

ms. voice



Newsletter

July 2023

Kia Ora!

Step into the July edition of MS Voice, where we shine a spotlight on the vital role Pharmacists play in MS management. Explore the World Health Organisation's inclusion of three Disease Modifying Therapies in its Essential Medicines List, and join us in supporting the Carers petition and other exciting updates!

At the end of June, Multiple Sclerosis NZ hosted our annual Community Advisors Meeting in Christchurch. 25 Community Advisors from across Aotearoa participated in two and a half days of workshops, presentations, networking and collective learning to improve their knowledge and education to deliver services in their local communities. Workshops covered issues on Men's Mental Health and Family Violence, and presentations addressed issues such as relapse, working with NASCs and WINZ, service planning. This event was made possible thanks to funding from the Ministry of Social Development's Care in the Community Fund and Aotearoa Gaming Trust.



Community Advisors from across Aotearoa with MSNZ's National Manager

"I value catching up with other community advisors and meeting the new ones. I tried to sit with different people other than my cluster group as a way to connect with others from different regions. Guest speakers and topics are always a good way to learn new things and reassure you that you are on the right path." MS Community Advisor

MS Announcements and Events

Pharmacists Play a Crucial Role in the MS Puzzle

Obtaining a diagnosis of MS can be a lengthy process, as symptoms are often presented and treated individually. It's only when multiple symptoms appear that the puzzle pieces are put together to form a diagnosis. The delay between symptom onset and diagnosis is currently 4.5 years.

MSNZ are committed to reducing this delay, and pharmacists can play a key role. Read more in our article in Pharmacy Guild's Contact magazine.



PHARMACY GUILD
OF NEW ZEALAND

[Read more](#)



WHO Adds Three DMTs To Essential Medicines List

The World Health Organisation (WHO) has added three Disease Modifying Therapies (DMTs) for MS onto its Essential Medicines List for the first time.

With this landmark decision, the WHO acknowledges the critical importance of making MS treatments available in all health systems at all times.

[Read More](#)

Amplify Your Voice

Together We Stand For Family Carers

Over 1m family carers in New Zealand need your help to make sure they get support, stay well and can keep caring for whānau and loved ones.

Please continue to show your support by [signing the petition](#), share your carers story with us and demand better services and support for family carers.



Sign the Petition

Support Us



Street Appeals - MS Organisations Need You

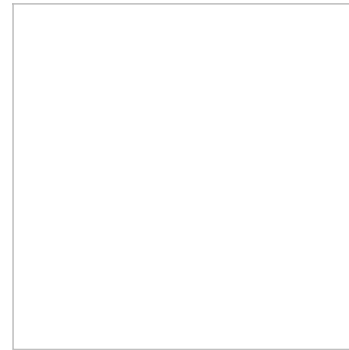
During Awareness Week, Regional Societies across the country will hold Street Collections and events to raise vital funds for the work they do supporting those with Multiple Sclerosis in their local communities.

Why not volunteer your time by helping them to help those with MS in your community to live their best life. You can contact your local society [here](#).

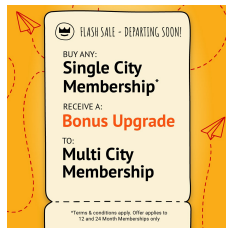
Your Regional Society

MS Awareness Week 11th - 17th September 2023

We are looking for awe inspiring stories from those with Multiple Sclerosis to share amongst our communities to raise awareness of and how to live well with MS. Perhaps you're a nurse, firefighter, scientist or have another amazing job you'd like to tell us about? If so, please get in touch: info@msnz.org.nz



Email us



Free Multi-City Upgrade!

When you purchase a 12 or 24-month Single City Membership before 1.59pm, Monday 31st July 2023 NZST your new Membership will be automatically upgraded to a Multi City Membership for free. Multi City Membership unlocks access to thousands of offers in 20 Cities across New Zealand and Australia.

20% of your purchase goes back to raising funds for the Multiple Sclerosis Society of New Zealand. Thank you for your continued support!

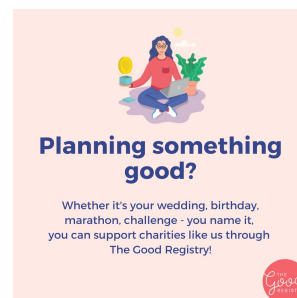
Purchase Here

Let's Get Your Registry Party Started!

Ever thought about giving back your special event for good?

What if your birthday could raise funds to provide information resources? What if your wedding could raise funds for access to education for local community advisors? Or if your farewell could raise funds to advocate for those with MS to have access to the treatments and services that they deserve?

Create a Good Registry today to get the party started with your go-to solution for spreading joy to causes you care about.



Read More

Looking after you

WEBINARS

Discover a treasure trove of educational webinars on MS Auckland's website! From Exercising and Staying Active with MS to Understanding Footdrop and What to Expect with Infusions, there's plenty to explore.

Dive in, learn something new, and share your thoughts with us!

[View Webinars](#)

5 Tips to Boost Your Mood

- 1) Get Up and Move to Improve Your Mood
- 2) Problems Feel Smaller When You Share Them
- 3) Boost Your Mood with Healthy Food
- 4) Improve Mental Health with Pets
- 5) Reduce Your Daily Screen Time



[Read more](#)

In the Spotlight

MSNZ would like to show our appreciation to the amazing support in the form of grants received from [Air Rescue and Community Services](#).

Thank you!



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 [Latest News](#) section on our website for the most up to date information.



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