

PIXIES, PRINCESSES, PRICELESS!

THROW EVERYTHING YOU'VE GOT AT OUR APPEAL



JULY
2017



2017
STREET APPEAL
FRIDAY 1ST & SATURDAY
2ND SEPTEMBER

Details on page 5

MULTIPLE SCLEROSIS & PARKINSON'S CANTERBURY (INC)

314 Worcester St, Linwood

PO Box 32-135 ChCh 8147

Phone: (03) 366 2857

Fax: (03) 379 5939

www.ms-pd.org.nz

PATRON

Hon. Ruth Dyson

MP for Port Hills

PRESIDENT

Malcolm Rickerby

president@ms-pd.org.nz

VICE PRESIDENT

Dawn Baker

TREASURER

Ann Morrison

COMMITTEE

**John George, Peter Scott,
Lindsay Daniel, Glen Sparrow**

OUR TEAM

(03) 366 2857

Robin Furley, ext. 2

manager@ms-pd.org.nz

Annette MacFadyen, ext.6

support@ms-pd.org.nz

Judy McKeown, RN, ext. 3

msnurse@ms-pd.org.nz

Anna Fraser, RN, ext. 4

pnurse@ms-pd.org.nz

Leila Shahtahmasebi, ext. 1

physio@ms-pd.org.nz

Joan Gane, ext. 1

physio2@ms-pd.org.nz

Lynne Trowbridge, ext. 8

fundraiser@ms-pd.org.nz

Tessa Kain, ext. 9

frassistant@ms-pd.org.nz

Nicola Morrison, ext. 7

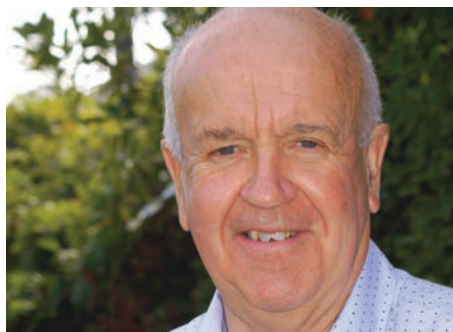
office@ms-pd.org.nz

Lesley Williams ext 9

social@ms-pd.org.nz

Kim Veenings, ext. 1

PRESIDENT'S MESSAGE



Winter has come with more rain than we need and temperatures dropping to the mid-single figures.

I cannot believe we are now into the sixth month of the year and the shortest day will have been and gone and the days will be getting longer.

The Society delivers a great range of services to our members and our programmes have been very well attended. If you have mislaid this year's calendar please ask one of the staff for one, they will send it to you, or give you one. The social side of these programmes has encouraged great rapport between members.

Our new committee has started off by changing the time of our monthly meetings. They are now at 4.30pm on the third Monday of each month. This has meant committee members who work do not have to squeeze one to one and a half hour meetings into their lunch break. We could do with some additional committee members who have marketing or fundraising expertise. They do not have to be members of the Society. If you contact Robin Furley or me, we would be happy to discuss the role of being a committee member.

In July (I hope it will be) you will be invited to an exciting event, the launch of our collaboration with Dementia Canterbury. We have formed a Charitable Company named "Canterbury Brain Collective Limited." This company will be going to the market to raise funds for a building that will house the two societies and over time they will be able to deliver an expanded range of services to our members in a fit-for-purpose building.

The building will possibly house other neurological societies.

Keep September Friday 1st and Saturday 2nd free to help with our Street Appeal, our major fundraising event for the year. Contact Lynne Trowbridge fundraiser@ms-pd.org.nz - she would love to hear from you.

I look forward to meeting members throughout the year.

Malcolm Rickerby

president@ms-pd.org.nz

BEQUESTS— A LASTING LEGACY



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

Sir Winston Churchill (1874 – 1965)

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 9 (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.

MANAGER'S MESSAGE



Hello everyone

WELCOME TO OUR NEW STAFF MEMBERS

Our team has grown with the addition of Joan Gane, Physiotherapist, and Tessa Kain, Fundraising Assistant. Both roles are vital to our organisation, and we're delighted to be working alongside Joan and Tessa. If you come here for exercise, or need an assessment or advice, you will meet either Joan or Leila. If you are involved in the Street Appeal, or have any ideas for fundraising, you will meet Lynne or Tessa.

INTERNET

For those of you who have an online presence, we have a Facebook page which we try to update regularly – do check us out, and feel free to 'like' and 'share' our page. Our website badly needs an upgrade, which we hope to address later in the year.

WORCESTER STREET PARKING

The 'traffic calming' changes are now complete outside our centre, which unfortunately has reduced parking for members coming to exercise and gym sessions. There is now a parking area with 2 mobility parks in Hereford St, directly behind us. In Hereford St there is often parking available on the road side, but the road is now busier, traffic-wise, than Worcester.

ANNUAL REPORT

You may be interested in some of the information I compiled for our Charities Services Statement of Service Performance. This and more can be found in our Annual Report, available at our office.

This describes our services and 'outputs', and 'outcomes' – in other words 'who are we and why do we exist', and 'what did we do, and when did we do it'.

In 2016 we had 47 new people with MS, and 74 new people with Parkinson's referred to us – most have become members.

PHYSIO AND EXERCISE GROUPS	2015	2016
Total groups held	333	482
Number of attendances at exercise groups	1561	1577
Attendances at Open Gym	989	2146
Attendances at Yoga	311	374
Attendances at Nordic walking	191	326

We had a 45% increase in groups provided, while attendances at groups were about the same both years.

We had a 91% increase in attendances at Open Gym; 83% increase at Nordic walking; 20% increase at Yoga.

Our school holiday programme in the July school holidays was attended by 11 families – parents and children.

We started several new groups in 2016:-

- Counterpunch (boxing) for people with Parkinson's
- Living Well With MS programme, developed by Judy our MS nurse. This will be offered twice a year.
- Rangiora MS support group
- Rangiora Parkinson's support group

We added new gym equipment – a treadmill and a second Motomed, designed for people in wheelchairs.

Our online member survey in July got a 40% response rate, with numerous helpful comments and suggestions. We also sought member feedback about specific services.

Remember we are always open to

hearing from you, whether you have a compliment or a concern.

We rebranded and launched our new logo, with the tagline 'strong connections'.

Our successful street appeal raised \$48,000, with many wonderful volunteers helping.

EVENTS AND SEMINARS 2016

- Prof Pfeifer and Alex Tallner (Germany) on exercise and MS.
- Francine Hills (UK) – dance for Parkinson's
- John Pepper (South Africa) – movement problems in Parkinson's
- Travis Stiles (USA) & Brett Drummond (Australia) – research presentation World MS Day
- Dr MacAskill (NZ Brain Research Institute) – research seminar for Parkinson's Awareness Day

Robin Furley

robin.furley@ms-pd.org.nz

MEMBERSHIP SUBSCRIPTION - REMINDER

Thank you to those of you who have paid your annual sub of \$50, which we believe is great value. As a member, you receive benefits such as the subsidised podiatrist, gym, exercise programmes, school holiday programme, and of course access to our excellent professionals – nurses and physiotherapists. Other benefits are listed on the sub form mailed out with the February newsletter. If you haven't yet paid, we are happy to receive your subscription at any time.

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SNAPSHOT OF NEW MEMBERS OF OUR TEAM

COMMITTEE

GLEN SPARROW



In the seven years since I was diagnosed with MS, my life has changed and my MS has helped me go down new roads in life. Some of the new roads include writing and self publishing a kids' book, running a blog about living well with MS, helping to create and deliver the new course Living Well With MS, and now joining the committee.

I strongly believe in giving back wherever possible and have been the chairperson of the Original Scripts Theatre School Trust for over 10 years. I am also actively involved in my local community, Kirwee, while still working full time. I really look forward to being more actively involved with the Society.

LINDSAY DANIEL



Tēnā koutou katoa

I have worked in social justice

fields over the major part of my working life, culminating in a number of senior management roles in both the private and state sectors. Over the last decade of my working life I worked in the health and disability sector, primarily with people who have physical disabilities, and those with a mental illness.

I developed a professional interest and expertise in hoarding and cluttering, delivering interventions to pākehā clients referred to our practice who presented with these challenging behaviours.

I have been a member of the ANZASW, but relinquished my membership when I gave up full time work.

I was diagnosed with Parkinson's in July 2012. The high stress job I had at the time was exacerbating my symptoms and having a very negative impact on my health

and wellbeing. Like others with a degenerative central nervous system disorder, I decided to stop full-time work so I could focus on my health and keeping well.

Besides keeping well, the other major challenge has been adapting to the significant drop in income. But the significant improvement in my health and wellbeing has made it well worthwhile.

I have a wide range of interests including sea-kayaking, literature, music, DIY, woodworking, nature conservation, cycling, classic cars, film and history.

Besides being a committee member at MS & Parkinson's, I am a trustee and volunteer on the Ōtamahua-Quail Island Trust, a volunteer with the NZ Brain Research Institute, and a member of the Aranui AFFIRM Family Festival working group.

Ka kite anō.

STAFF

JOAN GANE



My name is Joan Gane and I have recently started as the new part time physiotherapist at the Multiple Sclerosis and Parkinson's Society of Canterbury. I have returned to work after being on maternity

leave for the past year, but prior to this I was employed as a Rotational Physiotherapist at the CDHB. Although I worked in many different areas of the hospital, I have always had a special interest in neurorehabilitation, and I am excited to join the skilled team at the MS & Parkinson's Society of Canterbury.

Outside of work I live with my husband Sam, our one-year-old son Edward, and our dog Gus. Both of our boys keep us busy!

Thank you very much to the team and members for making me feel so welcome; the first month has flown by. I look forward to continuing to meet and work with our members in the future.

TESSA KAIN



Hi I am Tessa Kain and am lucky enough to have recently joined MS & Parkinson's as fundraising assistant, working for Lynne, the Funds Development Manager. I am very excited about the forthcoming street appeal and thank you to those who have already agreed to help

- it can't be done without you! Look out for more information in this newsletter on volunteering for the appeal.

As well as the street appeal, I am also looking at ways of raising awareness of MS & Parkinson's in the community, widening our group of supporters and hopefully increasing donations!

I look forward to meeting as many members as possible in the run up to the appeal. I'm in Room 2, and my usual days of work are Wednesdays and Thursdays, so please pop in if you would like more information on volunteering.

Thank you to everyone who has made me so welcome, it is great being part of your team.

FROM THE FUNDRAISING OFFICE

**2017 STREET APPEAL
FRIDAY 1ST & SATURDAY 2ND
SEPTEMBER, 2017**

Our 2017 Street Appeal is fast approaching and we need all the help we can get to make it a success. In 2016 we raised a record \$48,500 – a fantastic result, one we could not have achieved without the contribution of many members who volunteered their time to help us.

This year we have set our sights even higher, \$60,000 is our target. To give us the best chance to achieve this goal, we need more volunteers on board and inventive ways to draw attention to our cause.

Put your thinking caps on, is there something different you can do to



Meet Mungo who, along with our Pixies and Princesses featured on the cover, is adding Appeal to our Street Appeal.

lend a hand, dress up your children/grandchildren and have them collect with you – 'Add Appeal'. Maybe hold a mini fundraiser i.e. morning tea for

friends, where they make a donation, the possibilities are endless.

We really appreciate the help we get from members, but also know that many of you are not able to assist for a variety of reasons – is there someone you know who could help us? Maybe a family member, friend or work colleague who could volunteer just 2 hours of their time?

Being a volunteer is easy and can be very satisfying: one of our members shared with us the feeling she had after a donation was given **"The pleasure it gives the Collector is immensely satisfying to say the least and I recommend it as a heart-warming exercise for everyone"**.

Please fill out the enclosed volunteer response form and return to us, or if you would like more information, have an idea to share, or just to have a chat about volunteering for the Appeal, please contact Tessa or Lynne at the Fundraising Office.

**Tessa: Phone. 03 3662857 ext. 9.
Email frassistant@ms-pd.org.nz**

**Lynne: Phone. 033662857 ext. 8.
Email fundraiser@ms-pd.org.nz**

MAYFIELD AND DISTRICT LIONS CLUB GOLF TOURNAMENT

We were recently invited to attend a function at the Mayfield golf club, where Ron Cross, President, presented Robin with a generous cheque for \$8000 (with further proceeds to come from an auction). This was rural hospitality at its best, with a lovely meal cooked by local ladies, and an entertaining prizegiving and auction to follow. Funds were divided between MS and Parkinson's Canterbury and Motor Neurone Disease Association. There was an opportunity to say a few words about who we are and what we do, particularly our work in the Ashburton area. Our warm and sincere appreciation goes to this active community for providing such valued support to local organisations.



Robin receiving cheque for \$8,000 from Ron Cross

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INGRID'S OCEANS OF HOPE ADVENTURE

Ingrid Robertson was selected to be part of the recent Oceans of Hope (an event for those with MS) held in Croatia. She has shared some of the highlights of her big adventure with us.

WEDNESDAY 10TH MAY

Arrived in Croatia after an uneventful flight over. I checked into Villa Samac where I was to stay for the first 4 days, along with some fellow Oceans of Hope participants. It was good getting to know them. Spent a couple of days looking around Trogir and Split where the cobblestone alleyways and little shops were beautiful.

SATURDAY 13TH MAY

Everyone gathered at the Marina, we chatted over lunch and were assigned our boats. My crew was Greg (Aussie), Inia, Heidi, Christina (Danish), Tini (Flemish), Peter (Netherlands) and me, and our boat was Wilhelmina. We organised our grocery shopping and I offered to be on dish duty!! Peter is a

chef so we knew we would eat well. We had a chat over dinner and spent the night on the boat.

SUNDAY 14TH MAY

We finally set sail early Sunday afternoon and went to Rogoznica with Anna a Roving Skipper who showed us what to do and made sure we were okay and could handle sailing alone - Christina and I were the only ones who didn't have experience. The water was calm but we got the sails up for a while and then realised at the rate we were going we might not reach our destination until 8am the next day! So we took them down and used the engine. I steered for a while and released the genoa furling line ... ha! learnt some technical terms ... made me feel like a real sailor. We stayed in Rogoznica for the night.

MONDAY 15TH MAY

We set sail for Kaprijel doing a Man Overboard test on the way. I did radio control which was good as I knew what I was doing with that! We received a gale warning for late afternoon or next day so we thought we would sail around a couple of islands in case we couldn't on Tuesday - wasn't too worried as we had sails up, engine off and feet up sailing about 7 knots. We were watching the clouds and they suddenly got very dark and the thunder was so loud with a bit of lightning, so we had a change of plan and sails came down, engine on, and we made it into Tivat before the rain came in -

typical - it only lasted 10mins, but we stayed there for the night.

TUESDAY 16TH MAY

We had a great day sailing to Sibinet. We were going about 8 knots and it felt like we were going to tip over, but Peter reassured us that we were safe, which made us feel better. It was so exhilarating! That night a lovely dinner was put on for us, there were speeches and dancing, a wonderful evening.

WEDNESDAY 17TH MAY

Bit of a slow start to the day, as we headed to Skradin which was my favourite place. It is the old Capital of Dalmatia and Bosnia and is so pretty and laid back. We anchored here and went ashore by dinghy, including my scooter!

THURSDAY 18TH MAY

We motored quietly through the Prokijansko Jezero Lake towards Dvornik - about a 5hr sail. Once again it was calm so we only had the sails up for about an hour.

FRIDAY 19TH MAY

We were supposed to be racing each other but it was so calm we had to cancel. Instead the Skippers had a race in the dinghies which was a giggle. We had to dress them up with whatever we had on the boat. We sailed around the corner, anchored up and I had a swim in the Mediterranean - so cold but couldn't have left without doing it.



SATURDAY 20TH MAY

We had our final dinner back in Trogir which was great. I was awarded a winch handle that had snapped off the boat going from NZ to Australia in the storm they had back in 2015 – they said it was for courage – going from NZ to Croatia, trying everything and not letting the unknown get in my way – very surprised but it was nice.

I have been asked a couple of times what the highlight was for me but I can't pin point anything. The whole trip was amazing, even better than I thought it would be; meeting people from all around the world with the same illness in different stages and sharing stories. I think for 3 weeks nothing was a problem – you didn't feel any different from anyone else, just comfortable.



For 3 weeks nothing was a problem – you didn't feel any different from anyone else, just comfortable.

PAMPER & INFORMATION SESSION FOR MEMBERS WITH PARKINSON'S & THEIR SPOUSES

Each month the Parkinson's Spouses group meets at different cafes around town. This is a great opportunity for people to get together and share their experiences of being affected by Parkinson's. Over time friendships develop, and those who come along regularly look forward to connecting with the group.

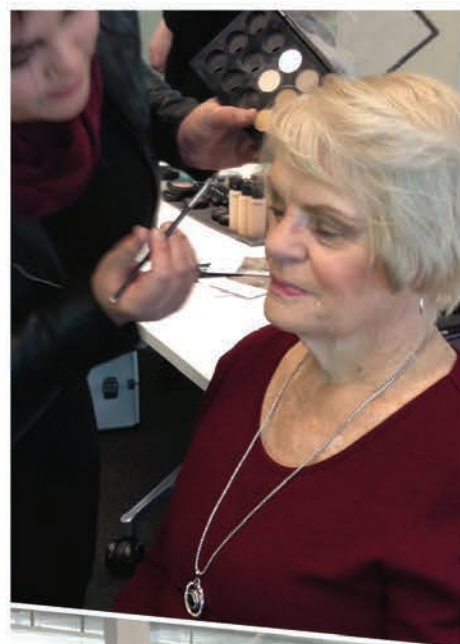
Once a year we run a session, often with invited speakers, which aims to be somewhat supportive and informative. For example, in 2015 we had a physio instructing us on how to safely help someone get up off the floor (in case of falls); in 2016 the physio gave us some ideas on physical activity for self care, and at the same time the other group learned about couple relationships and intimacy.

This year Anna, our Parkinson's nurse, particularly wanted to provide a pamper session. This involved artists-in-training

from the Kristen Stewart School of Makeup, who arrived with their makeup kits and soon got busy with their eyebrow pencils, powder brushes and lipsticks, chatting all the while as the female Parkinson's spouses enjoyed their special treatment.

In another room, the group of mainly men was being entertained and informed by the staff from *Driving Miss Daisy* and *Caring for Carers*. Everyone was treated to Anna's home made muffins, and pastries donated by Copenhagen Bakery. To finish, everyone received a gift of soap from Bed, Bath and Beyond, and a coconut body butter from the Body Shop.

Thank you to our wonderful supporters for making this a special hour or so of 'time-out' for our members.



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BENEFITS OF YOGA

BENEFITS OF YOGA

My name is Lisa and I teach yoga for MS and Parkinson's, on Tuesdays and Thursdays from 1.30-2.30 pm at the Society, 314 Worcester Street, Christchurch. It is one of my most rewarding classes.

BACKGROUND

My mother-in-law in the UK introduced me to yoga after the birth of my first child. From my first class I was hooked, I noticed that the quality of my sleep improved and when I neglected my yoga practice my sleep wasn't as good. It felt right and intuitive to move and stretch my body and I learnt to focus on my breath. Something magical happens to my body when I practise yoga.

This is my passion and I am very privileged to be able to share my love of yoga with others.

WHY DO YOGA?

It is well documented that yoga has numerous benefits to general health and wellbeing:

- Improves muscle tone, flexibility, strength and stamina
- Reduces stress and tension
- Boosts self esteem
- Improves concentration and creativity
- Lowers fat
- Improves circulation
- Stimulates the immune system
- Creates a sense of wellbeing and calm.

If you set time aside to practice yoga, it's time just for you. It is your special time.

YOGA AT THE SOCIETY

We learn life-skill tools on the mat. We take time to make a connection to the breath and notice that how we breathe affects how we feel. We work simple breathing practices, coming back to basics, sometimes relearning how to breathe diaphragmatically, deeply, fully and with consciousness.

We work a flexibility practice with gentle



Yoga teaches us to cure what need not be endured and to endure what cannot be cured.

BKS Iyengar

movement of the body, to warm the body slowly and to release stagnant energy and to find freedom in our bodies, in preparation to transition to more specific postures known as asana work, which increases our flexibility and strength, coordination and balance. Most importantly, we take time to rest the body at the end of our sessions with guided relaxation to find a sense of peace and calm, and to be at home in the body.

My students are not able to do everything and I understand that, I am in awe of the way they listen to their bodies and make natural adjustments to poses we are working on, adjustments which are just right for their bodies. We work slowly and patiently so that the students honour their own abilities and listen to their own innate wisdom.

It is so rewarding when students tell me that they have used techniques learned in class in their everyday lives - simple breathing practices when they are in stressful situations, activating core strength when loading the dishwasher, being aware of their posture when waiting in line at the supermarket or using a little visualisation technique to help them fall asleep at night. They find their strength.

The students foster a real sense of connection and community. They encourage and support each other. I sometimes see my job is to be a

facilitator, to bring together like minded people with a common goal, to look after themselves externally and internally to help them find a way back to their true nature.

It doesn't have to be yoga, I'm a firm believer in finding something that you like, so you can enjoy moving your body in whichever way you can. Start small, don't get hooked on progress, do what you can and listen to your body. See if you can stay in the present moment and enjoy the journey. Yoga could be that starting point, a springboard to other things.

If you feel like coming along but are put off because you think you are not flexible enough, try and remember that flexibility is not a requirement. Flexibility happens along the way and it is almost like a by-product. Progress becomes inevitable but it is not necessarily the only reason why we practice.

We gain strength when we practice yoga, and it is so important to be able to lift ourselves out of a chair, get up off the floor, pick something up with ease and find our balance.

If you would like more information about yoga at the Society please contact Annette.

Phone: 03 3662857 ext. 6

Email: support@ms-pd.org.nz

Namaste Lisa

POWER OF DANCE

The Multiple Sclerosis and Parkinson's Society of Canterbury has been fortunate to team up with Adriaan Beddie, a dance instructor with more than 10 years' experience, to start a group called Power of Dance. Adriaan has seen first-hand the benefits that dance has on individuals with Parkinson's and MS and he is passionate about making dance accessible to everyone.

Dance has both physical and mental benefits. It is a great source of physical activity, and has been shown to improve balance, gait and strength in individuals with Parkinson's Disease. It also provides cognitive challenges and has a positive impact on memory while in a fun and social environment.

Power of Dance has been running since February this year. You don't need to have any previous dance experience and



there are 2 classes available, a standing and a seated group. The standing class is for individuals who feel more confident with their balance and able to complete traveling dance steps. The seated class is for people who don't feel confident standing, and is suitable for people in wheelchairs. This group focuses on arm and leg movement in time with music.

The classes are an hour long and held on a Tuesday at 10am (Standing class) and 11am (Seated class). The sessions are \$7 (concession cards available \$65 for 10

sessions). Partners are not essential, and some assistance is provided, but if you need assistance throughout the whole class, please bring a support person. No charge for partners or support persons.

If you are interested in joining Power of Dance, please contact Joan, Physiotherapist:

Phone: 03 3662857 ext. 1

Email: physio2@ms-pd.org.nz

BOWEN THERAPY AT REGAN GILL MASSAGE THERAPY

Regan has over 13 years experience as a qualified and professional Massage Therapist and is trained in Bowen Therapy, which is a non-invasive, complementary therapy that can help treat the symptoms of MS.

Bowen is proven to help common symptoms of Multiple Sclerosis, including pain, muscle problems, fatigue, bowel/bladder problems, etc. which can affect all MS sufferers, not just those who are incapacitated.

No hard-tissue manipulation or force is needed or used. Between each set of moves, the body is allowed to rest for a few minutes, to allow it to absorb the information it has received and initiate the healing process.

Regan also uses massage techniques, advanced stretching, dry needling, and myofascial cupping to address a wide range of musculoskeletal issues.

TESTIMONIALS

"I have known the benefits of Bowen Therapy for years, having had first-hand experience, so it was good to discover Regan. I have scoliosis and was having terrible problems with the right side as a result of too much computer work using a mouse. I have had three sessions with Regan and after each session I have experienced great improvement. I am extremely satisfied with the results".

Sincerely Brennan Kerr Nelson CPA, PhD

"I initially saw Regan due to issues of ongoing chronic (several years) shoulder pain, and excessive neck "cracking" when turning head. This was accompanied with anxiety and stress.

The sessions consist of Bowen therapy to address my alignment issues and stress levels.

Now, there is no shoulder pain or neck cracking. Also, overall I feel calmer and "more able to cope" with stress due to the Bowen therapy.

I highly recommend Regan for making this difference to my overall health and well being."

Brenda T

As a member of Multiple Sclerosis and Parkinson's Canterbury, you will receive a discounted rate of \$30 for a 30min treatment (Bowen therapy or Massage therapy) or \$55 for 60min (if you would like a combination of Bowen and Massage)

Times available for this reduced rate are Mondays and Thursdays between 9AM and 12PM.

For more information, please contact Regan:

Phone: 022 315 8426

Email: Contact via website:

www.regangill.co.nz

Facebook: Regan Gill Massage Therapy

Phone: (03) 366 2857
www.ms-pd.org.nz

BOOK REVIEW — LINDSAY DANIEL

“Brain Storms. The Race to Unlock the Mysteries of Parkinson’s”.

Written by Jon Palfreman. Published by Penguin Random House in 2015.

Jon Palfreman is a professor of journalism at the University of Oregon. He is an award winning journalist including the Peabody and the Victor Cohn Prize for Excellence in Medical Science Reporting. He has also produced more than forty documentaries for the BBC and PBS. Palfreman has been diagnosed with Parkinson’s.

If you have an interest in neurological conditions like Parkinson’s, or the science of neurology, then this book is an essential read. Palfreman successfully unravels this complex science and the research currently underway into amyloid diseases and presents it in a very accessible way for the reader.

I was captivated by it and couldn’t put it down.

James Parkinson described the symptoms of what he considered a new disease and outlined his findings in a small medical monograph published in 1817 titled “An Essay on the Shaking Palsy”. His work was basically ignored until it was rediscovered by a French physician called Jean-Martin Charcot in 1860 who immediately recognised its importance.

But the shaking palsy was recognised by the Egyptians and the Greeks long before Parkinson published his booklet.

The book follows the trail of research into neurodegenerative diseases like Alzheimer’s, and Huntington’s, but with a clear focus on Parkinson’s. The search for knowledge has become a race to understand these complex diseases; in some cases the findings have been serendipitous. Palfreman asserts there is real progress being made to understand the inner-workings of these diseases. The race to stop or reverse these conditions is becoming more urgent as the northern world’s population ages.

Palfreman has accomplished an astonishing feat of journalism through careful detective work to give the reader an up to date summary of the state of current knowledge about these conditions.

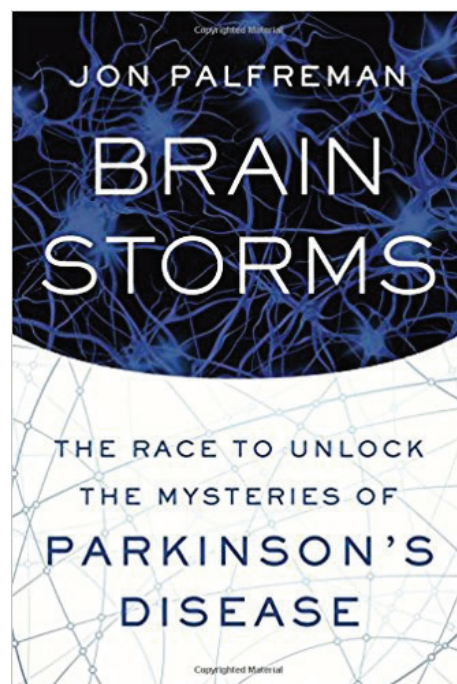
The book also wrestles with questions like: is Parkinson’s really a disease (something you can catch like a cold)?; is Parkinson’s really a movement disorder when there are many non-movement symptoms experienced by every patient who is diagnosed with it?; is Parkinson’s really better described as a syndrome or a whole body disorder?; is it a neuropsychiatric disorder? And he comes up with some interesting answers to the riddle that is Parkinson’s.

As you can imagine this is a complex area of science, but inevitably he has had to use the language of neurology, which he explains in simple English. Terms like amyloid diseases, amyloid plaques,

alpha-synuclein, fibrils, prions, tau tangles and misfolded proteins were little known to me before I read this book. But now I have finished reading it I understand those terms and many others thanks to the skill of the author.

He describes the several promising lines of research into possible drug therapies with the proviso that there is still a way to go before such therapies are available from your neurologist or your GP.

The book is upbeat, positive and life-affirming.



Available from our library.

THANK YOU TO OUR SUPPORTERS

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



lane neave.



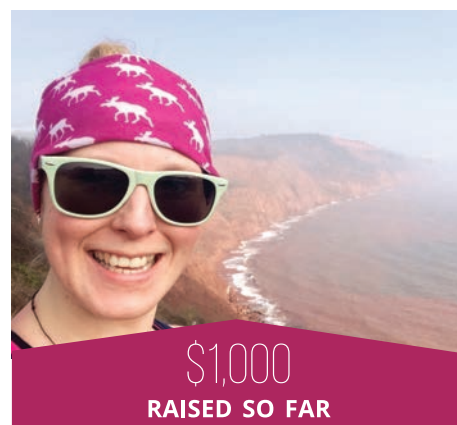
FUNDRAISING FROM A DISTANCE – KUNGSLEDEN 2017

While daily living with life changing conditions such as Multiple Sclerosis, Parkinson's or cancer is far from easy, it is support from family and friends that helps sufferers to get the best from life. Helping is fine if you are in the same city, or even in the same country, but when you are on the other side of the world, it's a bit more difficult. One of our Society members has a niece working in the UK who is undertaking a spectacular way to help from a distance.

Her name is Sharyn Buunk and she is going to walk the Kungsleden Trail in

Sweden, a distance of some 440 km over difficult country, to raise awareness - and hopefully money - to support our Society here in Christchurch. She has been preparing and training for some time, and will be starting her tramp at about the time this magazine goes to print. She expects the trip to take about a month, and is documenting her journey with a blog and some amazing pictures. To follow her progress, and also to contribute to her cause, go to:

<https://kungsleden2017.wordpress.com/>
or www.facebook.com/kungsleden2017



2017 NOTICES

PSP & MSA CARERS' SUPPORT GROUP

A new support group has been established for spouses/family members caring for people with PSP (Progressive Supranuclear Palsy) or MSA (Multiple System Atrophy). These conditions can create exhaustion and isolation for spouses and family members and support is not always easy to find.

Under the guidance and support of Frances Young, a counselling and wellbeing therapist consultant to the society, and Anna Fraser our new Parkinson's Nurse, there is an

opportunity to learn new information and share personal insights to gain greater understandings together.

Meetings will be held monthly, details for the next meeting as follows:

When:

Tuesday 25th July 2017

Where:

Multiple Sclerosis & Parkinson's Offices, 314 Worcester Street, Christchurch

Time:

6.00pm – 7.30pm

RSVP:

Tuesday 18th July

For more information or to register your attendance contact:
Anna Fraser, Parkinson's Community Nurse.

Phone: 366 2857 ext 4

Email: pnurse@ms-pd.org.nz

LIVING WELL WITH MS

In June 2016, we introduced a new programme called Living Well with MS developed and facilitated by people with Multiple Sclerosis.

The Living Well with MS programme is rich with information about what

the people in the focus group would have wanted themselves in the first few years of being diagnosed. We designed it to facilitate the development of intentional lifestyle choices/positive health habits for living well with MS.

This six week programme goes beyond the medical management of MS and places a strong emphasis on personal responsibility and the maximum enhancement of physical, mental, social, intellectual and spiritual health. People with MS and their partners, and those who wish to come alone are welcome.

Next Living Well with MS course:

When:

Saturday 14th October, 2017 –
Saturday 18th November, 2017

Where:

Multiple Sclerosis & Parkinson's Offices, 314 Worcester Street, Christchurch

Time:

10.00am – 12.00pm

If people wish to register please contact Judy McKeown, MS resource nurse.

Phone: 366 2857 ext 3

Email: j.mckeown@ms-pd.org.nz

Phone: (03) 366 2857
www.ms-pd.org.nz



Morning Tea with Lesley at Portstone Cafe



Card making at the MS Lunch



Fun at the MS lunch



Upbeat Bowling



MULTIPLE SCLEROSIS & PARKINSON'S CANTERBURY (INC)

314 Worcester Street, Linwood
PO Box 32-135 Christchurch 8147

Phone: (03) 366 2857

Fax: (03) 379 5939

Phone: (03) 366 2857

www.ms-pd.org.nz