

# ms. VOICE



Newsletter

March 2023

Kia Ora!

The weather has taken a turn towards winter here in the South Island, which has led our [Bangers to Bluff](#) team to don their beanies.....but it hasn't stopped Graham from cycling in his shorts! What a hardy soul. Take a look at our [Facebook page](#) to see what team 'Keep Smyelin' have been up to whilst driving some of Aotearoa's scenic roads, raising awareness of MS en route to Bluff.

We still have a long way to reach our 10k goal, so why not show your support of our team by donating today, thank you.

## MS Announcements and Events

### [Co-opted Board Vacancy: Fundraising and Partnership](#)

MSNZ is looking for an individual with skills in fundraising, partnerships and/or marketing to provide direction to the Executive Committee based on sound knowledge and experience. The co-opted member will provide leadership and strategic direction to the governance team in the development of a national fundraising and corporate partnerships strategy.

We are looking for an individual who has a strong empathy with our mission. Specific knowledge of Multiple Sclerosis, community-based organisations and chronic health and disabilities is useful but not necessary.

**ms.**  
Multiple Sclerosis  
New Zealand

[Read more](#)



### [Health and disability services in NZ for MS - Hui](#)

Join us for an online hui on Wednesday 12th April 2023 (1pm - 2.30pm) where Aged Care Commissioner Carolyn Cooper will report on health and disability services for older people.

The event is free to attend, but registration is required.

[Read more](#)

### [Esme Tombleson Award 2023](#)

Applications are now being accepted for the annual Esme Tombleson Award. They are open to anyone who has made a significant contribution nationally to MSNZ and people impacted by Multiple Sclerosis.

This award gives MS organisations the opportunity to acknowledge the valuable input individuals have contributed to people with MS, as well as creating greater public awareness of Multiple Sclerosis.



[Read more](#)



### [Bangers to Bluff Rally 2023 update](#)

Our team 'Keep Smyelin' have driven over 1,500 kms since the rally kicked off on the 21st March. Graham has battled all weathers, on some days cycling over 25 kms. He's even received 2 amazing pledges of sponsorship for every km he cycles.

They are due to arrive in Bluff on 1st April where the bangers will be auctioned off alongside Graham's bike and some amazing prizes donated by Panasonic and the Crown Plaza Queenstown. We still have a long way to reach our \$10k goal, so why not show your support of our team, by donating today, thank you.

[Read more](#)

## Amplify Your Voice

### [How to care for someone with MS](#)

Rachel is a wife, a mother and she has MS. She goes into detail to tell us her thoughts of what it is like to care for someone with MS, from her unique perspective, and how to help people to help you.



[Read more](#)

## Support Us

### [Offer extended, but only until Friday 31st March!](#)

Order an Entertainment Membership before 12.00pm - Friday 31st March NZST and you will receive 4 months free when you purchase a 12 or 24 month Single or Multi City membership! You will have access to 1000's of every day offers at your fingertips for as little as \$5 per month! Be quick, as this offer will be gone in a flash!



[Read More](#)



### [Donate before 31st March and receive your tax back this year](#)

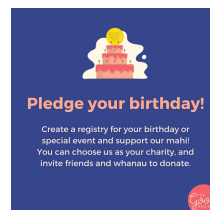
Did you know that you can claim a tax credit for your charitable donations, and this can be donated back to Multiple Sclerosis New Zealand? You can claim 33.33 cents for every dollar that you have generously donated to us. Tax credits can be claimed for donations of \$5 or more to any approved charity like us and you can go back up to four years. To find out how, [check out the IRD here](#).

[Read More](#)

### [Give your birthday to charity](#)

By choosing to pledge your birthday with [The Good Registry](#), you're telling your family and friends that you would like them to donate to a cause close to your heart, instead of buying you stuff!

Plus you're helping to reduce consumption and waste.



[Read More](#)



### [Donate directly with Payroll Giving](#)

How about donating to us directly from your pay and automatically receive a tax credit of 33.33 cents for every dollar donated? Payroll giving is a voluntary scheme where your employer passes on donations to chosen charities and reduces your PAYE with a tax credit for payroll donations.

Why not speak with your employer today and see if they can set this up so you can join us in making a difference to those impacted by Multiple Sclerosis.

[Read more](#)

## Looking after you

### [Living well with MS as you grow older](#)

MSIF have published a great new resource titled 'Living well with MS as you grow older'. It's a guide for older people with MS on managing the condition alongside the effects of age. The information is also useful for younger people with MS who are thinking ahead as well as carers, family members and friends.





New Zealand  
Brain Research  
Institute

[Read more](#)

### [Life expectancy of people with MS significantly improved](#)

A study on MS mortality by Dr. Ruth Leadbetter & Dr. Deborah Mason show that people with MS can expect to live a long life, close to that of the general population. The life expectancy for people with MS is expected to improve even further in the near future.

[Read more](#)

### [Continenence survey](#)

Continenence NZ invites you to provide feedback on the services offered to the community. The data collected will be used to improve the services offered, obtain funding and promote services.



[Survey](#)

Sharing stories offers an insight into what life is like to live with Multiple Sclerosis. 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, it has helped us to achieve so much for those impacted by MS.



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



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