



## Newsletter

February 2022

Welcome to our February 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.org.nz](mailto:info@msnz.org.nz)

## Bangers to Bluff rally 2022



### [Our banger needs you!](#)

Why not take the opportunity to show your support of those impacted by Multiple Sclerosis by sponsoring our very own banger. We have lots of exciting [sponsorship opportunities](#) to choose from.

To keep updated with our banger and team 'Keep Smyelin', follow our journey by liking our [event page](#).

You can support this event by donating, liking, registering, or joining us along the way - our team would love to meet and greet as many people as possible, so join us and together we can help New Zealanders thrive.

[Read more](#)

## Amplify your voice



### [Anne's aHSCT Journey](#)

"The research I did on HSCT showed me that this procedure has the best chance of putting the MS into remission, better than Tysabri and Ocrevus.

The care I received in India was absolutely excellent.

2 years on I am very happy that I went for HSCT – it has been an absolute game changer for me".

There is currently a **petition** for MS Patients to **get aHSCT here in New Zealand**, instead of having to fundraise and travel abroad for treatment. The petition closes on 31st May, **please** [sign the petition here or scan the below.](#)

[Read more](#)



Please sign the petition to get aHSCT available in New Zealand for people with MS. Scan this code to sign the petition.

## Covid updates

### [Covid booster](#)

**Unite  
against  
COVID-19**

The interval between a person's primary vaccination and the booster has now been reduced from 4 months to 3 months.

The Government is urging every New Zealander who is eligible for a booster to get it as soon as possible. We are in a race against Omicron and the more people who are boosted the more we can reduce the impact of the outbreak.

[Read more](#)

## Get Involved



## [Are you ready for a life changing sailing adventure?](#)

Whether you have sailed before or not, this is an opportunity not to be missed! The Oceans of Hope experience is a catalyst for creating lasting friendships and a sense of community.

Participants should be able to walk a few steps to access the boat and 6 steps (with rail) up and down into the boat interior.

[Read more](#)



## [Understanding MS](#)

'Understanding Multiple Sclerosis (MS)' is a free online course from Menzies, that aims to improve understanding and awareness of MS. The course for 2022 opens on 14th March and you can register now.

Members of the public will increase their knowledge of MS-related issues and those in the MS Community will be empowered to create and contribute to personalised management plans

[Read more](#)



## [aHSCT petition](#)

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 here in New Zealand.

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



## [Have you had Stem Cell transplant for MS?](#)

New Zealand Neurologists are undertaking a survey of people who have travelled overseas to have a bone marrow (stem cell) transplant for Multiple Sclerosis.

This study will improve our understanding of the experience and outcomes of bone marrow transplant for multiple sclerosis.

[Read more](#)

## Support our work



### [We on baby!](#)

Our magnificent fundraiser Blake Acklin has started his awesome journey, hiking 3000km along Te Araroa to raise funds and awareness for Multiple Sclerosis.

Check out his recent post updating us on the delays he has conquered and his sheer delight at starting the trail. Please show your support by sponsoring his event, thank you <https://givealittle.co.nz/fundraiser/hiking-cape-reinga-to-bluff-for-MS-awareness>

Check out Blake's recent post [here](#) updating us on the delays he has conquered and his sheer delight at starting the trail. Please show your support by sponsoring his event, thank you.

[Read More](#)



### [The Good Registry](#)

A big thank you to everyone who has gifted with The Good Registry's charitable registries and gift cards.

You can gift to us through The Good Registry any time of the year - for birthdays, weddings, Christmas, workplace celebrations, baby showers, in-memoriams ... any special life moments and milestones.

Create a Good Registry and pledge your birthday to us this year and we promise you will be unwrapping good feels!

[Gift here](#)



### [Donate directly with payroll giving](#)

Did you know that you can donate to us directly from your pay and automatically receive a tax credit of 33.33 cents for every dollar donated?

Payroll giving is a voluntary scheme where your employer passes on donations to chosen charities and reduces your PAYE with a tax credit for payroll donations.

With all donations you are entitled to a tax credit, with payroll giving this is credited to your pay at the time of donation, rather than having to wait until the end of the tax year to receive it.

Why not speak with your employer today and see if they can set this up so you can join us in making a difference to those impacted by Multiple Sclerosis.

See [here](#) for other ways to gift.

[Donate to show your support](#)



### [NZ Bundle of Love](#)

It's the season of LOVE! For a limited time only, go in the draw to win a staycation for two\* and the ultimate pamper package when you purchase an Entertainment Membership! 🎁 20% of your purchase comes directly to our important cause. T&C's apply\*

[Order here](#)

## Looking after yourself



### [MS and fatigue webinar](#)

MS Auckland were joined by Stephanie Kurtovich from Rope Neuro to discuss what is neurological fatigue, cognitive vs. physical fatigue, the principles of rest, and more.

[Watch here](#)

### [MS Momentum](#)



Take a moment, settle down with a cup of tea and tune in to hear Valarie from MS Otago on their podcast where they discuss challenges that people with MS face and the support available in the community.

[Listen here](#)

### [Overcoming MS webinar recording](#)



If you didn't get the opportunity to watch the 'Kickstart 2022 with OMS' webinar where their CEO offered advice on how to start your year with Overcoming MS, you can now watch the recording.

Watch here

ms.

Multiple Sclerosis  
New Zealand

P.S. Please check our our [Latest News](#) section on our website for updated guidelines and information.



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