

# ms. voice



Newsletter

December 2021

Welcome to our December edition of MS Voice. Here, we bring you the latest news from MSNZ and what we have been working on, tips to live well with MS and much more.

We love to share real life stories, if you would like to share *your* MS story with the MS Community, please get in touch: [info@msnz.org.nz](mailto:info@msnz.org.nz)

Thank you for your continued support during this challenging year, it has helped us to achieve so much, to help those impacted by MS.

## MS Announcements and Events



### Bangers to Bluff Rally 2022

MSNZ are thrilled to once again be a chosen charity for the Bangers to Bluff Rally. The annual rally, organised by The Rotary Club of Half Moon Bay, challenges teams to drive a 'banger' from Auckland to Bluff, on roads less travelled via several iconic regions.

The 2022 rally departs Auckland on the 29th March and arrives in Bluff on the 9th April. Travelling roads less travelled, approximately 18 teams will compete for points and prizes, by participating in challenges and competitions.

You can support this event by donating, liking, registering, or joining us along the way - our team would love to meet and greet as many people as possible, so join us and together we can help New Zealanders thrive.

[Bangers to Bluff 2022](#)



### Discriminatory Immigration Policies

Multiple Sclerosis New Zealand have written to the Ministers of Immigration and Health to highlight how discriminatory their immigration policies are for people with MS, and how these policies are preventing people with essential skills to live in New Zealand.

We welcomed the opportunity to work with Immigration New Zealand to remedy the unsatisfactory criteria and look at how we can continue to support highly skilled and motivated people with MS who wish to live and work in NZ.

MSNZ look forward to providing you an update in the New Year, and welcome any thoughts and experiences about this issue you'd like to share. Please contact [info@msnz.org.nz](mailto:info@msnz.org.nz)

Photo by [Aaron Burden](#) on [Unsplash](#)

[Read More](#)

### Taking on Te Araroa – fundraising for MSNZ



Our fabulous fundraiser Daniel is walking the length of New Zealand to raise funds for MSNZ.

"My mum was diagnosed with Multiple Sclerosis around 20 years ago, and



after several relapses has lost most of the mobility in her legs. She has had to adjust to many challenges but remained optimistic throughout. She taught me a lot about resilience in the face of adversity and I plan on channeling this energy during the grueling 3000km journey"

[Taking on Te Araroa](#)

There are many others like Daniel's Mum, so please give whatever you can this year to help us support people with MS, ensuring they live their best lives.

[Please donate](#)

**ms.**

Multiple Sclerosis  
New Zealand

### [2021 Annual Report](#)

Catch up with our President Neil, to hear his thoughts on improving access to DMTs. Read about the difference we have made by helping 51,579 people accessing information from our website and 2 education scholarships awarded to people with MS.

[Read More](#)

## Get Involved



### [Evaluating health literacy in individuals with a neurological condition and caregivers - Study](#)

Are you living with a neurological condition? Do you support someone living with a neurological condition? Are you interested in undertaking a survey on health and e-health literacy (the ability to find, understand, and use online and offline health information)?

This study is observational and will provide us with information needed to develop novel health and e-health literacy interventions for people living with neurological conditions and caregivers.

[Read More](#)

## Amplify your voice



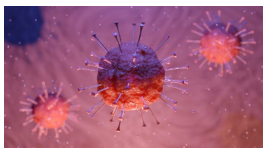
### [Celia's aHSCT Journey](#)

HSCT is not a magic cure, the aim is to halt your MS where it is and not get any worse so I still get a lot of my usual symptoms at times mainly if I'm tired or sick etc, but I count my blessings every day that I had the opportunity to have this treatment and I really hope it becomes available in NZ.

This is my story.

[Read More](#)

## Covid updates



### [Covid vaccine implication survey](#)

This survey has been created to gain information about your experiences whilst getting the vaccine. We are also keen to learn about your decision making process with regards to getting the vaccine.

We would appreciate your time in completing this very short survey.

[Take survey](#)



### [Covid-19 - Be prepared, not scared](#)

Soon, New Zealand will likely see cases of COVID-19 appearing across the country as the Auckland border opens for those vaccinated or with a negative test from 15th December 2021. Christmas is a busy time and so



now is a good opportunity to make sure you have the necessary resources and be prepared to care for yourself and your loved ones at home should you become sick. Being prepared for a stay at home with a positive COVID-19 test will happen for some of us in the next few months. By planning in advance, this is a good way to feel a bit safer & less anxious around what may happen.

Should you become unwell, exposed or be awaiting a test result you should be prepared to be at home for 14days – think mini lockdown!

[Read More](#)

## Support Us



### [Support us whilst exploring this summer](#)

Get festive this summer season and enjoy a free upgrade when you purchase your Entertainment Membership! Purchase a single city membership and unlock every city in New Zealand and Australia for free – that's \$120 of value for only \$70.

Enjoy 2-for-1 and 25% off at the best restaurants, cafes, takeaway, activities and retail outlets. You have 90 days to activate your membership and a full 12 months' worth of validity. The memberships also make fantastic Christmas presents! Support us and purchase here today!

[Purchase Here](#)

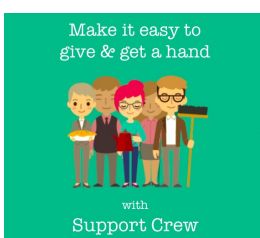


### [Gifts that give](#)

The Good Registry is virtual gift giving that makes a real difference this Christmas. That's because every gift card you give lets recipients donate to their choice of 65 awesome New Zealand charities, including us! It's all goodness, and no waste.

[Gift Today](#)

## Looking after yourself



### [Making it easy to give a hand](#)

Support Crew is a free online support platform that easily co-ordinates meals and support for family and friends in need.

When dealing with a life event, we struggle to ask for help and our friends don't know how to help.

With Support Crew, it's simple, personal, and easy for everyone.

[Read more](#)



### [Tips for reducing stress this Christmas](#)

More than half of all New Zealanders – 51 percent – feel added financial and social stresses during the festive season. If that is you, it might help to remember that the true gift of the season is our presence, not our presents.

Giving our time, our words and our presence makes others feel great, but it also lifts our own mood and makes us feel our lives have more meaning. It's one of our Five Ways to Wellbeing – simple things we can all do to feel great.

[Read more](#)

### [Five ways to wellbeing during the holiday season](#)



The holidays can be a time for family and celebrations – but it can also be a time when many people feel stressed and blue.

This year has been a tough one for many, so we have a few tips on how to support your wellbeing this season.



## Multiple Sclerosis office closures

The MSNZ National office will be closed for the festive period from 23rd December and re-open on 10th January.

Please see below for the Regional Societies date closures:

MS Gisborn and East Coast 23rd December - 17th January

MS Rotorua & Districts 23rd December - 4th January

MS West Coast 16th December - 16th January

MS Southland - 17th December - 17th January

MS Northlands - 22nd December - 24th January

MS Nelson - 23rd December - 19th January

MS Hawkes Bay - 23rd December - 5th January

MS & Parkinsons Canterbury - 17th December - 10th January

MS Waikato - 23rd December - 17th January

MS & Parkinsons Marlborough - 17th December - 10th January

MS Wellington - 17th December - 17th January

MS Auckland - 23rd December - 10th January

MS Bay of Plenty - 23rd December - 5th January

Well, what a fantastic year we've had here at Multiple Sclerosis New Zealand. Amanda and the team have managed to achieve so much with thanks to your dedicated support. From lobbying for changes to the access criteria for MS treatments to reviewing our information series so we can continue to provide the resources you need. I am looking forward to working with this team for the coming year as Interim National Manager whilst Amanda is on maternity leave.

Wishing you all a very Merry Christmas and a Happy New Year!

Nick Cowie, Interim National Manager  
& the MSNZ Team



P.S. Please check our [Latest News](#) section on our website for updated guidelines and information.



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