

PBF NEWS

Paraplegic Benefit Fund - Founded by Sir George Bedbrook 1984



Summer 2011

PBF returns every donation dollar to the community.



Tony South (left) donating computer equipment

Sadly, governments do not fund all needs for people with quadriplegia or paraplegia.

PBF has contributed approximately \$1.5million to funding programs helping people with spinal injury when no other help is available, to meet a wide range of personal needs.

- Jason had a diving accident in 1990 which left him a quadriplegic. We helped fund a new light weight wheelchair. Jason said:
"WOW I can't believe that you have responded so quickly and that you will fund the whole amount. I am so overwhelmed and happy. From the bottom of my heart I want to thank you Tony and PBF for your wonderful help".
- A fall over 20 years ago broke Bill's neck and he has been confined to hospital ever since. Through the help of The Investors Club (TIC), PBF bought him a power wheelchair at a cost of over \$22,000 and purchased new batteries. Bill said"
"For the first time since my accident, because of my new chair, I am able to leave the hospital on my own and go down town to the pub to have a beer with my mates."
- David, a paraplegic due to a fall, also incurred head injuries that affected his sight and limited his ability to read. When supplied with an electronic magnifier David reported:
"I can now read the newspaper and books -things most people take for granted. Thank you PBF."

PBF's overheads are funded through its membership revenue so every dollar donated to PBF is 100% returned to the community to help people with spinal cord injury. Every donated dollar over \$2 is tax deductible! Our Gifting Fund is currently very low so if you can help please access our website www.pbf.asn.au and hit the "Donate Now!" button. Any help is greatly appreciated.

Welcome to PBF's New Corporate Members

Westpork Pty Ltd; WA Fire & Rescue Service Rugby Union Football Club Inc.; Jansen Nursing Fund; RAC Brand and Membership Team; National Mine Maintenance Service; Mental Health Association, Queensland and the Hobart City Council all recently joined their staff members to the Paraplegic Benefit Fund. As Corporate Members, staff are eligible to claim \$100,000 from PBF immediately following a spinal cord injury.

Merry Christmas to all our members, and thank you for your support in 2011!



Our team has had a busy year delivering more road safety presentations to Year 10, 11 and 12s in our schools, than ever before.

Our workplace safety presenters have also had a busy year, presenting not just across Australia but internationally with Symon

Still and Peter Allen presenting their special story to BHP executives in Singapore. In the last 12 months PBF has presented to over 31,000 Australians, and hopefully as a result we will reduce the number of accidents in your community and the workplace. Since Sir George Bedbrook started PBF in 1984, we have given over \$3.1M to people who have suffered spinal cord injuries, but we still have much to do. A spinal cord injury happens every day of the year and we must all do more to prevent accidents from happening.

Thank you to our hard working injury prevention team members who educate others about risk and safety and who support those who are in wheelchairs as a result of an accident.

From all of us at PBF we wish you and your family the safest and happiest of times over Christmas and we look forward to your continued support in 2012.

Simon Bedbrook
Director

**PBF Membership
Prices**

Single \$41 Double \$55
Family \$72

Christmas gift certificates

Send a loved one a PBF Membership as a Gift this Christmas. Contact PBF on 1800 809 780 to order your Gift Certificates now.



Thank you for your loyalty in tough times

It has been a very challenging year for many of our corporate partners and private members with the droughts, floods, and the global financial crisis. Our thoughts and well wishes are with you as we work our way through all the unexpected challenges imposed upon us.

PBF is very dependent on membership revenue to fund our mission to reduce the human and financial impact of spinal injury across Australia. We have been encouraged by the continued loyalty and support from all of our members despite the adverse circumstances. Most have seen the value of our mission and benefit and have renewed their partnership and membership, with many new members joining. We appreciate your loyalty and support.

We wish you a very restful, safe and joyous Christmas and New Year.

Grant White

Director

Eastern States

PBF Australia and RAC WA working together to keep young drivers safe

More than 284 PBF Road presentations were delivered over the last 12 months, to schools in WA, supported by RAC WA's Community Education team. The powerful road safety program encourages novice drivers to make safer choices about road use, and is delivered by PBF ambassadors who have sustained spinal cord injuries. The award winning program delivers first-hand accounts of the life-changing impacts of serious road crashes, and is expanding to 9 regional areas of WA.

Every school in WA that books one of RAC's community education presentations receives a FREE PBF Prevention presentation.



Keith Conder from PBF in Narembeen

Did you know?

There is no cure for paraplegia and quadriplegia? Spinal cord injury imposes 6 – 18 months of hospitalization, years out of the workforce, and fewer than 30% have compensation plans in place.

Introducing GEOFF (Spider) HART

"It took me 21yrs to get my life to where it was, it only took one moment to lose it all"



Geoff (Spider) Hart

The Western Australian bush landscape, sunsets over the beaches, together with a love for life, football and flying, motivated Geoff (Spider) to move to Western Australia from Victoria in 1981 as a 25 year old.

A qualified commercial pilot ambitious to log flying hours, Spider took a job mustering cattle in the Pilbara. He would fly the Cessna at 500 ft to direct the cattle to the yards. Keen to get helicopter flying experience too, Spider co-piloted some of the excursions. A serious technical fault and questionable maintenance procedures caused the helicopter to fall from the sky, causing both pilot and Spider, who was the co-pilot, to suffer severe and permanent spinal cord injuries.

Now a regular to the IFAP industry safety reps courses in Perth, Spider tells his story to men and women who can learn the lessons of his accident and put stronger safety procedures in place at their own workplaces, and promote a definite safety culture.

Brisbane Broncos cares for our Youth

The NRMA Insurance Brisbane Broncos National Rugby League team has an ongoing commitment to assisting the Queensland community. Through their comprehensive Charity Partner Program, the Broncos are proud to support PBF's injury prevention programs.

The Brisbane Broncos Charities Fund recently presented PBF with a cheque for \$15,000 to fund the PBF Youth Safety and Wellbeing Program taken to grade 11 and 12 Queensland students.

"It is so important that we protect our youth from preventable injuries. By interacting with presenters such as Tegan and Dennis, who have experienced traumatic injury, students become more aware and sensitive to the potential for serious injury impacting their future." says Jessica West, Brisbane Broncos Community Services Executive.



Photo L-R Darron Shields- PBF Safety Manager, Dennis Greensill - Youth Presenter, Jessica West-Brisbane Broncos Community Service Executive, Tegan Crick-Youth Presenter, Tony South-PBF Community Partnerships Manager.

Have your details changed?

Have you moved?
Has your mobile number changed?
Have your credit card details changed?
Have you had another child?
Then call 1800 809 780 to make sure that we know!

PBF Ambassadors win SAFETY awards

Congratulations to two of PBF's injury prevention ambassadors, Mark Powdrill and Keith Conder, who were presented with Safety Champions Awards by the Injury Control Council of WA (ICCWA) last month, in recognition of their work to reduce injuries in WA communities.



Mark Powdrill



Keith Conder receiving his award from Deb Costello, ICCWA CEO

Did you know?

Spinal cord injury is adding \$2billion each year to our Health and Social Security budgets yet most people see accidents as a fact of life. Accidents can be prevented with awareness.

Abilympics 2011

Richard Higgins recently represented Australia at the Abilympics held in Seoul, South Korea. The Abilympics is for people with disabilities from around the world who compete every 4 years in areas of vocational skills. Being a competent self taught wood carver and member of the WA Guild of Wood Carvers, Richard competed against 14 other people predominantly from Asian countries in the wood carving competition. Unfortunately he did not bring home a medal. The next Abilympics will be held in Finland in 2015.



Richard Higgins (centre) and Australian Abilympics team

Corporate Partners

Local Government Association of Queensland, an exceptional organisation.

On 28th November 1997, Greg Hallam, CEO, joined LGAQ employees and family members to PBF, all whom are now eligible to claim PBF's \$100,000 member benefit, should it be needed.

LGAQ is PBF's longest serving corporate partner in Australia. Greg has promoted PBF at local government association conferences across Queensland resulting in over 20 Queensland Councils joining PBF. LGAQ joins 33 other corporate partners who have been PBF members for over 10 years.



Tony Goode, LGAQ Workforce Strategy Executive and Tony South, PBF Community Partnerships Manager

"In our opinion, the St Marys Rugby League Club (NSW) has to be the best and most caring community club in the world".



Both Father and son are covered by PBF membership

Having joined PBF in March, 1999, St Mary's Rugby League Club NSW, is another one of PBF's longest serving corporate partners in Australia and has cared for the financial safety and wellbeing of every person associated with the club through providing the PBF corporate membership.

The club's membership covers 142 staff and directors; 33 junior rugby league players; 700 rugby league players U6 to A-Grade; 55 masters players and officials and 192 volunteers. PBF acknowledges the club as an outstandingly good corporate and community citizen and a role model to all community clubs.

Already a Corporate Member?

Why not upgrade your membership to include your family?

Partner \$20 / Family \$30 per year. Call 1800 809 780 or Visit www.pbf.asn.au

The real cost of spinal cord injury

Home Modifications

Symon Still



A modified bathroom

Life is suddenly full of many challenges when you are told by a doctor that you will never walk again. It's hard to take in and there are so many questions. What to do about relationships, working, health and of course, finances. Apart from paying the bills, there are also the huge initial costs of wheelchairs, care, vehicle changes and home modifications.

There's no way around it, the costs are substantial and home modifications need to be done quickly so passage home from hospital is possible. The extent to which a home can be modified depends really on two factors. Firstly the extent of the person's spinal cord damage (paraplegic or quadriplegia) and the size of the budget you're working with.

Fox Building Services, a Perth based renovator, deals with modifying homes for people with spinal cord injuries. Bruce Fox, the proprietor, says most clients just get the bare essential changes at first.

"In my experience initial modifications include lifting of paving, changes to external doors, widening a couple of doorways and bathroom modifications." Bruce said.

It's difficult to put an exact dollar amount on what it would cost without knowing the extent of what modifications need to be made. Bruce says: "Given the house is flat and has an open layout we can do the basic modifications in most homes for about \$15,000. However, if more extensive bathroom and kitchen modifications or if renovation is needed, then this could blow out to \$60,000".

"If more extensive bathroom and kitchen modifications or if renovation is needed, then this could blow out to \$60,000".

Of course no-one thinks this devastating injury will happen to them or they will have to worry about these costs. However, as members of the Paraplegic Benefit Fund you can rest easy knowing that the quick availability of the \$100,000 member benefit payment will go a long way in minimising the initial financial burden. In the next newsletter edition I will research and explain caring and the costs involved.



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The PBF safety message goes International

Symon Still and Peter Allen took the injury prevention message to Singapore in July. BHP Billiton wanted to engage Exploration Management in safety before launching into their next international exploration project.

The head of OSH in South America (Peter Plavina, who had seen Peter and Symon perform in Perth in January 2010) arranged for them to fly to Singapore and asked them to deliver the message to the top line managers of BHP's international exploration group.

The following day Symon and Peter gave another safety session to Singapore BHP Billiton staff.

This gathering was on the 60th floor in the CBD! A spectacular view while presenting.

Feedback from both sessions was very positive. The organiser suggested that Peter and Symon brace themselves for longer flights in the future!



Peter Allen and Symon Still (front) with BHP Executives.

PBF in Regional Western Australia

Keith Conder

Regional WA is a truly remarkable place. The sheer scale of operations, mining in the north and agriculture in the wheatbelt, combined with the vast distance between towns, provides us with some interesting challenges in taking our injury prevention message into this area. Simply finding suitable wheelchair accessible accommodation in smaller regional towns can sometimes be difficult.

Our work in the regions is paramount as the number of road crashes per head of population is disproportionately higher in regional WA. Casual attitudes toward road safety basics such as wearing seatbelts, alcohol, speed and fatigue all contribute to this. PBF in conjunction with RAC have been working on a plan to significantly increase our activity outside Perth and 2012 will see PBF roll out a program of presentations in regional schools and communities designed to lift our profile and make a significant contribution to road safety in WA.