

ms. VOICE



Newsletter

October 2023

Kia Ora!

Last week we hosted our AGM and Conference in Christchurch. It was a wonderful opportunity to bring together representatives, members, committee and staff. Everybody participated in two days of presentations, guest speakers and collective learning to improve our education and offerings for the MS community. This event was made possible thanks to generous funding from NZ Lottery Grants Board. Thank you.

Spring has sprung.....although it seems we are flip flopping between seasons at the moment with this changeable weather! For today, however, you can spring into the October edition of MS Voice, where we update you of our recent AGM and conference, introduce you to some wonderful ways to support us, tell you about scholarships and grants **which applications close today** and ask you to join us in supporting the Carers Alliance petition to get family carers the support and recognition they deserve.



MSNZ 2023 AGM and Conference attendees.

MS Announcements and Events

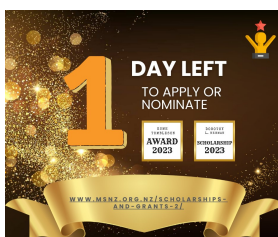
[On the path to excellence - Conference Review](#)

On the 25th and 26th of October, MSNZ held our 56th AGM and our annual conference, attended by 38 representatives from Regional MS Societies, our members, National Executive Committee Members and MSNZ staff.

By all accounts, the conference is being reported as our most successful to date. This is thanks to a combination of excellent speakers, relevant and interesting topics and a positive atmosphere among the attendees to learn, connect and move forward together.

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Multiple Sclerosis
New Zealand

[Read more](#)



[Scholarships & Awards](#)

In honour of our co-founder and once president, Esme Tombleson, we offer an annual [Esme Tombleson Award](#) to anyone who has made a significant contribution nationally to MSNZ and people impacted by Multiple Sclerosis. Applications close on 31st October, so submit your nomination now!

In addition, we offer the [Dorothy L Newman](#) scholarship annually to people diagnosed with MS who are unable to continue in their current job and require retraining or upskilling to enhance their chances of securing or retaining paid employment.

Applications close 31st October so submit your application to your regional society now.

[Read more](#)

Together We Stand For Family Carers

Over 1m family carers in New Zealand need **your help** to make sure they get the support they deserve, stay well and can continue caring for whānau and loved ones. Together with over 50 other national not-for-profits we are backing the Carers Alliance campaign, calling on a formal place in Government to help carers access respite, get financial recognition for their work and legislative recognition for wellbeing protection.

Please show your support by [signing the petition](#), sharing your carers story and demand better services and support for family carers. We can supply you with hard copies to collect signatures manually, please email info@msnz.org.nz

Our National Manager, Amanda Rose, was a guest on MS Otago's Podcast in August. [Listen here](#) to learn more about our support of the campaign.



[Learn more](#)



Survey to better understand MS

Your experience of living with Multiple Sclerosis could help thousands of people. The PROMS survey aims to understand the symptoms experienced by people living with MS and which ones have the greatest impact on their lives. It was developed in collaboration with an expert research team as well as people affected by MS, who played a crucial and active role in the process.

Results from this survey will help policy makers, researchers and healthcare professionals will help ensure people with MS are heard when designing and evaluating MS treatments and services.

[Read more](#)

MS Australia questionnaire - Anxiety in MS

MS Australia are interested in identifying psychological factors that contribute to the development and maintenance of anxiety in individuals with MS. They are also interested in comparing these factors to those without an illness.

If you are interested in taking part, please click on the link below.



[Read more](#)

Support Us



Offer ends 6th November

For a limited time, receive 25% off the price of any 12 or 24 month membership to **The Entertainment App**. The Entertainment team has also pledged to contribute a **BONUS \$10 directly to our fundraising cause** for each Membership sold through our unique link. That's on top of the standard donation of 20% of the Membership purchase price, which means your membership purchase makes an even bigger difference than ever before!

And as an added bonus, **every Membership purchased goes into the draw to win an epic cruise holiday on the azure waters of Fiji, valued at over \$4,470.**

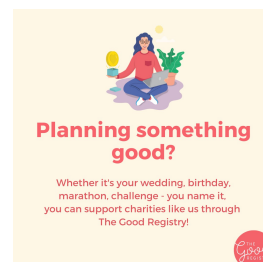
[Purchase here](#)

Let's Get Your Registry Party Started!

Ever thought about giving back at 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](#)

Running for the MS society of New Zealand



Running the Miami Marathon

"After recently taking up running as part of a lifestyle change, I felt compelled to put my energy into running for a greater cause. I will be running in the Miami Marathon to raise money and awareness of Multiple Sclerosis.

If my challenge can inspire anyone to donate even a small amount to help New Zealanders who suffer from MS, it will make the journey all the more worth it."

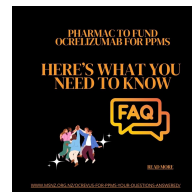
Thank you Georgina for raising vital funds for MSNZ and MS Waikato.

Support Georgina

Looking after you

Ocrelizumab for PPMS - What You Need to Know

Since 2017, our advocacy work and your support has resulted with Pharmac now funding Ocrelizumab for people with the most debilitating form of MS, Primary Progressive MS. We understand that many may have questions regarding Ocrelizumab, here is what you need to know.



Read more



Newly Diagnosed Webinar Series

Are you newly diagnosed with MS? Are you looking for reliable information to help navigate your diagnosis?

Join MS Auckland in their free live webinar series to learn more and hear stories of people living positively with MS.

Presentations are live and questions are welcomed.

Learn more

ECTRIMS Conference 2023

Jess Brien, a person with MS and host of the 'That's so chronic' podcast attended the 2023 ECTRIMS conference 'MSMilan2023'. We shared her daily updates provided to MS Canterbury on our [Facebook page](#) and look forward to seeing her full round-up soon. In the mean time, you can head to the [ECTRIMS website](#) to read more and download slides.



Learn more



Do you tour?

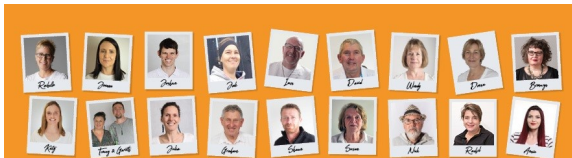
We are in contact with a journalist of a motorhome magazine that is looking to speak with people that tour in a caravan or motorhome that has been adapted to suit your needs and abilities. If this sounds like you, please get in touch: info@msnz.org.nz

No more single use straws.....what if you need them?!

We know many people within the MS whanau need to use single use plastic straws. On July 1st a ban on the sale of single-use plastic straws came into force. However, single-use straws can still be sold (but not displayed) at exempted businesses such as pharmacies and supermarkets when requested by someone with a disability or health condition (or someone acting on their behalf), no questions asked. So if you, or someone you care for, is in need of single-use plastic straws, don't worry, they are still available to you.



Thank You



SOME OF THE MANY FACES OF MS
MULTIPLE SCLEROSIS AWARENESS WEEK 11TH - 17TH SEPT

Help us to support those impacted by MS

THANK YOU to all who shared their MS journey, volunteered at MS Regional Societies events and Street Appeals, supported and shared communications, donated or funded this year's MS awareness campaign. Without your support, the campaign would not reach across Aotearoa raising awareness and funds for those impacted by MS. We greatly appreciate all your support and are very much looking forward to next years exciting campaign.

In the Spotlight

MSNZ would like to show our appreciation to [NZ Lottery Grants Board](#) for their amazing support towards our 'On the Path to Excellence' MSNZ Annual Conference. Without your support in the form of a grant, our annual conference quite simply would not happen.

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.



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



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