



**Multiple Sclerosis
& Parkinson's**
CANTERBURY
strong connections

NEWSLETTER MAY 2022



NEWSLETTER HIGHLIGHTS

BRAINTREE MOVE

IMPORTANT INFO

TEAM UPDATES

EXERCISE TIMETABLE

STUDIES

BOARD MESSAGE

WINTER WELLNESS

WE ARE MOVING TO BRAINTREE

Finally, the BrainTree move is only days away, and we could not be more excited. We have been busy packing up our things and selling lots of unwanted items, the office is looking quite bare.

We can't wait to share this amazing space with you all.

Here are some important dates to note down:

20 May - The last day for the office, gym, and exercise classes at Sir William Pickering Drive

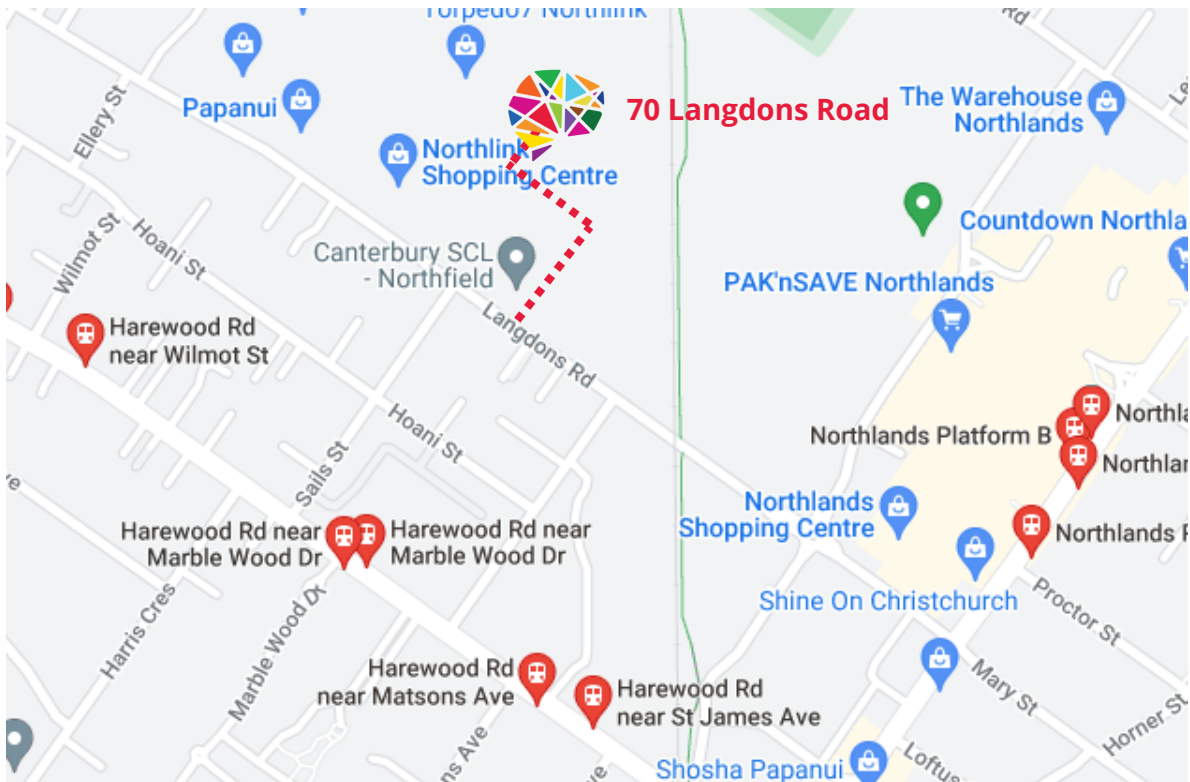
7 June - The office is open and nurse appointments will be available at BrainTree

13 June - First day for gym and exercise classes at BrainTree Wellness Centre.

**Please note: we are still working during the move.
You can ring or email us if you need our services.**

How to find us

We know finding a new place can be tricky so here is some handy information so you can easily find your way to our new address on 70 Langdons Road.



If you are driving, there will be BrainTree signs off Langdons Road. Keep an eye out for their logo



We have plenty of parking right outside the main entrance, and there are lots of bus stops in the neighborhood. The closest stop is on Harewood Road but you can also use the Northland Mall stops.

The buses that connect to Langdons Road are: Orbiter, 1, 28 and 95.

Talk to any of the team if you are struggling to get to BrainTree. We will talk you through the different options of travel, and how we can help you keep active and get around in your community.

**WORLD
MS DAY**

30 May

Brings the global MS community together to share stories, raise awareness, and campaign with, and for, everyone affected by multiple sclerosis.

#MSConnections

Or

1

28

95

GYM UPDATE

We are getting excited and preparing for our move to the new BrainTree facility. I thought you would be keen to know more about some of the new equipment we are getting. We will have three new pieces of cardio equipment:

- a new recumbent exercise bike
- a seated elliptical trainer
- upright ski/rowing machine!

We also will have a brand-new weights pulley machine that is easier to adjust and have more weight training options for all level of abilities.

Lastly, we are excited to have some boxing equipment. Many of you have told us you would like to try boxing or have enjoyed it in the past.

We have worked hard to find equipment that is accessible to all and offer more ways to train.

We are so excited to see you at the new BrainTree gym and exercise studio in June!

Tara Martin

Neurological Physiotherapist

**A BIG THANK YOU TO IAN
AT ELITE FITNESS WHO
HAS HELPED US SOURCE
THE RIGHT EQUIPMENT
AND GET IT INSTALLED.**



WE NEED YOUR HELP

We rely on your support to continue our essential work. There are many ways in which you can help and we have put together a "Wish list" of items that would help us immensely. Can you help with any of these costs?

Peer-to-peer support group facilitation **\$50**

Nurse Consultation **\$100**

Physio Consultation **\$150**

First Aid courses for the staff **\$250** each

Speech Maintenance Class for 20 people **\$250**

Newsletter postage per newsletter **\$450**

Nurse consultation for 5 people **\$500**

Newsletter print and postage **\$800**

Contribution toward upgrading our website or our 60th Anniversary celebrations.

If you want to discuss these options or you have other ideas, please talk to Karla our Executive Manager, phone 03-366 2857 or email manager@ms-pd.org.nz

Remember that all donations are tax deductible



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CANTERBURY

Exercise Class Timetable

Exercise is for everyone

Make an appointment with our Physiotherapist Tara who can help you find the exercise group that is most suitable for you.

It is essential to book all classes and open gym sessions online.

If you haven't attended a class for 6 months or you have any questions regarding suitability of classes, please email Tara at:

physio@ms-pd.org.nz

Classes are approximately 50 minutes.

This timetable can be found on our website.

Timetable June 2022

Monday

| | |
|------------------|-----------------------|
| 9.45am | Parkinson's Potential |
| 11am | Top to Toe |
| 12.45pm - 1.45pm | Open Gym (Session 1) |
| 2pm - 3pm | Open Gym (Session 2) |

Tuesday

| | |
|--------|-------------|
| 9.45am | Gym Circuit |
| 11am | Gym Circuit |

Wednesday

| | |
|------------------|----------------------|
| 12.45pm - 1.45pm | Open Gym (Session 1) |
| 2pm - 3pm | Open Gym (Session 2) |

Thursday

| | |
|---------|-----------------------|
| 9.45am | Parkinson's Potential |
| 11am | Top to Toe |
| 12.45pm | Parkinson's Power |

Friday

| | |
|------------------|----------------------|
| 9.45am - 10.45am | Open Gym (Session 1) |
| 11am - 12pm | Open Gym (Session 2) |



Phone: 03 366 2857
Email: support@mspd.org.nz
BrainTree Wellness Centre
70 Langdons Road
Papanui, Christchurch
www.ms-pd.org.nz

Class Details

Parkinson's Potential

Instructor: Amanda

A fun and innovative class for people with Parkinson's. Exercises are mostly completed standing to challenge your balance, coordination and get you puffing. We include practice of functional skills you need to keep your Parkinson's problems in check. You will need to be able to get on and off the floor independently and follow instruction

Top to Toe

Instructor: Amanda

A cheerful and fun exercise class for people with MS or Parkinson's. We focus on using your whole body to keep you as fit as possible, regardless of any walking or balance difficulties you may have. Most exercises are done sitting with some standing exercises an option for those who are able and want to work on their balance. This class is suitable for people who use a walking aid or a wheelchair. Support persons welcome.

Parkinson's Power

Instructor: Amanda or Tara

Parkinson's Power is a high energy class for those who are in the early stages of their Parkinson's and looking for a BIG challenge! We focus on exercises that make you work hard and challenge your balance and coordination. This class is not suitable for people who experience regular falls or freezing.

Gym Circuit

Instructor: Tara

This is a circuit based exercise class using the gym equipment. This is the perfect option for people who need more support to exercise and use gym equipment. Suitable for people who use a wheelchair, need a little bit of extra support to get the most from their exercise programme, or who have difficulty following instructions. Support persons welcome

Open Gym

Instructor: Lee or Tara

The gym is open to complete your own physio prescribed exercise programmes under supervision.

Cost per Session

| | |
|----------------------|--------------------------|
| Concession Cards | \$8.50 per sessions |
| Casual Classes | \$10 per session |
| Concession Card Cost | \$68 for 8 sessions |
| | \$127.50 for 15 sessions |

Please note the slight price increase for our exercise classes

We have a new Bank Account Number: BNZ **02 1257 0062965 000**

Please make sure you use this account number when you pay for our services.

Board Chair Message

Tēnā koutou katoa



We are looking forward to a brighter winter this year as we move into the new BrainTree Wellness Centre in June.

Our Manager Karla has been working hard with the BrainTree Team to ensure everything will be in place and ready for opening while the staff are busy preparing for the shift.

We will be inviting you all to come and visit in your own time with the official opening taking place a little later in the year, The opening of the Centre is the culmination of a huge effort seeded in 2017 when Multiple Sclerosis and Parkinson's and Dementia Canterbury joined forces to instigate a new home. Led by Simon Challies and a dedicated team of directors of the Canterbury Brain Collective the project is now a reality and has been funded by private individuals, businesses and community trusts in Canterbury along with major fund-raising activities and in-kind support.

A **Big Thank You** to those who have supported the project and made significant donations to enable the creation of the Centre.

The Society is now operating as a Charitable Trust which coincided with the new financial year from the 1 April. Our key focus remains to provide services, support, education and information that enables people with Multiple Sclerosis or Parkinson's, and people that support them, to manage their health and wellbeing in the community.

Take care - Ngā mihi

Anne-Marie Kite

Board Chair
Multiple Sclerosis & Parkinson's Canterbury



Have you traveled overseas for Stem Cell aHSCT treatment?

You might have seen MSNZ asking for people that have traveled overseas for aHSCT to complete a survey earlier this year. The response to this was good but they are hoping for some more people to complete the survey.

Getting aHSCT available in New Zealand is a key advocacy goal for MSNZ. Completing this survey will help significantly in obtaining the information and statistics required to prove there is a need for this treatment here in New Zealand for MS patients.

If you have traveled overseas for Stem Cell aHSCT treatment, please complete the survey on this website:

<https://www.msnz.org.nz/have-you-travelled-overseas-for-stem-cell-ahsct-treatment/>

Covid-19 anti-viral medication for people with MS

If you have tested positive for COVID-19 and your symptoms started in the past 5 days and you are on Fingolimod or Ocrelizumab for your MS, you may be eligible for antiviral medication to treat COVID-19.

Get in touch with your GP in the first instance and they can prescribe this for you.

Managers message

Morning teas and peer support groups

The social morning teas and peer support groups have been on hold whilst we navigate Covid. I know that they have been missed and we have a plan to start and reinvigorate them soon.

We are employing a new Education and Engagement Coordinator who is going to help us pull the social activities and educational workshops together. Currently, Lesley's social morning teas are still on hold until further notice.



Staffing

Bridget Paterson, our Fundraising and Marketing Manager, has got her dream job and is now managing the Dog Sanctuary Trust. We wish her well.

I want to welcome Lina Stroud into that role. Lina comes to us from a marketing background and is quickly learning the business.

We also wanted to say good-bye to Deb Ballantyne, our nurse for the past year. She has chosen an early retirement and we know she will make the most of her time away from work.

Amanda Richardson, one of our exercise instructors, has been with us a few months now. She comes with a lot of experience running big classes out in Rangiora. She runs a fun Thursday class.

Keep well

Karla Gunby

Executive Manager

Are you interested in participating in a New Study?

Managing Constipation in Parkinson's using self-care techniques.

- Do you have Parkinson's.
- Do you suffer from constipation?
- Would you like more information about how to manage this symptom?
- Are you interested in complementary medicine?

This study will run over 5 weeks and will require participants to complete questionnaires and a diary.

I am a registered nurse conducting a research project to complete my Master of Health at Victoria University of Wellington.

If you are interested in participating in this research, please contact Bronnie Alexander on 027-276 6643 or email: alexanbron@myvuw.ac.nz

Nurse Update

We will continue with Nurse Consultations at the new Braintree building and can provide face-to-face, telehealth or telephone consultations.

The consultations are comprehensive, and we encourage you to bring a support person. Our goal is to provide education and self-management strategies to help manage your condition in the community.

We can make referrals to the CDHB community teams or other community services and agencies to help meet your needs in the home. We are an advocate for you.

Elsbeth McKeon - Nurse

PS Would love to meet with you 😊



Winter Wellness

Living with Parkinson's

KEEPING WARM

Parkinson's affects the nervous system. In turn, this affects the body temperature, so you may be more sensitive to cold and heat than other people. There are a few simple things you can do to help keep your body temperature up:

- Light exercise will help keep you warm and keeping active is essential.
- Whether inside or outside, wrap up warmly.
- Wear a number of thin layers, rather than one thick one, and wear cotton, wool, or fleecy synthetic fibers.
- Heat all the rooms you spend the day in. Or if you can't keep all the rooms heated, try and keep one room heated for the day and your bedroom heated just before you go to bed.
- If you get cold in bed at night, wearing a hat and bed socks can help keep you cosy.
- Set the timer on your heating to come on just before you get up and after you go to bed.

WATCH THOSE WINTER BLUES

Human contact and socialising mitigate depression. Although it may be more challenging in winter, making sure you get out to see people or have people around to visit, is something to prioritise. Exercise can also be a protection against depression. There are lots of great exercises that can be done indoors and even at home or come and join our gym sessions at BrainTree.

Speak to our physiotherapist about safe and effective ways of exercising.

Learn more here: <https://www.parkinsons.org.nz/resources/winter-parkinsons>



Winter and its impact on people with MS

Winter is fast approaching, with days getting shorter, and temperatures dropping, which made us think – as the seasons change, does this impact upon a person's MS? And if so, how?

Temperature changes can have an impact upon some symptoms experienced by people with MS. Colder temperatures can have an effect on nerves and muscle activity, leading to pain and mobility challenges including cramping, stiffness and spasticity. In certain cases, the temperature change can cause difficulties in walking or the use of hands.

The cold can also worsen the so-called MS hug. This is a gripping feeling around the torso caused by the spasticity of small muscles between the ribs. Our advice from people with MS would be to dress in layers and to keep yourself warm by drinking warm beverages but it is essential not to turn the heating up too high inside as excessive heat can exacerbate MS.

Heat can also have an impact on people with MS as they can often experience a temporary worsening of their symptoms. Hence, it is important to keep yourself warm during winter but try finding a happy medium while inside.

Read more here: <https://emsp.org/news/winter-and-its-impact-on-people-with-ms/>



How to Donate Towards Our Services

With the membership fee now removed, we are asking for a donation or a contribution towards running our services.

There are several ways you can support us:

- Go to our website **www.ms-pd.org.nz** and fill in the donation form
- Internet Banking: MSPC BNZ 02 1257 0062965 000
Please use your surname as a reference.
- Call the office on 03 3662857 and Kirsty can support you to make a donation over the phone.

Remember that all donations are tax deductible.

We are incredibly grateful to have received grants from the following organisations:

- **Advance Ashburton Community Foundation**
 - **Air Rescue Services**
 - **CERT**
 - **Christchurch City Council**
 - **COGS**
- **Community Trust Mid & South Canterbury**
 - **Eva and Harold Wilson Charitable Trust**
 - **James Maxwell Heron Charitable Trust**
 - **Kiwi Gaming Foundation**
 - **Lochmaben Trust**
 - **Lotteries General**
 - **Manchester Unity**
 - **Mainland Foundation**
 - **Maurice Carter Charitable Trust**
 - **NZ Community Trust**
 - **Perpetual Guardian**
 - **Pub Charity**
 - **Rata Foundation**
 - **Rehabilitation Welfare Trust**
 - **Roy Owen Dixey**
 - **Selwyn District Council**
 - **Southern Trust**
 - **The Harcourts Foundation**
 - **The Jones Foundation**
 - **The Lions Foundation**
 - **The Trust Ashburton**
 - **Trusts Community Foundation**
 - **Welfare Trust Board**

Open Hours during our move

23 May - 6 June Our team will be working remotely

7 June Nurse consults

13 June Gym and exercise classes start
Please have patience while we get sorted



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& Parkinson's**
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Multiple Sclerosis and Parkinson's Canterbury Charitable Trust

Phone: 03 366 2857

Email: support@ms-pd.org.nz

70 Langdons Road,
Papanui 8053, Christchurch

www.ms-pd.org.nz

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