

ms. VOICE



Newsletter

June 2023

Kia Ora!

This World MS Day saw comedians come together to [discuss MS](#) and wonderful [works of art](#) submitted in the first international art competition, including a piece from MS Central Districts - see below.

Applications are open for the [Esme Tombleson](#) Award until September. They are open to anyone who has made a significant contribution, nationally, to MSNZ and people impacted by Multiple Sclerosis, like Joan Perry, one of our 2022 award recipients.

Do you have questions about the [Overcoming MS programme](#)? Professor George Jelinek is hosting a webinar on Tuesday 11th July where he will be answering all your questions! [Learn more here](#) or [sign up here](#).

We are collating your stories and comments to include with our submission to [Pharmac to fund Ocrelizumab](#). Please send these in by 6th July to amanda@msnz.org.nz your lived experiences are powerful. Thank you for sharing.

MS Announcements and Events

[MSNZ Wins Major International Award](#)

Recognition of our tireless eight year battle to have Pharmac widen access to vital drug treatment has been bestowed upon us.

Oxford Health Policy Forum Team Award was awarded to MSNZ for "Creating a better future for people living with multiple sclerosis and their families."

This honour is incredibly meaningful to us and reflects the power and value of a collective voice.



[Read more](#)



[World MS Day 2023 Art Competition](#)

This vibrant piece of art was created by MS Central Districts' art group, and submitted in the first World MS Day Art Competition. The vision was to create a piece that incorporated the talents and perspectives of each member whilst portraying a sense of unity. The painting now takes pride of place in their shared art room. We adore this visual representation of community walking together.

'Living with multiple sclerosis has greatly influenced our art group. We express the experience of living with MS through our artwork, which often deals with themes of struggle, resilience, victory, happiness and personal growth. Overall, our artwork is not just a form of self-expression, but is deeply connected to the people and experiences that have shaped us as an art group and individually.'

[Read More](#)



[aHSCT Webinar Recording Available](#)

If you weren't able to join us for our World MS Day webinar, it is now available for you to watch at your leisure.

During this webinar, we heard from the first NZ recipient of aHSCT, learnt more about the proposed criteria and protocol, the recommended post-transplant rehabilitation protocol and exciting research taking place by New Zealand researchers.

Amplify Your Voice

Carers Petition Gaining Momentum

The petition to provide long overdue recognition and basic rights for New Zealanders struggling to care for whānau and loved ones is gaining momentum. After stepping forward to share their story, Maxine is now looking forward to having some long overdue respite whilst David finally has access to a facility.

The petition is live until 30th September, please help to gain signatures. If you would like to share your comments or carers story with, please [contact us](#).



[Read more](#)



Pharmac Consultation to Fund Ocrelizumab

We are delighted that Pharmac have commenced consultation to fund Ocrelizumab for PPMS. It has been proven to delay wheelchair need by 7 years, allowing people to continue working and living well.

Together we can let Pharmac know the profound impact this change will have on you, like one reader has at the bottom of [this page](#).

Submit your story by 6th July to amanda@msnz.org.nz

[Read more](#)

Support Us

Save the date MS Awareness Week 11th - 17th September 2023

Every year MSNZ runs a campaign to raise awareness nationally for Multiple Sclerosis as a chronic condition affecting New Zealanders, highlighting the needs of those living with the condition.

We look forward to introducing you to many different Faces of MS who wish to share their own personal MS stories to inspire and increase awareness of this life changing condition.

Watch this space for campaign updates and how you can take part.



[Read More](#)



Street Appeals - Can You Help?

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. Contact your local society [here](#)

[Your Regional Society](#)

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.

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.



[Read More](#)

Looking after you



[Nymbi - Improve Your Balance and Cognitive Function](#)

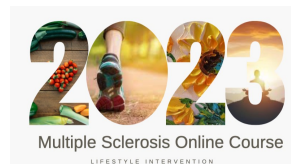
Research shows that falls happen when we are distracted, not when we are focused on our balance. Nymbi helps prepare you for these real-life experiences and distractions by giving you a simple balance exercise to do at the same time as you play a fun brain game on your device.

Challenging your brain and body to work together is what helps improve your balance reflex. Nymbi's scientifically proven app can improve balance by 30%!

[Read more](#)

[Multiple Sclerosis Online Course](#)

The next MS Online Course commences 24th July 2023. If you seek evidence-based information about MS & lifestyle, join this free & flexible 6 week online course dedicated to increasing knowledge & improving health/wellbeing of people living with MS around the world.



[Read more](#)

In the Spotlight



[Joan Perry Receives Esme Tombleson Award](#)

When grandmother Joan Perry was busy collecting signatures for the aHSCT petition, she never dreamt it would lead to watching [our webinar](#) and hearing from the first NZ recipient of aHSCT, let alone be nominated for an award.

"Neil Woodhams, President of MS New Zealand, called to tell me 'Joan the MSNZ Advocacy Committee has nominated you for the Esme Tombleson Award for your outstanding contribution to people with MS'

I was speechless...overwhelmed, quite emotional & humbled to think I was to be given this Award, it was completely unexpected"

Just moments before I was presented with the award it was announced the first person in New Zealand had received the aHSCT! This was a dream come true & what I felt was pure elation, almost beyond words & mission accomplished!!

[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.



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



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