



Annual Report
2018 – 2019

ms.

Multiple Sclerosis
New Zealand

MSNZ Strategic Plan 2017 – 2020

Aims & Objectives

1) Advocacy

- » Effective Advocacy on behalf of:
 - Systemic: National advocacy to improve the lives of people with Multiple Sclerosis in New Zealand.
 - Collaborative: Working with other organisations and health professionals on common issues.
- » Raise awareness nationally for MS as a chronic condition affecting New Zealanders and highlighting the needs of those living with the condition.

2) Work collaboratively with Regional Societies to help people with MS to self-manage their lives

- » Work collaboratively with Regional Societies to gain a clear understanding of the diverse needs of people with MS.
- » Work collaboratively with Regional Societies to determine the scope of evidence based service responses that support people with MS to improve their well-being and self-manage their quality of life.
- » Manage a workforce development programme that is progressive and supports people with MS to self-manage their lives.
- » Provide relevant, evidence based, up-to-date information on MS.

3) Consistent and equitable level of care and services wherever you are across the country

- » Support Regional Societies with nationally consistent, relevant and evidence-based resources.
- » Provide (on request) examples of exemplary policies and procedures to support Regional Societies to develop their own Quality manuals
- » Inform Regional Societies of any legislative changes that may have an impact on their business and service delivery.
- » Work with Regional Societies to design and implement a service delivery model that is focused on outcomes for individual people with MS.

4) Agreed National Data Set

- » Report nationally consistent data that is relevant; informative and supports effective future planning for people with MS in New Zealand and meets contractual requirements.

5) Research

- » Support the work of the New Zealand Multiple Sclerosis Research Trust, including its fundraising efforts.

6) Recognised national voice of Multiple Sclerosis in New Zealand

- » Provide advice and input into all national issues related to MS.

7) Viable and successful organisation

- » Ensure MSNZ has future viability and delivers on its Strategic and annual Business Plans.



ms.

Multiple Sclerosis
New Zealand

Our vision: **a world without MS**

Our mission:

- » To advocate for people with MS in New Zealand to have access to first world treatment, resources and services to improve their well-being and quality of life
- » To reduce the burden of MS on those diagnosed, their carers and families

President's Report

2019 AGM



The 2018–2019 financial year has ended with a surplus. For the National Office, the surplus allows more significant investment into advocacy programmes with outcomes that will benefit people with MS (PwMS) nationwide. MSNZ can now invest into additional staff, to tackle our increasing workload.

National Office

We welcomed Amanda Rose, MSNZ's National Manager, back from maternity leave in February when Acting National Manager, Rachel Harris left to take up a new position. Regan De Burgh, our Project Coordinator for fundraising and campaigns, left the organisation in March. Unfortunately, the organisation was without a fundraiser for the remainder of the financial year.

The National Office will see exciting changes during the 2019–2020 financial year. We are resourcing the Office with extra staff, and this will require us to move to a new location. We thank the New Zealand Brain Research Institute for hosting us for the last three years.

Advocacy

We have centred the focus of our advocacy work on the way Pharmac manages the supply of Disease-Modifying Treatments (DMTs). Advocating for changes in Pharmac's entry and exit criteria of DMTs has been a long and challenging process. MSNZ stepped up its efforts in calling on Pharmac to fund Ocrelizumab for Relapsing Remitting MS (RRMS). This important DMT will become available in December 2019. We continue to push to broaden access, including for people with Primary Progressive MS.

Regional Support

The Rotary Club of Half Moon Bay's event, 'Bangers to Bluff' was once again a great fundraiser for MSNZ and some of the Regions along the way. We thank the Club for their continued support of MS, and I enjoyed meeting them all at various points on the way. MSNZ has entered a car into the April 2020 event which will go down the west coast of the country.

Finance

A generous bequest from the Estates of Ronald and Dawn Sare has given us a surplus for the year. As a result, the Committee decided to waive membership fees for the coming year, so that Regions could invest those funds into the local services they provide.

However, our expenses have also increased. This is due both to investment into more staff, and our drive to advocate for change in the lives of PwMS. Our goal this year is to have a small surplus.

Ministry of Health Funding

Our contract with the Ministry of Health currently ends on the 30th of June 2020. The National Office will be working with the Ministry to extend the contract.

Research

The National Office is also working in conjunction with New Zealand Multiple Sclerosis Research Trust (NZMSRT) to lift the profile of MS research in NZ. Our goal is to keep the MS community up to date with the latest developments in global research.

Over the last year, the National Office provided administration and fundraising support. The Trust has assisted the Waikato and Canterbury DHBs, to bring them onto MS Base, an international database. It is also working with several other DHBs, who have expressed an interest in joining in 2020.

As research has long term benefits for both PwMS and the Regional Societies that support them, I hope the Trust can work more closely with the Regions to raise vital funds. The Trust will use this money to invest in research projects that will help New Zealanders.

National Management Committee

To Neil Woodhams, Mark Etheridge, Jeff Silvester, Graham Walker, Melanie Stanton, Lyn Lindsay and Dr Caroline Allbon (co-opted member): I thank you for your contribution this year. Together, we have improved MS awareness and the delivery of information across NZ.

Malcolm Rickerby
President

National Manager's Report

2019 AGM



This year has been exciting. As an organisation, we've made meaningful progress in our advocacy efforts. We have rethought the way we communicate and fundraise, and this fresh approach has been well-received, translating into increased community engagement. However, our sector has faced some challenges. Working together, these present us a unique opportunity to look at how we can work more collaboratively and innovatively. As always, thanks go to all who make the running of MSNZ possible.

Advocacy

Advocacy continues to be a core focus for MSNZ, and we not only continue our efforts but have also increased them.

Each year, our small team considers our annual priorities and decides which will have the most significant impact on people's lives. MSNZ is clear that our advocacy must be evidence-based. We welcome Graham Walker to the Advocacy Subcommittee. He brings the lived experience of MS and the inequitable disparity in service received by people outside the main centres.

You can read more about the core focus of our advocacy programme on page 9.

We are grateful for everyone involved in our advocacy work over this last year. It is heartening to see more people willing to share their stories about MS publically. Going forward, we hope to continue making MS a more visible, talked about and accepted condition.



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Communications

During the last year, communications through our website and social media stepped up dramatically. These widely-accessible resources are a quick and effective way to share information with our community. In the next year, we will be looking more into how we can best tell our own story. As a sector, we tend to focus on communicating the stories of the people that we support. However, this means that we sometimes fail to explain what we do and how we achieve our outcomes and impact we made.

Fundraising and Campaigns

In the last few years, MSNZ has made a significant effort to change the way we talk about MS. Our aim to inspire people while also acknowledging the difficulties and hurdles presented by MS. People with MS (PwMS) are living longer and better lives, and our messages should reflect this.

We had a dedicated fundraiser on board for Awareness Week 2018. The campaign, "My Story: My Strength: My MS", saw this change in the messaging that we were trying to put forward. The campaign shared the stories of exceptional people within the MS community to change the perceptions of the condition. This approach was well-received.

World MS Day (30th May 2019) saw a considerable increase in the amount of promotion we made through social media. This investment translated into an upturn in the volume of engagements we have since received.

Challenges

Small not for profits, including MSNZ and our membership, are facing growing problems. Despite the increasing numbers of people being diagnosed with MS, organisations are reporting a continued downturn in membership payments and the number of people signing up to be Committee Members and volunteers.

These challenges present opportunities to look at our services: what we provide, how we provide them, and where they fit into the landscape of the Disability Transformation and Enabling Good Lives programmes the government is rolling out.

Supporting the newly diagnosed and younger PwMS is of particular interest. The challenges faced today by these people are different from those who have managed their condition for much longer. Advancements in treatments mean that PwMS are living longer and better. We need to look at how services match these changes, whilst also ensuring that those with higher needs continue to receive the support they require.

The downturn in funding received by many organisations from trusts and grants is a continued and growing concern. To be sustainable long-term, we need to look at ways to provide our services more innovatively and cost-effectively and to identify opportunities for collaboration. Because our Ministry of Health contract expires in June 2020, we will be working hard to secure this for at least an additional three years.

Changes within the broader landscape require a fresh approach. The dissolution of the use of cheques, discussions around banning online lotteries and a government focus on reducing gambling will certainly have an impact on our funding. Going forward, we need to be more creative about how we appeal to donors and sponsors.

I believe that together, we can overcome these challenges and should view them as positive opportunities, rather than as a negative.



Upcoming Projects

I am excited about the direction that MSNZ is taking in the next financial year. Much of the planning has already taken place. The Good Service Project and the Cost of MS Project will be up-and-running, providing us with valuable tools for our advocacy work. From these projects, we will have the evidence base needed to show how the inequity of service and unrealised cost of the condition impact people with MS nationwide. The data will present a compelling story.

Thanks

I want to thank Rachel Harris for taking on the role of Acting National Manager during my five-month maternity leave. In March, we also said goodbye to Regan De Burgh, our Project Coordinator for Fundraising. Since her departure, MSNZ has been without a dedicated fundraiser.

Thank you to Emily Smith for her dedicated service and passion for the work and organisation. Emily, who was involved with many of the projects and fundraising streams over the last three years, will be moving into the fundraising role later in 2019. We also will be welcoming two new part-time members to the team. They will take administration and communications roles. Together, we look forward to further achieving our strategic plan and delivering valuable and quality services to PwMS and our membership.

Thank you also to the National Executive Committee for their positive guidance and advice. At the 2018 AGM, we welcomed two new representatives to the Committee: Lyn Lindsay from MS Southland and Melanie Stanton from MS Nelson. Mark, Jeff, Graham and Caroline, thank you all for your continued support and encouragement.

A special thank you to Malcolm and Neil. Year after year, I am grateful and astounded by your persistent passion and commitment to MSNZ and the goals we are trying to achieve. Your drive to achieve better outcomes for PwMS through improved access to treatments, services and research is commendable and does not go unnoticed.

Amanda Rose
National Manager

Field Worker Representative Report 2019 AGM



This report is a compilation of the information I have received from Field Workers in eleven regions. In it, I summarise the services provided and impact those services have had on our clients this last year.

Workload

The workload across the Regional Societies is variable. Wellington and Rotorua report a high demand for their services, requiring them to use a system to prioritise their workload. Other Regions manage their workload easily. Additionally, the South Island regions, Wellington and Rotorua reported a sharp increase in the number of newly diagnosed people with MS.

Support Groups

All Regional Societies facilitate regular monthly support groups. These meetings play an essential part in the life of the national MS community. Support groups enable clients/whanau to network with others and share information and ideas. This interaction can provide excellent social support and enjoyment. Under the guidance of Field Workers, support groups also offer a platform for the delivery of accurate information (on topics like MS treatments), and relevant advice (covering ideas like how to manage MS symptoms). Regular support groups also enable better connections beyond the MS community. As a result of meeting with others, many people get information about supports available to them through WINZ, community food parcels, and Lotteries grants.

Monthly support groups take all forms: West Coast, Taranaki and Rotorua report Support Groups specifically for younger people with MS, while others arrange regular outings, ten-pin bowling, and end-of-year lunches. Regular Pilates and exercises classes are also popular.

Regional Societies report running a variety of informative events. Amongst these events were Information Roadshows, as well as Newly Diagnosed Wellness and Carers Workshops. This year, MS West Coast and Central Districts ran the *Minimise Fatigue*, *Maximise Life* course, Central Districts ran a *Managing Brain Fog* course and MS Canterbury ran two of their *Living Well with MS* courses.

Working One-on-One

Our Field Workers also work individually with clients, offering home visits, as well as text, phone and e-mail support. When needed, they also support the whanau of people with MS. Field Workers from Gisborne, Wellington and Rotorua accompany clients to medical and other appointments.

Working individually with a client provides an opportunity to identify the needs and wishes of the client and then to map out a plan that meets those needs. This process is respectful, non-judgemental, confidential and at the client's pace. When equipped with a plan, people with MS are empowered to be as well as possible.

Education is an integral part of the Field Worker's role. Many Field Workers report facilitating MS training in residential, employment and educational settings, as well as at expos and fundraising events. Education benefits people with MS and the broader community because it improves people's understanding of MS and how the condition affects people differently. As a result, people can recognise symptoms more quickly, allowing for better treatment.

Field Workers meet with all District Health Board and Ministry of Health's requirements for working one-on-one with clients.

Other Reports

The West Coast reported a strong uptake on their Alinker Bike as a tool for enabling people to become more active. Rotating the bike around clients has proved successful, and people find the bike to be an amazing piece of equipment. In Rotorua, I do not see much interest in our Alinker, despite a regular full-page article in our newsletter.

MS West Coast organised their annual Craft Fair, their biggest fundraiser of the year, run in conjunction with MS Awareness week. It's great to see the Society's involvement with the broader community. The craft fair is a significant event on the Coast and attended by over 2,000 people.

Diana Hay, Field Worker Representative, Field Worker for MS Rotorua and Districts

Membership Impact

Facts and Figures



18 Regional Societies
3,971 members and clients

24 Field Workers

22 administrative staff

1,000+ volunteers dedicated over **11,821** hours of time

152 volunteer Committee Members

180 fundraising, awareness or social events



Requests for Information



9,425 phone calls



19,558 emails



273 faxes



4,728 client meetings



469 seminars & groups

Services provided by independent MS Regional Societies across the country:

Support	One-on-one support identifying client needs and individualised management strategies.
Education	Courses for newly diagnosed, living well with MS, fatigue and other symptom management, residential care training, specialist and allied health professional education.
Information	Printed publications, websites, social media.
Advocacy	Supporting clients with workplace issues, attending medical appointments, WINZ, power of attorney etc.
Service Co-ordination	Referrals to allied health and other disability support services.
Support Groups	Co-ordination and facilitation of support groups, including peer support, newly diagnosed, younger persons, men's and working people's groups.
Exercise	Co-ordination of exercise opportunities, including walking groups, swimming classes, fitness classes, gyms, and loaning of Alinker walking bikes.
Awareness and fundraising	Increasing MS awareness in the community and generating vital funds for service provision.
Carer Support	Support groups, information and service co-ordination.
Library	Informative resources on relevant topics.
Newsletters	Regional newsletters providing relevant information about living with MS.
Social Events	Organising social networking opportunities for members.
Transport	Some Regions provide transport to key appointments and Total Mobility assessments.

Note: Not all services are available nationwide. The information above is based on details provided by member societies.

Actively Advocating

Increasing Access to MS Treatments



Advocacy Priorities for 2018 – 2019:

1. Funding of Ocrelizumab for RRMS and PPMS
2. Widening the access criteria for all DMTs
3. Access to Autologous Haema-topoietic Stem Cell Transplant (AHSCT) in New Zealand
4. Funding of Medicinal Cannabis/Sativex
5. Immigration issues for people with MS denied access or residency due to their diagnosis
6. The critical shortage of neurologists and neurology nurses in New Zealand
7. Lack of prompt access to critical diagnostic services such as MRIs
8. The urgent need to place more value and importance on allied health services for managing chronic conditions
9. The underfunding of community health services such as MS organisations
10. Payments for relief care

How We Have Actioned These Priorities:



Submissions
Letters
Campaigns



Meetings with MPs
Meetings with Ministry of Health
Meetings with Pharmac



Official Information Act requests



Engaging the support and advice of national and international experts



Funding independent research reviews

Our advocacy over the last year has continued its focus on 10 key areas impacting the delivery of service by our membership, and access to timely and equitable services and treatments by people with MS (PwMS).

MSNZ has continued to use the principles of *MS Brain Health* to provide direction for our advocacy programme. *Brain health: time matters in MS* presents consensus recommendations on diagnosis, therapeutic strategies and improving access to treatments in MS. Its core recommendation is that the goal of treating MS should be to preserve tissue in the central nervous system and maximize lifelong brain health by reducing disease activity. The report calls for major policy changes aimed at achieving the best possible outcomes for PwMS and those who care for them.

This year we contracted the services of Lorelei Mason, of Lorelei Mason Health Communications, to provide strategic media advice for our advocacy media campaigns. Her knowledge of the media and sector has been a valuable resource in maximising our media coverage and impact.



The *Brain Health* report calls for major policy changes aimed at achieving the best possible outcomes for people with MS and those who care for them.

Increasing access to MS Treatments

MSNZ has been advocating to Pharmac since 2014 for the expansion of the entry and exit criteria for MS treatments where evidence suggests benefit to patients. We have continued to meet with and make submissions involving international and domestic experts to best put forward our case.

In June 2018, with the assistance of Professor Helmut Butzkueven, of Monash University in Melbourne, we presented to Pharmac, followed by a comprehensive submission, relevant and up to date research to counter the existing access criteria and suggested evidence-based changes. This submission was reviewed by MSTAC (MS Treatment Assessment Committee) and the Neurological Subcommittee who were largely supportive of our recommendations.

However, PTAC in November 2018, declined our recommendations, disagreeing with their clinical experts. From further correspondence we found our submission and supporting evidence was never presented to PTAC (Pharmacology and Therapeutics Advisory Committee).

MSNZ's recommendations for changes concentrate on the two areas that our advisors and current research shows will have the most impact and benefit for PwMS:

Stopping Criteria

1. Expanding the stopping criteria to EDSS 6.0 or 6.5 irrespective of starting points
2. Removing the gradient scale

Starting Criteria

1. Removing the starting criteria of EDSS 0–4
2. Bringing the starting criteria in line with the 2017 McDonald Criteria by amending them to include the acceptance of relapse activity demonstrated by clinically confirmed relapse OR new MRI activity in line with modern definition of RRMS instead of the current requirement for both.

MSNZ launched a media campaign in August 2018 using the testimonies of people impacted by the restrictive criteria. This resulted in uptake by most major media outlets of the issue and we were able to convey our message to politicians and the wider public.

In 2019 we were advised, following several letters to PHARMAC that despite acknowledging the positive recommendations of their expert advisors, they declined MSNZs application without seeing the official request or supporting evidence. MSNZ has since written to Pharmac's CEO expressing our dissatisfaction and requested that our submission be presented to PTAC at their next meeting in November 2019.

During the year MSNZ has made efforts to grow our relationships and communications with neurologists across the country to ensure that the changes we are looking to make are supported. As the national body advocating for people with MS, we aim to advocate for changes to improve the lives of people living with MS and increase the impact that doctors and nurses can have on their patients' lives, many of who have told us they currently feel restricted by the current access criteria.

This year we are continuing this advocacy, increasing our efforts and our commitment to ensuring that New Zealanders can access the best available treatments to improve long term outcomes for PwMS.

Improved access to MS Services

In July 2018 MSNZ issued three Official Information Act requests (OIAs) to each of the twenty DHBs nationwide, seeking information to further understand how specialist neurology clinical staffing numbers, appointment numbers and wait times impact access to services for PwMS.

The results showed that the NZ health system continues to be seriously short of neurologists and MS Nurses, a position which is at risk of worsening if there isn't further investment or attractive opportunities available. We are also finding that the numbers of neurologists seeing MS patients is also declining, with the growing complexities of treatments many are referring on their patients to those with a special interest. In rural areas, concerns are continuing to mount as many are left without neurologist access or impacted by infrequent and rotating access, which limits consistency and continuity of care.

Based on international standards, New Zealand should have 74 FTE neurologists for our population size. However, there are currently only 50% of this recommended number in the public health system, negatively impacting access to services.

In March members of MSNZ met with the Minister of Health, Hon Dr David Clark accompanied by representatives from the Ministry of Health. We followed this with a meeting with Barbra Kuriger and Tim Macindoe from the National Party.

For over two years MSNZ has been advocating to Ministers of Health and MPs for increased funding for DHBs to specifically address the critical staffing deficits in neurology services for specialist neurologists and nurses. Appropriate staffing will help alleviate increasing pressure on the system and ensure timely and equitable access to diagnosis and treatment.

MSNZ took the opportunity to present the following issues impacting New Zealanders with MS:

- The critical shortage of neurologists and neurology nurses in New Zealand.
- Lack of prompt access to critical diagnostic services such as MRIs.
- The urgent need to place more value and importance on allied health services for managing chronic conditions.
- Access to Autologous Haematopoietic Stem Cell Transplant (AHSCT) in New Zealand.
- Pharmac's opaque and frustrating processes.

Based on international standards, New Zealand should have 74 FTE neurologists for our population size. However, there are currently only 50% of this recommended number in the public health system, negatively impacting access to services.

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Other topics which there was not time to discussed but were presented in meeting notes were:

- The underfunding of community health services such as MS organisations.
- Payments for relief care.

We were pleased with the response we received with an invitation to keep the Minister of Health updated with our ongoing issues with Pharmac's processes and suggestions to improve these. He also expressed that he was happy to meet with us again. We were pleased with the supportive engagement we received from the Minister of Health and his team and will be taking him up on his offer to further engage.

Ocrelizumab for RRMS

Currently the only treatments funded in New Zealand are for those with Relapsing Remitting MS (RRMS). However, there is a high unmet need for those with more progressive forms of the condition. Ocrelizumab (Ocrevus®) is a treatment shown in clinical trials to provide benefits to both those with RRMS and Primary Progressive MS (PPMS). It is the first FDA approved treatment for PPMS and is the only approved disease modifying treatment (DMT) to slow the progression of the condition in clinical trials. Currently Ocrelizumab is providing benefit to over 40,000 people worldwide.

In November 2018 PTAC provided a positive recommendation for funding for Ocrelizumab for RRMS under the current access criteria. MSNZ made our



initial submissions for funding in May 2017 (RRMS) and September 2017 (PPMS). MSNZ was pleased to see this recommendation which would add Ocrelizumab to the range of DMTs available.

However, we have been extremely dissatisfied with the time taken by Pharmac to progress this recommendation. There is a growing concern that PwMS who are on Tysabri and JCV positive, risk contracting progressive multifocal leukoencephalopathy (PML). This is a deadly and fast acting condition, so time is of the essence. Each monthly infusion increases the risk to the patient, and some are choosing to stop treatment or travel abroad for HSCT to eliminate these risks.

With the support of MS specialist neurologists, MSNZ wrote to Pharmac twice, in April and May, to express this concern and the urgent need for access. In August 2019, 9 months after PTAC approved funding, and over 26 months after our first requests for funded access, Pharmac announced the public consultation for the funding of Ocrelizumab for RRMS.

Ocrelizumab for PPMS

Disappointingly, Pharmac have continued to decline applications to fund Ocrelizumab for PPMS despite further evidence being put forward. PTAC acknowledged the high, unmet need of those living with progressive types of MS, which have no funded treatment options. Their recommendation was based on their view that there was not yet enough evidence to support funding.

Whilst some may consider the successes “modest”, for those New Zealanders living with PPMS, the most aggressive, disabling and life altering form of the condition, the trial outcomes provide hope that Ocrelizumab may potentially slow or halt the progression of disability, reduce their fatigue and improve their quality of life.

A further study, ORATORIO-HAND Trial is due to begin internationally later in 2019 and looking to start in NZ in 2019/20. The study will be assessing Ocrelizumab’s efficacy in maintaining upper body function using the nine-hole peg test. The study is recruiting 1,000 worldwide with an EDSS score between 3 and 8. New Zealand is intending to have four DHB Neurology centres participating.

MSNZ will continue to present the need and evidence for funding treatments for PPMS as these become available.

HSCT

In October 2018 MSNZ met with the Ministry of Health continuing to press for the introduction of Haematopoietic Stem Cell Transplant (HSCT) in New Zealand. There is growing evidence in support of this treatment option. New Zealand PwMS returning from overseas with marked improvements in their patient reported outcomes, physical, cognitive, emotional health, supported by encouraging clinical reports, adds to the strong evidence being put forward to the Ministry.

HSCT is not designed to be a cure or to improve irreversible disability already caused. Rather, it is intended to reboot the immune system and further halt the progression of MS.

We are encouraged to see a special interest group of Neurologists and Haematologists from across the country has come together to also present the case to the Ministry, providing recommendations for the methodology to be used and the clinical cases where HSCT would be an acceptable treatment option.

Should access become available in New Zealand, it is our understanding that there will be controlled regulations around access based on the clinical study evidence from overseas. Qualifying criteria from centres and trials ongoing in Australia, the UK and Europe are being used to help formulate these criteria.

MSNZ has requested to be included in these discussions to keep the MS community informed and ensure their voice is heard.

HSCT is not designed to be a cure or to improve irreversible disability already caused. Rather, it is intended to reboot the immune system and further halt the progression of MS.



Cost of MS

For a while now MSNZ has been extremely interested in undertaking a *Cost of MS* study to understand what MS costs to the health and welfare systems as well as individuals and their families.

Recent information MSNZ has received from Pharmac regarding how they cost MS for their analysis for treatment funding, has confirmed that they grossly

underestimate the true cost. MSNZ met with the New Zealand Institute of Economic Research (NZIER) about working with us to undertake this study. We are currently seeking funding for this project which will begin in early 2020.



Good Service Project

Due to further developments by the *MS Brain Health* initiative the Good Service Project entitled 'MS New Zealand: Guidelines to delivering and receiving a good MS service in New Zealand' has been on hold for the year while we await further outcomes from the international group. The project will review where New Zealand currently sits against international standards of best practice for providing a service for people with MS.

The project aims to have to key outcomes:

1. Evidence to support MSNZs advocacy approach to relevant stakeholders to elevate and improve the health services PwMS in NZ are currently receiving;
2. Provide a tool for PwMS to feel empowered to be their own advocates for receiving a good service

The project is not intended to criticise or find fault with the excellent work that neurologists and MS nurses are providing across the country but to highlight the need for further resourcing by decision making authorities in order to achieve international standards. The project will begin in 2020 and has been made possible with funding support thanks to Roche and Sanofi.

We are still concerned that the referendum will not address the issue of funded access for medicinal-grade products.



Medicinal Cannabis

In March 2018 MSNZ wrote a submission in response to the proposed changes to the Misuse of Drugs (Medicinal Cannabis) Amendment Bill. Our submission supported regulated, pharmaceutical grade medicinal cannabis products being made available, free and legally, to people with MS for the management of pain and spasticity, on prescription from their GP or neurologist. Medicinal Cannabis products are currently unfunded in New Zealand and expensive to access. There is a strong interest among the MS community for funded access as available options currently cost patients between \$300 and \$1,200 per month.

We were disappointed to hear this year that the needs of people with MS who live with chronic pain and spasticity were ignored from the changes to this Bill which made access legal for those with a terminal illness. This change ignores that evidence exists to support the use of medicinal cannabis products for reducing debilitating MS spasticity, above and beyond use for other conditions or symptoms.

We note that in 2020 a referendum will be held around the legalising of cannabis nationally. We anticipate that this will have major changes regarding access in New Zealand, however, we are still concerned that the referendum will not address the issue of funded access for medicinal-grade products

Immigration

In 2019, MSNZ has received an increasing number of contacts from people with MS experiencing difficulties with Immigration NZ. MS is considered a 'red flagged' condition whereby an applicant is refused residency or work visas on the basis that their health is not of an acceptable standard. The personal circumstances of the cases have all varied widely but in each case the person is managing their condition well, either on or off treatment, with MS having little impact on their lives and continuing to work and contribute to the economy. We will be continuing to address these issues going forward advocating for people to be assessed based on their merits, rather than discriminated against purely on diagnosis.

MS Awareness Week

September 2018



MS Awareness Week: Three Goals

1. Increase public awareness of MS, highlighting it as a chronic, unpredictable and life-changing disease that affects New Zealanders and currently has no known cause or cure.
2. Promote public empathy of MS, so they have a better understanding of what it means to live with MS.
3. Encourage the public to donate and support MS Regional Societies, which in turn support people with MS.

The 2018 Multiple Sclerosis Awareness Week took place across the country between 3–9 September 2018. This time of the year is pivotal for MSNZ and the Regional Societies. Key to our role is the supply of resources with which the Regions can raise much-needed funds. In 2018, we sought to raise national awareness for MS by highlighting the stories of those living with the condition.

To achieve these goals and with generous funding from Pub Charity Ltd, we ran advertisements in the four leading national daily newspapers, developed digital collateral for our social media campaign and created fundraising resources for our Regional members. Print adverts ran throughout Awareness Week in The Herald, Dominion Post, The Press and Otago Daily Times. In recognition of the public's support, we concluded with a 'Thank You' advert for the weekend after Awareness Week.

Leading up to Awareness Week, MSNZ developed digital collateral around a campaign called 'My Story: My Strength: My MS'. This campaign, used across social media channels, centred around a series of positive stories. These stories highlighted people who had overcome the obstacles presented by MS and living their lives successfully. We made these resources available for the Regions to use.

The MSNZ social media campaign ran for a total of four weeks:

- Leading into Awareness Week, we spent two weeks calling on people to share their stories and to volunteer their time for the Regions.
- During Awareness Week, we shared people's stories online and through social media;
- Following Awareness Week, we continued our momentum and capitalised on the energy generated.

As a result of this campaign, positive stories about people with MS featured on 60,602 Facebook newsfeeds, with direct engagement of 2,373 supporters. The MSNZ Facebook page received 190 additional likes, bringing the total to 3393.

The Regional Societies recorded varying success for the 2018 Street Appeal and associated events. A total of \$161,407 was raised nationwide. Most notably, Multiple Sclerosis and Parkinson Canterbury enjoyed a record year, collecting over \$65,000. Also, MS West Coast held a successful Craft Fair that raised almost \$13,000.

Thank You

We would like to say thank you to everyone who donated their time or money to support Multiple Sclerosis in the 2018 Awareness Week and Street Appeal. We and the Regional Societies are deeply grateful for the 922 volunteers, 26 schools and 64 service organisations who dedicated over 1,500 hours of their time at 273 locations to support their local MS organisations. With this support, the Regional Societies were able to raise much-needed funds and can continue to provide services in their communities.

Mastering Mountains

Grant and Expedition Grant



Mastering Mountains helps people with MS pursue local and international adventures. We hope that these adventures encourage a healthy lifestyle and change the perceptions of MS.

Mastering Mountains Expedition Grant: Tracey Hall

In 2018, MSNZ and the Mastering Mountains Charitable Trust awarded the inaugural Mastering Mountains Expedition Grant to Tracey Hall. Tracey, an active member of MS Central Districts, applied for funding to hike the Inca Trail to Machu Picchu, Peru. We were thrilled to see Tracey achieve her dream in 2019. MSNZ is pleased to provide administrative support to the Mastering Mountains Charitable Trust, helping to make people's dreams a reality.



Tracey's story, in her own words:

I was diagnosed with MS around three and a half years ago – after I had lost vision in my right eye. The diagnosis was a hard pill to swallow, but I very quickly realised that it wasn't the end of the world. I am a solo mum with a busy 10-year-old boy, and I feel it is very important for him to see me fighting all the way.

A big part of my journey was to prove to myself that anything is possible. That's why I applied for the Mastering Mountains Expedition Grant to travel to Peru in South America, to walk the iconic Inca Trail and visit the ruins at Machu Picchu. Going to Machu Picchu has been a dream of mine since I first saw photos as a

little girl, reading a book at my grandmother's. As you can imagine, I was thrilled when I received the news that I had been awarded the Grant.

However, it then quickly dawned on me that I had a lot of work to do to prepare for the trip. I had a massive relapse six months prior and my left leg was still weak. I'm generally an active person, but this was going to be my biggest challenge to date!

Training ranged from gym sessions to stair climbing for hours at a time. It was a gruelling process. However, I knew I had to do it if I was going to not only walk the Inca Trail but also smash it and enjoy every moment.

The Inca Trail mostly consists of over 30,000 steps and takes you up to an altitude of 4650 metres. With each breath I took, it felt like my lungs were screaming from the lack of oxygen. With each step, my legs felt more like concrete. It was hard work, but I loved every moment of it. There are not enough words in the dictionary for me to explain the experience or all the emotions that I felt during this incredible journey. Arriving at the Sun Gate, I felt like the luckiest person alive.

Walking to Machu Picchu was an incredibly spiritual and physical journey. Through this trip, I've realised how hard I can fight MS and still win. It also cemented my passion for the outdoors and everything that it offers.

Mastering Mountains Grant: Maria Sunde

MSNZ and Mastering Mountains Charitable Trust were pleased to award the 2018 Mastering Mountains Grant to Maria Sunde, from Auckland.

Maria, who recently received HSCT, applied for funding to receive the training and physio supervision she needs, in order to become physically active again. Maria wants to complete the Alps to Ocean Cycle Tour and must rebuild the fitness and strength to do so. Maria wants to show others that disability does not need to stop you achieving and pursuing your bucket list.

Heading to the pool six days per week, Maria has made consistent improvement with her strength, while maintaining her muscular endurance. She cycles regularly and is making steady progress toward achieving her goal.

Dorothy L. Newman Scholarship



The Dorothy L Newman Scholarship assists people with MS who are unable to continue in their present employment and must need to retrain to stay in paid work. MSNZ thanks Sue Clothier and the Dorothy L Newman Trust for their generosity. Here are the stories from our recipients, in their own words.

Christine

I had known about the Dorothy Newman Scholarship for a long time. I've lived with MS for 35 years and had often read how others had benefited from the Scholarship. My Field Worker in Auckland had been encouraging me to take this opportunity for a while. However, I was hesitant to apply, as I thought that my MS story, by comparison to other's, was not that important.

Relapsing-remitting episodes during young adult life had challenged my passion for teaching and left it unmet. Instead, I'd worked in several different roles: administration, family, parenting and more recently as an 'unqualified' relieving in preschool childcare. I was aware of my depth of life skills and experience, but it was not formally recognised. I needed a recognised qualification if I wanted to improve areas of work and finances.

In 2017 I enrolled in the Counselling degree at Laidlaw College. It became clear to me that I could fulfil my passion while working with communities and families. This type of work fitted well with some niggling MS issues that had become noticeable again. I am currently working my placement in a local Intermediate School as a counsellor.

I applied for the Dorothy L Newman Scholarship during the second year of study. It was humbling to receive the Scholarship, which I paid towards my final year. This contribution has helped me to keep my student loan manageable. Receiving this Scholarship also meant a lot personally. My family laugh with me, as I said this was a "great benefit to life with MS".

I encourage anyone with MS to step out and take the opportunity to apply for this Scholarship. Keep walking and talking about the challenges that are involved with living successfully with MS.

Tiffany

I was diagnosed with Relapsing-Remitting MS in November 2016. After a good few years of putting my health first, I wanted to put some balance back into my life and look towards the future. I saw the Dorothy L Newman Scholarship as an opportunity to do this.

I was awarded the Scholarship in 2018, and I went on to complete a six-month Certificate in Medical Reception, an online course run through The Career Academy. I chose this course as I had previously completed a Certificate in Office Management and Administration through The Career Academy, and seeing a future for myself in these areas.

Being able to put my limited energy into something I felt was productive was great for my wellbeing. I passed all my modules competently, and I completed my course with very encouraging comments from the tutors.

Now that I have completed my Certificate, I am looking towards future opportunities. I look forward to finding a workplace that I fit into and will work well for me and my MS.

I am incredibly thankful to MSNZ for awarding me with the Dorothy L Newman Scholarship, and for helping me towards a brighter future for myself.



Kristin

I applied for the Scholarship because it looked like my job was going to end imminently, due to continued health issues. I still had employable years ahead of me, and I knew that I could create the opportunity for self-employment if I developed new skills.

To start a freelance business, I needed to learn additional administration skills. The grant enabled that learning to occur.

I chose to enrol in a course run by a well-known freelancer. I have completed the course and gained so much from it. My plans now are to complete a web design course, so that I can set up a design business that will help me by providing an income.

I am so grateful to the Dorothy L Newman Scholarship. MSNZ made the application process simple to achieve, and they were willing to look outside the box. This enabled me to enrol in a course that, though unconventional, helped me to learn the skills I needed.

Thank you so much MSNZ, really appreciated.



Rachael

I was diagnosed with MS in 2013. At that stage, I lost my balance frequently, had nystagmus every night, had severe neurological fatigue, along with low energy and low body weight. I felt that it would be a good idea to work on my diet, which was already whole-food and organic, and to focus on any natural solutions.

By mid-2015, I had seen such an improvement in my health. The MS Field Worker, Fiona Pierce, suggested I apply for the Dorothy L Newman Scholarship, as I had mentioned that I had wanted to study naturopathy for 20 years. I was fortunate to have been awarded the Scholarship, which paid for over half of my first year's fees. The course was three years full time, but I took 3.5 years and passed.

It has been a journey, and I had many challenges along the way. Each year we had a workshop in New Plymouth, and I had to learn how to cope with the stress (dealing with stress is not my strong point). Learning therapeutic massage was physically demanding, and I had to cope with the pressure of sitting both theory and practical exams, and with having so much learning to apply and remember.

I have used myself as my first client and have found many ideas for healing along the way. Looking at the signs and symptoms I experience, I realise why I have them and how to treat them. This knowledge has been empowering. These days, no one can tell I have MS unless I tell them.

If you are thinking of applying for this Scholarship, I encourage you to go for it: you might learn something life-changing along the way.

Summary: Scholarships & Grants

Mastering Mountains Expedition Grant

Contributes toward the cost of overseas adventures. Open 1st April – 30th June.

Dorothy L Newman Scholarship

Contributes toward course costs for people who need to retrain. Open 1st April – 30th June, and 1st September – 31st October.

Mastering Mountains Grant

Contributes to rehabilitation costs for outdoor pursuits. Open 1st September – 31st October.

Esme Tombleson Awards

Awards 'Person with MS of the Year' and 'Caregiver of the Year'. Deadline 30th September.

Oceans of Hope

November 2018



Oceans of Hope first visited NZ in 2015 and proved to be a success. Eighty-five people with Multiple Sclerosis (PwMS) were able to participate in a day-sailing event in Auckland Harbour. Ingrid Robertson participated in the excursion, loved it and organised a similar event for November 2018.



Ingrid, MS and Parkinson's Canterbury member, planned a week-long voyage from Auckland and Tauranga on Spirit of New Zealand: the inaugural Oceans of Hope Challenge New Zealand. She was blown away with the response from others with MS: "It was amazing, reading the applications showed how much this would mean to people, with the struggles they had gone through and were going through."

"When I walked up the ramp to let our 39 courageous people from NZ, Australia, UK and Denmark onto the ship, there were looks of trepidation, nervousness and excitement. Five days later, these same people had climbed the rigging, jumped into the water, shared stories, and helped each other. By the time they walked off the boat, there were smiles, laughter, and lifelong friendships made."

Participants are considered crew, which means they must help sail, cook and clean. Everyone must be mindful of their abilities, making sure to rest and also step up when their crewmates need help.

For Ingrid, to be part of a crew that understands life with MS is a fantastic experience. "To see by the end of the trip people walking even small distances without their walking sticks, which they wouldn't usually do,

or pushing themselves to do master tasks they were initially hesitant about or struggled to do is amazing. We are all there to cheer each other on."

MSNZ was pleased to be able to support the 2018 sail by promoting to our membership. In December 2019, the Oceans of Hope Challenge will again take place in New Zealand, on the Hauraki Gulf. MSNZ is working with Oceans of Hope Challenge and the NZ Sailing Trust to bring this event to life. In support of the 2019 event, we have taken on aspects of the administrative, financial and fundraising tasks.

The impacts of 2018 Oceans of Hope Challenge on people with MS are invaluable:

"Some walked, some used canes, some turned their wheels: but we all came. We had nothing to lose and everything to gain."
– Ros, Crew Member

"I have laughed, shed more than a few tears. I have seen looks of trepidation become looks of determination and then looks of triumph. ... I learnt something I didn't expect. I learn just how much stronger the people around me help me to be"
– Glenn, Crew Member



Fundraisers

2018 – 2019



Bangers to Bluff



In April 2019, the Auckland Rotary Club of Half Moon Bay traversed the country, making the long journey south in their annual fundraiser 'Bangers to Bluff'.

Every year, participating teams purchase cars for under \$2,000 and drive these 'Bangers' from Auckland to Bluff, over 11 days. En route, our Regional Societies made every effort to make the drivers feel welcome and to organise social or fundraising events to support their local services. After the last photo stop in Bluff, the vehicles are sold off at auction to help raise funds for their chosen charities.

MSNZ was grateful to be chosen for the second year, along with Hopeworks NZ (who provide support to people with head injuries), to receive support from the fundraiser. The team at MSNZ were delighted to meet all the participants at a morning tea organised by the Lions Club Rangiora. Donations were also made to participating Regional Societies.

Full of laughter and banter, the Bangers to Bluff participants shared their experiences and the 'hiccups' en route to Bluff.

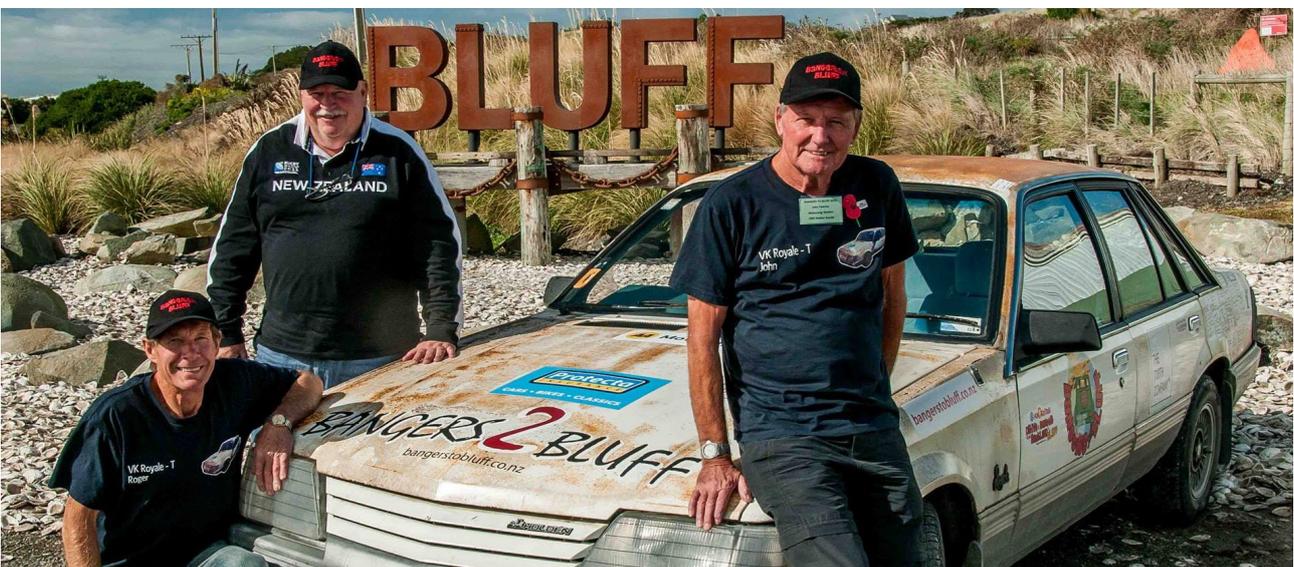
Kiss Goodbye to MS Quiz Night



We held our first Kiss Goodbye to MS (KGTMS) Quiz night at the Elmwood Trading Company in Christchurch, on 29th November. It was a fun-filled evening designed to raise awareness of MS and the Kiss Goodbye to MS fundraising campaign.

Contestants had the opportunity to enter a raffle and, with so many great prizes generously donated by supporters, we raised \$1,400. This was a fantastic result, and everyone that attended had a great night.

MSNZ thanks all those who sponsored prizes: Antarctic Centre, Asian Cooking School, Canterbury Cricket Trust, Court Theatre, Healthy Food Guide, MyFoodBag, Orora Park, Russley Golf Club and Functions Centre, Tannery, TransAlpine, and the Winemakers Wife.



Fabulous Fundraisers



Every year MSNZ is amazed by the dedication and passion of the fundraisers that choose to support us by helping us raise vital funds. Inspired by the challenges their loved one's face daily, they take on their own. Without these fundraisers, we could not advocate for the needs of people impacted by MS in New Zealand. Thank you.

Kate

My good friend and colleague, Nardia, was diagnosed with MS in 2018, after months of pain and distressing symptoms.



I struggled to watch her suffer from spasms and pain. None of us knew much about MS, so the diagnosis came with a steep learning curve. Once diagnosed, she was put in touch with the MS Society and received help from the MS Nurses. She found this extremely helpful and started learning about MS, what it all meant, and what to expect. I remember being so pleased that there was some support out there for her, somewhere she could go with questions and concerns. Not being able to take the pain away or somehow fix this problem for her made me feel pretty helpless. I felt an urge to “do” something, to somehow make her life easier. That's why I am fundraising.

Harriet

I do not suffer from MS, but my family has suffered. My Papa had multiple sclerosis and passed away when I was young.

My Granny stood by him during the early stages of his diagnosis. He relapsed a lot. It was Granny who then wheeled him around when he could no longer walk, and who visited him every day when he had to live at the hospital.

My Dad and Uncle had to step up and take on more responsibility than they had bargained for as young teenagers. By the time I came along, Papa was living almost permanently at the hospital. I just caused havoc during our weekly visits on a Saturday afternoon.

Now, instead of running around the hospital, I'm running in events. I am currently training for the Auckland full marathon this October. Fundraising for MS gives me motivation, knowing that I am running for those who may no longer be able to, and for those who support them.

It is for the families of MS that I fundraise. We are all affected in some way or another when a loved one is diagnosed. We all need help. The funds that I raise for MS can help those working to improve the lives of those diagnosed with MS.

Rachael

I fundraise because my friend Annie was diagnosed with MS six years ago. Annie no longer works, and I asked what I could do to help her out. She didn't want any help. Instead, I decided to raise money and awareness of MS.

One of the effects of MS is debilitating exhaustion. That's why I've decided to push my body to the limit and have a crack at the Sea to Sky Triathlon.

Annie only just got funding for the drugs she needs to slow the MS down. I feel like six years is too long to wait for that. So, I hope that fundraising will ensure that someone else won't need to wait that long for help they need.



Simon

For the last five years, I have hiked, biked and skied my way around the world. I try to push myself as much as possible. That's why I decided that it was time to challenge myself for a far greater cause than my personal development.

In late April 2018, I undertook the most challenging journey so far, hiking the Pacific Crest Trail (PCT). The Trail started on the USA/Mexico border and finished five months and 4,265km later on the USA/Canada border. My goal throughout the journey was not only to raise money but also raise awareness of multiple sclerosis, end discrimination and show people that MS doesn't sentence people to a life of immobility.



Our Grateful Thanks

Funders and Supporters:

MSNZ would like to thank the following for their support in 2018–19:

Trusts and Grant Funders

Lottery National Community Grants, Ministry of Health, Pub Charity Limited, Rata Foundation, The Dorothy L Newman Charitable Trust, Society of Mary Trust Board, Multiple Sclerosis International Federation.

Businesses

BNZ, Printable, Nexia, Roche, Sanofi, Biogen, Lorelei Mason Health Communications, Mortlock McCormack Law.

Thank you to all our wonderful donors who have supported MSNZ throughout the year. We greatly appreciate your generosity and encouragement of our work in advocating for the needs of people with MS nationally.

Bequests

Thank you to the below for bequeathing generous gifts to the Multiple Sclerosis Society of New Zealand in their will this last year:

- Estate of Ronald Ivan Sare
- Estate of Dawn Dorothy Sare

Thank you to the families and friends who have made donations in the memory of loved ones who have passed away this year.



Financial Overview



Revenue

	Year Ended 30 June 2019	Year Ended 30 June 2018
Donations, fundraising and other similar revenue	\$445,574	\$234,746
Fees, subscriptions and other revenue from members	\$0	\$7,750
Revenue from providing goods or series	\$285,728	\$262,616
Interest, dividends and other investment revenue	\$25,741	\$30,235
Other revenue	\$0	\$6,775
Total Revenue	\$757,043	\$542,122

Expenses

Expenses related to public fundraising	\$6,844	\$13,731
Volunteer and employee related costs	\$156,326	\$171,578
Costs related to providing goods or services	\$307,016	\$327,075
Grants and donations made	\$111,844	\$9,261
Other expenses	\$27,427	\$30,087
Total	\$609,457	\$551,732
Surplus/(Deficit) for the Year	\$147,585	(\$9,609)

Assets

	As At 30 June 2019	As At 30 June 2018
Current Assets	\$118,104	\$101,874
Total Non-Current Assets	\$263,269	\$162,314
Total Liabilities	\$381,374	\$84,355
Net Assets	\$327,419	\$179,834

Summary Audit Opinion

These Summary Financial Statements comprising the Statement of Financial Performance and Statement of Financial Position are those of the Multiple Sclerosis Society of New Zealand Inc.

All summary figures have been extracted from the full unmodified audited Performance Report ("Performance Report") which has been prepared in accordance with Public Benefit Entity Simple Format Reporting – Accrual (Not-For-Profit) issued in New Zealand by the New Zealand Accounting Standards Board.

The Performance Report for the year ended 30 June 2019, authorised for issue on 3 October 2019 by the President and a Committee Member of the

Society, has been audited by Nexia Audit Christchurch. An unqualified audit opinion was issued on the Performance Report for the year ended 30 June 2019.

The presentation currency of the Summary Financial Statements is New Zealand dollars. The financial information presented has been rounded to the nearest whole dollar.

The Summary Financial Statements do not include all the disclosures provided in the Performance Report and cannot be expected to provide as complete an understanding of the financial affairs of the Society as the Performance Report.

The Performance Report of the Society can be obtained on request from info@msnz.org.nz

Tribute to Ethel Robinson



Mother, wife, author, movie star, community stalwart, protester and MSNZ Life Member, Ethel Robinson passed away on 20 June 2019 in Wellington, aged 103.

Ethel lived a full life that focussed on supporting people in her community, volunteering for a variety of causes, campaigning against injustices.

Originally from Napier, Ethel moved with her husband Diamond to Wellington to raise their family of five children. Ethel's career was as a primary teacher. She moved to Palmerston North to take up a visiting teacher role in 1978 to be close to her daughter Jenness, who had been diagnosed with MS. Ethel dedicated herself to assisting Jenness and her family until Jenness sadly passed away in 1994.

A passionate supporter of those with MS, Ethel became a key volunteer and one-time vice-president for the Manawatū Multiple Sclerosis Society (Central Districts) and wrote the book 'Caring for Carers'. She was awarded with Life Membership at both the local society and MSNZ.

MS was not Ethel's only community passion. Over the years she shared her time with several organisations including Birthright, the National Council of Women, Samaritans, the Disabled Persons Assembly, Age Concern and the New Zealand Labour Party. In 1980 Ethel received an honour from the International Reading Association for her commitment to children's literacy.

She received a Civic Honour from Palmerston North City Council, award from Lions for voluntary work for disabled people and a Queen's Service Medal recognising her voluntary work.

In her 90s, Ethel campaigned and organised protests and petitions against social changes she saw as detrimental. At 98 years old starred in Taika Waititi's, *What We Do In The Shadows*.

Robinson is survived by son Edward and daughter Gillian and their families, having outlived daughter Jenness, and sons Graham and Brian, who died in 2017 and 2018 respectively.

MSNZ Directory

(As at 30 June 2019)

President	Malcolm Rickerby
Vice President	Neil Woodhams
National Executive Committee Members	Jeff Silvester Mark Etheridge Graham Walker Melanie Stanton Lyn Lindsay Dr. Caroline Allbon
National Manager	Amanda Rose
Communications and Administration Coordinator	Emily Smith
Accountant	Nexia Christchurch Ltd
Auditor	Nexia Audit Christchurch
Life members	Gloria Hunt Anne McAuley Jim Millar Dr. Ernie Willoughby
Society Registrations	Charities Number: CC10861 Incorporated Society Number: WE/217036
Registered Office	66 Stewart Street Central Christchurch Christchurch 8011
Postal Address	PO Box 1192 Christchurch 8140
Phone	0800 67 54 63
Email	info@msnz.org.nz
Web	msnz.org.nz Instagram: @MSNewZealand Facebook: @ MSSNZ

“ Where there is charity and wisdom,
there is neither fear nor ignorance.”
– St. Francis of Assisi.

Annual Report
2018 – 2019

ms.
Multiple Sclerosis
New Zealand

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