



Newsletter

January 2024

Ngā mihi o te tau hou.....Happy New Year!

We hope this message finds you well and ready to embrace the opportunities that 2024 has in store. As we kick off the new year, we are delighted to present the January edition of MS Voice, your go-to source for the latest updates, inspiring stories, and valuable resources from MS New Zealand.

In this edition, we've curated a collection of articles and features to keep you informed and engaged. From our new information resources to personal stories of resilience and triumph, we aim to provide a well-rounded perspective of the MS community.

As always, MS Voice is a reflection of our commitment to providing a platform that informs, inspires, and connects the MS community. We encourage you to explore the content, share your thoughts, and participate in the ongoing conversations.

Wishing you a year filled with health, happiness, and hope.

MSNZ Team

MS Announcements and Events



[Living Well with MS - Our NEW resources](#)

We are thrilled to announce that the first of our new resources are available. You can access them on our website, or your local regional society will soon be taking receipt of printed copies to distribute as required.

Our Living Well with MS booklet will provide you with a good overview of what multiple sclerosis is, what causes it, how it is diagnosed, the symptoms and treatment options and most importantly insights on how to live well with MS.

The booklet is part of the Living Well with MS (LWWMS) pack which contains supplementary leaflets and information to assist both those newly diagnosed and those already living with the condition. In the coming months, our new symptom information sheets which provide more in-depth information on specific topics, will be published. We hope you enjoy the new resources.

[Read More](#)

[Could you sponsor our banger?](#)

We are seeking sponsorship for our entry into the 2024 Bangers to Bluff 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.

If the rally are passing through your region, why not meet up with the team, or give them a toot-toot as they drive past!



[Read More](#)



[MSNZ Supports Open Letter on Smokefree Law](#)

The open letter to the government, articulates the necessity for robust policies and initiatives to continue progress toward a smoke-free nation. MSNZ proudly stands behind these recommendations, urging the government to give serious consideration to their implementation.

[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, and get financial recognition for their work and legislative recognition for wellbeing protection.

Please show your support by [signing the petition](#), sharing your carer's 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



Running the Miami Marathon

"I did it!! That was probably the hardest thing I have ever done. It was an amazing experience and the people of Miami were so encouraging and friendly."

Thank you Georgina for raising an amazing \$1065 so far, for MSNZ and MS Waikato.

Support Georgina

Walking in their shadows

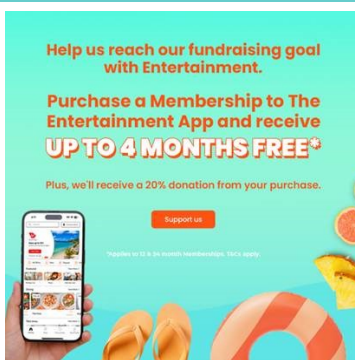
Help us to help them! Colleen and Sean are walking 1000km in Spain to raise awareness and funds for Multiple Sclerosis in New Zealand.

"Two sixty-something kiwis are attempting to walk 1000km carrying everything we need on our backs. We are starting the Via de la Plata Camino in Seville, southern Spain, on 9 March 2024 and are hoping to reach Santiago de Compostela, northwest Spain, towards the end of April."



Support Colleen & Sean

Support Us



Up to 4 Months Free

How does sun, sea and savings sound? If you're not ready to let go of the summer vibes then Entertainment's latest promotion sounds like it's for you!

For a limited time, purchase a membership to The Entertainment App and receive a bonus extension of up to four months. That's more time to savour the moments and create lasting memories whilst enjoying days out, dining, travelling, shopping and more. Plus 20% of your purchase goes directly to our cause. Thank you for your support!

Terms and conditions apply.

Purchase Savings

Looking after you

[Move It For MS: Pilates with Jo Pritchard](#)

The New Year is a perfect time to consider your exercise and fitness goals. Pilates can benefit many people, but if you are unsure if it is right for you, chat with your GP or MS Nurse before you commence.

In these videos, from MS Trust UK, Jo provides verbal descriptions whilst members of the pilates class perform visual demonstrations for you to follow at home.



[Learn More](#)



**Free online course
enrol now**

UNDERSTANDING MULTIPLE SCLEROSIS

UNIVERSITY OF CHAIRBOROUGH
MENZIES 
Institute for Health Research

MS PLUS
New Zealand

MS
AUSTRALIA

[Understanding MS is a Free Online Course with Positive Impacts!](#)

Not only do course completers improve their knowledge of multiple sclerosis, nearly two-thirds (63%) say they applied their learnings in their everyday lives, and 97% report they will recommend it to someone else.

The next course starts in March. Follow the link below to learn more and reserve your space.

[Learn More](#)

[Why Remote Working May Be Perfect For You](#)

You may be unable to work outside of the home, but there are many options available to utilise your skillset and be a subcontractor for individual projects on websites like Fiverr and Unicorn Factory. These resources could help you generate some income and utilise your skill set. Joanne Harris provides more information to help you kick-start 2024 with a remote working position.



[Learn More](#)

Regional MS Society News



[MS Support Services in Your Region](#)

Regional societies offer a variety of support and services for people with MS, their families, whānau, carers and employers.

Their community advisors offer a range of support and guidance including:

- Advice and information on multiple sclerosis symptoms and management
- Access to information resources developed and provided by MSNZ
- Information for support, social and exercise groups in your region
- Advice on accessing local services
- Guidance on work and income applications
- Support with applications to the Lottery Individuals with Disabilities fund
- Individual advocacy to ensure people with MS receive the best services in their community.

Contact your local society below to find out more about the services available in your community.

[Find Your Local Society](#)



[MS Nelson Welcomes New Community Advisor](#)

MS Nelson has recently welcomed Jo Hender as their new Community Advisor. Jo is originally from the UK and looks forward to connecting with all their members and forging relationships that are supportive and meaningful for each one of you.

Jo is also keen to extend those connections to the local agencies and services that are here to help support those with MS, so that together we may make a heavy burden a bit lighter for all those involved.

[Learn About MS Nelson](#)

In the Spotlight

MSNZ would like to show our appreciation to the amazing support in the form of grants received from the [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.



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



DISCLAIMER

Content provided neither indicates nor reflects the views of MSNZ, unless specified. The information provided is not intended to replace medical advice. Please click [here](#) to read our full disclaimer.

You are receiving this email as you may have previously donated to us or requested to receive information. If you do not wish to receive information from us, please unsubscribe [here](#). *Thank you.*

Copyright © 2021 Multiple Sclerosis Society New Zealand Inc., All rights reserved. Multiple Sclerosis Society New Zealand Inc. Charities Registration number CC10861. PO Box 1192, Christchurch, 8140.