darn Hot

A very special stallion nomination was sold via The Magic Millions Online sale in July this year.

The final breeding season nomination to champion Darley shuttle stallion Too Darn Hot was donated by Darley and partners Watership Down Stud with all proceeds from the sale supporting the CatWalk aim of finding a cure for spinal cord injury.

The sale attracted strong interest from buyers with TJS Bloodstock securing the service for AUD\$55,000.

“We are thrilled that the Magic Millions Online platform was the vehicle for the sale of the Too Darn Hot nomination,” Magic Millions Managing Director Barry Bowditch said. “We congratulate Darley and Watership Down Stud for donating the nomination, we thank all bidders and congratulate TJS Bloodstock for being the successful purchaser.”

“To TJS Bloodstock, on behalf of the team at Darley and Watership Down Stud congratulations on securing the final nomination in Too Darn Hot, we thank you for supporting a wonderful cause in CatWalk,” Darley Godolphin Australia’s Managing Director Vin Cox said.

Madeleine Lloyd Webber, Owner of Watership Down Stud said she was proud to be able to support such a

wonderful cause. “I’m delighted to donate a Too Darn Hot nomination. As a former Eventing rider myself it’s by the grace of god that I escaped serious injury and this wonderful initiative will help injured riders in their time of need”

CatWalk GM Meg Speirs thanks all those involved and highlighted the importance of New Zealand and Australia working together to achieve the CatWalk vision.

“The proceeds from this sale will go towards world-class research in NZ, and also to a neurostimulation trial occurring at NeuRA in Sydney. The CatWalk Trust believes the need for the development of treatments being made available across Australia and New Zealand is critical to repairing the complex damage caused by a spinal cord injury,”



# NZ Brain Bee Challenge

The New Zealand Brain Bee Challenge (NZBBC) is a competition for high school students in year 11 to learn about the brain and its functions, learn about neuroscience research, find out about careers in neuroscience and to dispel misconceptions about neurological and mental illnesses.

Associate Professor Debbie Young is the New Zealand National Coordinator and she reports on the 2021 NZBBC activities:

I am delighted to inform you that we were fortunate enough to host a site visit as part of the North Island regional final of the New Zealand Brain Bee Challenge on the 1st of July following the disappointment of having to cancel the 2020 competition due to COVID.

This year marks the 15th anniversary of the North Island Brain Bee Challenge held in our Faculty and run by the Centre for Brain Research since 2010.

One hundred and fifty students from 30 North Island schools converged on the Faculty of Medical and Health Sciences at the University of Auckland to compete in a modified Teams competition as a prelude to the Round 2 Individual competition. The Round 2 regional/state finals across NZ and Australia have been moved to an online format, enabling the competition to proceed in NZ and Australia regardless of lockdown restrictions. The site visit is invaluable as feedback from the teachers indicated that a significant incentive for students taking part in the competition as an extracurricular activity was the chance to visit the University and interact with our students and staff scientists. In addition to the competition, the students listened to inspiring talks from Dr Helen Murray about her research in

sportsrelated brain injury and navigating through her journey in science also as captain of the NZ Ice Hockey Ferns and 2015 NZ Brain Bee Champion Nicholas Kondal. Nicholas spoke about his experience at the international competition and his pathway studying biomedical engineering, and his interest in machine learning. The students were able to visit displays in the Centre for Brain Research and the AMRF Learning Centre, watched some science in action and had the opportunity to engage with scientists in a ‘meet the scientists’ and science careers session.

First place in the team’s competition went to St Cuthbert’s College and a mixed team from St Peter’s College Palmerston North / Saint Kentigern College / Samuel Marsden Collegiate School for their respective group competitions. Second place was awarded to a mixed team from ACG Parnell / Baradene College and a team from the Diocesan School for Girls. Finally, teams from Epsom Girls’ Grammar School and another group from Baradene College shared third place. The students took part in the Round 2 online competition in early August. This year’s individual competition winner was Yifei (Andy) Song from Auckland International College, with a remarkable score of 96%. Second place was awarded to Hridya Shyamsundar (94%) from Wellington Girls’ College and third place to Avik Mehta (88%) from St Kentigern College. The North Island Champion will now compete for the New Zealand Brain Bee Challenge Champion title at a virtual online event later in the year.

As always, it was an exciting day, and we were once again impressed with the students’ enthusiasm, knowledge and engagement in all on offer. We are very grateful for the sponsorship the CatWalk Trust have provided for this year’s competition. The schools highly appreciate the site visit experience, including the catering, prizes, and travel grants to help students outside of Auckland attend the competition. The teachers say these grants make a big difference as costs for travel have escalated. We would not have put on such a great event without your help.

Congratulations to all the students on their achievements in this competition.



St Cuthberts College

# BENevolence at Karaka 2022

We were thrilled to receive the news that prominent thoroughbred breeder-owner, Mr Ben Kwok, has offered the proceeds from two of his 30-strong Karaka 2022 yearling draft to be donated to CatWalk and the thoroughbred rehoming charity Beyond the Barriers NZ.

"After meeting Sam and Catriona (Williams) I thought CatWalk was a very meaningful charity and hopefully I can provide a good foundation with funds going forward for the charity," Mr Kwok said.

"I am also very focused on horse welfare and continue to support it where I can. So, I will also donate the proceeds of another filly to Beyond The Barriers NZ to help continue increasing the awareness of thoroughbred rehoming and welfare after racing".

The Karaka 2022 Yearling sales, 6-12 March 2022, are the highlight of the thoroughbred breeding sales calendar, and CatWalk has been extremely fortunate over the years to have received generous donations from this sale in the past through our wonderful supporters in the thoroughbred industry.

Although Mr Kwok has not been able to visit NZ for a couple of years, his breeding plans continue in full swing with mares under his own ownership and in partnership with Windsor Park Stud.

Windsor Park Stud co-owner Rodney Schick and his team, and Little Avondale co-owner Sam Williams and his team will be preparing Mr Kwok's two yearlings which will either be presented on site at the NZ Bloodstock complex in Karaka or online on the gavelhouse.com auction platform depending on Covid restrictions at the time.



"The Rip Van Winkle ex. Alana's Dream filly is a quality filly by the sire of Group winners Te Akau Shark, Subpoened, Jennfier Eccles and recent Group 1 performing filly Shepherd's Delight. Ben has become a major player in the Australasian Thoroughbred Industry through breeding and racing, and his support of the retirement of racehorses through Beyond The Barriers NZ exemplifies his commitment to the industry as a whole."

Rodney Schick

“The filly we are preparing is a lovely athletic well grown filly with some very good bloodlines behind her, including the Sydney Cup Group 1 winner Count Chivas who also ran second in the Melbourne and Caulfield Cup. A lovely Oaks filly in the making. Definitely pop on your viewing list”

Sam Williams

The announcement by Mr Kwok was met with gratitude by CatWalk and Beyond the Barriers.

CatWalk Founder Catriona Williams spoke of the generosity of Mr Kwok:

“Ben’s generosity epitomizes everything we love about the thoroughbred industry. His passion for the sport, the horse and also the people explain not only why he is so successful but why he gains so much out of it whilst also giving generously. As with any successful person when you do things for the right reasons, you always come out winning. We are incredibly proud to have Ben as a key CatWalk supporter and look forward to seeing these yearlings go through the Karaka sales ring to benefit world class spinal research as well as Beyond the Barriers NZ.”

Beyond the Barriers NZ (BTB) is a non-profit organization whose purpose is to promote the versatility and suitability of retired racehorses as pleasure and sporthorses in a way which is beneficial for both the Thoroughbred and sporthorse industries in NZ.

Formed in 2014 by Windsor Park Stud co-owner Gina Schick and Nicky Wallace, BTB provides a forum to educate and communicate with people who may be able to provide homes for thoroughbreds once they have finished their racing career. Many NZ bred horses have gone on to represent on the world stage in Eventing, Show Jumping and Polo and are still highly sought after due to their versatility.

Further details will be posted on our website and social media as we get closer to sales day.



# The Grocery Charity Ball 2022

## Supports Spinal Cord Injury Research

Cordis Hotel, Auckland

**18<sup>th</sup> JUNE 2022**

Held annually since 2004, the NZ Grocery Charity Ball is regarded as the premier event of the social calendar for the grocery industry who come together to support charities in New Zealand.

Since its inception, the NZ Grocery Charity Ball has given out over 3.7million in donations and **CatWalk are thrilled to be named as the 2021 recipient charity.**

 Further details can be found at [www.grocerycharityball.org](http://www.grocerycharityball.org)

The Grocery Charity Ball 2022 Supporting CatWalk 

We are so fortunate to have a vast range of knowledge and experience in our Board of Trustees. With our newest appointment, Kirsty Rueppell, joining in November, we now have two members who have experience on the front line of spinal cord injury in the nursing and surgical fields.

**BOARD MEMBER**

# Kirsty Rueppell



Working as a registered nurse at the Burwood Spinal Unit (BSU) I maintain is the best job I have ever had – apart from being a polo groom for Paddy McIlldowie in the summer of 91!

Working with patients and their families during some of their darkest days after a life changing accident is a privilege.

The one common denominator with every person I looked after was that they never complained. I think that is why to this day you have to be in a pretty bad way for me to raise an eyebrow and pay attention – my poor children!

Back in the day when the helicopter still landed out at the BSU, we never knew what we would find when the door was opened. One thing was certain though, it involved traumatised people who were removed from their support networks and in a completely foreign and terrifying situation.

From day one my mantra was focus on what you can do, not what you can't.

The strength and inner resolve of spinal patients is extraordinary and working with a team of dedicated

medical professionals who ensured patients would rehab to be the best they can be was humbling.

I no longer have the capacity to work as a trauma nurse or at the BSU but I do have the energy to make a difference by doing my bit to find a cure for spinal cord injuries. Becoming a trustee for the Cat Walk trust is an exciting prospect and a cause I feel passionate about.

I have known Catriona for a long time, I too want to see her dance once more with Sam. Cat has worked tirelessly with a smile getting Catwalk to where it is now.

This next phase of spinal cord research is exciting and about to start making a real difference. With my knowledge base around spinal injuries and experience within the Not-For-Profit sector I think my skillset will add value to the trajectory CatWalk is on.

My husband Felix is also in the medical sector working in primary care as a GP. We have two great kids George & Harriet who are living their best life, growing up in Sumner Christchurch, surrounded by a fantastic community.

I believe the best thing you can give is time, pick your cause and get on with it.

You never know what curve ball is about to come your way, let's hope if it's a spinal injury we are all one step closer to finding that cure.

**BOARD MEMBER**

# Dr. Simon Manners



Here I am with my Godfather, Grant Sharman, who had a spinal cord injury at the age of 15 while playing rugby.

Fast forward, and I am now on the board of the CatWalk Trust alongside Grant, and my work focuses on surgery and spinal cord injury!

After graduating from the University of Auckland Medical School in 2005, I completed my Orthopaedics training and was admitted as a Fellow of the Royal Australasian College of Surgeons in 2014. My family and I then spent a couple of years overseas firstly in Melbourne at the Austin Hospital and then in Canada at the Foothills Medical Centre, Calgary.



Back in NZ since 2017, my work days are shared between private and public practice with 2 days privately doing clinics and operating on adults with spinal problems. The balance of the week is in the public sector at Middlemore with a mixture of clinics, elective (booked) operating lists and acute on call operating covering

both general Orthopaedics and Spine. I also help to supervise and train junior doctors (registrars and house officers) who rotate through the team.

I love spending time with my family – I am married to Erin and we have 3 children Ariella (12), Dominic (9) and Isla (7). We spend time biking, going to the beach, watching movies, traveling (pre-COVID days) and playing with our new dog Molly!

Erin is a Pastor at the Life Church where I am also a board member and Elder.

I am excited about being a part of CatWalk, linking the research through to clinical medicine.



## The NEW 1-day Trail Run/Walk event on the Tora Coastal Walk trail



### An all-inclusive luxury-style trail event

Enjoy vistas that will take your breath away (figuratively and literally - those climbs are legit!), trails and terrain that tick every box, and a sumptuous event experience that will delight even the most discerning of gourmands.

Join us for this epic trail running / walking event in support of the Cat Walk Trust.

#### EVENT OPTIONS:

- 21.1KM TRAIL RUN/WALK
- 13.5KM TRAIL RUN/WALK
- 5KM SPECTATOR WALK

*(Entries are limited to 600, so tell all your trail friends and get in quick!)*

#### Includes

- \* Free barista coffee
- \* Gourmet burger
- \* Ice cold beverages
- \* Live music
- \* Exclusive access
- \* ...and heaps more!

BROUGHT TO YOU BY...



Grab your entry at [THETORA.CO.NZ](http://THETORA.CO.NZ)

CatWalk is part of a large community that includes some amazing people who help others to live fulfilling lives.

# Lawrence Quek



When Lawrence Quek met CatWalk Founder Catriona Williams at the Burwood Spinal Unit he introduced himself and explained how he could help "If you are James Bond, then I am your Q"!

My Electronics and Electrical Engineering degree gained me a foothold in the Public Hospital (not forgetting my National Service experience in the army as an Armour tank communications specialist). My starting role involved servicing and carrying out planned maintenance on medical devices in the clinical services department.

After gaining enough on the floor experience, my interest transited to the Medical Physics and Bioengineering department which gave me better opportunities to utilise what I had learned from my degree in which projects were my strength. I was able to work closely with clinicians to design and manufacture custom clinical devices inhouse and that became my forte.

During my time at Bioengineering, my team leader at that time decided to move onto newer pastures and alerted me to the work he had been doing at Burwood which introduced me to the world of Assistive Technology (AT). AT is any "product, device, or equipment, whether acquired commercially, modified or customized, that is used to maintain, increase, or improve the functional capabilities of individuals with disabilities." I was able to learn quickly on the

job alongside the Occupational Therapists the opportunities that Spinal Cord Injury patients of varying degree of injury could still achieve with the assistance of Technology.

At Burwood Spinal Unit, in-patients can gain exclusive access to AT support. Patients and clinicians often mistake the work that I do is IT support which often had to be further rectified. My input is patient centred, assisting people to engage in meaningful activity using AT. My focus is on the how the person I'm working with can use technology to achieve their goals, such as being able to call or message family independently. Priority in-patients for me are those with high level spinal cord injuries and patients who are on extended bed rest because both groups have a much-reduced ability to engage in meaningful activity. AT gives real options to this group.

When a patient with a high-level spinal cord injury is first admitted to the spinal unit everything is done for them, there is little opportunity to be independent in tasks or exercise any real control over what happens in a day. Our patients are often far from home and separated from friends and family. Facilitating independent access to a computer can be the

**“I hope to walk the edge with them, give them hope and help them as much as I can...”**

first time a patient can choose to contact friends and family when they want and how they want. It can open a world where they can choose how they spend their time, what they read, listen to, watch, learn about, or play on. It gives real options for relaxation or distraction when feeling overwhelmed or stressed. It can also give back the ability to re-establish important roles such as being responsible for finances or being able to choose a gift to send through online shopping or even continue working. It can also foster hope about what might be possible in the future.

#### **So how do we address AT needs at Burwood?**

We need to consider three main areas:

Firstly, we need to consider the person, e.g. their level of injury, what they can do, what they can't, what movement they have, what precautions/limitations need to be considered. Do they need their glasses or other visual support, do they need cognitive support or have existing learning support needs?

The Tasks or Activities – what exactly do they want to do, or access on their device.

The environment – both the physical and non-physical environment. The physical environment can be challenging in a hospital. We need to allow clear access to the bed for nursing cares, we need to work

around ventilators and other monitoring equipment as well as neck braces etc. The non-physical environment or level of human support also needs to be considered. Who is available to turn the computer on, reposition a switch or head mouse camera or provide extra support when the patient fatigues are important.

The technology – what do we have available on site or can access through TalkLink or trial through suppliers. What can we support effectively?

#### **So what technology is commonly used?**

Solutions are often split into low tech and high-tech solutions

##### **Low tech**

Provision of an adaptive stylus or standard stylus in a palmer pocket, beanbag tray or tablet pillow, use of

earbuds, Bluetooth headset, typing splint or typing peg, and/or alternative mouse – trackpad, trackball, keyboard, laptop stand.

Options might be as simple as providing a touch screen stylus in a palmer pocket for someone to be able to use their phone. It might be that we loan someone a touchpad, so they can use this safely while lying in traction to independently navigate on their laptop and use the inbuilt onscreen keyboard for keyboarding. It may be a simple as loaning a beanbag tray to use on their lap to position a phone or tablet or a mount on a wheelchair, so they can see their phone screen despite a neck brace! Or a laptop stand positioned on an over bed table.

##### **High tech**

This includes specialised equipment and software and are generally solutions that cost more!

##### **Loan computers**

At Burwood we can set up loan computers using the overbed tv as the screen. For hands free use we can place a head mouse camera on top of the screen which allows the person wearing a reflective dot on their glasses or forehead to control their computer. Software allows us to adjust the amount of head movement required.

Speech recognition options are an effective hands-free option for people e.g. This might be use of Siri, OK Google or voice dictation on a smartphone or tablet, voice typing through Google Docs or use of Dragon Naturally Speaking software on a PC.

Specialist Communication software such as Viking communicator or the Grid offers a communication board for users.

Where a head mouse is not an option for eye gaze, a specialist mouth joystick like the jouse or switch scanning might be options investigated for independent computer control.

Use of power wheelchair controls for technology access can be effective but these solutions are not able to be set up until the patient has their funded wheelchair as the older stock of wheelchairs at Burwood do not have these options.

Environmental control options are increasingly accessible to people– wi-fi controlled power plugs, remote apps for heat pumps, use of door openers, light and heat control are all important options for patients.

Call bells – I also want to mention call bells. This sits under environmental control. It's important the patient can reach and use a call bell switch independently, consistently and confidently. It can be scary if you can't call out for help. This may require modification to the usual call button. Something like a wobble switch positioned appropriately to be activated with head movement may be required. Options for home use may also need to be considered for communicating with overnight carers sleeping in another room.

Adaptions – This is a term commonly used where we would modify the existing equipment in a way suitable for use according to the injury of the patient.

Support/training – it's not all about providing fancy



equipment! We provide adequate training to show patients how technology works, and can create voice training models that can pick up their voice as a command.

We get a wide variety of patients with a wide variety of technology skills and backgrounds. I can see for example a super tech savvy young person who needs very little instruction on using a head mouse or an elderly person who may have limited technology exposure, but their son or daughter has bought them an iPad to use. The right support is needed and guidance about what's possible and what technology can be used for. Life after injury is different and new skills and new supports are needed. Simply providing technology doesn't just fix everything. Knowledge and skills on how to best use technology are also needed. Examples of this may include learning how to email so that the person can communicate easily with carer agencies and ACC which is just as important, learning how to use Facebook to access consumer support groups such as NZ Spinal Trusts Connecting People group, or learning about basic internet safety.

We also need to be mindful of providing guidance about reputable sources of information as we all know googling something can provide varying levels of information. Early provision of accessible technology means we need to be mindful of what our patients can be exposed to earlier in their rehab journey and provide the appropriate support. Some of what you see on Facebook and other social media platforms can be confronting. Other comments, video of the person's accident, watching

what everyone else is doing that you are missing out on can be extremely challenging. However, the positives of providing computer and internet access early in a person's admission appears to far out way the negatives.

At Burwood we have a small amount of loan equipment to set up for users on the ward during their inpatient stay. If assistive technology equipment is required post discharge, then funding options need to be explored.

Through the encouragement of patients, local community and colleagues, I was fortunate to open a private online company ([www.inovology.com](http://www.inovology.com)) outside the hospital setting where I would be able to further support the needs of patients and those who reside overseas. My involvement with the Global Cooperation on Assistive Technology (GATE) community which is part of the World Health Organisation (WHO) also helps expand my capabilities and expertise on a global scale. My active membership with the Australian Rehabilitation & Assistive Technology Association (ARATA) allows me to share policies and standards across the Tasman. With my private role outside the hospital setting, patients can contact me around the clock to seek second opinions on devices they are interested in, advice on adaptations to their existing devices they have, sourcing devices at a cost-effective price, project manage their AT gears and advise them on their daily aid of living ideas toward independence. These activities have been personally gratifying seeing the output and improvement in the quality of their lives such as a recent project where a 3D printed prosthetic arm was designed and printed for an

amputee in collaboration with an International not for profit organisation.

In the case of Catriona, the AT team was informed of her needs on the ward by her assigned Occupational Therapist who mentioned she required a special stand that can angle and raise her laptop, so she could work on it. She also needed help with her mobile phone with her recent injury. After visiting and understanding her requirements, I made a case where a weighted angled stand was designed and manufactured in-house at our Bioengineering workshop to help hold up her laptop. With support for her mobile phone, voice control training was introduced to her. No organisation has ever prioritised accessibility like Apple. They have utilised

every effort to make voice control as a pro-feature and 'not accessibility as an afterthought'. This allowed Catriona to perform every tap and gesture, every swipe and manipulation. It even includes the ability to chain together commands into a single utterance to speed up control. Even something super-sensible – such as attention awareness so that if she turns to speak to someone, the device stops listening for commands – has not escaped Apple's eye for excellence. It was a pleasure working with Catriona to achieve her goals due to her positive energy and resilience during her stay at the ward.

There are many innovative and exciting equipment and service in the world of AT. Some notable mentions are as follows:



**KERA**

KERA Sit2Sit Transfer Aid is an innovative person transfer aid designed in New Zealand. It assists a caregiver to safely position a recipient of care in much less than 2 minutes. Its distinctive chest pad system that is totally mechanically driven, allows the caregiver to reduce the physical weight, safely moving their recipient of care in a safe and timely manner between chairs, wheelchair, toilet and bed.



**OBI**

Obi Independent Dining Robot is a revolutionary dining device for individuals who do not have upper extremity function. Once calibrated, a touch of a switch is all that is needed to choose between four compartments of food and to command when the desired food is delivered to their mouth. Compared to the current market alternatives, Obi has successfully set a high benchmark for dining independently.



**SCEWO BRO**

Scewo Bro motorised wheelchair has accomplished what many have not by coming up with a futuristic wheelchair design that can go up and down steps easily and simply. Users have the freedom to control the chair with either a smartphone or an integrated touch interface to switch between three different modes: park, drive and track to ride over any terrain.

AT has shown on a global scale that it has helped people from all walks of life to lead healthy, productive and dignified lives but currently not many have access to them. With the aging population and the increase of non-communicable diseases, the need will only continue to accelerate. With my passion and knowledge for AT, I hope to walk the edge with them, give them hope and help them as much as I can towards their independence. This is my call in life. This is Q.

# Emma Lawler



Embracing Hearts Charitable Trust began with a conversation with Heart Kids Wellington in October 2018 about providing defibrillators to schools with heart kids as students.

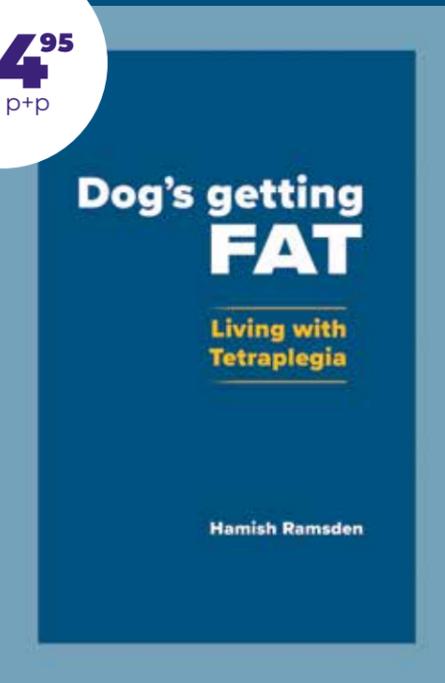
Their intention is to donate an AED to every school in New Zealand with a heart kid. When funding allows, we also donate a 24/7 lock box for the entire community or encourage schools to work with their community to add one. Since July 2019, Embracing Hearts has donated 23 AEDs and 13 24/7 lockboxes to schools around New Zealand [www.embracinghearts.nz](http://www.embracinghearts.nz)

# Dog's Getting Fat

By Hamish Ramsden

**Hamish Ramsden's 1<sup>ST</sup> BOOK**

**\$24<sup>95</sup>**  
plus p+p



CatWalk ambassador Hamish Ramsden has just released his first book!

*This is an autobiography of Hamish's life as a tetraplegic. It starts from the moment of his accident, on the family farm in Southern Hawke's Bay, New Zealand, in 1994.*

*The story details his rehabilitation at the Burwood Spinal Unit, and his resettlement into his home environment. Nine years after his accident his life takes a dramatic turn, which brings new highs and new lows.*

*It is a very personal look into Hamish's life as a tetraplegic without trying to be overly motivational, with a subtle mix of humour which contrasts well with the traumatic theme of the book.*

*And what's this about the dog?*

*Well, you will just have to read the book to find out!*

Books can be purchased via Kindle or in paperback version for \$24.95 plus p+p by contacting Hamish - [hamishramden@outlook.co.nz](mailto:hamishramden@outlook.co.nz).

*A portion of each sale will be donated to The CatWalk SCI Trust and NZ Spinal Trust.*

# Middle Age

Hamish Ramsden – Father, author, SCI peer support and child literacy support volunteer, sustained a C5/6 spinal cord injury in 1994 while farming. Following the publication of his first book - Dog's Getting Fat – an autobiography of his life as a tetraplegic, Hamish continues to write short columns.

I went to the hairdresser the other day and my life changed in an instant. I suddenly realised that I was middle-aged.

How do we know when we have reached middle-age? Everyone keeps telling me that 60 (although I'm not there yet) is the new 40 or to push it further, 50 is the new 35! But what does this mean? Does it mean that if I reach 35, I am barely out of puberty and better get on with life or I have reached 60 and have wasted the last 20 years so I'd better get on with it and try to reinvigorate myself.

Do I really want to live through those years again? I'm not so sure. I certainly don't want to go through puberty again, Although I enjoyed my teenage years and my 20s, life is a lot more settled now and despite the fact that I haven't quite "found myself" I'm not looking quite so hard as perhaps I did over those formative years. Surely when we find ourselves, we can be at peace and are no longer chasing those idealistic thoughts, standards and measures, whatever or wherever they may be. Or perhaps we're not bothered about finding ourselves, that elusive person who is just out of reach and just out of focus, we are content with who we are and where we are and so that race and competition is now over. Phew, thank heavens for that.

Is middle-age when the kids have left home? hopefully! pursuing their own meaningful careers and experiencing life to its fullest. Or is it when the kids might, just might, have been able to save the deposit and buy that house? Or, is it when they have finally bought their own car and don't need to borrow yours anymore? So, there is that feeling of satisfaction that they are making their own way in the world and finding their own levels of comfort and discomfort, and as a result you're also feeling not quite as important as before. Therefore, is middle-age a period when the world does not need you quite so much anymore and you are starting to look (again) for your own new adventures and experiences. Oh hell, do we really want to go through that again?

Or is middle-age when the mortgage has finally been paid off, you have that nice new car that you've always wanted and you are now deciding what you can do with your own leisure time. And maybe, just maybe that golf swing of yours, or the casting of your fishing line, or the angle of your lawn bowl as you release it, or your backhand smash in tennis, is finally getting better as you have more time to practise and refine your technique.



Or is middle-age when you now have time to give back more to society through volunteering, going to that working bee in the community or finally just doing what you actually want to do without being at someone else's beck and call. I like the idea of middle-age being a period of time where you are able to slow down and appreciate life. A life that to date has been frantically passing you by the last 20 to 30 odd years, and the more grey you have on top the more permission you have to do this.

You know, I'm not sure if any or all of these are indicators that I have reached middle-age. To me middle-age has nothing to do with finances or leisure time or realigning your focuses or feeling 40 instead of 60, no it is something a lot more serious than that. It is deeply personal and really can affect everything in your life. You know you have reached middle-age when your hairdresser has to start trimming the hair that is coming out of your ears.

# A Virtual Success

## ANZSCos 2021

The 27th Australian and New Zealand Spinal Cord Society (ANZSCoS) Annual Scientific Meeting was held over three days 27th-29th October. Initially scheduled to be held in Christchurch, the meeting was transferred to a virtual platform due to Covid-19 restrictions.

Speakers from around the world presented in a range of fields including research, pain management, peer support and technology.

The work that is being done around the world is truly remarkable and the collaboration show between all those working towards a cure for spinal cord injury is inspiring.

CatWalk Deputy Chair, Grant Sharman, was the closing keynote speaker giving his account of living with a spinal cord injury since his injury while playing rugby in 1977 aged 15 years. Grant also talked about how he went from not knowing how to paint to be coming one of the most accomplished mouth-painters who was elected to the International Board of the Association of Mouth & Foot Painting Artists in 2017.

<https://anzscos.org/>



## Our Mission

The Australian and New Zealand Spinal Cord Society, ANZSCoS has been formed in order to promote the high quality management of people with spinal cord lesions throughout Australia and New Zealand.

# ACC Funding Peer Support

"This is without a doubt the most significant support for the collective spinal cord-impaired community in New Zealand since ACC's inception in 1974," New Zealand Spinal Trust chief executive Hans Wouters says.

The \$1.3 million programme will see a comprehensive peer and whānau support service established across New Zealand, coordinating a network of about 30 fully-trained community peer support staff and dozens more community volunteers with lived experiences of spinal impairment.

The two-year "proof of concept" proposal has been developed by charitable organisations Spinal Support NZ and the New Zealand Spinal Trust.

These trusts currently deliver the country's only specialist peer support services for people with spinal cord injuries: at the Auckland Spinal Rehabilitation Unit, and Christchurch's Burwood Spinal Unit.

Full details on the funding can be found here: [www.catwalk.org.nz/2021/11/15/peer-support-for-spinal-cord-impaired-to-be-extended-across-new-zealand/](http://www.catwalk.org.nz/2021/11/15/peer-support-for-spinal-cord-impaired-to-be-extended-across-new-zealand/)



Te Kaporeihana Āwhina  
Hunga Whara



Supporting  
Positive  
Futures



## Queenstown Resort College

Thank you to the students and staff who raised \$105.70 through gold coin donations on their Non-Uniform day in October. for choosing CatWalk

Each term the QRC Student Council organises two "Non-uniform Days" whereby students and staff wear casual attire and donate money to specific charities reinforcing the importance of social responsibility.

# Thank You

Corporate Supporters



**MITAVITE**  
Make a Difference



**BELL GULLY**



**mirage**  
www.miragevisual.com

## Donations by cheque

From the 1st July 2021 CatWalk is unable to accept any cheques, this includes international cheques.

BUT don't despair – we have plenty of other easy options to make your donation. Visit our website donation page

**CatWalk.org.nz**  
**/help-us/donate**

### Credit Card, Internet or Phone Banking

Donations can be made using either Visa or Mastercard or by internet or telephone banking:

Account name: **The CatWalk Spinal Cord Injury Trust**

Account number: **02-0108-0525933-00**

Bank: **Bank of New Zealand**

Branch: **Private Bank**



### International donations

The additional details required for an international transfer are:

Physical address: **Level 29, 188 Quay Street, Auckland 1010, New Zealand**

Our banks details: **Bank of New Zealand, Wellington, New Zealand**

SWIFT BIC code: **BKNZ22**

Clearing code **NZ020108** (If required)

We are more than happy to help – please email [info@CatWalk.org.nz](mailto:info@CatWalk.org.nz) or call the team on **06 3775430** for assistance.

## Did you know?

If you are an individual who has earned taxable income during the financial year, you can claim 33.33 cents for every dollar you donated to approved charities and organisations. Donations over \$5 are eligible.

Have you considered claiming this tax rebate and donating it back to CatWalk? This can then create a further tax rebate for you as well. Here's how:



Opt in for TaxGift for Number One Charity today and gift us your tax credits on your donations to us: it's the easiest gift you'll give us!



With TaxGift, all of your donations to us will be boosted by up to 48% at no cost to you: TaxGift will claim the tax credits and pass them to us in your name. It costs you nothing to sign up and takes less than a minute – it's the most powerful gift you can give to us



or just fill out the IR526 - [www.ird.govt.nz/-/media/project/ir/home/documents/forms-and-guides/ir500---ir599/ir526/ir526-2021.pdf](http://www.ird.govt.nz/-/media/project/ir/home/documents/forms-and-guides/ir500---ir599/ir526/ir526-2021.pdf)

Once you have received your tax credit from the IRD you can either donate it back to us online or contact us at [info@catwalk.org.nz](mailto:info@catwalk.org.nz) for further options.

Name: .....

Address: .....

Phone: ..... Email: .....

## Yes, I want to donate to spinal cord injury research.

**Please accept my gift:** (all donations of \$5 or more are tax deductible)

**One-Off Donation**

OR

**Regular Donation**

I authorise CatWalk to make automatic deductions every week/fortnight/month/year from my credit card until further notice.

I will be paying regular donations every week/fortnight/month/year by Direct Credit.

**(Please circle frequency)**

**\$45<sup>00</sup>**

**\$75<sup>00</sup>**

**\$100<sup>00</sup>**

**Other \$** .....

If paying by Direct Credit, please ensure the following details are provided so we can track and acknowledge your details accurately:

- In the Internet bank field called "particulars" put [YOUR NAME]
- In the Internet bank field called "reference" put [DONOR ID]

### Payment Method:

Please debit my credit card:     Amount: \$

Card Number:     Exiry Date:

Name on Card: .....

Signature: .....

OR

Direct Credit to BNZ account number

**02-0108-0525933-000**

Note: New bank account number

OR

Via our website [www.catwalk.org.nz/help-us/#donate](http://www.catwalk.org.nz/help-us/#donate)

Please ensure the following details are provided so we can track and acknowledge your details accurately:  
In the Internet bank field called "particulars" put [YOUR NAME]



06 377 5430



PO Box 555  
Masterton 5840



[www.catwalk.org.nz](http://www.catwalk.org.nz)  
[info@catwalk.org.nz](mailto:info@catwalk.org.nz)



FACEBOOK@thecatwalktrust  
INSTAGRAM @catwalk\_trust

Charity  
Certification  
CC27170