

CATWALK

NEVER SAY NEVER

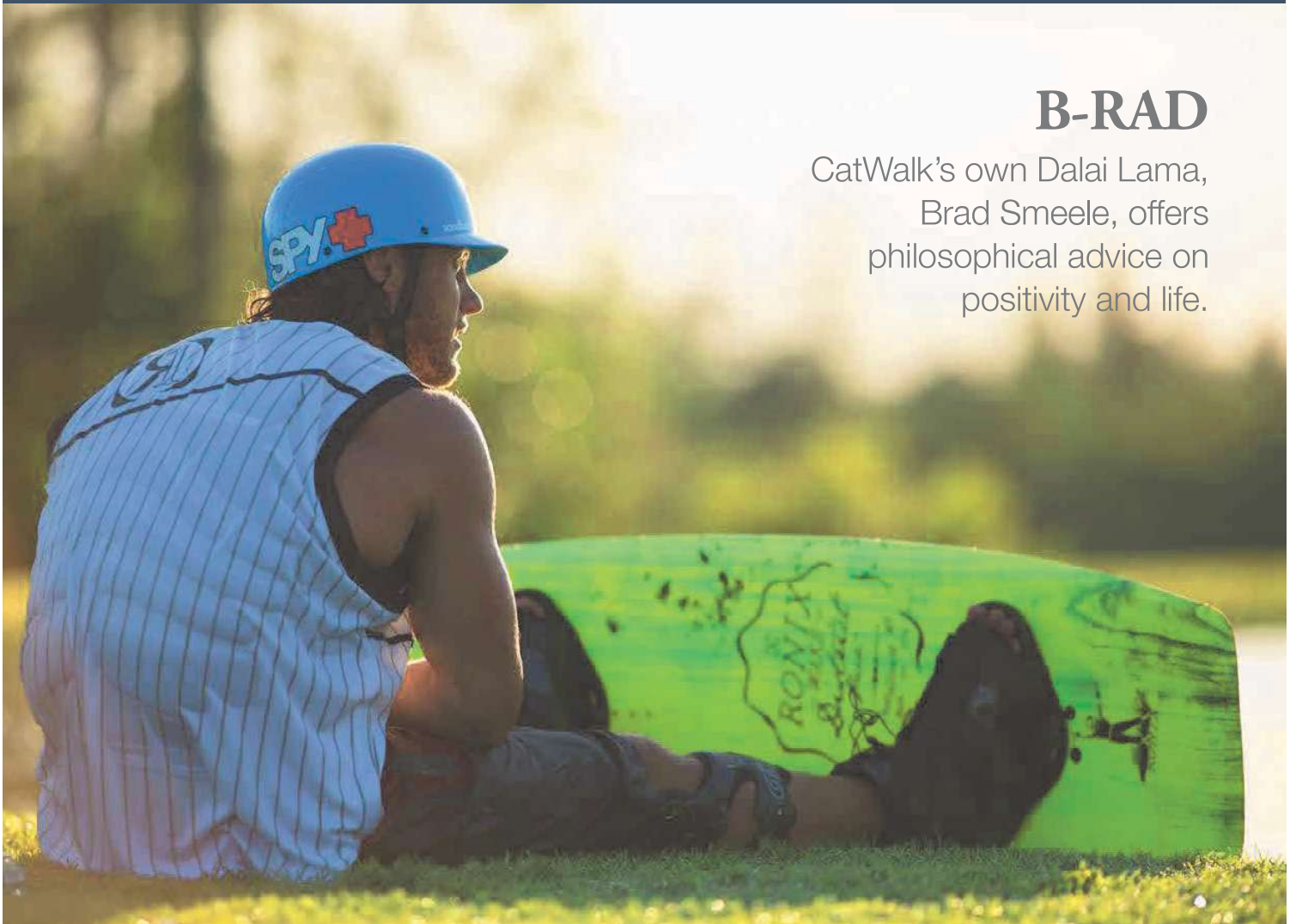
OUR TEN YEAR



ANNIVERSARY

B-RAD

CatWalk's own Dalai Lama, Brad Smeele, offers philosophical advice on positivity and life.



THE OFFICIAL MAGAZINE OF
The CatWalk Spinal Cord Injury Trust



Mike Pero, Brad Smeele, David Pretorius, Abi Petrie, Holly Pretorius and Alex Pretorius on the set of 'Ready to Walk'

THIS ISSUE

December 2015

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Catriona and one of Burwood's fantastic Nurses, Bill.

Founder's FOOTNOTE

After supporting Richie and his boys, along with the Cherry Blossoms, the Scottish and the Irish at all those crazy hours of the morning – I'm exhausted!

I found myself realising how lucky we have all been to share in the success of such a brilliant World Cup. I watched nearly every game ... in my expert view the Japanese vs South Africa clash still rates as one of the best ever and I sit here very nervous about what Eddie can bring out in the English in four years' time.

To Richie, our CatWalk Patron, we salute you. Thanks for all the brilliance on the field and thanks for just being you off the field.

I took a brave step recently and underwent bilateral hand surgery. I asked Prof Rothwell "If I was your daughter what would you recommend?" And he said "Definitely do it". The prospect of being armless and legless for five weeks was a big mental challenge but certainly made me appreciate my level of injury vs higher tetras. A special mention to my carers especially Wendy Wilkin who were so incredible during this period. So far, the outcomes have been mixed. I have new talents in that I have better grip so picking up a piece of paper or clothing off the floor is easier and grabbing a paper towel in a public bathroom is easier. However, the hoped for "pincer grip" is limited and my open left hand that could get a jar out of the cupboard and hold a wine glass (very important!) cannot currently do that. My wrist strength is weak which is understandable as tendons were cut and spliced but it means my transfers, giving me independence to put myself to bed, are not possible at the moment. BUT as the CatWalk motto says 'Never Say Never' and I'm hoping with strength training and hand therapy we will see improvements.

I often get questions from friends and family of new SCI's re

what they can do to help their newly injured friend and the greatest gift (other than legs that work - which CatWalk is working bloody hard on) is the gift of independence. How? Make those door handles a lever instead of a turning ball, create a bathroom they can use without moving tables and

magazine holders out of the way or quite simply by building a permanent ramp into your house. This maybe a wedge or a long ramp depending on your situation but not having to be lifted or pushed because someone has given you the simple gift of being able to get in and out of their house when they wish is one they'll be grateful for forever.

A special thank you to all my friends who have built their houses, holiday homes and adjusted their special spaces to give me and my wheelie buddies independence.

A shout out to our brilliant NY CatWalk marathoners – you rock! Our Trustee David Pretorius loved it so much he is committing to it all again next year as Team Manager, so sign up now and be a part of what truly is one of the best things you'll ever do in your life. And, all the best to Team Antarctica 2016 – 42km in the ice and snow – nuts, yes but also gutsy, ballsy, and committed to the cause you betcha!

Two things you must check out:

1. www.ogotechnology.co.nz No-one told Kevin Halsall that a wheelchair couldn't be 'cool'!
2. www.dailymotion.com/video/x2sr8y3 put an hour aside, this is worth watching.

All the best

Catriona

A MESSAGE FROM OUR International Patron

Dear CatWalk Friends

2015 has passed with the speed of light and an undoubted highlight for me was visiting New Zealand as part of the 10th Anniversary Need for Speed Celebrations.

As we come up to the busy Christmas period, it's again time to reflect on just how far CatWalk has progressed in just one decade. The race to cure SCI is certainly not a sprint but I know Catriona and the team have the endurance to see it through.

With 2016 and its Olympic challenges already looming large, I wish you all a happy Southern Hemisphere summer.

Zara Phillips, MBE

NATIONAL PATRONS

Sir Brian Lochore, ONZ, KNZM, OBE; Richie McCaw; Dr Rick Acland, Dion Nash; Lance O'Sullivan, ONZM; Aaron Slight MNZM; Toni Street, Sir Mark Todd, CBE; Sarah Walker.

TRUSTEES

Scott Malcolm (Chairman); Pip McCarroll, Rebecca Scott, David Pretorius (Deputy Chairman), Simon Monks, Grant Sharman, Catriona Williams



Zara (wearing Juliette Hogan) and Catriona at the Need for Speed, 12 June 2015.



Sam Spencer-Bower, Don McCaw, Gemma Flynn, Richie McCaw, Jo Spencer-Bower, Margaret McCaw

A MESSAGE FROM A National Patron

Hi everyone

Sitting here leading into Christmas it's great to be able to look back on an exciting and successful 2015. Reflecting on the Rugby World Cup in October, it is really satisfying that the hard work and planning paid off and we were able to lift the cup once again.

It certainly means we can enjoy summer with no rocks under the beach towel, and from a personal point of view, it was a great way to finish off my rugby career. Playing in the World Cup final and having this as my last game in the All Black jersey, will be a great memory that I'll cherish forever.

Coming home and seeing the excitement around New Zealand made all the hard work worthwhile and it was a proud day to be a kiwi.

With this year being the tenth anniversary of CatWalk, it has been another big year for the team and I want to thank everyone who has been involved with this Trust along our journey.

On behalf of everyone at CatWalk, thank you for making a difference. Each year I am sure we are getting that step closer to finding the cure for spinal injuries. The generous support that we receive for the CatWalk trust is inspiring and know that it really does make a difference.

I'm looking forward to the new year and what it will bring, which I am sure will involve some exciting events and crazy ideas led by the one and only Catriona Williams.

I am constantly blown away by the passion, drive and support from everyone behind the scenes and I think I speak on behalf of the other patrons when I say that I am very proud to be part of this team.

Wishing everyone a Merry Christmas and a safe and prosperous 2016.

Best Wishes,
Richie

NYCAttitude

Team Leader of the Class of 2015, David Pretorius, explains why finishing the NYC Marathon isn't just a physical achievement, it's an attitude. An attitude that says anything is possible.

Together with 11 other 'athletes', I, David Pretorius, have recently had the absolute privilege of competing in and successfully completing the world-famous New York City Marathon 2015 on behalf of the CatWalk Spinal Cord Injury Trust.

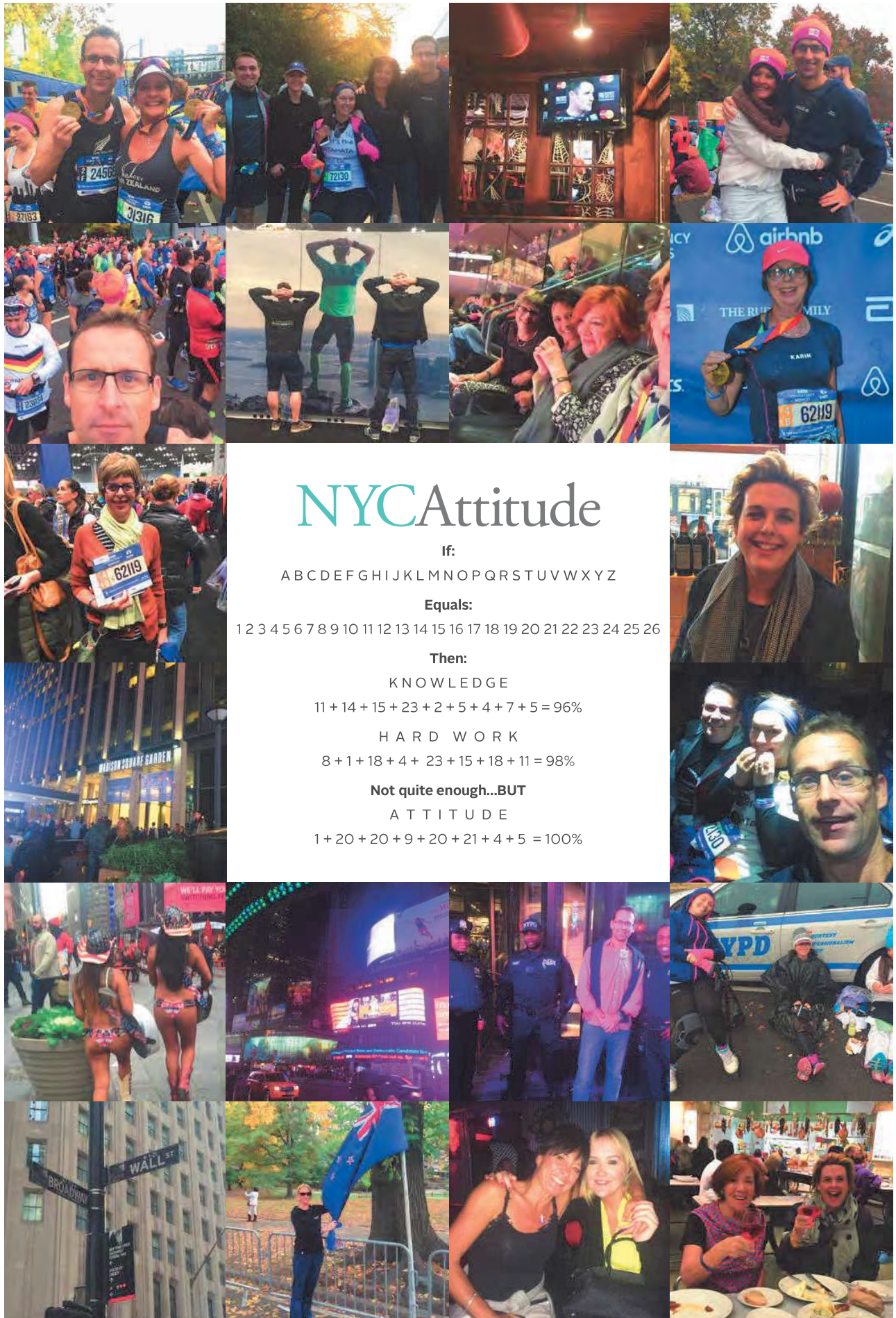
To say that the event is a life-changer is an understatement. There are not enough superlatives to truly explain how fantastic the 5-day experience really is. 50,000 athletes set off at 10am on November 1st, running through five boroughs (Staten Island, Brooklyn, Queensboro, Manhattan and the Bronx) and being cheered on by more than one million spectators (and being beamed around the world to 300m TV watchers) – who can beat that? Then throw in the fact that we collectively watched the Rugby World Cup Final the day before in an Irish pub, walked the streets in the evening to immerse ourselves in Halloween, squeezed in an NBA game at Madison Square Gardens, were continually cheered and congratulated in our marathon ponchos with medallion hanging around our necks, watched a Broadway show, traipsed around Wall Street, 5th Avenue, Soho and Times Square, and maybe one can get a small idea of the overwhelming feeling of why it is the best marathon in the world.

Part of the motivation to actually complete the marathon – I was never a runner before (but am committed now!) – was in the raising of funds for CatWalk before departing. I remain forever humbled by all of my supporters, who collectively contributed over \$35,000 to my campaign. My fellow athletes also raised wonderful amounts, and collectively, the 2015 New York marathon Team will go down as having raised \$116,000!

I enjoyed the experience so much that I am already in discussions with the tour organisers (Marathon Tours) to jump on board the 2016 effort. In this regard, I have elected myself Team Manager for CatWalk (!) and am officially looking for all keen recruits to make contact with me if they feel the urge to take on a challenge that is indescribably uplifting. Please e-mail me on pretorius4some@ihug.co.nz.

Don't forget the most commonly used encouragement by local supporters – "You got this!" and "Come on, get your New York On!"

David Pretorius
Athlete with Attitude.



NYCAttitude

If:

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

Equals:

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26

Then:

KNOWLEDGE

$11 + 14 + 15 + 23 + 2 + 5 + 4 + 7 + 5 = 96\%$

HARD WORK

$8 + 1 + 18 + 4 + 23 + 15 + 18 + 11 = 98\%$

Not quite enough...BUT

ATTITUDE

$1 + 20 + 20 + 9 + 20 + 21 + 4 + 5 = 100\%$

B-RAD

CatWalk's own Dalai Lama, 28 year old Brad Smeele, offers philosophical advice on positivity and life.

Brad Smeele truly was living his dream. He ate, slept and breathed his passion of Wakeboarding. When entering his presence, it's difficult not to attempt Point Break-esk nonchalantness such is his uber cool aura and undeniable charisma.

Water sports were in his blood, his mother Linda was a champion water-skier, so it (wakeboarding), came pretty naturally to Brad. Natural ability did not stifle his resolute determination, Brad devoted his life to the sport he loved, training at any chance he got.

His list of accolades and innovations is both impressive and extensive! In 2004 he was the winner of the IWSF Wakeboard World Championships in Sevilla, Spain, 2005 - winner WWA Wakeboard World Championships in Australia, as well as the recipient of the Mark Kenny Award. In 2007 he was the New Zealand National Champion and UK Wakestock Champion. 2008, he made history as the first wakeboarder to land a regular-stance 1080, capturing him the prestigious "Trick of the Year" award. In 2009 he was the first ever wakeboarder to successfully land a water-to-water step-up with an elevation of 22ft, and in 2012, Brad made history once again as the first wakeboarder from New Zealand to land a double flip, an extremely challenging and technical manoeuvre.

In 2013, Brad finished third at Wakefest in Tennessee and took his expertise to the announcing booth when he was awarded 2013 "Announcer of the Year." Brad is a member of the US Pro Wakeboard Tour, the largest and most storied professional wakeboarding circuit in the world and he has been featured on the cover of some of wakeboarding's biggest international publications as well as being a finalist in the Cleo Bachelor of the Year awards.

Adversity struck in July 2014. While attempting a double backflip during training at his teams private wakeboarding facility in Lake Ronix in Orlando, Florida, Brad shattered his C4 vertebrae.

Following a nine-hour surgery in hospital in Florida to insert two rods, a plate, 14 screws and fuse six vertebrae together, and six weeks in the ICU followed by three months of extensive rehabilitation before being stable enough to return home to New

Zealand, Brad Smeele had to adjust to his new life and come to terms with the extent of his injuries.

"The world is what you think it is. If you focus on all the bad s***, that's what you see the world as. If you focus on all the beautiful things and the good stuff then that is what the world is." says Brad.

After my injury there were a couple of days when I wanted to end it, I didn't want to be here anymore, just because I was going to be a burden. I had been living my dream that was everything I'd ever lived for."

However, Brad soon changed tack. According to the 3rd principle of Huna, a traditional spiritual practice with origins in Hawaii, "Energy flows where attention goes."

"In order to carry a positive action we must develop here a positive vision."

– His Holiness the 14th Dalia Lama of Tibet



Brad's spinal column post-surgery

The simplistic philosophies and beliefs of Huna rang true to Brad.

"Negativity wasn't going to get me anywhere, so I just had to start thinking positively and realistically about my recovery."

Support from friends, family and fans around the world has helped him to stay optimistic, and Brad has an incredibly infectious philosophical attitude.

"I always lived life differently to how other people would; life is usually based around earning money and getting a career, for me it was more about living a lifestyle that I wanted, living day to day. That's the way I think life should be lived".

Brad's days are now spent working hard on rehab and getting his current living situation sorted, as well as actively researching spinal cord injury research – hard-earned knowledge that he willingly shares.

"Working together internationally, sharing results and collaborating is what is going to get this research across the line".

Profound simplicity and clarity from a 28 year old who has dealt with one of life's most challenging blows.

"I think the biggest lesson I've learnt is about being present, not thinking too much about the past, not stressing too much about the future, just living in the now. That's a really powerful way of being able to think."

“I think the biggest lesson I’ve learnt
is about being present, not thinking
too much about the past, not
stressing too much about the future,
just living in the now.”

– His Handsomeness the 1st Dalai Lama of CatWalk



Brad with neice Maisey



Recovering in ICU



Brad and friends modelling his 2016 range of merchandise



Holly Pretorius and Mike Pero



David Pretorius



Brad Smeele



Abi Petrie

Ready to WALK

Ready to Walk? Holly and Brad are. Mike Pero was in the audience at the Need for Speed on Friday 12 June when he saw young Holly Pretorius, Brad Smeele, and others, and their burning desires to walk again.

In her starring role on the night, 12 year old Holly stated categorically that her dream (other than walking again), was to be on TV. And so, in September, Mike Pero and Mike Pero Real Estate provided Holly with a dream come true.

A 30 second television commercial was put together at no cost to CatWalk, utilising the star power of Holly and Brad, Holly's father and Team Leader of Team CatWalk 2015, David Pretorius, and Whanganui Collegiate Head Girl and Team Antarctica 2016 member, Abi Petrie.

Mike pulled in a team of pros from Social Fabric to produce the ad. Managing Director of Social Fabric Matt Berry and his team, brilliantly coached our predominantly inexperienced but highly willing cast, to create a stunning finished product.

On top of all of this, Mike Pero also met the on-air costs to have the ad screening on TV sets nationwide throughout November.

Mike's thinking is simple, "There are many ways to grow a business – there's advertising and there is prospecting. In my business life I've found that giving (to those less fortunate) is one of the most cost effective. The more we give the luckier we get. Charitable donations are a business proposition that is certainly cost effective. Good things come from these actions – I call it Karma. "

Thank you Mike Pero. Visit catwalk.org.nz to view.





Marcus Thompson and Kevin Halsall



Taking Life by the Wheels

Kevin Halsall met Marcus Thompson when Marcus was teaching Kevin's daughters, Erina and Della, Art at Otaki College. Nothing out of the ordinary, except that Marcus managed to hold his student's attention and garner high-school pupil creativity, from the seat of an unyielding wheelchair.

Marcus, a paraplegic of 12 years, after breaking his back in a high-speed skiing accident, found that he and Kevin had a shared love of field archery, and it was over this common passion that the friendship really grew. Unlike Target Archery, Field Archery simulates a bow hunting environment, where participants shoot over either known or unknown distances at targets which may be pictures of animals, life-size 3D targets or traditional round targets. Their local Kapiti Club offers a particularly unique experience, incorporating native bush and forest areas as well as open grassland.

Kevin observed Marcus struggling through the rough terrain in his conventional wheelchair and exhausting his energy and stamina before the competition was over.

"I just wanted to make it easy for Marcus", says Kevin, an engineering pattern maker by trade.

He set himself a challenge; to revolutionise personal transportation by producing mobility freedom of movement, and creating maximum independence. Simple enough.

Kevin's extensive research led him to a Segway, a self-balancing, battery powered electric vehicle which has sensors in its base.

"By utilising Segway technology I produced an active, moving seat control, operated by upper body mobility and core muscle strength. When the driver leans forward, the wheelchair moves forward, when he or she leans back the wheelchair reverses. When they lean to the side, the wheelchair swivels in the new direction."

This ground-breaking invention, called the Ogo, blends cutting

edge electronics with innovative body driven control which frees the users' hands to do anything they want.

"It provides the driver with free hand and arm movement. They can do something as functional as holding a cup of coffee in one hand, opening a door with the other and moving through to another room or outside." Says Kevin.

According to Marcus, "It's given another dimension of mobility to my life. It's therapeutic and healing for the soul. With my hands free, I'm able to use my whole body to carry out tasks again and regain some independence.

"Picking up items and moving round while holding them, mowing lawns, it sounds mundane to most people, but when you're in a wheelchair you just can't do it."

With nearly 10 million views of a video clip played on Australian news, supply for Ogo demand is Kevin's next major challenge.

Kevin has been flooded with cash offers and people begging him to start production.

"We are currently progressing to the production phase as fast as we can. We want the Ogo accessible to as many levels of disability as possible."

Marcus has nothing but praise for the Ogo wheelchair.

"When you're in a wheelchair, you're always moving by virtue of use of your arms, but there's no glide. Arms aren't made to walk."

"It's life-affirming to use my whole body again, and get in touch 'with what I was'."

ResearchUpdate

Outcome Summary

The CatWalk Spinal Cord Injury Research Facility (SCIRF) within the Centre for Brain Research was established in 2011. The ability to provide continuity of spinal injury research has been achieved with an appropriately equipped facility within the Vernon Jansen Animal Research Unit and administrative support within the Centre for Brain Research at the University of Auckland Faculty of Medicine and Health Sciences.

Animal models have been established and a number of projects and collaborations are completed or underway. The Facility has hosted eight CatWalk funded summer students, including five students who were all winners of the National New Zealand Brain Bee Challenge, a neuroscience competition for school students sponsored by The CatWalk Trust.

The established of the SCIRF has enabled new funding opportunities and both direct and indirect research is continuing to make significant inroads into novel spinal injury treatments and improved repair potential.

Research Progress

There has been significant progress with a number of the ongoing projects in 2015. Most excitingly, we now know that the channel blockers that prevent the spread of inflammation and damage after injury can be delivered through the blood stream. This is a very significant finding and means that this technology may be able to be moved into more clinical testing.



Dr Simon O'Carroll and Prof. Louise Nicholson

Connexin Mimetic Peptide Project

Systemic delivery

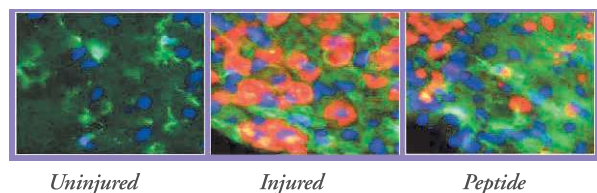
Previous work has shown that treatment with a mimetic peptide to block connexin hemichannels is able to reduce the severity of a spinal cord injury. Most spinal cord injury remains within a closed wound and the team, along with collaborators, have been developing systemic delivery treatments using peptides to modulate gap junction channels.

The research team have successfully demonstrated that systemic delivery of the peptide leads to improvements following spinal cord injury, similar to those seen following delivery directly to the cord. Upon delivery of the peptide they have seen the following results:

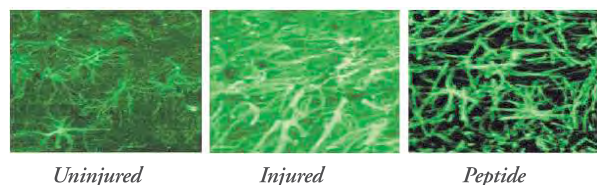
- i. A reduction in the size of the injury - treatment with the peptide has protected spinal cord tissue and increased the chances of recovery.



- ii. A reduction in inflammation - the spread of damage has been stopped allowing for increased chance of recovery.



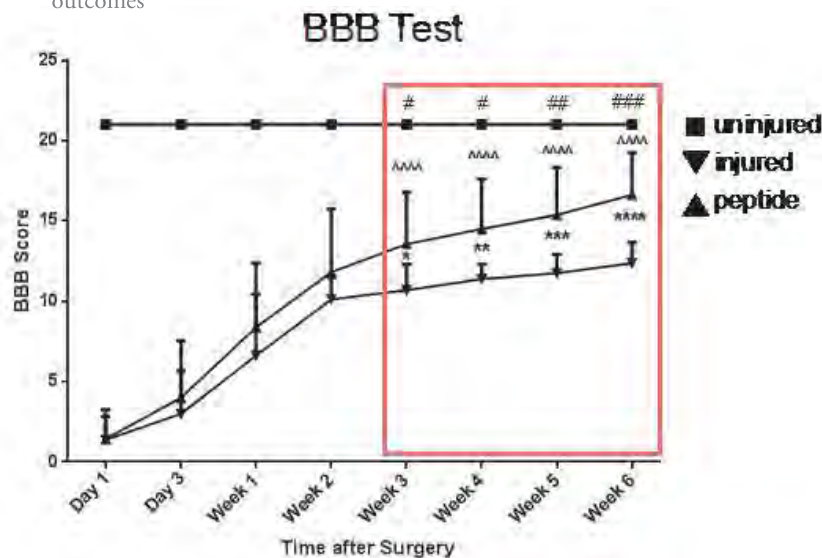
- iii. A reduction in scarring - the nerve cells that survived or that regrow will be able to grow through the injury site allowing for recovery to occur.



- iv. Improved survival of nerve cells - due to a more favourable environment (less inflammation, less scarring), the nerve cells were not killed following the injury or cells have regrown.



- v. Improved hind-limb function and coordination improvement
– following peptide application, higher nerve cell survival rates as a result of less inflammation and scarring has led to improved outcomes



“Most excitingly, we now know that the channel blockers that prevent the spread of inflammation and damage after injury can be delivered through the blood stream.”

Ongoing Work

Peptide modification

Now that effective delivery to the blood stream has been demonstrated, modified peptides may allow for using a reduced dose of the peptide or reduce the number of doses required.

Magnetic resonance imaging (MRI)

In order to be able to track real time changes in the cord following injury, the team are developing an MRI method. This data is important as it will allow correlation with visible changes seen in the cord once clinical trials for the peptide commence.

Peptide function

The spinal cord injury research is being combined with work from other neurological projects using the peptide for inflammatory conditions to provide a basis for rapid uptake for spinal cord injury. To translate this work into clinical applications the peptide mode of action and site of action has been determined.

Planned/Future Work

Gene therapy project

Gene therapy is a powerful tool that has been developed to alter the function of cells within the central nervous system. Using gene delivery vehicles called viral vectors to introduce DNA into cells, neurons and astrocytes (scar forming cells) are being targeted in the spinal cord to develop treatments for spinal cord injury.

Scar inhibition project

This project is working towards determining if specific proteins in the brain and spinal cord may be an effective treatment to allow regeneration following spinal cord injury. One of the major problems following spinal cord injury is the formation of a scar which inhibits regrowth of nerve cells in the cord.

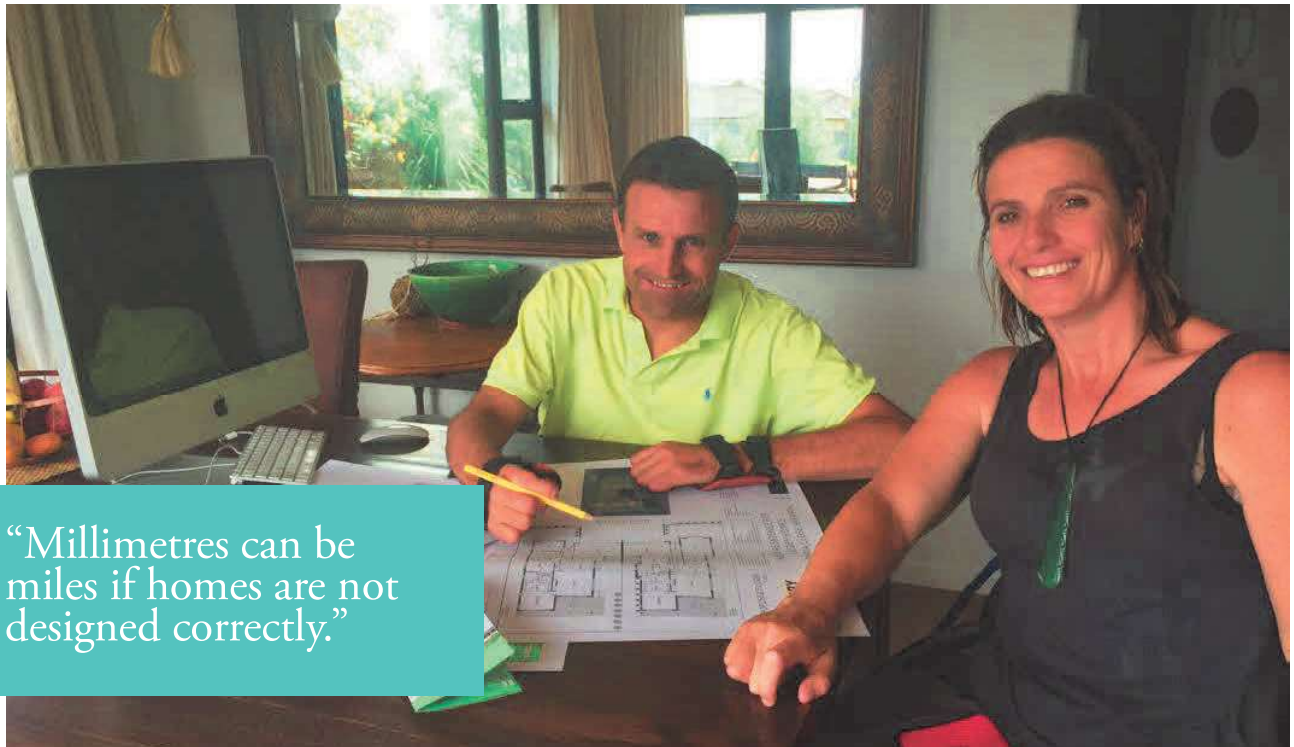
Students

One of the goals of the SCIRF is to provide exposure to spinal injury research to students and the development of a cadre of researchers with substantial hands-on experience (and postgraduate research interest), and an understanding of and commitment to spinal cord injury research.

There are now two PhD students working on spinal cord injury projects and an Honours student has been recruited to the lab to start a project in 2016.



The lab in action



“Millimetres can be miles if homes are not designed correctly.”

Neil providing consultation services to good friend, and new home-builder, Amanda Lowry.

Homes for everyone

Neil Cudby never doubted his ability to compete in a marathon.

After all, this Tauranga man had conquered steeper challenges. Two years ago this tenacious tetraplegic joined CatWalk Founder Catriona Williams and fellow Tetra Rob Creagh (and 12 other able-bodied) in a 100km hand-cycling adventure from Lhasa in Tibet to Kathmandu in Nepal with a little 103km off road to Mt Everest Base Camp. They achieved a world first by being the first handcyclists to ever cycle to Everest Base Camp. The Himalayan visit was part of a team fund raising venture the raised over \$600,000 for spinal cord injury research.

It may have been an adventure of a lifetime, but it wasn't to be the only one.

Late last year Neil, and his trusty bike, headed to Belgium where he covered 42 kilometres of the 750 km Western Front in a marathon promoted by the NZ Rugby Foundation to commemorate WW1.

“NZ Rugby decided to take some of their VIPs – very injured players,” he quips.

Neil, who grew up in Turangi riding bikes and horses around the lakes and mountains, took up hand cycling as part of desire to gain back freedom. The results have been well worth all the “pushing of personal limits.”

Pushing boundaries comes naturally to this 40-something-year-old who was never going to be one to take life sitting down. He has been wheelchair bound ever since suffering a spinal injury as a 17-year-old playing rugby. He was caught at the bottom of a collapsing maui, dislocating his neck vertebrae.

That catastrophic event was far from the end of the Neil Cudby, active person, story.

Following 5.5 months at the Otago Spinal Unit, Neil went back to school and later on to University to achieve a Bachelor in Technology majoring in product development. While at university he met his future wife, Sarah, who was studying to become an occupational therapist. Neil and Sarah (who is now an ACC team manager) are parents to Ava, 6, and Milla, 4.

Along the way he also started a business. As he tells it, 11 months of showering outside were enough to provide him with the genesis of a business idea.

Cudby's Ltd - a speculative house building business - was established in 2005, spurred by the fact Neil was unable to find a house to rent with a suitable bathroom.

Business ownership, in the form of Cudby's Ltd, has been fine-tuned over the years to become Cudby Homes. Personal experience has taught Neil the importance of creating a living environment for people with differing levels of mobility. And so, Cudby Homes, which was born in 2012, goes the extra mile to ensure its homes provide universal functionality, without compromising aesthetics.

“They are suitable for the ageing and failing, those rehabilitating, people in wheelchairs, parents of disabled children... and the general public – they are simply beautiful homes anyone can live in,” Neil says.

Neil says having a Cudby- designed home enables him to go out and conquer the world. He cannot over-emphasise the importance of having a home base that works for him.

“It's part of a primitive need to have shelter over your head that feels right. It enables people like me to go out my door happy

and healthy, and better able to contribute to the community.”

Neil explains how Cudby Homes are about inclusivity. On the surface, they look like many attractive homes, but take a closer look and it's evident they are about usability, adaptability and accessibility. There is a strong focus on space in the right place, and seamless flow throughout.

Flats built in Papamoa, and Neil and Sarah's family home, are examples of his company's capabilities.

Neil's challenge for 2016 doesn't at this stage involve any exotic cycle challenge. With the New Year comes the determination to boost his business.

The next project off the blocks for Cudby Homes is the construction of two speculative (spec) homes in a popular seaside subdivision - Palm Springs Estate, in Papamoa. Work is set to begin on the two European-influenced, classically styled town houses.

Neil has favoured builders and subcontractors whom he uses for his projects. He oversees the builds and he designs the houses – having up-skilled himself in the field of concept plans and artist's impressions. He also project manages other jobs.

“I want to ensure the floor plans have space in the right place, and then I project manage to make sure it happens. Millimetres can be miles if homes are not designed correctly. Everything has to be in the right place, from the letterbox out front, through the house, to the clothesline out the back, with accessibility all the way.”

His ultimate goal is to see 10 per cent of New Zealand homes built to universal mobility design standards as is the case in the United Kingdom.

“ACC spends about \$30 million a year altering houses. Such a big spend wouldn't be necessary if a greater percentage of Kiwi homes were built to universal standards,” he says.

At Neil's place, universal standards equate to a kitchen, for example, which he finds usable. The pantry is a size he can wheel into, and he can access the oven, microwave and kitchen sink.

“I can cook and I can do the dishes. I can manage,” says Neil, who has limited movement, and no feeling, in his hands.

There are also multiple accessible entrances to the home.

“I want to get around and out and see where my girls are playing, and I want to greet people at my front door, and see them out. So obviously solely wheelchair access from the garage – which is often the case in homes - is not what you would find in a Cudby-designed home.

Neil's “good enough is not enough” approach is applied to another arm of his business too. He is also a standard bearer, offering a peer review to other designers and builders keen to ensure their homes are of a Cudby-approved mobility standard.



Stew swinging from the rigging

AbilityDis

CatWalk caught up with Stew Sexton recently to find out what it is his company AbilityDis offers.

The answer; a lot: accessibility awareness training, public speaking, peer motivation, practical training sessions, life and job coaching, goal setting, facilitation, New Zealand disability strategy training.

AbilityDis is a accessibility awareness consulting company with a focus on promoting the abilities of disabled people. Born with Spina Bifida, Stew is paralysed from the waist down; and uses a wheelchair for mobility. Stew has over 40 years experience in the field of disability. AbilityDis works with companies, organisations, schools, government and individuals to educate through customised awareness programmes that cover issues facing disabled people and their communities.

Stew has always had a “can do” attitude. This has seen him pursue his love of cooking and qualify as a chef. His love of travel has taken him to various destinations including Nepal where he and his wife Doreen trekked in the Himalayas, rafted Thailand and backpacked through Indonesia before stopping in Malaysia where he worked on a golf resort managing the Sports and Recreation Department. In 2006 Stew fulfilled a childhood dream of travelling to Russia with a group of friends on the Trans Mongolian Railway from China.

More recently Stew has taken up sailing on tail ships with the Jubilee Sailing Trust who are based in the United Kingdom. These ships are fully accessible to people with various accessibility needs.

AbilityDis was born from a need that Stew saw for practical training and advice around ways that companies can be more accessible to the needs of the disabled community. He believes that calling on his years of experience with a disability he can help individuals, companies and organisations to move forward towards making life easier for people with disabilities and their families/whanau.

www.abilitydis.biz





BAIL Bulletin



Kia Ora from the team at BAIL

As 2015 edges ever closer to its conclusion the staff and trustees of the Academy can look back upon a successful year. This year BAIL celebrated our 10 year anniversary, a momentous achievement made possible by a large number of committed and generous people. We are very grateful to our key funders who have generously supported us in our work and anticipate an increased return on their investment in 2016. This is because we have recently added two new and very exciting people to our team. Jo Nunnerley and John Bourke, familiar faces to us, are stepping into the roles of Knowledge Translation Specialist and Lead Researcher.

BAIL turns 10!

In 2015 BAIL celebrated 10 years since its inception. The day itself was celebrated in November by a presentation from BAIL's Chairman, Arron Perriam, and we had a great turnout of consumers, supporters, funders, and clinicians. So many people and funders have been instrumental in the development and support of BAIL that we are hesitant to mention names out of fear of leaving somebody out – a huge thank-you to you all!! BAIL continues to enjoy growing support and over the last decade has facilitated and promoted a great number of diverse research projects and initiatives linked by a firm focus on ensuring research is translated into real-world outcomes that encourages people with impairments to live independent and fulfilling lives. A great many people have ensured that BAIL has continued to prosper, and BAIL has developed strong links to consumer groups, tertiary institutions, and rehabilitation professionals throughout New Zealand, Australia, and abroad. BAIL has maintained a strong culture of learning and research, with many people being involved in various initiatives, including those with lived experience of impairment working on research projects and working towards research qualifications. BAIL looks forward to maintaining this momentum, and as always, keeps the lives of those people with the lived experience of impairment and their families as the key driving force behind our work.

New roles at BAIL

John is leaving his Spinal Network News Editors position to become Lead Researcher at BAIL, replacing Anne Sinnott who left this role some time ago to become BAIL's strategic and research advisor. The role will focus on strengthening the framework in which health consumers and health professionals, tertiary education institutions and industry leaders link to advance the science and practice of rehabilitation and independent living. It will also promote research and learning about rehabilitation and independent living among consumers, health professionals and in the community. John has a strong background in rehabilitation and will bring both, his understanding of rehabilitation principles, the research process and his lived experience of spinal cord injury to this role.

Of the opportunity ahead of him John says "I'm incredibly excited about this role and am looking forward to working with the BAIL team to help promote research that delivers real, practical outcomes to those living with impairments and their families."

Jo Nunnerley is breaking new ground as our Knowledge Translation Specialist. The primary focus of her work will be to identify specific new knowledge to action project opportunities and to implement knowledge translation projects that transform rehabilitation practices and the independent living experience of consumers. Jo is an experienced clinician and clinical researcher and is ideally placed to bridge the knowledge to action gap between research and clinical practice and to take BAIL's knowledge translation objectives and strategy forward. She and John will work together with the BAIL team and the Board of Trustees, to promote BAIL's mission and key objectives.

Jo says "This is a fantastic opportunity for BAIL to facilitate knowledge exchange across Burwood Hospital and translate research findings into practical outcomes which make a difference within the clinical setting".

Kia Kaha, from Debbie, Hans, Anne, Brian, Jo and John.
www.burwood.org.nz

Chairman's Report

FOR THE YEAR 31 MARCH 2015

I am delighted to present the Chairman's report for CatWalk for the year ended 31 March 2015 noting that this year is a landmark year for CatWalk as it is ten years since the Trust was founded.

The year to 31 March 2015 was another exciting year for CatWalk. The Trust generated revenue of \$330,867 and a net profit (before research grants) of \$189,836 as a result of the continued generous contributions and donations from our sponsors and supporters. The Trust continued its strong support of the Spinal Cord Injury Research Facility based at the Centre for Brain Research at the University of Auckland contributing \$39,488 towards the facility's research program. In particular, the funding provided by CatWalk was applied in a range of areas including:

- Further development of damage blocking peptide dosage (moving towards clinical use);
- Gene therapy – introducing protective molecules into the spinal cord to prevent inflammation;
- Immune cell control – to stop damaging immune cells from entering the spinal cord after injury; and
- A summer studentship programme – to provide exposure for medical and research students to SCI research and encourage them to work in this field.

We also continued our support of the Brain Bee Challenge during the year with a \$15,000 sponsorship.

The Trust was involved in a range of fundraising events during the year, which included:

- In November 2014, for the fifth year in a row, a team of nine runners represented CatWalk in the New York City Marathon and raised approximately \$66,000 for SCI research; and
- In February 2015, a team of over 60 CatWalkers competed in the New Plymouth Half Ironman and raised approximately \$50,000 for SCI research. CatWalk Founder, Catriona Williams, competed in the individual category in an attempt to become the first female tetraplegic to complete a half ironman. Unfortunately, Catriona's attempt finished after the swim leg due to abnormally cold water conditions. In typical style, Catriona was soon back at the course supporting the other CatWalk competitors.

Other notable happenings during the year included:

- In April 2014, a further \$20,000 corporate partnership donation was received from long-time supporters, DHL Global Forwarding;
- In December 2014, a \$12,000 grant was received from the Infinity Foundation as a contribution towards wages and salaries;
- We commenced a close partnership with Crowe Horwarth who provide significant support to CatWalk in the form of pro bono accounting services supplied by Belinda Van Den Bos, as well as free office space in Auckland;



Scott Malcolm, Chairman and David Pretorius, Deputy Chairman



Grant Sharman and Zara Phillips

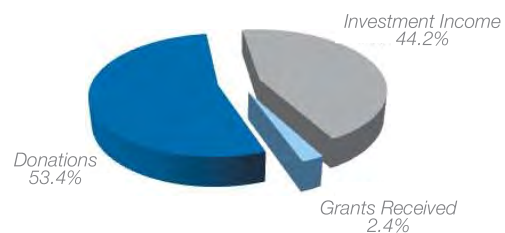
- In January 2015, CatWalk's International Patron, Zara Phillips, visited Brisbane in her capacity as Patron of Magic Millions Racing Women. Zara made time to meet with Catriona and myself to discuss her attendance at CatWalk's June 2015 Ten Year Anniversary celebration event; and,
- Two unexpected donations of \$20,000 were received from long-term CatWalk supporters, Pip McCarroll and Dorothy Cutts.

I would like to thank our Board of Trustees and Founder for their continued support of CatWalk over the year. In particular I would like to thank Stephanie Iremonger and Derek Lindsay, who have both recently decided to retire from the CatWalk Board, for their significant contributions to CatWalk. I would also like to welcome Grant Sharman who recently joined the Board of Trustees. Thank you also to the CatWalk team in Masterton, Meg and Donna, for their continued commitment and hard work over the past year. And finally, I would like to thank our Patrons and Ambassadors for their continued strong support for, and dedication to CatWalk. Thank you.

Scott Malcolm – Chairman, CatWalk Board of Trustees

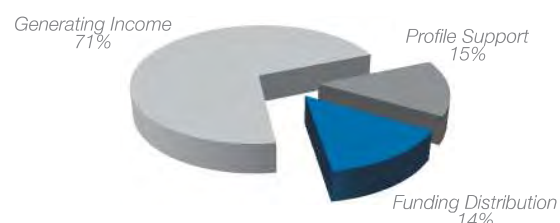
Income Sources

Year End 31 March 2015



Where Your Money Goes

Year End 31 March 2015



Thank You

(exclamation)

a polite expression used when acknowledging a gift, service, or compliment, or accepting an offer.

(noun)

an instance or means of expressing thanks.

Synonyms:

thank you • many thanks • thanks very much • thanks a lot •

Mangan Graphics

Just across the road from CatWalk HQ are Mangan Graphics. Sometimes old friends just make life so easy. When we had an urgent job needing attention prior to June's Need for Speed, Mangan Graphics to the rescue! The team at Mangan donated screen-printing for our crucial and stylish pit crew gear. Thank you very much for your kind donation.

Team Antarctica – March 2016



Black Breakfast guests

Team Antarctica, which includes Johnny Griffith, Paula, Tundy, Lucy, Abi and Angie Petrie, took the bull by the horns when a mad keen Rugby/CatWalk supporter suggested a simple gathering for the quarter finals could be a fun fundraiser...all to support our Men in Black of course! "The Black Breakfast" was the theme chosen by Team Antarctica, and they were delighted that the early kick off time for the Quarter

Final match did not deter a keen crowd from gathering for this rugby world cup fundraiser. Supported by friends from near and far (thanks Moya McTamney and John and Cush Calder for travelling the greatest distance!), all shared in the excitement of what was undoubtedly a Rugby World Cup none of us will ever forget.

A special thank you to three Wairarapa businesses - Two Short Whites for a scrumptious breakfast, Steve Pilbrow for the use The Hub Venue in Greytown, and to Mike Lovell and his company Streamliner, for organising the most amazing audio visual experience thus ensuring the guests were the ones who had the better viewing experience than the boys on the bench in Cardiff! The Moa Brewing Company generously supplied a fantastic range of their award winning craft beers and Palliser Estate added to the celebration with their Methode Traditionnelle.

There were a number of fabulous prizes that were keenly sought after and we'd like to acknowledge Tora Tora Mountain Bike Park, Pinebank Angus, The White Swan, Ata Rangi, The Johnny Griffith Family, The Petrie Brothers, The Lord & Lady Wardington Trust and Richie McCaw for these. A huge thanks to all the bidders for supporting these marvellous auction gifts. Thanks to you all, and to Richie and the boys for providing the entertainment, over \$12,000 was raised for CatWalk. Now it's

up to Team Antarctica to run 42km in the ice and snow -- the easy part!

MitaVite NZ

Mitavite donates \$1.00 to CatWalk for every 20kg bag of MUNGA horse feed sold. In the first four months of partnership, CatWalk has received over \$2,400 from MitaVite.

"For us, CatWalk is a perfect partner. We're looking forward to working with CatWalk in the future to make a difference," say Mitavite National Sales and Marketing Manager, Colin Price. Thank you MitaVite, we hope New Zealand's horses are hungry.

Computer Partners

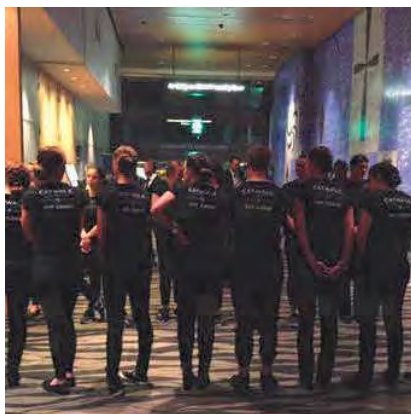
Donated servicing for all our IT needs since day one! Sometimes Ctrl, Alt, Dlt just doesn't cut it!

Michael Bell

Our favourite visitor to CatWalk HQ, Michael visits with a chatty smile and seasonal feijoas. He also brings cheques from friends who have paid him for his exceptional welding skills. Michael creates fabulous pieces of art using scrap metal, often donating the proceeds to CatWalk. Together, Michael and Catriona produced the one-of-a-kind CatWalk Cooker, sold at Need For Speed.

Mirage Visual

Continued sponsored rates for the design of this Magazine as well as other ongoing design requirements. Thanks especially to Nadia for her patience and speediness!



Our Stylish Pit Crew Gear



Thanks MitaVite!



Michael Bell and Catriona with the CatWalk Cooker



CATWALK

NEVER SAY NEVER

OUR TEN YEAR



ANNIVERSARY

The only current cure for SCI is prevention

Our vision is a world where spinal cord injury does not mean a lifetime of paralysis

Do we have your full & correct details?

First Name: Last Name:

Organisation:

Postal Address: Postcode:

Phone number:

Email Address:

Regular Giving

A regular gift (from as little as \$10 a month) can help to provide us with the kind of steady income we need in order to plan ahead and make sure our vital research doesn't stop. If you would like to set up a regular gift please contact the office on **06 377 5430** or **info@catwalk.org.nz**

Would you prefer to receive this magazine by email?

If so please email us at info@catwalk.org.nz

Donation Form – Donation Amount (circle)

\$20 \$50 \$100 or \$

Cheque

Credit card

(MasterCard & Visa)

Name on Credit Card:

Credit Card Number:

Expiry Date: Card Security Code

Signature:

Please return this completed form along with any donations to: The CatWalk Trust 409 Queen Street,
PO Box 555, Masterton 5840, New Zealand



catwalk.org.nz

*Thank you for supporting us to get people out
of wheelchairs and back on their feet!*