



Newsletter

December 2023

Meri Kirihimete,

On behalf of all of us at Multiple Sclerosis New Zealand, we want to wish you all a restful and enjoyable holiday season.

2023 was a busy year for us, with particular highlights including, the funding of Ocrelizumab for PPMS, funding four Dorothy L Newman Scholarships supporting people with MS to study or retrain and hosting our successful MS Community Advisors Meeting and MS Conference for our member organisations.

We were especially thrilled to be awarded the MS Brain Health Team Award for the eight years of advocacy to widen access to MS treatments. This award acknowledges the hard work of everyone who contributed over the years.

A special thank you to our 18 regional societies, our members, across the country who support those affected by MS in their local communities.

We also would like to send a massive THANK YOU to everyone who has supported MSNZ and our members over this last year, whether through your time, donations or knowledge.

MSNZ will be closed from noon, Friday 22 December 2023 and will reopen on Monday 8 January 2024.

Season's greetings and best wishes from all of us at Multiple Sclerosis NZ. See you in 2024.



MS Announcements and Events

Sponsor our banger!

MSNZ is delighted to once again be taking part in Bangers to Bluff, a 12-day car rally, organised by the [Rotary Club of Half Moon Bay \(Inc\)](#).

MSNZ are searching for sponsorship for our entry in the rally. We would love to take you with us on this journey! Can you help? Our sparkling silver banger is perfect for displaying your logo, showing your commitment to our followers and supporters as it travels from Auckland to Bluff.



[Read more](#)

PHARMAC TO FUND
OCRELIZUMAB FOR PPMS

HERE'S WHAT YOU
NEED TO KNOW

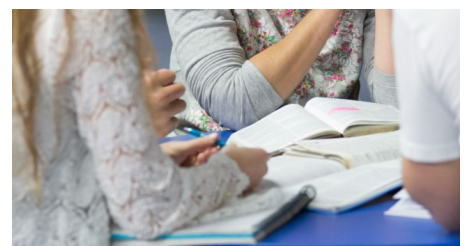
Ocrelizumab for Primary Progressive MS

On the 1st of October Ocrevus (Ocrelizumab) was finally funded for those with Primary Progressive MS (PPMS) who meet the Pharmac criteria for access. We prepared some information to answer the most common questions we have been receiving.

[Read more](#)

Do you have MS and looking to study in 2024? Scholarship Applications Open

The Dorothy L Newman Scholarship assists people diagnosed with Multiple Sclerosis, who, due to their condition require retraining or upskilling to enhance their chances of securing or staying in paid employment. Successful applicants will be eligible for a financial contribution payable for their course fees with the amount awarded at the discretion of the Selection Panel. The Scholarship is co-funded by Multiple Sclerosis NZ (MSNZ) and the Dorothy L Newman Trust.



[Read more](#)



[Webinar - Maintaining optimal bladder health](#)

Recording of our insightful Webinar where we delved into a crucial aspect of MS care – healthy bladder management. Living with MS brings its own set of challenges and maintaining optimal bladder health is essential to enhancing your overall well-being.

[Read more](#)

Amplify Your Voice

[Together We Stand For Family Carers](#)

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



[Learn more](#)

Our Fabulous Fundraisers

[Cycle for Multiple Sclerosis](#)

A huge shout out to Nic Roser who recently cycled the length of Aotearoa, a staggering **3000km in 39 days!**

To achieve so much in such a short time whilst fundraising over \$250 to support people with MS is quite simply amazing. THANK YOU NIC.

If you would like to show support of Nic's amazing challenge, please follow the below link, thank you.



[Support Nic](#)



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

Support Us

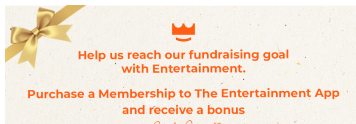
Make a difference this Christmas!

This Christmas, give charitable gift cards and support 65 charity partners across Aotearoa - **including us!**

Go to thegoodregistry.com, email them to friends and family then sit back and watch the kindness flow!



Read more



A Gift For You – Bonus eGift Card

From now till 17th January 2024, when you purchase any 12 or 24 month Membership to The Entertainment App, you will receive a bonus eGift Card valued at up to \$40 based on your chosen Membership.

- If you purchase a 12 or 24 month Single City Membership, you will receive a bonus Countdown eGift Card valued at \$20 via email within 30 days from the date of purchase.
- If you purchase a 12 or 24 month Multi City Membership, you will receive a bonus Farmers eGift Card valued at \$40 via email within 30 days from the date of purchase.

Terms and conditions apply.

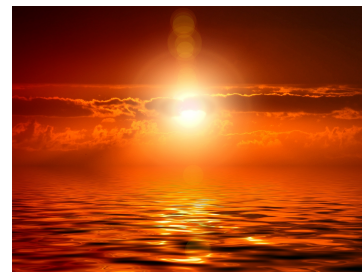
Purchase Savings

Looking after you

Stay cool and go well this summer by planning ahead

Summer has officially arrived, Te Whatu Ora is calling for people to stay cool and look out for whānau with the intense heat predicted these holidays.

We also recommend watching (or rewatching) our [webinar](#) from earlier in the year about how to manage MS in the heat, and [read](#) some handy hints about managing your heat sensitivity.



[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

[Get in touch](#)

Looking after your mental health over the holidays

The lead-up to Christmas and New Year's Eve can be filled with pressure. Amongst the joy and relaxation, this year many of us are also grappling with financial uncertainty and the continued effects of the pandemic. Wellington-based clinical psychologist Jacqui Maguire has some tips and tricks for getting back to a regenerative mindset, reminding us of the simple things we can do to boost our wellbeing without having to spend money, and look after our mental health in uncertain times.



[Learn more](#)

In the Spotlight

MSNZ would like to show our appreciation to the amazing support in the form of grants received from the [Lion Foundation](#). Thank you!

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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