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PRESIDENT'S MESSAGE

NEW BEGINNINGS

We greet the new year with warm welcomes and fond farewells.

First, we welcome new Manager Robin Furley, who brings a wealth of experience at a senior level to the Society. You can find out more about Robin on page 5.

After serving the Society for almost 27 years, our long-serving Manager Jenny Boyer moved into retirement at the end of last year. She provides a fascinating reflection on page 8 of her time with us and the many developments in the sector she observed and participated in.

This month we farewell Michael Herman, our Project Co-ordinator, who leaves us to take up a full-time role with another agency. Michael has been a welcome addition and good fit in our professional team for the last year, and we are sorry to be saying 'goodbye' to him.

Michael has been thorough and thoughtful in his approach to his work. Staff have appreciated his sense of fun and humour, and his willingness to 'go the extra mile'.

ANNUAL GENERAL MEETING

The Annual General Meeting will be held on Monday 23 March. All members are invited to attend, particularly those who take an interest in how the Society is run. We are also interested in hearing from anyone who would like to explore becoming a Board Member.

MEMBER SURVEY

We encourage you to use the opportunity provided later in the year when our Member Survey is distributed to share your experience of the Society's services and programmes, as well as your ideas about what we need to be doing to better meet your needs. Your feedback is essential for optimally shaping the Society as it moves forward and provides us with the information funders and contract holders are increasingly demanding in our reports to them.

FUNDRAISING EVENTS

Our first fundraising event of the year was a fantastically successful premiere screening of the Second Best Marigold Hotel on Thursday 26 February at Hoyts Riccarton.

We're tremendously grateful to the Rotary Club of Christchurch South for their strong support of this event as well as to members and their families and

friends of the Society for getting behind the Movie Night so strongly. I'd also like to thank Denitsa, our talented Administration and Fundraising Assistant, for the excellent campaign she came up with.

Fundraising events already in the 2015 calendar include:

- Quiz Night 1 (Sunday April 26)
- Quiz Night 2 (Sunday July 26)
- Annual MS Street Appeal (Friday 4 and Saturday 5 September)
- Footloose Fun Walk (Sunday November 1)

These events help us raise the money required to run the Society and we appreciate any and all help our members and supporters provide.

ANNUAL SUBSCRIPTION

Your copy of the Newsletter should have included a Membership Subscription form; if not, one can be obtained from Annette on **03 366-2857 ext. 6** (see page 5 for more information).

Subscription income accounts for just roughly 12% of the cost of providing services, with the shortfall made up largely from contracts, grants and fundraising activities. While accounting for only a small part of our budget, your subscription is important as it enables the Society to maintain existing services at the high standard you are used to and helps us fund new programmes.

THANKS TO SUPPORTERS

There are many wonderful people who help the Society in all sorts of ways over the year and we're tremendously grateful to all of them.

This quarter I'd like to acknowledge, first, Papanui Club for their dedicated support over many decades as well as specifically for the gift of our annual Christmas Lunch for members, which last year was accompanied by a \$2,000 donation. Thanks also to Kay Roper for yet again gifting her fantastic homemade Christmas cakes for our end-of-year raffle; your cakes delighted the winners and brought in \$500 for the Society. And if you answered our Giving Tuesday call for donations towards the MOTOMED Viva-2 Light exercise machine, or any of our other appeals for donations, then a very big thank you to you too!

Yours sincerely...



Malcolm Rickerby, President

03 338 1770, president@ms-pd.org.nz



NOTICEBOARD

MS LUNCH CLUB

This group is for members with MS, who have been living with the condition for many years. If you would like to join this group, please contact Judy on **03 366-2857 ext. 3**.

The Lunch Club meets on the first Wednesday of the month at noon.

Upcoming dates are:

- 4 March – Aromatherapy**
- 1 April – Song and Music**
- 6 May – Classic Cars**

BRAIN AWARENESS WEEK

Brain Awareness Week will run from 16 to 22 March 2015. For more information and to find out about local events, go to www.brainweek.co.nz.

PARKINSON'S SPOUSES GROUP

Upcoming dates for the Parkinson's Spouses Support Group are:

Thursday 19 March

Coffee Worx in Rangiora at 10.30am

Tuesday 21 April

Cassells Brewery in Woolston at 10.30am

Thursday 21 May

Café Mosaic in Barrington at 10.30am

Contact Bronnie at b.alexander@ms-pd.org.nz or on **03 366-2857 ext. 4** for more information.

LIBRARY BOOKS

The Society has a good selection of books available to take out on loan. Please ensure that you take the book to the Administration Assistant (Room 3A), to check out so that the Society can keep track of them. If you have any recommendations on books about MS, Parkinson's or caring for people with a chronic condition, please let Annette know on support@ms-pd.org.nz or **03 366-2857 ext. 6**.

WORLD PARKINSON'S DAY

World Parkinson's Day (Saturday 11 April 2015) is a global event held on the birthday of Sir James Parkinson, which aims to raise awareness of Parkinson's disease in an effort to promote a greater understanding of this condition and how it can affect a person, their family and friends.

Sir James was an English physician, geologist, palaeontologist and political activist who became famous for his 1817 work 'An Essay on the Shaking Palsy', a description of the condition that later became known as Parkinson's disease.

For more information, go to www.parkinsons.org.nz.

PODIATRIST

Podiatry visits are usually on the first Tuesday of the month with upcoming dates of **3 March, 31 March and 5 May**. The cost for this service is \$25 a visit and is significantly subsidised by the Society for our members.

As this service is very popular, it is essential to book. If you make an appointment and find you cannot attend, you **MUST** phone to cancel. Otherwise the Podiatrist will charge you for the missed appointment.

To book or cancel an appointment, please contact Annette at support@ms-pd.org.nz or on **03 366-2857 ext. 6**.

HAVE YOUR CONTACT DETAILS CHANGED?

If so, please contact Annette on **366-2857 ext. 6** or support@ms-pd.org.nz to ensure we have the most up-to-date contact details for you.

Email is an important and cost-effective (FREE!) way for the Society to communicate, so please let us know if your address changes.





Kim, Denitsa, Rachel, Annette, Robin, Nicola, Judy, Bronnie (not pictured: Jan and Maree)

One of the most important services offered by the Society, is the free home visiting programme. It may be that you have not seen a staff member for a while or you have something that you need to discuss. The visits can be made at a time and place to suit you; at work, at your home or at the Society.

As staff members work outside the office at times, and your call is important to them, please leave a message on their answer phone and they will contact you as soon as possible.

If your call is urgent, please call the Manager or Office Manager for assistance.

TO CONTACT

Please dial **03 366-2857** and then the appropriate extension number listed adjacent:

Rachel/Maree (Physiotherapists)	1
Kim (Exercise Group Leader)	1
Robin (Manager)	2
Judy (MS Resource Nurse)	3
Bronnie (PD Resource Nurse)	4
Annette (Office Manager)	6
Nicola (Administration Assistant)	7
Jan (Social Activities Co-ordinator)	8
Denitsa (Administration & Fundraising Assistant)	9

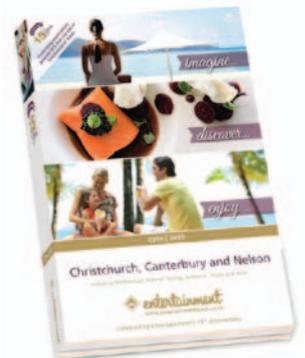
COST-SAVING ENTERTAINMENT BOOK

The Society will be selling the very popular Entertainment Book again for the 10th year. It provides you with great savings to the most popular restaurants, attractions, shopping, travel and more, while providing the Society with much needed funds as the Society receives \$13.00 for every book sold.

We're holding the 2013 price of \$65.00 to make it as widely accessible as possible.

Please help us to sell more books by telling your friends and family.

If you would like more information, please contact Annette on **03 366-2857 ext. 6**.



QUIZ NIGHT

Make a date to join us for another fantastic Quiz Night on **Sunday April 26** at the **Papanui Club, 6pm to 9pm**.

Members who have attended past Quiz Nights have thoroughly enjoyed these evenings and this year's event is shaping up to be every bit as good as its predecessors.

Teams comprise six to eight people and the cost is \$10 a person. If you don't have enough people to create a team of your own then sign up and we'll allocate you to an open team.

Contact Annette on **03 366-2857 ext. 6** or at support@ms-pd.org.nz for more info or to make a booking!



MEET MSPD'S NEW MANAGER



Robin Furley – Manager

Greetings everyone.

It is a real pleasure to be writing an introductory piece for our newsletter as the new manager with MS-PD Society.

Firstly, I want to honour Jenny Boyer's contribution to our communities; Jenny's legacy is significant and will long be remembered as having shaped the Society during years of growth, change and development. We send Jenny our warmest wishes for a fulfilling retirement.

Secondly, to introduce myself here are snippets of my varied and diverse background.

Although I was a city girl, being born and brought up in Auckland, I later lived on farms all over Northland during my active years of mothering five children (now all grown and some with their own families).

During the rural phase of my life I grew veges, milked house cows and raised pigs, calves, pet lambs and goats. I enjoyed aspects of the self-sufficient lifestyle which have stayed with me all these years later. As well as my busy family and farm life, I was involved in several different volunteer groups such as Playcentre and La Leche League.

After Northland, Hamilton became home for some years during my time at university as a mature student in the early '90s. After graduation I began my career in not-for-profit social services and joined the Aotearoa NZ Association of Social Workers.

I was a regional co-ordinator and manager for the NZ AIDS Foundation for 10 years in Hamilton and Christchurch. I fell in love with Christchurch and the South Island but needed to return to Hamilton for a while to care for frail elderly parents; my mother had developed Parkinson's and my father had undergone a triple heart bypass. At this time I worked as Area Manager for Relationships Aotearoa.

Another move brought me back to Christchurch and a new role as manager with Home and Family. After a couple of years there I was appointed regional family support manager with the Child Cancer Foundation, which was my focus for the last five years.

During all my moves and changes I have always enjoyed family connections, exploring the outdoors, walking and cycling, gardening and growing veges, reading, music and movies.

I am delighted to be in my new role and I look forward to meeting you in due course.

Please do feel free to make contact with me by phone, email or in person. I am always interested in receiving feedback or suggestions about our services and how we may better meet your needs.

ANNUAL MEMBERSHIP SUBSCRIPTION

Please note that the annual membership subscription is \$45 a year (standard membership). If you receive the Total Mobility Smart Card then your subscription is \$60 (\$45 + \$15 Total Mobility Admin Fee).

An Annual Membership form is included with your Newsletter which will clarify what you need to pay.

You can now pay your membership directly into our bank account. Please include your name and the word 'subs' in the reference area then post your

signed membership form to Annette, stating that you have paid online. Before returning the completed form, it would be a good idea to check that we have your correct address and email details.

It would be appreciated if you could pay your membership by **30 April 2015**.

If you are finding it difficult to pay your annual membership, please contact Robin Furley at **robin.furley@ms-pd.org.nz** or on **03 366 2857 ext. 2**.

minimise fatigue maximise life

CREATING BALANCE WITH MULTIPLE SCLEROSIS

MINIMISE FATIGUE, MAXIMISE LIFE REPORT

By Jessie Snowden

The Canterbury Fatigue Project and the Minimise Fatigue, Maximise Life programme have entered their 4th year since conception and 3rd year of research.

A partnership between The Multiple Sclerosis and Parkinson's Society of Canterbury and the University of Otago, the programme has been the topic of ongoing research which has shown excellent results, most notably a significant positive effect on attendees' self-efficacy and fatigue following the programme.

Qualitative themes have shown the programme:

- Led to behaviour change that improved attendees' management of their fatigue
- Improved attendees' lives as a whole (not only as it related to their fatigue)
- Was felt to be well presented and well received by both the health professional facilitators who delivered it and the attendees.

For the latest research 25 people attended the programme in five sites across New Zealand. Of interest they were all women and were aged between 37 -63. They had been diagnosed with MS for differing amounts of time, from less than a year to 40 years.

Attendees found the workbook was a useful resource that they had continued to use once they had completed the programme. It allowed them to reflect on their fatigue and how to best manage it. They also shared things that had made it difficult or easy for them and this is going to be very useful for planning future programmes.

From the results it was very clear that changing attendees' behaviour resulted in improved fatigue management. This happened in several different ways.

Attendees learnt new things about themselves and managing their fatigue through what they were taught in the programme, what they learnt by sharing information with other people with MS and from self- reflection. Writing things down increased their awareness and allowed them to stop and think.

The group setting was viewed by attendees as a safe and powerful environment for learning and also for coming to terms with their life with MS, with one attendee observing: "...we were all different from each other, all had different symptoms; oh fatigue, we all had that. But we all had other things going on as well and it was really good to hear that I wasn't alone because I'd always felt like that."

Having this understanding allowed attendees to then take control by using different strategies like setting realistic limits and putting in boundaries for themselves and others. They also reported improving how they communicated about their fatigue and their MS in general, and started using skills such as planning, prioritising and delegating to manage their fatigue.

Additionally, attendees took on new habits such as changing their attitude or mental approach, using techniques such as planning rest periods before and after events. They changed aspects of their daily lives such as exercising, nutrition, and how they operated at home and work.

The most rewarding part of this research round was appreciating how improving fatigue could improve attendees' whole lives. They felt their whole life improved as they found balance and they had the energy to do the things that were really important to them and their families. Some attendees also found personal relationships improved. Furthermore, the programme provided the opportunity for attendees to reflect on their life with MS in general, beyond the fatigue aspect.

Minimise Fatigue, Maximise Life is currently on offer in four sites throughout New Zealand and further training of facilitators in 2015 will see it available in up to 10 locations.

PARKINSON'S SPEECH LANGUAGE THERAPY SERVICES

By Kirstie Koller

Canterbury District Health Board (CDHB) Community Speech Language Therapists offer a variety of services for people with communication difficulties resulting from their Parkinson's. These include the Parkinson's Communication Treatment Group, LSVT LOUD, and the Parkinson's Society Communication Maintenance Group.

PARKINSON'S COMMUNICATION TREATMENT GROUP

This programme of once-weekly morning sessions runs for eight weeks. Everyone invited to attend the group has a diagnosis of Parkinson's and is having some difficulty with communication, such as decreased confidence in social or work settings, slurred speech, difficulty processing information, or quiet voice.

Between six and 12 people attend the group and their partners or supporters are invited to attend half the sessions. If people are not sure that a group is for them, we recommend they attend the first morning to see how a small group of like-minded people can support each other to improve communication.

LSVT LOUD

Many people with PD are not aware their voice is too soft, although their spouse usually is! Often they have withdrawn socially or stopped participating in activities they enjoy, e.g. meeting friends at the pub, singing in church, going out for coffee, or charring meetings. LSVT* aims to recalibrate the sensory perception of normal loudness and assist people to produce adequate voice in a variety of situations.

All of the CDHB Speech Language Therapists are certified LSVT LOUD clinicians.

LSVT*, (Lee Silverman Voice Treatment) was developed in the USA in 1987 and has been scientifically studied for nearly 20 years. It is an intensive, one-month individual speech therapy programme that enables people with Parkinson's (PD) to speak in a louder, good-quality voice.

Published research data shows significant improvements in vocal loudness, intonation, and voice quality for people with PD who receive LSVT LOUD* and that improvements are maintained two years after treatment.

**LSVT and LSVT LOUD are trademarks of LSVT Global and LSVT can only be offered by clinicians who have been examined and certified by LSVT Global.*

PARKINSON'S SOCIETY COMMUNICATION MAINTENANCE GROUP

This monthly meeting is open to all members of the Society who have previously attended individual or group Speech Language Therapy. The meetings are held on the last Tuesday morning of the month at the Parkinson's Society Rooms, 314 Worcester Street, Christchurch. Sessions include group discussion and activities, and opportunities for partners to be involved. Morning tea is provided.

Referrals to the CDHB Community Speech Language Therapy Service can be made through your GP, Medical Specialist or the Parkinson's Society.

Kirstie Koller BSLT (Hons) MNZSTA, is a Community Speech Language Therapist for the Canterbury District Health Board.

MEMBER SATISFACTION SURVEY

The Society's member survey will be sent out later in the year. Please complete the survey as your responses are needed to help us shape the Society to deliver best the services and support you need and to make our case to funders and contract holders.

Your responses will help the Society to discover what our members believe we are doing well and to identify the areas that require improvement.

Please keep an eye out for the survey form in your mail or for the link on our website.

For more info, call Annette on **03 366-2857 ext. 6.**



REFLECTIONS ON 27 YEARS

I think that I have been lucky to have had the best job ever working for a Society that offers so much to its members and to its staff.

When I started with the Society in March 1988, information was very difficult to find; we certainly did not have the access to computers and to information resources that we do today. As a result the Society produced information bulletins for members and for Health Professionals that were sent out four times a year covering all aspects of living with Multiple Sclerosis and Parkinson's. These bulletins were sent to various individuals throughout the country and to Regions; to the extent that Canterbury became very well known as the go-to place for evidence-based resources.

The Society also saw value in live-in weeks/ weekends as ways of educating and supporting people when newly diagnosed. My first month in my role as Community Resources Co-ordinator saw me attend a newly diagnosed weekend for people with MS and their families at Pudding Hill Leisure Resort, a venue just outside Methven; and a live-in week for people with Parkinson's and their spouses at the same place. The Parkinson's Live-in Weeks continued to be held annually and the MS weekends biannually.

For these events to be successful, staff purchased all the supplies, cooked all the meals, assisted with care, were responsible for group work and also provided social opportunities. I well remember jet boating at Rakaia Gorge; tethered balloon rides; and horse riding and hiking around the foothills. Support to individuals and their families continued to be a pivotal service.

To ensure that my knowledge and skills were current, I went to several MS Consortium Conferences in America and to the Australasian Parkinson's Conferences. I also spent three weeks in Canada and America, visiting MS Societies and Parkinson's Centres and looking for resources to bring back to the Society – information that was unavailable in NZ. The Society still uses some of them today.

As my role changed within the Society, so did the programmes offered to members. No longer did we need to produce information resources and the need for live-in weeks became less significant. The next major changes were the development of the Physiotherapy services, moving from Parkinson's exercises being held in the hall (often up to 17 people at a session) to the format offered today. It was very exciting to be involved in the development of the gym, the sourcing of equipment to meet the needs of members, and the employment of full-time Physiotherapists.

When the new injectable medications were funded in 1999 for people with MS, the Society saw the need to be involved in supporting people to manage these treatments; we worked with Neurologists and the drug companies to ensure that this was able to be implemented. The development of the Living Well with Parkinson's and the Fatigue Programme, Minimise Fatigue Maximise Life, were also highlights, as was the privilege of working alongside Jessie Snowdon and Dr Hilda Mulligan.

I must acknowledge the thousands of people I have met over my time with the Society – you have



WITH THE SOCIETY

shared so much with me over these years. Your strength, courage and determination continue to inspire me. You have shared your journey with me and I know that the Society has supported and will continue to support you.

The Health Professionals who work with members, you have made my job and that of the staff so much easier by your willingness to work as a team and by your acknowledgement of the work the Society offers.

The Board, you continued to challenge me and to support me to ensure service provision is where it should be; I thank you for all the hours you so freely give to the work of the Society. To Malcolm Rickerby, we have been criticised, ostracised and chastised all in the name of ensuring that services to people with MS and Parkinson's are where and what they should be at a National level. We still have some mountains to climb but have achieved so much over the years. Your support to me has been incredible and I thank you for this.

To my wonderful, dedicated and compassionate staff, you all work so hard so that members and families receive information and support services. You have all contributed so much to my life and to the work of the Society. I thank you for your friendship and kindness to me. Your professionalism is second to none and I know that the Society is in good heart. I will miss you all.

I know that the Society will go from strength to strength; I feel so very privileged to have played a part in the development of service provision to people with MS and Parkinson's. Go well, stay safe – I will miss you all so very much.

My family have been so involved in several areas of the Society, from child minding at the Live –in Weekends, waitressing at the fund raising French Breakfast; collecting for the Street Appeal, attending the Fun Walk; making my life easier. I promise that I will be the best and cheapest child minder for them. My husband Brian who has been the Society's handyman, office furniture mover, Street Appeal and Golf Tournament co-ordinator, and car cleaner: Brian retired two years ago and is already saying to me, "You are not going to mess up my routine". Well, yes I am; but I am excited about spending quality time with you.

LIVING WELL WITH PARKINSON'S

DR'S VISIT CHECKLIST

Fill this form out and take it with you when you visit your doctor or specialist.

Main issues to raise

- First, make a list of the things you want to ask about. If you want to tell your doctor about a particular issue, make lots of notes about what is happening and give as many details as possible.
- Secondly, at your appointment write down their advice or comments (or ask your support person to do this). Make a note of things you need to do following the visit.

ISSUES

What is the issue, be specific!

ANSWERS

What did the doctor say?

Any medication changes? (Ask your GP to write this down for you):

Living Well With Parkinson's is a self-management course run over six weeks, aimed at giving information and tools to help you and your family live better with Parkinson's.

The course is ideal for people who are newly diagnosed, or those wanting to learn more about self-management of Parkinson's. Spouse/partners or support people are also encouraged to attend.

THIS COURSE AIMS TO COVER THE FOLLOWING TOPICS:

- Effects of Parkinson's
- What does this diagnosis mean for you, your family and your future
- How to get the most out of your doctor
- Understanding the health system and how to use it to get the best results for you
- Exercise and nutrition
- Speech and communication
- Dealing with fatigue and stress
- Understanding and managing medications
- How to manage employment and/or retirement plans

Self-management involves setting goals and being actively involved in your healthcare. One way to do this is by being prepared when attending an appointment with your doctor.

Filling out the accompanying Dr's Visit Checklist before your appointment and taking it with you is an important part of this preparation.

The first course this year of Living Well with Parkinson's Disease will be run as an evening session, so is directed at people who are working and find it difficult to attend the daytime courses.

If this is something that you think you would be interested in attending, please contact **Bronnie** on **03 366-2857 ext. 4** or **Rachel** on **ext. 1**.

DONATE TO SCIENCE

It's estimated that one in five New Zealanders will suffer from brain disease in their lifetime. Neurological conditions including Parkinson's, Alzheimer's, stroke, and epilepsy affect the lives of hundreds of thousands of people.

Finding answers is critical. Research to find the causes and potential cures for brain disease provides hope for a better future, with donated human tissue a vital part of identifying the brain changes that occur in different neurodegenerative diseases.

Understanding how the brain works in both health and disease is a necessary step in effectively fighting these illnesses. That's where you can help.

"The support of the donors and their families is vitally important for our research. The donation of the human brain is one of the greatest and most precious gifts that can be made to science in order to help future generations," says Professor Richard Faull, Co-director of the Neurological Foundation Human Brain Bank.



People of all ages can bequeath their brain. People with neurological conditions can help by enrolling to donate their brain and other tissues. But as comparison with 'normal' brain tissue is essential, the Brain Bank also needs people who do not suffer from a neurological disease to donate their brain.

If you decide to become a donor, it is important that your next of kin agrees with your decision as they will be the person liaising with the Human Brain Bank after your death.

For more information and to become a donor, contact the Neurological Foundation Human Brain Bank on **09 923-6702** or at **brainbank@auckland.ac.nz**, or visit them online at **www.cbr.auckland.ac.nz**.

UPBEAT CHRISTMAS EVENT

Our final get together for the UPBEAT group in 2014 was held in the fantastic grounds of Halswell Quarry Park on a summery November afternoon. We had a great turn out of people who enjoyed a picnic, games and plenty of laughter.

Upbeat exists to provide people with early-onset Parkinson's and their whanau and friends, a forum to communicate with other people and to share information, ideas and experiences

We arrange three informal social gatherings a year and we have an Upbeat Facilitator, Owen Griffiths. Upcoming events for 2015 are currently being arranged, with information to be sent out soon. Watch this space!

Nationally, Parkinson's New Zealand provides a newsletter, an Outward Bound course and an annual weekend conference. We encourage you to join UPBEAT nationally, as well as locally and this requires filling out a form. Membership is free.



Alternatively you can connect with others affected by Parkinson's through the PNZ online community forum: **<https://healthunlocked.com/parkinsonsnz>**

This community provides a space where you can share your experience, support one another, and become better informed about Parkinson's.

If you would like more information or would like to become involved in the upcoming UPBEAT events, please contact Bronnie on **03 366-2857 ext. 4** or **b.alexander@ms-pd.org.nz**.





STAFF

Manager: Robin Furley
 Office Manager: Annette MacFadyen
 Resource Nurse: Bronnie Alexander, RN
 Resource Nurse: Judy McKeown, RN
 Administration Assistant: Nicola Morrison
 Social Activities Co-ordinator: Jan Saville
 Physiotherapist: Rachel Bladon
 Physiotherapist: Maree Stewart
 Exercise Group Leader: Kim Veenings
 Administration and Fundraising Assistant: Denitsa Stoeva

OFFICERS OF THE SOCIETY

Patron: Hon. Ruth Dyson, MP for Port Hills
 President: Malcolm Rickerby
 Vice President: Don Parlane
 Treasurer: Ann Morrison
 Committee: Lew Airey
 Dawn Baker
 Lindsay Daniel
 John Davies
 John George
 Mike Johnson

A special thanks to the following organisations for their continued support!



MULTIPLE SCLEROSIS AND PARKINSON'S SOCIETY OF CANTERBURY (INC)

314 Worcester Street
 (PO Box 32-135)
 Linwood, Christchurch

Phone: (03) 366 2857
 Fax: (03) 379 5939

Email: support@ms-pd.org.nz

The views and opinions expressed in this newsletter may not necessarily be the views of the Multiple Sclerosis and Parkinson's Society of Canterbury (Inc) or its members.

