



AUGUST
2019

**Multiple Sclerosis
& Parkinson's
Canterbury**
— strong connections —



PRESIDENT RETIRES P2
COMING EVENTS P5
NURSES' CORNER P6



**Multiple Sclerosis
& Parkinson's
Canterbury**
— strong connections —

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Outgoing – Dawn Baker

Incoming – Eamon Reyn

TREASURER

Ann Morrison

COMMITTEE

Lindsay Daniel, Glenn Sparrow, Ingrid Robertson, Danielle Kennedy, Tessa Kain, Eamon Reyn, Sharon Blair and David Rowe

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PRESIDENT RETIRES: “THANK YOU MS AND PARKINSON'S, IT'S BEEN AN ABSOLUTE PLEASURE.”

Retiring President Malcolm Rickerby's commitment to the Society has been described by others as “outstanding”, his enthusiasm “infectious” and his ability to find the time to juggle all his duties “a wonder”.

Malcolm has been involved with the Society in one way or another since 1973 and has been President since 2003. He has been a councillor on the boards of both MSNZ and Parkinson's NZ, and in 2012 became President of MSNZ.

In 2017 Malcolm took on another role, elected by the Regulars at the Transitional Cathedral to be their representative on the Cathedral Chapter (committee). He accepted the role because as he said, “I thought I could make a difference”.

Malcolm's business background was in the office product industry for 17 years, when he became General Manager and Director of Geo Berryman Ltd, employers of 110 staff over four South

Island locations. He became joint owner of Offset House Ltd in the 70's, and then Business Development Manager of Teltrac Communications Ltd and Energy Light Ltd.

He has been a member of the Rotary Club of South Christchurch for 11 years and in 2017 was made a Paul Harris Fellow for service to the community.

With wife Jeanie he joined MS and Parkinson's Canterbury in 1973, soon after Jeanie was diagnosed with MS. The couple's three daughters were born between 1969-1972. Jeanie was diagnosed with MS in 1972, so it was a challenging time for the family, Malcolm says.

“We were raising three young girls, Jeanie was not at all well, and we were trying to run our own business. Thank goodness for the support of the Society, family and friends during that period – it was full on.”

At that stage, the Society was based in its own building in St Asaph Street.



Jeanie and Malcolm

Cover photo: Retiring President Malcolm Rickerby



Malcolm with Manager, Robin Furley

He was asked to join the committee in about 1976 and then became President the following year. In 1978, he was a councillor on MSNZ and was Vice-President during 1979-80. He resigned from both committees in 1980 due to work and family commitments.

The Rickerbys became involved in parent's associations at primary and secondary school levels, and Malcolm



Malcolm chatting with committee member Ingrid Roberston

was on Heathcote Valley Primary School Committee and on Linwood High School Board of Governors, becoming Board Chair. Malcolm also coached women's cricket at both club and Canterbury levels.

Jeanie fortunately went into remission with her MS in the early 1980's and was able to return to secretarial work part-time at first, but later on full time, and became involved in the restaurant industry... "but fatigue and pain related issues made sure we did not forget the MS".

In 2002, Malcolm had a visit from Diana Jackson who was involved with MS Canterbury in the 70's.

"Diana was a leading light for the Society during the 70's, 80's and 90's through to around 2008. It was her energy and foresight that led the way to where MS and Parkinson's Canterbury is today." She asked Malcolm if he would return to the committee. "I could not refuse her because her passion to support those with MS and Parkinson's was amazing and she had been extremely helpful to Jeanie during those difficult years."

Over the last 16 years, the membership has grown considerably, and the services offered have grown accordingly, Malcolm says. "The programmes we offer now are well ahead of any other MS or Parkinson's Society in the country."

In 2017 the Canterbury Brain Collective Ltd (CBC) was formed in conjunction with Dementia Canterbury. Malcolm says the CBC board of directors has been working to find a building or land to develop a new complex, the Brain Health Centre.

"This will house not only Multiple Sclerosis and Parkinson's Canterbury and Dementia Canterbury, but also other neurological organisations that support people with these conditions." The goal is that within six months a site will be found and design work and fundraising will begin.

Malcolm says he feels privileged to have been president of MS and Parkinson's Canterbury, but that it is now time for him to step down from the role. "Thanks to the high calibre of staff the Society has employed and its fantastic volunteers, it's been an absolute pleasure."

Read more about Malcolm on pg 10.

WHAT OTHERS SAY



Over many years Malcolm has given guidance, leadership, vision, time and above all, his unfailing enthusiasm, to help MSPC provide the best service to its members.

Dawn Baker, Vice-President



Malcolm was always willing to promote projects that can enhance the lives of people living with MS.

Ingrid Robertson, committee member



Malcolm has been the driving force for improvements to the services the Society delivers to its members. My enduring memory will be of Malcolm's vision, enthusiasm and commitment to the Society and his desire that we should be an exemplar for Not-for-Profit organisations. We are well on the way towards achieving his vision.

Lindsay Daniel, committee member

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MANAGER'S MESSAGE

STAFF CHANGES

We were sorry to farewell Nicola Morrison Admin Assistant, who resigned after having been in her role for four and a half years. Maryanne O'Reilly was our office temp for a few weeks until the end of June.

In early June we welcomed Donna-Marie Geddes to the new role of Office Administrator.

WORLD MS DAY

World MS Day has previously focused on international research, but this year we decided to focus on what has been happening for members with MS in our Canterbury region. In mid-May we held two panel presentations. The first was people speaking about their experience of stem cell treatment in Mexico or Russia. The second panel shared their Oceans of Hope voyage, which was featured in our March newsletter. The feedback about both panels was very positive, with many questions from the audience.

POWER OF RHYTHM

Our app for people with Parkinson's, developed by Tara Martin, was launched at the World Parkinson's Congress in Kyoto. *Power of Rhythm* is a physiotherapy programme using music-based Rhythmical Auditory Cueing (RAC) to help manage gait problems such as stride length, balance and walking speed.

VOLUNTEERS

Practical support from volunteers is even more important to us now. We have people helping with exercise classes, updating our website, providing other IT support, facilitating groups,



maintaining the vehicle, helping with practical areas such as putting up shelves and reception duties to name a few. And, of course, our committee members are all volunteers – we appreciate you all – thank you!

LIVING WELL WITH PARKINSON'S

This six-week course ran in May and received very good feedback. The group intends to continue meeting for ongoing peer support.

ANNUAL SPOUSES' INFORMATION SESSION

This year we had a presentation from Jane Goodwin on Advanced Care Planning which was well received.

RANGIORA NORDIC WALKING

This group is now suspended until the spring, when we will reassess the interest. Thanks to Frances Young.

Robin Furley

manager@ms-pd.org.nz

WELCOME TO ...

Donna-Marie Geddes. Donna-Marie has joined the MS and Parkinson's team as Office Administrator and will be the first point of contact via phone, email or in person for many in the MS and Parkinson's community. Born in Masterton and raised in Nelson, Donna-Marie has been living in Christchurch for a year. She has a background in export, transport and elder care. She says she is delighted to have been selected for her new role. "I am excited to be joining a small but enthusiastic team and building relationships with the members."

In her spare time Donna-Marie is an enthusiastic keeper of tropical fish, loves walking, travel, and animals... having recently lost a much-loved poodle, she is at the moment between pets but is considering a new fur baby.

Donna-Marie can be contacted on **366 2857 ext 6** or **support@ms-pd.org.nz**



Donna-Marie with new friend Lowki

FROM THE FUNDRAISING OFFICE

ANNUAL STREET APPEAL FRIDAY 6 & SATURDAY 7 SEPTEMBER

Planning is well underway for our Annual Street Appeal and once again we need your help to make this event a success. We rely very much on the tremendous goodwill of our volunteers so if you can spare a couple of hours to help, or know someone who can, we'd love to hear from you. It can be a lot of fun.

Last year we raised a record \$65,500, our target this year is \$70,000. With your support we can do it! There is a volunteer response form enclosed in the newsletter, you can mail, email or phone us with your response. We look forward to hearing from you.

CHARITY GOLF TOURNAMENT FRIDAY 8 NOVEMBER

In November 2018 we held our first Charity Golf Tournament, which was a great success. We raised just over \$19,000. The golf tournament will now be an annual event. Many who supported us last year have indicated they will be on board again this year including Isaac Construction who were our major sponsor in 2018. Perhaps you could get a team together or encourage friends, family or work colleagues to do so. The cost is \$795 for a team of 4. If you or your business think you might be able to support the event in some way, please call the fundraising office to discuss.

Phone 366 2857- Lynne ext. 8 or Deb ext. 9



Mungo says thank you!

Thanks to all of you who in so many different ways help us to keep providing support and services to the people of Canterbury with MS and Parkinson's.

DONATIONS – WE VALUE YOUR SUPPORT

Please note that we are a standalone organisation. Donations intended for us need to state: **'Multiple Sclerosis & Parkinson's Canterbury'**. If only 'Multiple Sclerosis' or 'Parkinson's' is mentioned the donation will not go to us but will go to the national organisation. Parkinson's NZ is based in Wellington and Multiple Sclerosis NZ is based in Christchurch. Thank you.

THANK YOU TO OUR SUPPORTERS

E B Milton Trust, William Toomey Charitable Trust, Jones Foundation, PAC Fund and MU Welfare Trust Board



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AND PARKINSON'S HAVE THE OPPORTUNITY TO REACH THEIR FULL POTENTIAL.

NURSE'S CORNER

PARKINSON'S CONGRESS "INVALUABLE AND INCLUSIVE"

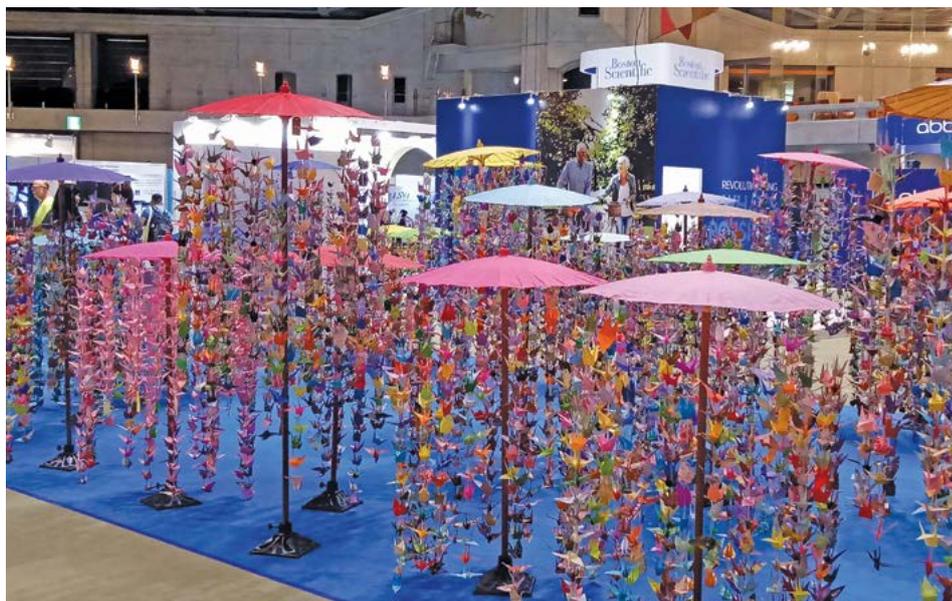
Parkinson's nurse Anna Fraser found her recent experience at the Fifth World Parkinson's Congress in Kyoto, Japan, "absolutely invaluable" and was particularly impressed with the format that meant people living with Parkinson's were fully included in the Congress.

"While the target audience was health professionals involved in Parkinson's, it was also for those living with the disorder and their carers. I would say about one third of the nearly 3000 people attending the congress would have fallen into that category.

"The structure was really well geared up for people with Parkinson's and their carers... meditation rooms, Reiki massage, sleep rooms if they were feeling tired. So the whole congress was looking at Parkinson's in a holistic, inclusive way."

Anna was delighted to see that New Zealand was ahead of other countries in several areas, particularly in advanced care planning.

"Advanced care planning means recording what is important to you in your healthcare planning for the future and for end of life. In New Zealand



Paper cranes carrying messages of hope

this is done in conjunction with your GP, and is paid for by the DHBs. I was really proud to see that New Zealand is doing better than a lot of countries and is very forward-thinking. We are also ahead of the play with our home visits."

The overall Congress objective was to provide an international forum for dialogue on the latest scientific discoveries, medical practices and caregiver initiatives related to Parkinson's.

"By bringing physicians, neuroscientists, and a broad range of other health professionals, care partners, and people with Parkinson's together, the idea was to support the discovery of a cure, and encourage better treatment practices for those living with Parkinson's. Also, to show the health professionals at the Congress that they could learn more about Parkinson's by working with people outside their immediate disciplines."

One of the outcomes from the conference was that a group of Parkinson's nurses from throughout the world has set up an email collective for sharing ideas and experiences. While there were various discussions on approaches to living with Parkinson's, the one element that was seen to be crucial was exercise. "Exercise is still the key to managing and slowing the progression of Parkinson's... vigorous and demanding exercise that pushes you out of your comfort zone."

Anna has returned with plenty of tidbits from the Congress (and new-found experiences of visiting a country where English is hardly used) and says "watch this space" in future newsletters where she will be sharing her latest knowledge.

Anna's attendance at the World Congress was made possible with funding from the Lottery Minister's Discretionary Fund.



Anna visited Yasaka Shrine

NEW IMAGING METHODS TOPIC OF INTEREST AT MS CONFERENCE

New MRI approaches and the relationship between diet and MS were two of the topics MS nurse Judy McKeown found of particular interest at 2019 MS Atlas Conference in Sydney in June. More than 100 MS nurses and neurologists from New Zealand and Australia attended the event.

Many promising MRI approaches for research or clinical management of MS had recently emerged or were under development or refinement, Judy said.

These included improved post-processing, magnetic resonance spectroscopy, diffusion imaging, cell-specific imaging, ultra-high-field MRI, spinal-cord imaging, and optic-nerve imaging.

"Advances in MRI should improve our ability to diagnose, monitor and

understand the pathophysiology of MS in the future," she said.

Another topic Judy found of interest concerned the relationship between diet and the risk of onset of MS.

MS is thought to result from a combination of genetic predisposition and environmental influences, with diet a major source of environmental interaction.

"While large-scale clinical trial data is not yet available, a growing body of research, including pre-clinical and observational studies as well as small clinical trials, suggests the importance of dietary factors in the risk of MS onset."

While there had been little work on Mediterranean-style diets, preliminary evidence suggested that this type of diet may be of benefit to people with MS, she said. Mediterranean-style diets are low in saturated fats, high in polyunsaturated and monounsaturated fats (especially fish and olive oil), high in fruits and



Judy and Anna

vegetables, and low in processed foods, implying low salt content.

Judy said a pilot clinical trial of a modified Mediterranean diet in MS was currently under way.

NEW MOBILITY VAN ENABLES INDEPENDENCE

A mobility van, funded with a grant from the Lottery Individuals with Disabilities Fund, will make a big difference to the lives of Jenny and Ross Walker. For many years an active member of MS and Parkinson's, Jenny is now in a wheelchair, with the small size of the family car making social contact difficult.

The van will play a vital part in keeping Jenny linked into her community and maintain some independence to enable her, for example, to assist Ross with the grocery shopping, to continue to meet with her women's group and to attend the MS and Parkinson's gym weekly.

"It's generally just going to make it so much easier for her, and for me, to get out and about," Ross said "We picked up the van (supplied by Vehicle Adaptions in Belfast) in early July. We'd like to thank Christchurch-based driver trained occupational therapist, Shelley Beckhert, who helped us throughout the process.

None of this would have happened without our wonderful MS nurse,



*Inset: Molly is right at home in the new vehicle
Bottom: Ross and Jenny are enjoying the new mode of transport*

Judy McKeown, who suggested we apply for the grant.

The doggy in the window is family pet Molly, an 8-year-old Schnoodle, who has

her own seat and window for family outings in the van.

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QSM FOR LONG SERVICE TO MENTAL HEALTH

Graeme Reid and his family will be heading to Wellington in mid-September for Graeme to receive a Queen's Service Medal (QSM) for services to mental health support.

Graeme's personal experience with mental health started when his first wife became very unwell.

"It was extremely difficult for our two small children. We spent a number of Christmases at Sunnyside when my wife was hospitalised. At home, when she was up and positive, we were all exhausted from the sleepless nights." Keeping a full-time job was next to impossible, given the volatility of his wife's condition.

Concern for the families of mental health patients, particularly the children – Graeme calls them the "silent sufferers" – led him to explore how some support could be put in place. From this, more than 25 years ago, the Stepping Stones Trust was set up as a community ministry of the Spreydon Baptist Church where Graeme was employed from 1983 to 2000 as Pastor and Chaplain. It originally offered a house where those with mental illness could receive day care and support, and give their families some respite. The Trust then moved to providing full residential services, and following that, community support services were added, to assist people transitioning back to independent living or to support them remaining in their own homes. The Trust is now the largest non-government organisation of its kind in the South Island.

Then Graeme was approached by several community services concerned for children and young people living in families where one or both parents had a mental illness. They wanted him and his team to set up a support service for these young people, and out of this, the Caroline Reid Trust (named after his first wife) was born. In its first year it had a waiting list of 100 and, since its beginning in 2003, has supported hundreds of children and young people.



Graeme Reid

Around Christmas 2017 Graeme noticed his writing was getting smaller, his thumbs started moving all the time, he could no longer roll over in bed and he started shuffling when walking. He was diagnosed with Parkinson's, which has been complicated by the MODY (Maturity Onset Diabetes of the Young) diabetes that he has had most of his life.

Graeme brought his extensive experience in the field of mental health to bear on living positively with Parkinson's. His belief is that **attitude** is the key to handling adversity or hardship.

"You have to see yourself as a whole person, not just as a victim through the lens of Parkinson's. You can't define yourself by your illness."

Earlier this year, he gave up his driver's licence after an accident when leaving a parking area. A slight delay between thought and action meant he couldn't stop in time, so he decided it was time to give up driving. However, he is using his knowledge of managing mental illness, and some of the lessons he has learned from clients over the years, to live positively with Parkinson's. As an example, Parkinson's adversely affects his balance, resulting in many falls.

"I began using a walking stick. Then in a meeting with the homeless and people with addictions, I mentioned I had Parkinson's. A voice informed me, "I know a guy with that and he talks to his feet." Initially I thought this was a bit strange, but soon realised it was like retraining your brain. So each time I began to shuffle I would say to myself, "Lift your feet, stand up straight, look straight ahead." Over time my walking and balance has improved to where I no longer need the stick."

***Beyond the Gate** is a heart breaking yet inspiring recollection of Graeme and his family's journey through 30 years of mental illness, written by Graeme in 2017. MS and Parkinson's Canterbury has two copies for loan.*

DO YOU HAVE A STORY TO TELL?

We are continually hearing about a wide range of skills/ talents that you, the members possess. We would love to share your story in the newsletter.

Please give Lynne or Deb a call on 366 2857 ext 8 or 9 or email frassistant@ms-pd.org.nz

EXERCISE THE BEST MEDICINE

Alister Martin certainly walks the talk when he says he believes exercise is at least as important as medication when living with Parkinson's.

The MS and Parkinson's member completed the 10 km walk in this year's Christchurch Marathon, walks every morning and evening, attends the Society's gym twice a week and does Nordic walking every Friday.

Born in Invercargill, Alister lived in Palmerston North for 23 years before moving to Christchurch last year for family and medical support reasons, following his diagnosis in 2016.

A keen runner and half and full marathoner, the first inkling he had that something might be amiss was on his usual Friday afternoon run. The run took him past the Massey University campus and included a quick hop over a chain fence. "For the first time I tripped, fell heavily, broke my watch and lay on the ground wondering what had happened."

The next indication was that he could no longer run the distances he was used to. "I couldn't do 10km. My body just wouldn't move, then suddenly I could only do 5 km."



Alister proudly showing his medal

But having been fit all his life, he was not one to give up on the exercise. He has joined the Papanui Harrier Club, helping out with marshalling and other roles, and is considering actively joining in by walking the road and cross-country courses. Each morning he walks to the



Alister centre front in marathon. Competitor 7320W0

local dairy to pick up the newspaper, and in the evening walks around Burnside Park. He uses the gym and enjoys the Nordic walking group on Fridays.

Alister is a firm believer that exercise is at least as important as using the correct medication.

On the exercise front he next has the Buller half marathon in his sights.

"I was in a group called the Massey Ferguson Tours and we entered the Buller marathon for 26 years. It's in February and I'm turning 70 in February and am aiming to walk the half marathon... depending on what happens with my health between now and then."

NEW CHALLENGE ON RACING YACHTS

Following the fantastic success last year of the first Multiple Sclerosis Oceans of Hope Challenge in the Southern Hemisphere, a new challenge is under way, this time using two famous New Zealand maxi class racing yachts.

Last year's challenge featured the Spirit of New Zealand sailing around the northern part of the North Island, and was described by organiser and MS and Parkinson's Canterbury member Ingrid Robertson as "brilliant".

This year, with the support of the New Zealand Sailing Trust and MSNZ, Ingrid says Oceans of Hope has been able to access maxi yachts Steinlager2 and Lion New Zealand.

"Steinlager2 was winner of the 1989-90 Whitbread Round the World Race,

and Lion New Zealand is a Sydney to Hobart winning yacht and a round the world yacht also. These yachts are fitted out to race, so this will be our most challenging event so far!"

This year's voyage will be sailing around the islands of the Hauraki Gulf from 2-6 December. So far Steinlager2 is full, with 23 people registered. There are still spaces on Lion New Zealand.

"People already signed up are a mix of ages and nationalities . . . Australians, British, Americans and New Zealanders... both men and women with a mix of abilities. It doesn't matter whether you've sailed or not because everyone helps each other," Ingrid says.

"We aim to overcome some of the challenges of MS, recapture identity,

share experiences, make friends and work together."

To find out more have a look at OceansofHope on Facebook <https://www.facebook.com/1430141937244922/> or go to www.oceansofhope.co.uk and register interest by emailing either OceansofhopechallengeNZ@gmail.com or contact Ingrid at ingriduk02@yahoo.com

The Oceans of Hope Challenge is part of the Sailing Sclerosis Foundation, founded by Danish doctor and sailor Mikkel Anthonisen

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MESSAGE FROM OUR PATRON

Ruth Dyson, our Patron, was unable to be present at the AGM. Manager Robin Furley read Ruth's fitting tribute to Malcolm at the meeting.



I understand that Malcolm Rickerby is to be awarded Life Membership at the AGM on Monday and this just adds to my regret at being unable to be present this year. I would appreciate you conveying my warmest congratulations and best wishes to Malcolm and to Jeanie, his constant support.

Malcolm has been an office holder for over 20 years and I have known him for that entire time. He is an innovative and courageous leader but has never stood back and just been the "ideas man" but rather has always put in the hard graft to turn the great ideas into reality.

He has devoted so much time and energy to our organisation and we should celebrate the privilege of gaining so much from him over so many years. It is entirely appropriate that this highest award be accorded to him and I am confident that it is well deserved and well earned.

We will continue to benefit from his efforts as he stays on the committee but the occasion of him stepping down from the office of President after 16 years is indeed a fitting time to make this tribute.

Congratulations Malcolm and best wishes to you and to Jeanie.

Hon Ruth Dyson

LIFE MEMBERSHIP AWARDED

In recognition of his significant contribution over many years Malcolm was awarded life membership at the MS & Parkinson's AGM 22 July 2019



Malcolm with new President Tessa Kain and Treasurer Ann Morrison

AGM GUEST SPEAKER – ENGAGING AND INSPIRING

Nick Allen, climber, photographer and author, who wrote *To The Summit* about tackling a Himalayan summit as someone with MS. He spoke of his personal experience and how he had gone from using a mobility scooter to becoming strong enough to return to



Nick Allen speaks at this year's AGM

his beloved climbing. This was through making dietary and lifestyle changes,

managing stress and focused exercises. Nick's book is available in our library.

SUBS NOW \$55 PER YEAR

For 2019/20 our subs will increase to \$55. 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 \$55 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 only cover about 15% of our budget. That is why, like many other Not-for-Profits, we need to fundraise for at least 80% of our costs.

Our financial year has changed to April – March (previously January – December). Your new subscription aligns with the new financial year.

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

Robin Furley

manager@ms-pd.org.nz

CAN YOU HELP?

MS and Parkinson's Canterbury needs an AED (Automated External Defibrillator) at our 49 Sir William Pickering Drive premises. Manager Robin Furley says that although an AED is located in a nearby building "this is not ideal for the safety of our members and staff". The model of AED recommended by the Red Cross is the PowerHeart G3 Plus Automatic costing \$2984.25 (inc GST). It is fully-automated with user-paced prompts to instruct the rescuer exactly what to do and how to perform CPR. The unit comes with seven-year warranty. We are hoping there might be one (or more) people in our community who might be able to help. If you think you can, please contact Lynne Trowbridge, Funds Development Manager, **366 2857 ext 8**.



AED (Automated External Defibrillator)

FOR SALE

HONEY

Beech Honeydew Honey is produced by Lovely Honey, a small Christchurch business. The honey is sourced from the forests on the lower reaches of the Southern Alps. Full-bodied and silky smooth, it has an incredibly distinct and intense aroma of the wood, a malty, earthy flavour and obvious tangy notes. They have also introduced a new product, Beech Honeydew with blackcurrant. It has a lovely subtle blackcurrant flavour whilst retaining the smoothness of honey.

\$5 from every jar of honey sold goes to MS & Parkinson's.

BEECH HONEYDEW HONEY

500gm \$12

BEECH HONEYDEW WITH BLACKCURRANT

400gm \$12

PENS

We have branded pens available at \$2 each

Excellent for gifts or to treat yourself.

For more information or to place an order contact Donna-Marie **3662857 ext 6** or support@ms-pd.org.nz



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Morning Tea at The Vicarage



Below: Nordic Walking in Hagley Park



Above: Kyoto Opening Ceremony Below: Staff with Malcolm and Jeanie



HOW WOULD YOU LIKE TO RECEIVE YOUR NEWSLETTER?

Due to increased postage costs we thought it timely to check out with members their preferred method of receiving the newsletter. Currently we post around 50% of newsletters and email the rest. If you want to change the way you receive your newsletter please let us know. Either phone **366 2857 ext 6** or email support@ms-pd.org.nz

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