



Newsletter

May 2023

Kia Ora!

Did you know, more than 40% of family carers have their own health conditions and disabilities to manage while supporting someone else, and more than 70% experience anxiety and depression.

It's little wonder, then, that 48% of carers report to be really struggling, or needing emergency respite. But, while respite services provide carers with a much-needed break to support their own physical and mental health and wellbeing, there is a critical shortage of these services. This is particularly so for those under 65 or requiring hospital level care. This situation has significantly worsened since the Covid pandemic, with almost 90% of carers indicating they have had less respite since the start of the pandemic in March 2020.

But where do they turn to for these services? We have joined forces with the Carers Alliance to back a [petition](#) which calls for *recognition* and *protection* for New Zealand's family, whānau and āiga carers. Please sign and share this [petition](#), and read more below!

We are excited to announce that the **first NZ patient** has successfully received **aHST**. We invite you to [join us](#) on World MS Day to hear from them, learn more about the proposed criteria and protocol, the recommended post-transplant rehabilitation protocol and exciting research taking place by New Zealand researchers. Read more below!

MS Announcements and Events

[Bangers to Bluff Rally 2023](#)

THANK YOU to all who supported MSNZ and our banger on the recent Bangers to Bluff 2023 rally. With your support we raised over \$10,000, vital funds needed to support those with Multiple Sclerosis here in New Zealand to live well.

An extra big shout out to our sponsors [Mainfreight](#), [Craigs Investment Partners](#), [Permobil](#), [David Trim & Associates](#), [Panasonic](#), [Crown Plaza](#), [NPD](#), [NES Hire](#), [Photosigns](#), [MS Hawkes Bay](#), [MS Taranaki](#), Marshall Batteries and Williams Auto Electrical, The Bike Guy, Euroline and the Cycle Inn.



Thank you to all sponsors, donors and well wishers along the way, your support spurred our team on, helping them increase MS awareness across the country.

Come along for a ride and view the event photos [here](#).

[Read more](#)



[World MS Day aHST webinar](#)

We are excited to announce that the first NZ patient has successfully received aHST. We invite you to join us at 6pm on World MS Day (30th May), as we hear from them, learn more about the proposed criteria and protocol, the recommended post-transplant rehabilitation protocol and exciting research taking place by New Zealand researchers. [Register today!](#) Donations are gratefully received.

Every year on the **30th of May**, World MS Day is celebrated. We urge you to participate by sharing your personal experiences, spreading awareness, and strengthening your connections within the MS community. How do you intend to commemorate World MS Day this year? Share your story, organize a fundraising event, or upload a photo with your MS Heart. Inform us about your plans for this special occasion.

[Read more](#)

Amplify Your Voice

[Demand for carers basic rights](#)

MSNZ are one of 56 national not-for-profits that have come together to demand the government stop "dragging it's feet" to provide long overdue recognition and basic rights for the estimated one million, largely unpaid, New Zealanders struggling to care for whānau and loved ones.

Will you join us in spreading the message and gather as many signatures as possible? The petition is live now until 15th July. If you would like to share your comments or carers story with us, please [contact us](#).



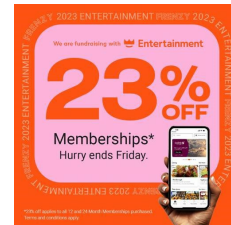
[Read more](#)

Support Us

[Entertainment Frenzy!](#)

The team at Entertainment have gone into an ENTERTAINMENT FRENZY and are offering 23% off the purchase price of any 12 or 24 month membership purchased! Purchase yours today and not only will you be saving up to 50% off dining, shopping and things to do across Australia and New Zealand, but you'll also be helping us raise funds at the same time with 20% from every purchase going back towards our cause.

Thank you so much for your support.



[Read More](#)



[The mullet got chopped!](#)

A big thank you to James and the team at City Fitness Nelson, for supporting member James to Chop that Mullet, raising a fantastic \$1842 for MSNZ.

Why not show your support of their commitment by helping their fundraiser?
<https://givealittle.co.nz/fundraiser/chop-that-mullet>

[Read More](#)

[The Disabled Diva Riders](#)

David Parker Training and the 'Disabled Divas' are at it again! They will be running a relay event in the Dunedin Octagon on Saturday May 27. The team will take turns riding a stationary Exercycle for a prescribed amount of time each. David and his clients have all been diagnosed with Multiple Sclerosis and are fundraising for both MSNZ and MS Otago.



[Read More](#)



[Planning something good?](#)

Whether it's your wedding, birthday, marathon, challenge, you can create a registry and support charities like us at the same time. Invite your friends, family, colleagues and community to donate! Thank you.

[Read more](#)

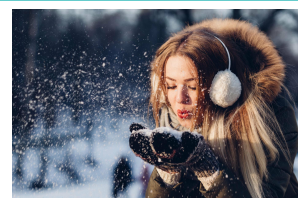
Looking after you

[Stay well this winter](#)

Cold, flu and Covid will be around this winter. There are many steps you can take to keep yourself safe and well. Consider the flu and or Covid vaccines, see www.immunise.health.nz or www.BookMyVaccine.nz

If you feel unwell, stay home and seek medical advice. Remember if you have Covid-19, antivirals are available for people with MS, just call Healthline – 0800 611 116.

Eat well. This webinar from [Multiple Sclerosis Auckland](#) provides great information on nutrition, supplements and lifestyle:



<https://www.msaki.org.nz/our-resources/webinars/nutrition/>

Stay active. We have some great resources on our website with hints and tips of how to stay active: <https://www.msnz.org.nz/exercise/> like these great [exercise classes](#) with OMS.

For support with anxiety, distress or mental wellbeing, you can call or text 1737 to talk with a trained counsellor for free, 24 hours a day, 7 days a week.

[Read more](#)



MS, Stress & Mindfulness

Whether you are new to meditation or just want to take it back to basics, this recorded session will leave you feeling relaxed and calm. Dr. Phil Startin speaks about the impact of stress on people with MS, and the benefits of mindfulness and meditation. He then leads a short guided meditation at 6:20 minutes into the recording.

[Read more](#)

Sharing stories offers an insight into what it's like to live with Multiple Sclerosis. If you would like to **share your MS story** with the MS Community, please get in touch:

info@msnz.org.nz

Thank you for your continued support, it has helped us to achieve so much for those impacted by MS.

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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