

ms. VOICE



Newsletter

September 2021

Welcome to our September edition of MS Voice. Here, we bring you the latest news from MSNZ and what we have been working on, tips to live well with MS and much more.

We love to share real life stories, if you would like to share your MS story with the MS Community, please get in touch: info@msnz.co.nz

MS Announcements and Events

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Multiple Sclerosis
New Zealand

Two new members co-opted to MSNZ's National Executive Committee

The Executive Committee is delighted to announce that it has co-opted two new members to the National Executive Committee. These highly skilled people bring the experience and skills which we feel will enhance our organisation and ensure we meet our mission and purpose.

[Read more](#)

Progression in MS Webinar



Join the New Zealand Multiple Sclerosis Research Trust to learn more about progression in MS and the advances being made in research. Professor Tomas Kalincik a Professorial Fellow at the Royal Melbourne Hospital who will talk on his work into Progressive MS with MS Base. Dr Julia Morahan, Head of Research at MS Australia will provide an update from the International MS Progressive Alliance.

[Read More & Register here](#)

MS and Pregnancy Webinar Recording



The New Zealand Multiple Sclerosis Research Trust's recording of MS and Pregnancy webinar is now available. Learn more from Dr Vilija G. Jokubaitis about:

- MS and fertility
- Impacts of pregnancy on disease outcomes for women
- Pregnancy and neo-natal outcomes
- Tracking women's health

[Watch here](#)

Face of MS Awareness Week 13-19th September COVID-19 Update



For the second year running our Awareness Week comes at a time of lockdowns. Unfortunately for many of our Regions this has meant their Street Collections and events have been postponed or cancelled (your local Region will notify you if this is the case). This is a vital time for fundraising for many of our organisations. You can still show your support for MSNZ and

your local Regional Society through our digital fundraising platform. During Awareness Week also look out for our digital and radio advertisements raising national awareness of this chronic condition affecting New Zealanders and highlighting the needs of those living with MS.

Our campaign will further introduce 18 brave New Zealanders, proud to be a *Face of MS*, showing how MS impacts them, the lives of their families and the vital support that they receive from their MS Regional Society.

Watch this space for a special 'Awareness Edition' of MS Voice during our appeal week

[Read more](#)

Covid Updates



[Message from MSNZ on the Pfizer Vaccine and Side Effects](#)

It is well known that viral infections and vaccinations may cause a fever that can trigger new or worsening of MS neurological symptoms (a pseudo relapse). In most cases these worsening of symptoms are temporary and will improve in time. Like all medicines, the Pfizer vaccine may cause side effects in some people, irrespective of an MS diagnosis. Most side effects are mild and don't last long — they're more common after the second dose. See our message on this and recommendations.

[Read more](#)



[Carer Support - information for those funded by the Ministry of Health](#)

Carer Support reimburses some of the costs of using a support person to care for and support a disabled person; this means their carer can take some time out for themselves. Read more about how you can continue to use your Carer Support more flexibly during lockdown.

[Read more](#)



[Advice for those receiving in-home care](#)

For those receiving in-home care here is some useful advice about ensuring those who enter your home continue to protect your health. This article also discusses your entitlements around asking for confirmation that those who enter your home to provide an in-home care service are vaccinated.

[Read more](#)



[Additional supports available for accessing vaccinations](#)

The Ministry's general view is that cost shouldn't be a barrier to disabled people getting to a vaccination or testing site as there are systems in place to support people to sites, if they don't have their own transport.

Read more about options available to reduce the financial barrier.

[Read more](#)



[Calling the police during lockdown](#)

Lockdown can be a very stressful time for everyone, but especially for those that may not be safe in their bubble.

If anyone doesn't feel safe, or is in danger they should call the police on 111.

If it is not safe for them to speak, they can stay silent and push 55. Police will understand this is a silent alert for the need for help.

Call 111 then push 55.

Looking after yourself



Keeping active and connected during lockdown

With lockdown continuing in New Zealand, it is important to keep active and connected with people, even those outside your bubble.

In addition to keeping active for your physical health, it is important to take care of your mental health too. There are many suggestions on the internet on how to do this.

We have some great ideas on our website which are effective and simple to do.

[Read more](#)



Be mindful of your body and brain

For many of us, a break in our routine also impacts our interest in exercise which is important for both our physical and mental wellbeing. Exercise is important for both our physical and mental wellbeing. It helps manage many MS symptoms including bladder and bowel function, fatigue, mood, cognitive function as well as improving cardiovascular health, bone density, flexibility, and strength. If you need some inspiration here's great advice from some of our Regional Societies:

Check out the informative advice from Dr Gretchen Hawley and Sophie McConnell (Overcoming MS) as featured in MS Northland's latest newsletter: [MSNEWSL_JJul21.pdf \(mswanganui.org.nz\)](#)

MS Auckland have some great exercise classes on their website led by Gilly Davy and Laura Audley. There are options for all types of mobilities so check them out here: [Exercise Video Classes](#)

Sign up for MS Auckland's upcoming webinar on Yoga Guided Relaxation (2nd September): [Mindfulness and Meditation](#)

Get Involved

New Study from the University of Auckland



Clinical Exercise Physiology Master Student Hayley Calvert at the University of Auckland is running a research project and looking for participants.

She is looking to understand the relationship between physical activity, physical function and perceptions towards exercise and physical activity in people with Multiple Sclerosis.

If you are in the Auckland Region and willing to participate read here to learn more about this interesting research project.

[Read more](#)



ADL's Disability Disclosure and the Law - Zoom session

People with MS are often unsure how to navigate disability disclosure whilst job seeking, or may need reasonable accommodations in the workplace but are unsure what this includes. Auckland Disability Law are running a free webinar for those looking to learn more about talking about your disability with employers when job seeking.

Wednesday 15 September 2021, 11am-12 noon
Register by 6 September 2021

[Read more & Register](#)



Sex & MS Webinar - MS Australia

Next week in Australia is Women's Health Week (6 – 10 September) and our friends over at MS Australia, along with their territory organisations, have put together a comprehensive week long informative and educational program to complement the Women's Health Week daily themes of: Move it, Periods, Fertility and Pregnancy, Relationships, Connection and Nurture.

Check out their program and growing list of resources here that may be of

[Read more & Register](#)



[Make aHSCT available in NZ for MS](#)

Overseas, Autologous Haemopoietic Stem cell Treatment (aHSCT) is having a profound effect on the lives of many people, particularly those with highly active Multiple Sclerosis. Some with more advanced MS are also seeing their progression halted. aHSCT is not intended to reverse the damage done, but it can restart the immune response and halt further progression.

Please sign this petition to call on the Government to make aHSCT available for MS patients.

[Read more and sign the petition here](#)



[International Progressive MS Alliance Update](#)

On 14 July, the Alliance hosted an update on recent progress achieved in accelerating life-changing treatments for people with progressive MS. Hosted by Professor Alan Thompson, Chair of the Alliance Scientific Steering Committee with opening remarks by Caroline Sincock, a member of the Scientific Steering Committee who lives with progressive MS, the event featured highlights of each of the three Collaborative Research Networks and interviews with three of the recipients of the recently announced Research Challenge Awards.

[Read more](#)

Support Us



[Please vote for us](#)

We are proud to be one of 65 partners of The Good Registry who have \$25,000 worth of unredeemed gift cards to allocate to their partners.

We need your votes to be in for the chance to receive \$5,000. Please vote for us by clicking on the button below. Your support is greatly appreciated and will help us continue to make a difference to those lives impacted by Multiple Sclerosis. Thank you.

[Vote Now](#)



[Struggling with what to buy Dad for Father's Day in lockdown?](#)

Entertainment memberships make the perfect gift for Dad, with thousands of offers at local restaurants, cafes, takeaway, activities and retail outlets.

Dad can enjoy 2-for-1 and 25% off offers for 13 months from the date they activate their membership, and 20% of all sales go directly to our fundraising.

Purchase here to support those with Multiple Sclerosis today:
<https://www.entertainmentnz.com/orderbooks/9r44057>

[Support MSNZ](#)

With kind regards and best wishes,

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Multiple Sclerosis
New Zealand



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