



**DECEMBER**  
2019

# BEST WISHES FOR THE FESTIVE SEASON



**MEET OUR NEW PRESIDENT P2**  
**INCREASED FEES 2020 P2**  
**FUNDRAISING NEWS P4**





## MULTIPLE SCLEROSIS & PARKINSON'S CANTERBURY (INC)

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### PATRON

**Hon. Ruth Dyson**  
MP Port Hills

### PRESIDENT

**Tessa Kain**  
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### VICE PRESIDENT

**Eamon Reyn**

### TREASURER

**Ann Morrison**

### COMMITTEE

**Lindsay Daniel, Dawn Baker,  
Glenn Sparrow, Ingrid  
Robertson, Danielle Kennedy,  
Malcolm Rickerby, Sharon  
Blair and David Rowe**

### OUR TEAM

**(03) 366 2857**

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**Kim Veenings, ext 1**

## PRESIDENT'S MESSAGE

I was honoured to be asked to be President of MSPC and I look forward to working with my fellow committee members to serve our membership to the best of our ability.

I am fortunate to have inherited a wonderfully knowledgeable and supportive committee; thank you to all our committee members for giving their time so generously. I'd also like to take this opportunity to acknowledge Malcolm Rickerby for his long service and dedication to MSPC, an incredible effort over 46 years. A hard act to follow!

Our mission is to provide professional support to people with MS and Parkinson's in Canterbury; delivery of services to our members is our raison d'être. In order to maintain and expand these services, our planning - be it strategical, tactical or operational - must be focused to accomplish this mission. We therefore need to keep asking ourselves whether our decisions and actions measure up, or as Team New Zealand's famously put it, "Does it make the boat go faster?"

We have exciting times and major challenges ahead. To realise our goals we need to increase our annual income by at least \$100,000 per year. We have a Fundraising Working Group underway where we are looking for long term solutions for our funding shortfalls. This includes lobbying the CDHB and the Ministry of Health, seeking corporate sponsors and finding new ways to generate income. If you, or any of your family and friends have contacts who may be able to help, please let me know. We're all about strong connections!



Our collaboration with Dementia Canterbury, via our shared entity, the Canterbury Brain Collective (CBC) is progressing well. The likely site for our permanent home has been identified and the CBC directors are currently undertaking due diligence. We are very fortunate to have some very dedicated and altruistic directors giving their time and money to this project and I would like to extend our thanks to Simon Challies and Brendan Prendergast in particular.

I hope to be able to share some exciting news on this project with you early in 2020.

Meanwhile, I hope that you and your family have a Merry Christmas and a Happy New Year.

Best wishes for a long and relaxing summer.

**Tessa Kain**

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

## INCREASE IN EXERCISE CLASS FEES

We need to advise all members that effective 13 January 2020 exercise classes fees will be increasing.

For some years now we have held our fees at \$5 a session and the Society has absorbed some significant increases in our costs during that time.

To continue offering the classes we have had to increase in exercise class fees to \$8 a session. Thank you for your ongoing support.

We will continue to offer our concession cards and they are available from the office. The new price will be 8 sessions for \$56. Any difficulties or concerns please contact Robin Furley.





# MANAGER'S MESSAGE

Hello everyone,

It becomes a cliché – 'how does the year go by so fast!' we all exclaim, as it feels as if we are zooming towards Christmas yet again.

It is always a good time of year to look back at the past 12 months, and then to look forward at what we have planned for the future.

We have now been in Sir William Pickering Drive premises for a year and a half. Here is a brief snapshot of what we have done in that time.

- Living Well With Parkinson's and Living Well With Multiple Sclerosis programmes run by our nurses, Anna and Judy with invited speakers.
- We held a seminar on incontinence and erectile dysfunction for men with Parkinson's, which was well attended.
- All staff hosted a morning tea to thank and acknowledge our wonderful volunteers who contribute so much to our organisation.
- Volunteers facilitate the Parkinson's Spouses' morning teas and Men's Social Group each month.
- We replaced MS Lunches with MS morning teas each month.
- The MS peer support group is now being held on site every 6 weeks.
- The suburban morning teas run by Social Activities Coordinator Lesley have grown to the extent that members often go not only to the morning tea closest to their home, but they will drive across town to different cafes.
- We have farewelled and welcomed staff and made some changes to the layout of our work spaces.
- We have had 2 successful street appeals, as well as 2 great golf tournaments, raising much needed funds to help run our services.
- Tim Webster ran the class Amplitude which has now outgrown our gym space and will be moving offsite from January 2020.
- Frances Young held a "Havening" workshop which was fully booked and received positive feedback.



- Generous donors provided a vehicle for us, a defibrillator, and funds to cover training.

So, to turn to next year 2020 – what is on the horizon so far?

We will have a high energy class for those who are in the early stages of their Parkinson's and looking for a BIG challenge! The name of the class is **Parkinson's Power**, which will be running at our gym on Wednesdays 11am, led by Tara Martin or Anna King NZRPs from our physio service, *On the Go Physio*. Parkinson's Power focuses on exercises that make you work hard and challenge your balance and coordination. You must be in good general health to join this class. This class is not suitable for people who have had falls or freezing. If you are interested, please contact Donna-Marie on **3662857 ext 6**. **Thanks to the Duncan Foundation for contributing to this class.**

Monthly clinics at our premises for people with Parkinson's who have **concerns with their voice or swallow**. Kirstie Koller who has 25 years as a Speech Language Therapist providing assessment and intervention for a wide range of communication and swallowing disorders runs a monthly clinic here. You will need to book through Anna our Parkinson's nurse [pnurse@ms-pd.org.nz](mailto:pnurse@ms-pd.org.nz) or **366 2857**.

We look forward to connecting with you again in the new year and send to all of you our warmest season's greetings.

**Robin Furley**

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

## PATRON'S MESSAGE



*It's that time of the year when we reflect on the last 12 months and look ahead – and perhaps even make some new year's resolutions! I also think that it's a great time to just take a step back and appreciate all the good things and great people we have around us.*

*It's particularly the case when you look at an organisation like Multiple Sclerosis & Parkinson's Canterbury. When people first have a diagnosis of either of these conditions, it can be like being thrown in a deep hole of uncertainty. But through the staff and the volunteers, you get information (truly the source of power), practical support and advice, and ongoing connections with people going through the same experiences.*

*So to all the people who have made a positive impact on the lives of those within our organisation, I give you thanks and gratitude. And to everyone in MSPD Canterbury, I hope that you are able to have a Christmas and New Year that is filled with love and laughter. Be kind to yourself and to those around you. And may 2020 be a good year for you.*

*Best wishes*

**Hon Ruth Dyson**  
Patron, MSPD Canterbury



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# FROM THE FUNDRAISING OFFICE



Above: Stormtroopers and our manager Robin Furley. Below: Street appeal fundraising with Bruce at Riccarton Mall.

## ANNUAL STREET APPEAL

The Annual Street Appeal is our biggest fundraising event of the year. It is our greatest opportunity to raise awareness of Multiple Sclerosis and Parkinson's in Canterbury. Without all our individual volunteers (approximately 180), plus Service Groups and Schools, there would be no Street Appeal. This year we had fewer sites available to us to collect at after struggling to get permission to collect on both days at 20 of our usual collection sites. Sadly, this impacted on our final total. Whilst not reaching our goal, we still managed to raise a

very creditable \$54,000 and averaged basically the same amount collected per site as last year.

Collection sites are getting tougher to secure, so it's all about numbers of collectors on the street, maximising every site we have. If you can think of a group or school in your community that may be interested in helping next year, or if you have connections at locations you think would accommodate us, please let us know.

Thank you all for your incredible contribution, whether it was collecting, driving, or co-ordinating. We wouldn't be able to do what we do without you.

## WELCOME TO...

### Charlotte Ackroyd.

Charlotte has joined our team as Fundraising Assistant, helping our Fundraiser, Lynne, with anything and everything!



Charlotte and her daughter

Charlotte was born in the UK but has a Kiwi dad. The family moved to Christchurch in 2003, where she attended high school and university, before returning to the UK in 2011. However, Charlotte and her husband decided this year to return to Christchurch for a better lifestyle. Charlotte herself has MS and was keen to join the team and give back to the community and those going through similar experiences. Charlotte is kept busy with a two-year old little girl, but is also a lover of reading, music, comedy and animals, with her beloved cat coming over to New Zealand to join the family in the New Year.





# ANNUAL GOLF DAY

Friday 8 November saw us hold our 2nd Charity Golf tournament, after the warm reception of the 2018 day we decided to make this an annual event. It was another roaring success, with an estimated \$24,000 (net) being raised to support the work of our nurses, Anna and Judy.

We had a fantastic 24 teams competing, with four players each, enjoying the gorgeous sunny weather that seemed to come out especially for us.

A barbeque at registration got everyone off to a flying start, while the MS&P staff had a fabulous time riding around the course on a golf buggy to deliver sandwiches and keep the teams properly fueled!

As a massive surprise to everyone, our wonderful President, Tessa Kain, managed to get former All Blacks Captain Kieran Reed to come and visit us in the middle of the day. Mike Godinet drove him around the course and took pictures, of Kieran, with all the teams, who were thrilled, as were our rather star-struck staff and volunteers! A huge thank you to Kieran for taking time out of his busy schedule to come and meet us.

The winning team was from **Suburban Estates**, with a fantastic win on their first year at the tournament, comprising of Kim Sanders, Murray Turnbull, Steve Blackler and Danny Cusel. Well done, guys!



Winning Team Suburban Estates with Kieran Reed

Afterwards the players received a complimentary drink of their choice and enjoyed a lovely meal. Many then took part in our auction, bidding for a variety of items and raising \$10,250.

We would love to thank our sponsors. **Isaac Construction** continued their support as major sponsor for the tournament, covering the cost of course hire, entering two teams and providing many of the prizes. Without them and

all our sponsors and supporters, we would not be able to hold an event of such an excellent standard.

Thank you also to our volunteers and staff for keeping the event running smoothly, especially our Event Organizer, Mike Godinet.

We have already had a great deal of positive feedback and hope we can meet the high standard we have set ourselves next year!

## GOLF TOURNAMENT SPONSORS



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

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# NURSES' CORNER

## REPORT FROM MSNA CONFERENCE AUGUST 2019

In August Judy had the opportunity to attend the MSNA conference. "This is always such a good conference to attend not just because of the content which was amazing, but also for the networking which is so important. It really keeps me in the loop with MS nurses NZ and Australia wide."

She attended an excellent presentation with a nutritionist who spoke about the role that the microbiome, the bacteria in our gut, has in our health by helping control digestion and benefiting our immune system and many other aspects of health. An imbalance of unhealthy and healthy microbes in the intestines may contribute to many issues throughout the body; however, the good news is that our microbiome can quickly change and that within two to four days of eating correctly, our gut microbiome will change.

Nearly two-thirds of people with MS have at least one GI symptom that persists for 6 months or more. Some of the most common problems are: Dysphagia, Heartburn, Nausea, Dyspepsia, Diarrhea, Constipation, and Fecal Incontinence.

Exercise has been shown to influence the development of gut bacteria with studies showing that vitamin D deficiency can reduce vitamin B production in the intestine, which can adversely affect the immune system. The good news is that exercise and dietary Vitamin B and D supplementation can be used to help the management of inflammatory and autoimmune conditions.

There was a huge focus throughout the conference on the impact that exercise has in improving quality of life for people with MS. There is evidence that physical activity and exercise can help maintain independence, enhance quality of life, and lead to improved cognitive functioning. However, with 80% of people living with relapsing remitting MS not reaching recommended health guidelines of moderate-to-vigorous physical activity, pinpointing the barriers



Judy and Anna

to physical activity and identifying ways to overcome those barriers are a key.

Several clinical trials are underway around the world providing clearer answers as to whether increasing physical activity may improve MS and overall health. One question on the minds of people living with MS is: what kinds of physical activity are beneficial and best suited for different levels of mobility and fatigue?

Strength training has demonstrated benefits for helping with fatigue and improving quality of life, both in clinical trials and anecdotally, with improvements seen in both fatigue and cognitive function.

A study in Belgium found that strength training combined with high intensity aerobic exercise produced the greatest gains in muscle strength and exercise endurance, when compared with lack of activity. Although strenuous exercise and strength training can be prohibitive for some people with high levels of physical disability, this type of exercise regimen is a potential option for those with less disability.

However, yoga and other holistic approaches that combine breathing, relaxation, balancing and stretching techniques are emerging as popular alternatives for symptom management.

A recent study assessed the effects of a 3-month, pain-managing yoga program

on physical pain and overall quality of life. Both pain management and quality of life showed marked improvements in those participating in the yoga program. Another study across 57 countries found that by increasing participation in physical activity over time people with MS experienced increased levels of energy and social function and a lower burden of mental health disorders, regardless of disability.

If you feel like this is something you could benefit from, please speak with Judy, who can arrange an assessment to see how we can assist you.

This kind of interesting research related to exercise and intentional activity seems to be coming up a lot more these days simply because the benefits speak for themselves. Judy says she is often reminded how well our members do when they embrace the idea of doing what they can to improve their symptoms and quality of life.

## THE 5TH WORLD PARKINSON CONGRESS

### KYOTO, JAPAN

**Anna Fraser, Registered Nurse, Multiple Sclerosis and Parkinson's Society of Canterbury**

I was incredibly fortunate to attend the 5th World Parkinson Congress in



Japan earlier this year. The opportunity to travel to the conference and be surrounded by leaders in the fields of science, research, treatment and education of Parkinson's was stimulating and rewarding.

There was no shortage of inspiring and informative sessions to attend during the three-day event - from early each morning until late each evening - and I can comfortably say that MS and Parkinson's Canterbury and the Lotteries Commission got their value out of my time in Japan!

On Day one, a highlight was a later session examining depression, anxiety and apathy in Parkinson's. I heard that these illnesses should not be dismissed as part of the Parkinson's 'package'. A US speaker told us about therapy called Cognitive Behavioural Therapy that targets thoughts and behaviours which cause and maintain anxiety. A workshop later on depression, anxiety and apathy was highly relevant to my work.

The positive impacts of exercise were a focus throughout the congress and one talk highlighted seven elements of an effective exercise programme;

- Big powerful movements
- Physically challenging
- Mentally challenging
- Specific to your symptoms
- Social
- Accountable
- Fun



Messages of Hope

Day two's main session included four talks which looked at various technical aspects of treating Parkinson's, such as recognising that Parkinson's is not a single disorder and tailoring trials to this. There was also a section explaining what it's like to live with a gene for a neurological condition and how knowing this can help in making informed decisions about daily living, clinical trial involvement and long-term plans.

On day three, I enjoyed a session on new therapies and emerging therapies in Parkinson's which included reviewing the evidence for new emerging therapies including cell-based therapies, surgical techniques and repurposing old drugs. Sessions around medical advances in Parkinson's across the three days illustrated the significant resources and effort as well as the huge advances being undertaken. A research area gaining immense interest is immunotherapy where the body's immune system is artificially altered to target a specific condition.

Diet was also an area of great interest including research showing the value of 'Mediterranean' style foods, drinking three coffees a day to increase blood pressure and consuming bright coloured fruits.

Throughout the duration of the Congress I took photos for our Facebook page allowing our members here in Canterbury (and throughout New Zealand) to stay informed of my visit. Many members were aware I was attending and were very interested to hear my experiences.

While much of the focus of the Congress was on Parkinson's in a global sense it was still easy and important to take the key messages and apply to a New Zealand - or Canterbury - setting.

Since returning from the Congress, I've been able to utilise the things I learned there on a regular basis. I now feel significantly better informed and confident and the visit to Japan has also stimulated my desire to continue with my own additional study.

There's no question that huge advances are being made in the field of Parkinson's and attending the congress was inspiring. I returned to NZ revitalised about the work we are doing - and what we can do even better.

I want to thank the Committee and staff of MS and Parkinson's Canterbury and particularly Robin for providing me the opportunity to take part in



Fushimi Inari Shrine - Kyoto

the Congress. Everyone was incredibly supportive of my attendance.

Of course, my attendance at the Congress was due to the support of the **Lottery Minister's Discretionary Fund** and I am very grateful for their generosity in making my trip possible. I know they are inundated every year with requests for support. That they chose to facilitate my visit to Japan confirms the importance of our work back here in Canterbury.

It seems to me that no matter where those with Parkinson's live across the globe, they share the same hopes and expectations for better research, medicine and care.

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# HAVENING

In October, we were lucky enough to have Frances Young, who you may know from our Nordic Walking group, presenting a 90-minute seminar on a neuro-sensory technique called Havening.

Havening is all about calming the mind and body, reducing stress and anxiety and achieving a deep state of relaxation. It is well known that both MS and Parkinson's can affect the mind as much as the body, and Havening is one technique that can be used to help with mood swings, anxiety and depression.

Frances, a Wellbeing Therapist, gave the group some background on the way the brain works and how havening seeks to help to quiet and calm our brains by working with them, rather than against them. Then they moved into some self-Havening techniques, before allowing



Frances Young

those who attended with a friend or partner to try Havening on each other.

One of our members, Wayne Rassie, says, "[Frances] was very aware that she had an audience where many of us had medical challenges, but she quickly created an environment where we felt relaxed and comfortable ... she clearly cared about us."

Wayne describes the Havening as, "somewhere between controlled breathing and meditation ... "I was very comfortable throughout the presentation and very impressed with a couple of clever and simple distractions/exercises. I believe everyone in the room was happy to experience Havening on themselves or share it with another ... if you're given the opportunity to attend this presentation TAKE IT!"

We hope to have future sessions with Frances at some point in 2020.

# UNDERSTANDING MS

At the recent MSNA conference, our MS Nurse Specialist Judy saw a presentation about a new course out of Tasmania called **Understanding Multiple Sclerosis**, which aims to improve the understanding and awareness of MS. It is something called a MOOC, or Massive Open Online Course, meaning it has unlimited places, is free, and is entirely run online. The course is split into six modules covering various aspects of Multiple Sclerosis, with videos from academics and health professionals guiding you through the modules, and interviews with people with MS to give context and personal perspectives. There is no final exam, but small quizzes at the end of each module, which you can retake as many times as you need. If you complete the final quiz with a score of over 70%, you will get a certificate of completion!

The course is designed for anyone with an interest in MS. This could be family, carers and wider support networks, but also medical and health professionals, or people with MS themselves who want to understand their condition more. While one of the goals of the course is to increase knowledge around MS-related issues, it is also to empower those dealing with MS. They hope that it will help people to take a bigger role in designing the plans for the management of their condition.

The course is closed at the moment but will open from the 16th March 2020. Enrolment is open any time, with an email prompting you once the course is available. If this is something that interests you, visit <https://ms.mooc.utas.edu.au/> for further details and the links to enrol.



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# TIPS FOR STAYING COOL AND WELL THIS SUMMER

We all know how uncomfortable it can get on a hot day, especially for those with conditions such as Parkinson's and Multiple Sclerosis. Heat sensitivity affects around 70-80% of people with MS, and around 60-70% of those with Parkinson's. With Parkinson's, it is believed that problems with the autonomic nervous system, which controls sweating and heat regulation are to blame. It is the placement of lesions in the brain that seem to affect those with MS when it comes to temperature sensitivity. The reasons you may have issues with the heat may vary, here are a few tips that can help you keep cool this summer.

It seems obvious but try to keep out of the sun! If you do have to go out, it could be best to go out in the morning when it's coolest. Find the shade, when going out in the hotter parts of the day and avoid strenuous activity. It's best to be prepared, no matter what time of day you go out, by applying sunscreen and wearing a hat.

Make sure you stay hydrated. At least two litres a day is the recommended guidelines. It's best to stick to cold

drinks, with water the best option. This means avoiding hot drinks, caffeine and alcohol. Sorry! That beer in the garden might feel cool to start with, but it doesn't actually cool you down!

When trying to keep cool, there are a few options. Although it's tempting to open all the windows in the house, opening them on the side of the house that's in the sun can make the inside of your home hotter! Keep your curtains closed on the sunny side of your home, while opening windows on the shaded side(s). Using fans or the cool cycle on your heat pump can help to move the cool air around your home. Turning off any unnecessary lights and electrical equipment can also help, as anything electrical generates heat.

If this isn't enough, or you need a little more personal cooling, there are now many options of cooling clothing. One great option is something called a "sports clothing towel" which you can purchase in various shops. You wet it and can keep it sealed in its bag until you need it, when you pull it out and give it a flick and voila! An icy cold towel which stays cool for up to an hour

(depending on how hot it is). There are also similar products in the form of scarves, pillows and headbands.

If you don't want to buy something, Kim, our Exercise Group Leader, had a great suggestion: wet a face cloth, fold it into three, seal it in a Ziploc bag and pop in the freezer for a few hours! When you get it out, it can sit about for a few hours until you need it. Our Fundraising Assistant, Charlotte, advises filling a large wash bowl or tub with cold water and placing your feet in it. This can provide immediate relief when you start feeling overwhelmed by the heat.

If you start feeling dizzy, weak or have an intense thirst, you may be dehydrated. Drink plenty of water and seek a cool place to rest. If you start experiencing overly painful muscle cramp, you may need electrolytes as well as fluid. Zero sugar sports drinks can help, eating something salty, or using oral rehydration solutions. **If any of these symptoms persist, seek medical advice.**

Stay cool out there!

## 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 Charlotte a call on **366 2857 ext 8 or 9** or email [frassistant@ms-pd.org.nz](mailto:frassistant@ms-pd.org.nz)*

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



# MEMBER'S ANNUAL MORNING TEA

Everyone was getting in the Christmas spirit on 27th November, with our special Christmas morning tea. It was a great chance for people to chat, not only with other members, but also with staff and members of the committee who attended. While it was an opportunity to have a cuppa and a mince pie, it also allowed us to acknowledge the support we've recently had.

In September, we received an incredible donation of a car, who has been named Goldie! She was generously gifted to us by **Alison and John Butcher**, which has enabled us to have transportation for both of our specialist nurses. We also thank **Cochrane Nissan** for doing a full service on Goldie at no cost to us. It's something that can seem small, but it makes a massive difference to us as an organisation to know that the car is safe and ready to go. The car also sports our logos, kindly sign written by the wonderful **sbsigns.co.nz**.

The morning tea was also a great opportunity to say 'thank you' to **Kevin Gates**. We appealed for help in our August newsletter to fund a defibrillator on site, and fortunately Kevin came to the rescue with a donation which allowed us to purchase an AED (Automated External Defibrillator). We also received a donation from **Gaynor Morris** which will fund AED training with St John. This has



Tessa Kain with Alison Butcher and Goldie



Kevin Gates and defibrillator

made us feel far better equipped for any eventuality of a heart attack.

Our President, Tessa Kain, thanked members for these important gifts to the Society, as well as to acknowledge the continued support of our members. As Tessa was present, so was Mungo, who roamed the room charming everyone he came across!

## THANK YOU TO OUR SUPPORTERS

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





# 2019 NOTICES

## DISABILITY ALLOWANCE CHANGES

WINZ are now looking at transport to medical appointments, including medical appointments and going to MS/Parkinson's society fitness groups, when calculating Disability Allowance if you currently receive or may be eligible for the support. Please contact Anna Fraser at [pnurse@ms-pd.org.nz](mailto:pnurse@ms-pd.org.nz) if you think you may be eligible.

## LIVING WELL WITH PARKINSON'S

Our essential course for anyone who has recently been diagnosed with Parkinson's and their family. We hold it twice yearly, with a two hour session once a week for six weeks. The course will run from **Tuesday 3rd March - Tuesday 7th April**, 1-3pm. If you are interested, please contact Anna Fraser at [pnurse@ms-pd.org.nz](mailto:pnurse@ms-pd.org.nz) seeing spouses at this wonderful, social event.

## NEW LIBRARY BOOK

*Living & Caring: A Guide for Carers and People With Parkinson's* - Ann Andrews & Jennifer Dann (two copies)

By covering care from two different viewpoints, readers can be sympathetic to each other's perspectives and work together for solutions in each unique relationship and situation.

## AMPLITUDE CLASSES WITH TIM WEBSTER

Amplitude has outgrown our gym space. From January 2020, Tim will be running classes independently from MS and Parkinson's Canterbury at BodyFix Gym, 29 Leeds St, Philipstown, on Wednesdays 10.30am - 11.30am. For further information please contact Tim Webster at [tim@eamnz.com](mailto:tim@eamnz.com) or 021 0228 2551.

## SENIOR CHEF COURSES

Senior Chef are cooking classes designed for older adults cooking for one or two people. They run 8 weeks and are FREE! They focus on easy, nutritious meals that will help will gain confidence and independence. The new term starts up January. Please see [seniorchef.co.nz](http://seniorchef.co.nz) for more details or ring them on 0800 333 405

## BOOK AT EZIBED

Thank you to [ezibed.com](http://ezibed.com), operated by Mitchell Corp, who have recently started a fundraising initiative through their website. Ezibed are a local accommodation booking website, meaning you can book all kinds of holiday accommodation through them and support a New Zealand company. They have many different options from luxury lodges to holiday parks, with so much in between. Best of all, when you get to booking your stay, Ezibed gives you the option to donate to one of the charities who they partner with. This year, they have generously added us to their supported charities. There is no extra cost to you, all you have to do is select MS & Parkinson's Society when you're paying, and Ezibed will donate to us! We've already started to have receive the proceeds of this initiative and hope that, with your help, we can keep it going!

## OFFICE AND GYM CHRISTMAS CLOSING DATES



**Gym closing**  
**3pm Friday 13 December 2019 -**  
**reopens Monday 13 January 2020**

**Office closing**  
**Friday 20 December 2019 -**  
**reopens Monday 6 January 2020**

The last dates for Gym and Exercise Classes are as follows:

Group	Date/Time for Last Class
Power of Dance	Tuesday 10 December
Parkinson's Exercise Group	Thursday 12 December
Yoga	Thursday 12 December
Nordic Walking	Friday 13 December
Open Gym	Friday 13 December

All groups will resume the week of **Monday 13 January 2020**

Except

**Power of Dance**  
- resumes **Tuesday 21 January**

**Yoga**  
- resumes **Tuesday 30 January**

## 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](mailto:support@ms-pd.org.nz)*

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



Above: Keen golfers heading out for a fun afternoon on the course

Below: Volunteer Rob manning the BBQ at the Golf



Below: Alan Orchard and Nicola Smith at Hornby Mall



Below: St Thomas of Canterbury students help with fundraising



## MULTIPLE SCLEROSIS & PARKINSON'S CANTERBURY (INC)

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