

Happy Holidays

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Multiple Sclerosis
New Zealand



MS Voice Newsletter

December 2022

Well, here we are, Christmas is fast approaching and the end of the year is within sight. 2022 saw the world begin to reboot, however, the impacts of the pandemic continue to linger. As we head into the social season, there is an increase in Covid cases being reported. We notice many are continuing, or are once again, using masks and social distancing measures. We encourage you to look after your health and well-being and implement any necessary precautions. While we are all well versed with these now, here is a reminder of the types of measures you can take: [Protect yourself and others from COVID-19 | Unite against COVID-19 \(covid19.govt.nz\)](#)

We would like to take this opportunity to really **thank you** for your continued support, without which we would not be able to achieve so much and have such an impact within the MS Community. aHSGT is a great example of this. You all got behind the petition we shared and this helped to get it in front of Parliament. We are excited for what 2023 will bring.

This time of year can be a trying time for many of us with all the extra financial and family expectations and feelings of overwhelm that often cause stress. It is important that you take time to relax and remove as many of these extra pressures as possible. Go for a gentle stroll along the beach, read a book or listen to your favourite music and be kind to yourself.

Our offices will be closed for the festive period from Thursday 22nd December to Monday 9th January 2023.

We wish you all a wonderful break.

MS Announcements and Events

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[MSNZ 2022: A year in review](#)

As we wind down for the holidays, at Multiple Sclerosis NZ, we have taken a moment to review what a year 2022 has been and celebrate our achievements. We continue to strive for our vision of 'A world without MS', breaking down barriers to treatments and access that exist for people with MS across the country.

As a relatively small organisation, we have not let the global impacts hold us back. We are fortunate for the support of our amazing volunteers, donors, supporters and staff. Thank you to everyone who has contributed with their time, skills and donations this year.

[Read More](#)



[Esme Tombleson Awards 2022](#)

We are thrilled to announce the 2022 Esme Tombleson Award recipients are Ingrid Robertson and Joan Perry.

MSNZ has been proud to work with these two **amazing women and advocates** for the MS community.

Take a moment and read their stories on our website.

[Read More](#)

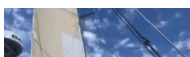


[Is magnetic brain stimulation a potential treatment for MS?](#)

A ground-breaking clinical trial assessing the effects of magnetic brain stimulation (MBS) on multiple sclerosis (MS) has welcomed its first participant.

Meg Denham, who lives with secondary progressive MS, participated in the phase one trial.

[Read More](#)



[Oceans of Hope 2022 recap](#)



We have worked with Oceans of Hope Challenge for a number of years now, and always love hearing how people's skills and friendships develop whilst they are taking part.

This year, they have provided us with a recap, so if you are keen to find out more about the challenge and information for next years challenge, read on.

[Read More](#)

ECTRIMS 2022

38th Congress of the European Committee for Treatment and Research in Multiple Sclerosis
27th Annual RIMS Conference

ECTRIMS 2022

The 38th Congress of the European Committee for Treatment and Research in Multiple Sclerosis (ECTRIMS), took place in Amsterdam from 26th to 28th October, and was attended online by Dr. John. Mottershead.

The programme included Scientific Sessions, Hot Topics and Meet the Experts, as well as live discussions between the international faculty and participants at the end of each session. Here we share his report with you.

[Read More](#)

Amplify Your Voice

Record your journey, leave your legacy



My Life's journey is the first kiwi built app of its kind - designed to empower every New Zealander to record their life's story, using a guided, user-friendly platform.

Download the app and start adding your memories today!

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Help us to raise funds, whilst shopping with [Home of Brands!](#) Simply use code **'MSNZ22'** to receive an *additional 5% off sale prices!*

Purchase the [Entertainment Book](#) now to receive a bonus \$20 or \$40 eGift Card and support us at the same time.

Our Fabulous Fundraisers



David is waiting for a second hip replacement and has limited use of his arms and hands. To show support and fundraise for charities close to his heart he has set himself an awesome fundraiser. In early January, David is planning to ride an exercycle in the Dunedin Octagon to ride for as long as he is able.

[Read More](#)



Matt knows first hand the effects of MS, how it can vary in severity and be extremely debilitating. To help raise awareness and funds he is running the Tarawera Ultra Marathon next February. This is a 50km race with 1800 meters of elevation and will be by far the hardest race he has ever done.

[Read More](#)

Looking After You



Nutrition and MS webinar

If you missed this informative webinar from MS Auckland on nutrition, lifestyle and supplements that support people with multiple sclerosis, you can catch up by clicking the link below.

[Watch Here](#)

[Evusheld for Covid-19](#)



Evusheld is a pre-exposure prophylaxis, which has shown positive results for reducing the impacts of COVID-19 on those who may have lowered immunity due to their MS treatments.

Evusheld is NOT a vaccine but consists of two synthetic antibodies (made in the laboratory) which help boost the immune system before infection takes place to fight off infection.

[Read More](#)

[MS strangest symptoms from head to toe](#)



Extreme fatigue, clumsiness, weird prickly sensations, sluggish thinking, wonky vision - these are classic and common first symptoms of MS. But the expected stops here.

Damage to the central nervous system, aka your brain and spinal cord, is what causes these symptoms. That's a wide range of functions that affect many different people. So it can show up in some strange and varied ways.

[Read 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

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

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P.S. Please check out our [Latest News](#) section on our website for the latest news, guidelines and information.



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