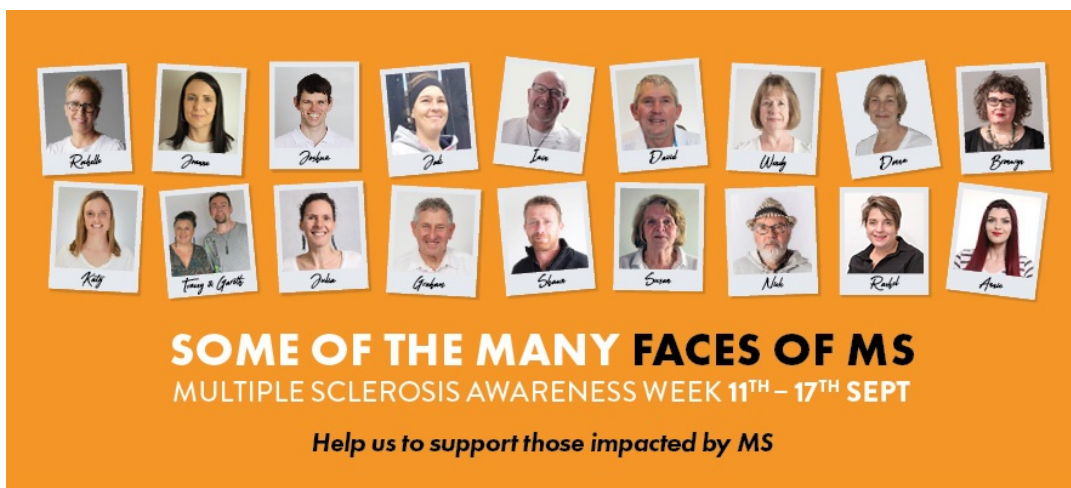


Click [here](#) to view in browser

ms. voice



MS Awareness Week Special Edition Newsletter September 2023



**Multiple Sclerosis doesn't have one face.
It has many faces.**

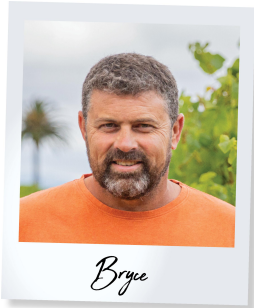
In fact, in Aotearoa New Zealand, it has over **4000** faces, and **2.8 million** worldwide.

Did you know that multiple sclerosis is the leading cause of non-traumatic disability among young and middle-aged adults in many developed countries? In New Zealand the **average age of diagnosis is 38** and people are usually diagnosed between 20 and 50, prime time for careers, families and building a future.

You might look at a person with multiple sclerosis and think **"But you look fine. You don't look sick."** But what you don't see are the daily struggles, the overwhelming fatigue making daily tasks impossible, the chronic pain, the blurred vision, the spasticity or inability to lift your own hand.

"I've been living with MS for 7 years and it's a rollercoaster. I have good days and bad days, and on those bad days, I tell myself it's okay to slow down and rest."

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"It takes time to become aware of how MS affects you and over time you learn to listen to your body. Rest when you need to. Be kind to your body and the people that care for you."

[READ MORE](#)

"MS and body building has its challenges, I find posing so hard! I couldn't even walk on stage in heels at first. I ended up on stage with the Gold Medal and burst into tears.

My mission was complete."

[READ MORE](#)



"I wanted to be in a physically demanding role, because I was scared that one day I wouldn't be able to do it. I still have that thought sometimes. But the more time that passes, the more that thought becomes a positive motivator rather than a fear that keeps me up at night."

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"Getting used to physical work instead of being behind a desk took a bit of adjusting. I have constant numbness in my hands, making even the simplest tasks challenging. My husband is an amazing support, he makes sure that I am not over doing it."

[READ MORE](#)



Every day is different for a person with MS.

Symptoms can come and go, they might go through periods of relapse and recovery, or they can get progressively worse over time. Multiple Sclerosis is a highly complex condition and affects everyone differently. Due to this, MS is still relatively unknown and misunderstood.

MS is a chronic and life-changing condition BUT with access to support, early diagnosis, treatment and lifestyle modifications people with MS can live long, happy and fulfilled lives.

Living well with MS is possible but they need [YOUR](#) support!

Please consider donating so we can continue to support the many [Faces of MS](#).

[Donate here](#)

Meet Liz and Prue. Two wonderful New Zealanders that happen to have MS. But boy, they don't let that stop them!

Liz is a Para-cyclist currently in America working on qualifying for the 2028 Paralympics with her coach, Steve and service dog, Paddy.

Prue is a Heli-medic who doesn't let this heavily demanding job stop her from also being an Ironman athlete in her spare time!

We are in awe of these inspirational and amazing faces and we thank them for sharing their stories with us.



[Read Liz's story here](#)

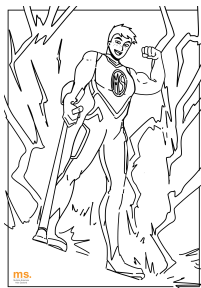


[Read Prue's story here](#)

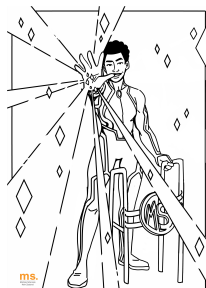
My MS Superhero

We often hear how children are impacted by MS, whether through their parents diagnosis, aunt, uncle, grandparent or friend. Knowing that children LOVE superheroes, we have been working with Roche's Creative Lab to develop resources which encourage opportunities for children to creatively show how they see their 'MS Superhero'.

Using our [Superhero template](#) kids can draw their very own design, or they can colour in one of our many [Superhero colouring-in sheets](#). All of which are downloadable [here](#). We would LOVE to see their creations, and ask you to please send us a picture. You can email us: info@msnz.org.nz or send us a direct message on [Facebook](#) or [Instagram](#).



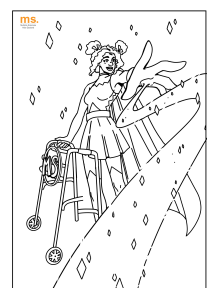
Superhero 1



Superhero 2



Superhero 3



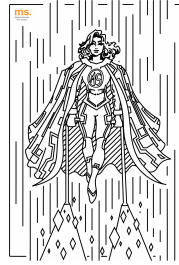
Superhero 4



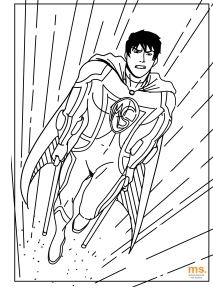
Superhero 5



Superhero 6



Superhero 7



Superhero 8

Esme Tombleson Award



And the winner is Ingrid Robertson!

MSNZ has been immensely proud to work with Ingrid. The opportunities and encouragement she brings to the lives of others diagnosed is truly inspirational. Ingrid organises the Oceans of Hope sailing trips to provide opportunities for others with MS to meet people also diagnosed, learn from each other, feel empowered, and push the limits of what they think they can achieve. Ingrid is an inspiration to everyone she meets, encouraging people to "Believe in yourself."

[READ MORE](#)

Applications Now OPEN

Esme Tombleson was the co-founder of MSNZ, in honour of her work we offer the Esme Tombleson Award annually to anyone who has made a significant contribution, nationally, to MSNZ and people impacted by multiple sclerosis.

Applications are open until 31st October. Submit your recommendation or application now!



[READ MORE](#)

Dorothy L Newman Scholarship



The Dorothy L Newman Scholarship assists people diagnosed with multiple sclerosis who are unable to continue in their current job and require retraining or upskilling to enhance their chances of securing paid employment.

Applications are open until 31st October annually - Submit yours now!

[READ MORE](#)

Are you unsure if the Dorothy L Newman scholarship is right for you? Read the stories of some of our past recipients to find out what it meant for them.

[READ MORE](#)



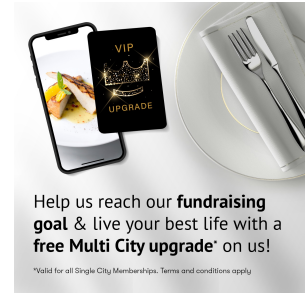
MS News & Information



[Support Georgina running the Miami Marathon for MSNZ](#)



[Free online course with MHERC to manage anxiety.](#)



[Your VIP Upgrade Awaits](#)

In the Spotlight



MSNZ would like to show our appreciation to [Pub Charity](#) for their support of this year's Multiple Sclerosis Awareness Week. Without your support in the form of a grant, this vital awareness and fundraising annual event would not happen.

We would also like to show our appreciation to [Roche](#) for utilising their services with the Creative Lab to create the amazing superhero colouring-in sheets.

Thank you!

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

Thank you for your continued support, it has helped us to achieve so much, to help 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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