



ms. VOICE



Bangers to Bluff Special Edition



e-Newsletter

March 2024

Kia ora,

Welcome to the March edition of MS Voice, your source for the latest updates, information and inspiring stories from MS New Zealand.

[Bangers to Bluff](#) is just around the corner and we are revved up to set off on the 9th April from Auckland. Along with all the challenges and laughs, the teams will be battling to catch up with Graham, who will set off at dawn each day to cycle as far as he can before being caught by the bangers! You can follow Graham's journey by logging into your [Strava](#) account and searching for 'Graham Walker'. This cause is close to his heart, and he would love your support. You can contribute to his fundraiser [here](#).

At the end of the event, when the bangers reach Bluff on the 20th April, there will be an auction taking place at 5pm at the Waikiwi Tavern, 181 North Road, Invercargill to sell the bangers, Graham's bike and bike rack as well as some amazing options from Panasonic in the auction and the infamous mystery envelopes from MS Southland. If you're interested in placing a bid but can't be there on the night, don't worry, you can place your bid by phone! See the article below for further details. 🚗🚲❤️

MSNZ still have a ways to go before reaching our goal of raising \$20,000 of vital funds to support people impacted by MS, so if you can [donate](#), please do.

Bangers to Bluff wouldn't be as successful as it is without all the hard work from the [Rotary Club of Half Moon Bay](#), our regional MS Societies, followers, supporters and of course sponsors, THANK YOU all.



MS Announcements and Events



Graham's Bangers to Bluff Challenge 🚗 🚲

In his quest to let the nation know about Bangers to Bluff, Graham, the President of MS Taranaki has been interviewed by the papers and radio. You can read the article on Stuff [here](#). As in previous years, Graham will take to the road in the early hours, ahead of the bangers, to see how far he can cycle before being caught.

We would love your support during this rally, whether that is in the form of a donation, cheering the teams on as they cycle and drive through your region, or coming on board as a sponsor. If you can support us, please, get in touch.

At the end of the rally, Graham's bike and all the cars are auctioned off, so if you are in the market for a road bike or a new (old) car, take a look at the auction items [here](#).

[Read More](#)

Bangers to Bluff Charity Auction

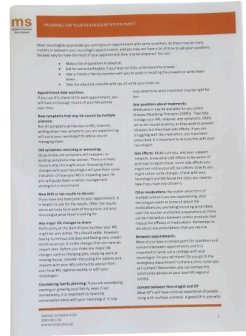
Following on from the information above, we are excited to showcase the end of the rally auction! There are 13 bangers up for grabs, the bike Graham will ride from Auckland to Bluff and the bike rack!

You can choose from some amazing Panasonic items including a 65" 4K LED TV, Soundbars, Washing Machine or a Fridge Freezer! Plus the amazing mystery envelopes from MS Southland.

If you can't attend on the night, but would like to bid on anything, just call the number on the posters - nice and easy thanks to [William Todd & Co Auctions](#).



[Read More](#)



[Preparing For Your Neurologist Appointment - Our New Resource](#)

We recently introduced you to our new [Living Well with MS](#) resource, which we hope you are enjoying. This month, we're highlighting our 'Preparing for your neurologist appointment' info sheet. This will help you to prepare for your upcoming appointments and make the most of your time with your neurologist.

Hard copies are available via your local regional society, so make contact with your community advisor, or download the PDF's from our [website](#).

We would love to know what you think, so please take a read and let us know.

[Read More](#)

[Second State of Caring Survey Out Now](#)

In 2020-21 more than 1,600 family carers completed the first [State of Caring survey](#). The Carers Alliance are repeating this survey every two years to understand how family carers are doing: their wellbeing, what help they get, what help they need, and their concerns.

Since the first survey we've experienced COVID-19, flooding in some areas, and disrupted supports plus many health and disability system changes. The second state of caring survey report is out now.

Please help by completing the survey, and share it with other family carers. Those who take part will be in to win one of twenty \$100 retail vouchers.



[Read More](#)



[Superhero Colouring Competition!](#)

We have loved seeing your Superhero colouring sheets and creations come in - they are so fantastic, like this one from 11 year old Louisa who's Superheroes name is Vitamin K and their superpowers are being kind and brave 🦸.

There are still a couple of days left to enter the [colouring-in competition](#) where the lucky winner will receive a \$50 prezzie card. So encourage your tamariki to get creative, then take a picture and submit their creations to us: info@msnz.org.nz or DM on social media.

We are thrilled to hear this interactive and fun way to educate children about MS using our new Multiple Sclerosis Superhero Activity Book has been working well for so many of you. Please keep your comments and feedback coming in.

[Read More](#)

Amplify Your Voice

[Immediate changes to Disability Support Funding – Have your say](#)

On the 18th March, Whaikaha, Ministry of Disabled People announced immediate changes to disability support funding purchasing rules. These changes remove much of the flexibility of funding which has been a welcome relief for many disabled people and their carers. Flexibility has allowed many families to make purchases which fit their unique circumstances, challenges and availability of services.

As we work through how these changes will impact New Zealanders there are several ways you can help to add your voice, including telling us how these changes will affect you and your whanau, and completing the [Carers Alliance Survey](#).

[Read More](#)

Our Fabulous Fundraisers



[Ride for MS](#) 🚲

On 6th April, David from [David Parker Training](#) will be in the Octagon, Dunedin, attempting to ride a stationary bike for 12 hours. Supported by [RSM Massage](#), who will be offering chair massages onsite at \$10 for 10mins, with all proceeds to MSNZ.

Why not show your support by popping along or by visiting his [fundraising page](#).

[Support Dave](#)



Immediate changes to Disability Support Funding

Have Your Say

[Walking in Their Shadows](#)

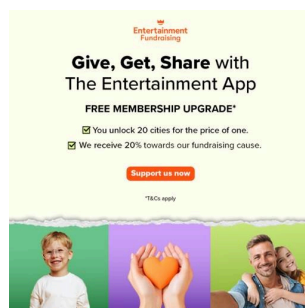
Help us to help them! Colleen and Sean are walking 1000km in Spain to raise awareness and funds for Multiple Sclerosis in New Zealand.

"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



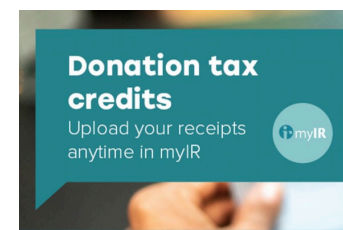
[Free Membership Upgrade](#)

We're Fundraising with Entertainment and right now you can bag a free Membership **upgrade** when you purchase a Membership in support of our cause. For as little as \$69.99, a Multi City Membership to The Entertainment App gives you access to thousands of exclusive offers in 20 cities for restaurants, cafes, attractions and more, with the average family saving upwards of \$1000 a year! And the best part? **20% of your Membership cost will be donated to us to directly support our fundraising cause.** Thank you for your on-going support!

Purchase Savings

[Donate before 31st March and receive your tax back this year](#)

Did you know that you can claim a tax credit for your charitable donations, and this can be donated back to Multiple Sclerosis New Zealand? You can claim 33.33 cents for every dollar that you have generously donated to us. Tax credits can be claimed for donations of \$5 or more to any approved charity like us and you can go back up to four years. To find out how, [check out the IRD here](#).



Learn More



[Fancy Fundraising for MSNZ?](#)

Why not use Givealittle, a registered charity, that is 100% NZ owned and operated and has been supporting Kiwi's for over 14 years. A great team of dedicated people who are passionate about fundraising for the causes close to your heart.

Looking after you

Heal and Nourish Your Mind....With Zero Effort!

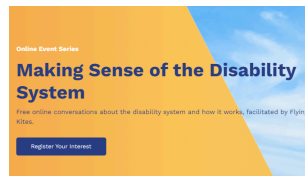
EverYellow is a mental fitness app that creates a more resilient and happier version of you. EverYellow works passively, meaning you can give your mind a wellness workout anytime and anywhere, even while working or studying.

In just 10 minutes a day, for a week, you could notice a transformation that could change your life for the better.

Try it for free now. Details of help with costs are available on their website.



[Learn More](#)



Making Sense of the Disability System

[Flying Kites](#) are finding more and more people have never had the basics of the disability sector explained to them. It's really hard to get the best out of your support when you don't understand what it is and how it works.

That's why they've created these free online conversations to help you navigate the disability system, in particular those with Individualised Funding.

Session 1 took place on 21st March, but there are 4 more in the series, with the next taking place on April 11th at 11am. It will kick off with a 30 minute presentation from Flying Kites followed by an open platform for discussions. Registrations are essential, so follow the link below to reserve your space.

[Learn More](#)

MeSsy Podcast

Do you like listening to podcasts? Christina Applegate and Jamie-Lynn Sigler have launched a new weekly podcast where they get vulnerable about the curveballs that life can throw...theirs just happens to be MS.

Join them each week as they self-reflect, learn, laugh, and grow through their own raw and often-times hilarious conversations with each other, friends, co-stars, and the people that keep them going through the messiness of life, which you can listen to on Spotify for free.



[Learn More](#)



[Tips to Reduce Stress & Find More Calm in Your Life](#) 🧘

Feeling stressed or overwhelmed isn't uncommon. In fact, many people deal with these emotions every day and that's completely okay. The key is to understand how to make sure they don't get the better of you.

Implement these quick and effective [stress management](#) techniques from now to love, into your day to help you keep your composure and stay on top of your busy schedule.

[Learn More](#)

Regional MS Society News

[The Michael Ford Memorial Charity Gold Tournament](#) 🏌

The annual event, taking place on Friday 12th April at Ngahinepouri Golf course includes morning tea, a sausage sizzle and soft drink on the course. This is a stableford tournament, it is a fun day out and is open to players of all abilities with a great range of prizes to be won.

Register to play before the 28th March and early bird entry is only \$45pp (registrations to be received in full), after this date the entry fee will be \$50pp.



[Learn More](#)

Get Involved



[Mastering Mountains Charitable Grants](#) 🏔

Mastering Mountains wants to see people with Multiple Sclerosis and Functional Neurological Disorder experience hope, connection and positive, life-long change through self-directed outdoor adventure.

For many living with these neurological disorders, a life of adventure in the outdoors can feel far from reach. That's why Mastering Mountains assists everyday people to overcome these challenges by helping them achieve their adventure dreams, experience hope and connect with community, thereby inspiring hope in others.

[Learn More](#)

Oceans of Hope Challenge 2024

Are you ready for a life-changing sailing adventure? Oceans of Hope's aim is to help you gain self-confidence and a renewed sense of empowerment.

The camaraderie of sailing a boat with people who have similar experiences creates an environment where people can comfortably share their hopes and fears. The Oceans of Hope experience is a catalyst for creating lasting friendships and a sense of community.



[Learn More](#)



Leaps and Bounds (13 - 15 Yrs & Caregiver)

Taking place from the 7th to the 14th April and 20th to 27th April, you'll take on eight days of outdoor adventure together with [Outward Bound](#), spending your time at the school in Anakiwa, and out amongst the bush, mountains and waterways of the Marlborough Sounds. Activities can include tramping, camping, sea journeys, water challenges, and height activities. Not only will you be working with each other, you'll team up alongside up to six other caregiver & teen duos and two expert instructors, all bringing their own mix of stories and personalities!

[Learn More](#)

Youth Activate (16 - 18 Yrs)

Taking place from the 20th to 27th April, during this 8 day course from [Outward Bound](#), participants will build the confidence to challenge themselves, a philosophy they can then transfer into everyday life. Return home with the courage and determination to achieve whatever goals they set for themselves.

This course is fully funded by generous donors. Participants will only need to cover the cost of their travel to and from Picton, and a pre-course medical done by their GP or nurse practitioner.



[Learn More](#)

In the Spotlight

MSNZ would like to show our appreciation to our amazing sponsors of this years Bangers to Bluff Car Rally.

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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