

# WE ARE ON THE MOVE



**MARCH**  
2018



## IN MORE WAYS THAN ONE

Details on pages 2 & 5

# MULTIPLE SCLEROSIS & PARKINSON'S CANTERBURY (INC)

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MP for Port Hills

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## VICE PRESIDENT

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**Glen Sparrow,**

**Ingrid Robertson**

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Cover photo: Tim Bateman, Crusader  
[www.photosport.co.nz](http://www.photosport.co.nz)

# PRESIDENT'S MESSAGE

Dear Members

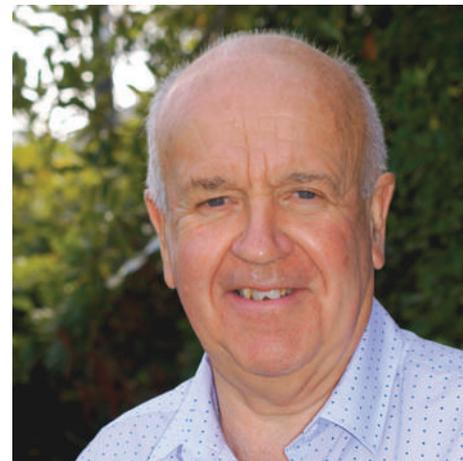
We have exciting news. In February, Canterbury Brain Collective Limited, the Company which we jointly own with Dementia Canterbury, signed the lease on our new building, Unit 3, 49 Sir William Pickering Drive. We are leasing 783 square metres of the building which is the ground floor and half of the 1st floor, with common areas both at the entrance and directly above.

The Aspire Centre has given the Society until the 4th of April to move out of the present location and it will take most of this time to arrange the fitout of the new building and to orchestrate the move itself. We have a team comprising people from both Societies which will meet weekly to work through the planning and logistics required for the move.

We will look forward to welcoming you all to an Open Day at the new premises as soon as possible, and the date for this should be known by 19th March, the day of our AGM (details below) so come along to hear more about our Society's progress

and plans to further develop and effectively deliver services to our members.

We look forward to you joining us in this exciting new chapter.



Warmest regards

**Malcolm Rickerby**

[president@ms-pd.org.nz](mailto:president@ms-pd.org.nz)

## ANNUAL GENERAL MEETING

The Multiple Sclerosis & Parkinson's Society of Canterbury Inc

**Date:** Monday 19th March, 2018

**Time:** 12.30pm

**Venue:** Oxford Terrace Baptist Church

**Address:** 286 Oxford Terrace (Cnr of Madras St and Oxford Tce)

Some parking available; wheelchair access

## GUEST SPEAKERS

**TARA MARTIN**  
- On the Go  
Physio

Tara is experienced in working with a range of neurological conditions including Parkinson's, MS, head and spinal cord injury and stroke. Tara will talk to us about an app she is currently developing for people with Parkinson's, which we are pleased to support through a grant from our research fund.



**HILDA MULLIGAN**  
- Otago School of  
Physiotherapy

Hilda's association with our organisation began in the late 1990s when we started hosting Year 4 undergraduate physiotherapy students on clinical practice experience. Since that time Hilda's involvement has included work on various aspects of exercise for people with Parkinson's and MS. We appreciate Hilda's research expertise and warm enthusiasm.



# MANAGER'S MESSAGE



Greetings to our first newsletter of 2018, the beginning of a new year, and a turning point for our organisation. In newsletters over the last year we have kept you in the loop about our proposed new directions and the collaboration with Dementia Canterbury in sharing premises that will work more effectively for both organisations. We want to be clear that we will be working alongside each other, not merging. We will do our best to communicate our changes clearly.

## STAFF CHANGES

As some of you may know, Joan will be going on maternity leave in mid April as her baby is due mid May. We will miss Joan's physiotherapy expertise, and we wish her and her family all the best.

Tessa, our fundraising assistant, has resigned from March 9 to take up a position elsewhere. We have enjoyed Tessa's help and humour, and of course her little dog Mungo will also be missed.

Over the last year Joan and Tessa have both contributed effectively to our great team of professionals.

I have noticed the strong loyalty shown by former staff, who even after they have left the organisation, continue to help in many different ways, such as collecting in the Street Appeal. That says a lot about our cause, and how people value who we are and what we do.

## FEEDBACK FROM MEMBERS WHO PARTICIPATED IN *LIVING WELL WITH MS*

Firstly I want to acknowledge the work contributed by Judy McKeown and the Focus Group of members with MS, who spent some months developing this unique course. Although it was modelled on Living Well With Parkinson's which we have been running for some years now, there were still many decisions to be made about what would work most effectively in terms of content and process. Judy's creativity in putting the different modules together means that people gain beneficial ideas, resources and 'tools' - even those who have been diagnosed for many years.

The course has now run 3 times, and feedback is very positive.

Here are some comments on 'what was most helpful over all'.

- Meeting everyone and gaining so much knowledge about myself
- Equipping me with wisdom and expectations for the future.
- Group discussions and planning for the future, this course has been so helpful.
- All of the weeks were helpful and each was different
- Group discussions with support people
- Very good course, I would highly recommend to others
- Seeing others with positive attitudes is great.

The course, for people with MS and their partners, is highly recommended. If you haven't heard about it before, ask Judy when the next one is scheduled.

## Robin Furley

[robin.furley@ms-pd.org.nz](mailto:robin.furley@ms-pd.org.nz)



## SUBS INCREASE BY \$2.50 THIS YEAR

*For 2018 our subs will increase to \$52.50. We believe our subscription is excellent value, as we don't charge extra for home visits or assessments with our nurses and physios. We have calculated that the actual cost to us of meeting with and assessing a new member is \$419.00 . So you can see that \$52.50 is a very small portion of the actual cost of our service. We are proud of our professional staff, and are committed to acknowledging their expertise by paying them appropriately.*

*While we do have contracts with the MoH for people with MS and with the CDHB for people with Parkinson's, these are very small, and cover about 15% only of our budget. That is why, like many other not for profits, we need to fundraise for at least 80% of our costs.*

*Please contact me directly if paying the sub is a problem for you and we can discuss.*

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# WE ARE MOVING



Joint partners in



## WE ARE MOVING TO 3/49 SIR WILLIAM PICKERING DRIVE, BURNSIDE, CHRISTCHURCH

We anticipate moving in the week prior to Easter with services commencing at our new premises in early April.

This is an intermediate step (several years) as the Canterbury Brain Collective

continues to work towards a long-term home for our collective services.

Please note we will be working alongside each other, not merging.

Detailed information about parking/ access will be available on our Facebook and Website pages, and at our current premises. If you have any concerns, please phone or email us.

**Directions to our new premises:** from Memorial Avenue, turn into Roydvale Avenue and left into Sir William Pickering Drive; the building, 49, is on the right behind the café.

**Phone 03 366 2857 ext 6 or email [support@ms-pd.org.nz](mailto:support@ms-pd.org.nz)**



*We make a living by what we get, we make a life by what we give.*

*Sir Winston Churchill  
(1874 – 1965)*

## BEQUESTS— A LASTING LEGACY

Leaving a bequest in your Will can make a tangible difference long after your own lifetime, helping to ensure that we can continue to provide essential and up to date services to members.

A bequest is a gift made through your Will, an opportunity to make a lasting difference. It offers flexibility – you retain use of your assets and can make changes at any time to reflect your philanthropic and financial goals.

A bequest can be put into a new Will or added to your existing Will, it can be for a set amount or a % of your estate.

**If you are considering a bequest to Multiple Sclerosis & Parkinson's Canterbury and would like to discuss options with us, please contact Lynne Trowbridge on 366 2857 ext 8 (all enquiries will be treated confidentially).**

We usually hear of a donor's generosity after their passing. If you have decided to support us through a bequest and feel comfortable sharing this information with us, please do. We would really like the opportunity to thank you for your thoughtfulness.

We recommend that you seek legal advice from your solicitor when adding a bequest to your Will.





## NEW YEAR, NEW ROLE

### INTRODUCING TIM BATEMAN, MS & PARKINSON'S AMBASSADOR

We are very excited to announce the appointment of Tim Bateman as our Ambassador. Tim has kindly volunteered to take on this new role, promoting the society, its services and raising awareness of MS and Parkinson's in the wider community. We are extremely fortunate to have the support of this dynamic and busy young man. Not only is he a top professional rugby player, but a business man and most importantly, a family man.

*"As someone with personal experience of the impact of MS on lives and families, I am delighted to have this opportunity to contribute to the MS & Parkinson's community. The sad thing is, so many of us have friends or loved ones that are impacted by either MS or Parkinson's so if I am able to help in some small way it'll be more than worthwhile."*  
Tim Bateman, MSPC Ambassador

Tim's wife, Laura, was diagnosed with MS in 2012, and their journey through

# FROM THE FUNDRAISING OFFICE

treatment and recovery led them to establish Cloud 9, their flotation therapy business in Christchurch. Many members will have had a "float" and reaped the benefits of this amazing tool which can remove stresses and anxieties, and improve quality of life.

The link between exercise and managing symptoms is widely recognised and Tim hopes to join some of our exercise groups in the coming months, as his schedule allows. Keep an eye on Facebook and the website to see where you can catch up with him next. Come and exercise with a Crusader!

The Coach's Notes say it all, so welcome Tim and thank you for your support.

*"Tim was voted by the team as Player of the Year in 2017, and this is a true measure of the man. He has a magnificent intellect on and off the field and offers real leadership... Tim brings an intensity and energy which lifts the players around him, and supports our team's culture immensely."*



## READ ON FOR TIM'S CRUSADER PROFILE

"Tim Bateman has returned to New Zealand and the BNZ Crusaders after a number of seasons overseas, and his outstanding form during the 2017 Super and provincial seasons have shown he has plenty to offer New Zealand rugby yet. Bateman grew up in Christchurch and was Head Boy at Christchurch Boys' High School. He made the Canterbury provincial team for the first time in 2006 and joined the Crusaders in 2007.

He left the Crusaders and Canterbury in 2010 to play in Japan, then returned for three seasons with the Hurricanes and Wellington rugby before again heading to Japan in 2014 when his wife required treatment for multiple sclerosis. In 2017 he made the move back home to Christchurch and played seven games for the BNZ Crusaders as the team marched towards the Super Rugby title.

He has represented New Zealand at Under 19 and Under 21 level, and played for the Maori All Blacks in 2008, 2012 and 2017.

Bateman has an uncanny ability to find gaps and brings valuable leadership and experience to the squad".



Tim and Laura

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# NURSES' CORNER

**JUDY MCKEOWN**  
– MS RESOURCE NURSE

## HEALTH PATHWAYS NOW AVAILABLE TO MS PATIENTS

GPs are now able to access the "Health Pathways" programme for patients with MS. When you next visit your GP, talk to them about following the programme's guidelines, which will help direct them to managing MS symptoms and referrals.

## LIVING WELL WITH MS

The Living Well with MS (LWMS) programme will take place mid-year, running for 6 weeks each Saturday, 10 am to 12 noon. If you wish to register for this, do so now as numbers will be limited. You will need to make a commitment to attend for all six sessions. The LWMS programme is full of informative, relevant and useful content, with a variety of speakers sharing their knowledge with us. It is suitable for people of all ages and stages of MS.

For further information, please contact Judy via email [msnurse@ms-pd.org.nz](mailto:msnurse@ms-pd.org.nz) or text 022 638 9501 or call

**03 366 2857 ext. 3**

## MS LUNCHES

We have planned three MS lunches for the year, and the first was held on 14th February, with a Valentines theme. The remaining two lunches will be held at our new premises, and we look forward to seeing you there. There will be reminders, but pop these dates in your diary now. It's a great chance to catch up, relax and connect.

Wednesday 25th July - the famous Staff Soup Competition, come to taste and judge the winter soups at this highly competitive event!

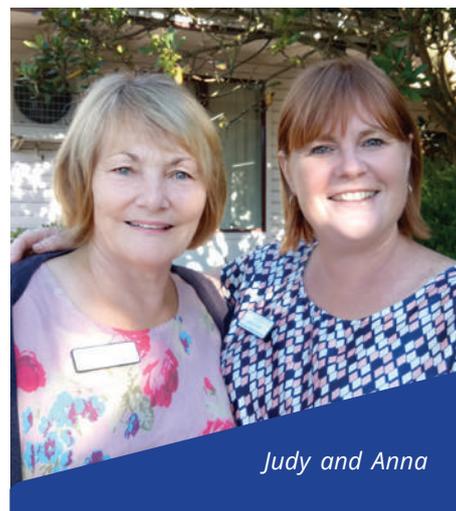
Wednesday 5th December - Christmas treats and the annual Christmas Quiz.

Venue: Unit 3/49 Sir William Pickering Drive, Burnside, Christchurch

**ANNA FRASER**  
– PARKINSON'S RESOURCE NURSE

Over the last 20 years the role of the Parkinson's Resource Nurse has changed significantly. Today, by using a multi-disciplinary team approach and working alongside Neurologists, Physiotherapists, GPs, Occupational Therapists and other Health Professionals we're able to help our members gain better access to the right services. The Resource Nurse acts as a facilitator to help you access the many services available to you. Below is an outline of some of these services:

- **Home Visits** – Conduct a personal assessment, working with the person with Parkinson's, their family and carer, to provide information and support for an agreed individualised plan that promotes best health and lifestyle.
- **Referrals** – to other health professionals are put in place to meet the needs of each individual. E.g. Occupational Therapists who can arrange items such as hand rails or bath seats.
- **Advice about the monitoring of medication** – Parkinson's medication routines are unique to each individual and we can help with information about managing side effects, 'on and off' periods and sleep problems.
- **General advice** - How to arrange mobility vouchers, parking permits, home help and other general assistance.
- **Advocacy** – Assist with conversations with hospitals, specialists and employers when you need someone to work beside you or speak on your behalf.
- **Regular support groups for members and spouses** – giving people the opportunity to share experiences, develop coping strategies and establish social networks.



Judy and Anna

- **Social activities** – Keep you informed about social activities held in your area. Social activities provide a sense of togetherness and give members an opportunity to meet, talk and support each other at these gatherings.
- **Exercise and physiotherapy available** – A variety of exercise and physiotherapy options. *Research has shown that exercise is a vital component in the overall management of Parkinson's. We strongly support this through our evidence based approach to exercise.*
- **Facilitate family/whanau meetings.** The Resource Nurse is available to meet with family/whanau to discuss how they can best support their family member and provide information about Parkinson's in order to give them a better understanding of the condition; information about respite care, both day programs and short term care, available in your area.
- **Provide training and information for staff at rest homes** – We work with staff at rest homes, hospitals and care facilities to provide training and advice on best practice for the care of people with Parkinson's.
- **Educational seminars** – featuring a variety of speakers including neurologists, Parkinson's researchers, pharmacists and other health professionals.

*Information on all MS and Parkinson's peer support groups, lunches etc. are on the 2018 Calendar enclosed.*

# FOCUS ON PHYSIO

We are all aware of the benefits of exercise in managing symptoms and for general well being. If you haven't yet tried one of our exercise classes, please think about giving them a go. Talk to one of us about starting your new regime! See page 9 for the timetable.

Meanwhile, take a look at two new initiatives:



Ingrid



Leila



Joan

## ALINKER BIKE

MS and Parkinson's Canterbury are excited to be involved in this latest trial to improve activity levels for individuals with Multiple Sclerosis. MSNZ has kindly donated 2 Alinker bikes to our society for people with MS to trial. The Alinker is a 3 wheeled walking bike that can be used for personal exercise or transport as well as rehabilitation in a clinic or community setting.

These bikes will be loaned out for 6 week blocks to interested parties to see how effective the bikes are for improving fitness, mobility and balance. During the trial you will need to log your daily activity and number of steps on the bike regularly as well as other information.

To use the Alinker you need to be able to:

- stand up safely and independently
- grip and hold the handles, and squeeze the brake (with either hand)
- safely get on and off by yourself or with minimal assistance
- practice with our physio in the environment you plan to use the bike in, for example up and down slopes, learning how to lift it up and down over the kerb.

If you are interested in the Alinker bike or being involved in this trial please contact either of our physiotherapists on **03 366 2857 ext. 1** or e-mail **physio@ms-pd.org.nz** or **physio2@ms-pd.org.nz** for further information.

## PUNCH FOR PARKINSON'S

### NEW BOXING CLASS FOR PARKINSON'S STARTING SOON

Bodyfix Gym (located on Tuam Street) are keen to start up another class at their gym specifically for anyone in the community who has Parkinson's. Boxing is a great way to keep fit, improve co-ordination and balance among other benefits.

If you are interested in trialling this class, and you can stand and walk independently for at least an hour, please register your interest with us. Time of class and start date will be decided once we have an idea of numbers interested.

This is a great opportunity which we hope you will take advantage of!

For more information or to register your interest please contact:

Leila, Physiotherapist on **03 366 2857 ext. 1** or email **physio@ms-pd.org.nz**



Phone: (03) 366 2857  
[www.ms-pd.org.nz](http://www.ms-pd.org.nz)

# HEAT SENSITIVITY

The following information is from the MSNZ website:

Many people with MS become quite sensitive to the heat, particularly during the summer. An elevated core body temperature, of as small as 0.5degrees, (whether from illness, heat, or activity) can alter the effective conduction of nerve impulses. This can result in a feeling of fatigue, as well as a temporary worsening of other symptoms.

Refraining from becoming over heated and keeping the body cool with the liberal use of air conditioning, wearing cooling garments (specially designed to lower body temperature) or other cooling strategies may help to manage heat sensitivity and resulting symptoms. Symptoms will usually subside once nerves are returned to normal temperatures.

## TIPS FOR STAYING COOL

You may wish to consider some of these tips to keep cool and manage heat sensitivity:

## WATER AND NUTRITION

- Increase your fluid intake by drinking more water, add a couple more glasses than usual as you will lose fluids through perspiration.

- Limit caffeine as this can dehydrate.
- Apart from the initial brain-freeze, sucking ice-cubes can be very helpful. With all the berries that are around for the summer season, why not put one in each of the cube slots, top with water, freeze away and then when it comes time to cool down, you get a delicious treat at the end.
- Freeze water bottles to carry with you during the day. They will stay cool even as they melt to hydrate you.
- When choosing your meals, consider options that don't overwork your body trying to digest.

## CLOTHING

- Cooling collars and vests are a great way to keep cool.
- For an instant cooling collar, put a bag of frozen veggies wrapped in a tea towel around your neck, or try freezing a bandana, scarf or tea towel.
- Cotton is cooler.
- Keep your head covered. Wide brimmed hats are particularly useful as they can help prevent you from burning your head, neck and face in this intense New Zealand sun, but also keep you cooler. Hats with ventilation such as woven hats will allow the breeze



to pass through and cool you down, while darker colours under the brim can help protect your eyes from the sun's reflections.

- When you put your fan on, put a damp towel around your shoulders to cool down quicker.

## LIFESTYLE

- Only go outside when necessary. Vitamin D is great but in these extreme heats, when you do go out be SUN SAFE.
- Frozen water bottles have multiple uses. They are great for a cooling drink throughout the day but also try rolling one under your feet, backwards and forwards. Don't forget to put a towel down to avoid a wet floor.
- Hang your washing out in the cool of the morning or evening so you don't have to go out in the hot sun of the day, and then bring it in at night.
- Do you find that applying sunscreen it makes you feel hotter and more flustered? A spray sunscreen might be easier. There are a couple of products out there in the market place that you don't need to rub in, they're lightweight and cool and revive skin on contact.
- When you're heat sensitive it can be difficult to maintain your daily routine, particularly your exercise routine. If you do want to exercise, do so in the early morning or evenings when it is cooler, and try yoga, tai chi or a gentle walk with a friend rather than a run. Better yet, try



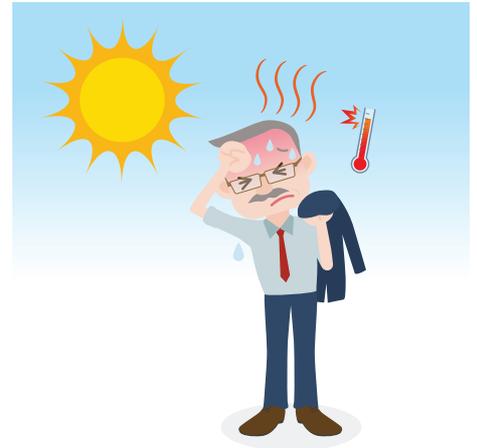
an aqua based exercise such as a swim or aqua jogging, and always remember to stretch and cool down.

- Pre-plan. Have some wet and chilled sports bands ready to put on your wrists when you get home to cool down your body, and then have a shower when you feel comfortable.
- Can you chop the veggies in the cool of the morning or evening the day before and refrigerate? Just make sure they are covered and sealed. Air tight containers keep things fresher for longer. Or check out the freezer aisle at your

local supermarket. Pre-chopped frozen veggies save you time and energy (plus it means you can stand in front of the freezers to cool down!)

- Try not to get stressed as this will make you overheat more.
- Plan breaks somewhere cool particularly in the hottest part of the day

***If you would like medical advice, contact your local GP. If you need urgent medical attention call 111 immediately.***



# EXERCISE CLASS TIMETABLE FOR 2018

Please contact our physiotherapists before starting any of the classes. All classes take place at our premises unless otherwise stated.

Monday	Exercise Class
10.00am	Parkinson's Exercise Class – higher level (\$5)
11.00am	Parkinson's Exercise Class – seated group (\$5)
1.00pm-3.00pm	Open Gym – open for general use with Leila (\$5)
Tuesday	
10.15am	Parkinson's Exercise Class - medium level (\$5)
11.30am	Parkinson's Exercise Class – seated group (\$5)
10.00am	Power of Dance- High level session with Adriaan Beddie at Impact Dance and Stage School (\$7)
11.00am	Power of Dance- Low level session with Adriaan Beddie at Impact Dance and Stage School (\$7)
1.30pm	Yoga \$5
Wednesday	
1.00pm-3.00pm	Open Gym – open for general use with Joan (\$5)
Thursday	
10.00am	Parkinson's Exercise Class - higher level (\$5)
11.00am	Parkinson's Exercise Class – higher level (\$5)
1.30pm	Power of Dance- High level session with Adriaan Beddie at Impact Dance and Stage School (\$7)
1.30pm	Yoga (\$5)
1.00pm	MS Exercise Class – suitable for people who use a wheelchair
Friday	
10.00am	Nordic Walking – for those with Parkinson's and their partners; takes place in Hagley Park (\$5)
10.30am-12.00pm	Open Gym – open for general use with Joan (\$5)
1.00pm	MS Exercise Class (\$5)
Saturday	
9.00am	Counterpunch Parkinson's – boxing group at One More Round gym



*It is exercise alone that supports the spirits, and keeps the mind in vigor.” Cicero*

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# CORAL ATKINSON – AUTHOR

When Coral Atkinson was eight or nine years old, her parents went on holiday to the south of England. On one occasion they wanted to visit the Queen Mary, a very large passenger ship berthed at Southampton. Coral had no interest in the ship. Instead top of her list was to go to the New Forest to see the spot where the Norman king William II (Rufus) had been killed in a hunting accident in 1100.

'I have always had a strong interest in the past,' Coral says. 'Looking back

has an enchantment for me. My other interests were reading and writing. I was intrigued by the idea of creating your own world and the whole concept of story.'

With these enthusiasms it was not surprising that Coral became a historical novelist.

'I recall trying to write a novel about the English Civil War, when I was about eleven.' Coral says. 'The project foundered after about four laboriously hand written pages, but when I look back I know it was the beginning.'

Coral was born in Dublin, Ireland, and migrated with parents and sister to New Zealand in the late nineteen fifties. She went to intermediate school, secondary school, university and Teachers' College in Christchurch. She subsequently worked as a teacher, an educational journalist, in book publishing and publishing training.

'I always wanted to do some serious writing, but it was only when my sons had grown up that I was able to give up other work and devote my time to this.'

'Most people tend to assume that migration is easy for children,' Coral says. 'It is for some, but I think it has special difficulties, if you are a "looker -back" like me. I have never lost my feeling of connection with Ireland, my Irish roots and family.'

Coral has visited Ireland as often as she has been able. Two of her novels,



The Love Apple' (adults) and Copper Top (young adults) have major Irish characters.

'I have been fortunate in winning several prizes and awards for my writing,' she says.

In 2015 she was awarded the Ursula Bethell Residency Award at the University of Canterbury. Last year her most recent novel, Passing Through was broadcast as a serial on Radio New Zealand's National programme.

Like many Parkinson's sufferers the diagnosis was devastating and unexpected.

**'It takes time,' Coral says, 'to adjust to a new future that you would not have planned. I suppose we never think of these things happening to us. I recently read a Buddhist saying, 'Whatever you meet is the path.' I think that is very true.'**

Coral lives in Governors Bay with her German husband, Wolfgang Kreutzer, and dog, Munchin.

**FREE DRAW FOR MS & PARKINSON'S MEMBERS**

Author Coral Atkinson has donated two copies of her historical novel 'The Love Apple' as a free giveaway. If you would like to be in the draw for this send an email to us at [fundraiser@ms-pd.org.nz](mailto:fundraiser@ms-pd.org.nz) Be sure to include your name and street address and put 'Free giveaway draw' in the subject line. The draw will be held on 29th March and the two winners will each get a signed free copy of the book.

## THANK YOU TO OUR SUPPORTERS

E B Milton Trust, William Toomey Charitable Trust, Jones Foundation, Hornby Workingmen's Club and MU Welfare Trust Board



**Harvey Weir Charitable Trust**

# 2018 NOTICES

## EQUIPMENT FOR HIRE OR LOAN

Wheelchairs \$10 per month for casual use/travel purposes.

Travel Scooter \$50 per month.

We have sticks, walkers and crutches which can be loaned out when needed. To enquire about availability of equipment for hire or loan, please contact our physiotherapists, Joan or Leila on **03 366 2857 ext.1.**

## MEN'S SOCIAL GROUP

Group runs every 2nd month on the 3rd Tuesday. Facilitator: Rod Logan. Dates & times on the enclosed calendar.

## CONTACT DETAILS

If your address, email or phone details have changed, please contact Annette on **366 2857 ext. 6** or email **support@ms-pd.org.nz**

## PODIATRIST

Podiatry visits are usually on the first Tuesday of the month with upcoming dates of 3 April, 1 May, 5 June, 26 June (no session in July). The cost of this service is \$25.00 a visit if you have paid your annual subscription otherwise the cost is \$60.00. As this service is very popular, **it is essential to book. If you make an appointment and find you cannot attend, please let Annette know otherwise the Podiatrist will charge you for the missed appointment.**

For bookings or cancellations, contact Annette on **366 2857 ext. 6.**

## ENTERTAINMENT BOOK

Enclosed with this Newsletter is an order form for the very popular Entertainment Book. This year the cost of the book has increased to \$70.00, the Society receives \$14.00 from every book sold. Please order early to save disappointment and to secure your book(s). **Payment is due by Friday 20 April.**

The book is scheduled to be launched in mid May. If you require any further information, please phone Annette on **366 2857 ext. 6.**



## PARKINSON'S SPOUSES GROUP

Runs third week of month, on a Tuesday or Thursday.

"Look out for the table with Percy the Pukeko on it."

Dates & times on the enclosed calendar.

## PSP & MSA CARERS' SUPPORT GROUP

The support group which was established for spouses/family members caring for people with PSP (Progressive Supranuclear Palsy) or MSA (Multiple System Atrophy) will be continued in 2018. Under the guidance and support of Frances Young, a counselling and wellbeing therapist and Parkinson's Nurse, Anna Fraser, there will be time to work together with families and help them understand the complexity of the condition.

The group will meet at MS and Parkinson's every second month, commencing in February (Dates & times on the enclosed calendar).

# THE GREAT CHRISTMAS CAKE RAFFLE DECEMBER 2017 – THE GIFT OF GIVING



We were thrilled to receive 8 of these beautiful cakes to be raffled in time for Christmas.

A lot of time, expense and expertise goes in to the making these delicious creations, so many thanks to our generous donor (who prefers to remain anonymous, probably to stop all of us cake lovers lining up at her kitchen door looking hopeful!).

The much anticipated draw came. One prize winner, seeing a disappointed ticket holder, embraced the season of giving, immediately sharing her prize. Truly scrumptious.

"So delicious. We enjoyed every last crumb...what I wouldn't give to get my hands on the recipe!" a winner said. No chance of that – our (secret) baker says

it is an old family recipe and will only be passed on to her daughter.

\$600 was raised for the Society, so many thanks to all who participated.

*8 cakes were harmed in the researching of this article.*

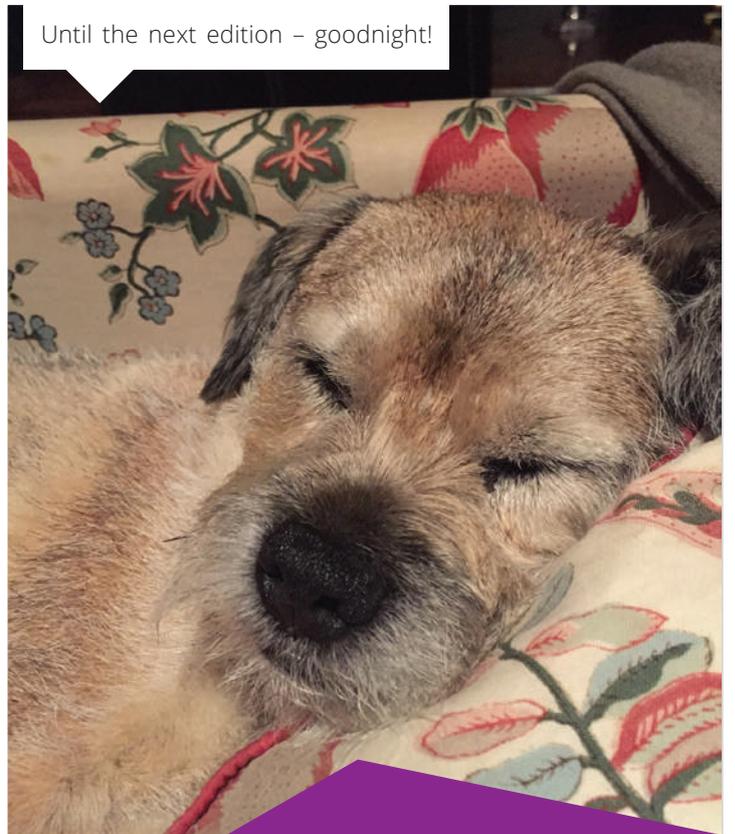
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Celebrating Valentine's Day at the MS Lunch



Until the next edition - goodnight!



Staff Christmas Door Competition: and the winners were - Lynne, Tessa and Lesley

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