



## e-Newsletter

Tēnā Koutou Katoa. A warm hello to you all,

Welcome to the October edition of MS Voice, your go-to place for the latest news, updates, and real-life stories from Multiple Sclerosis New Zealand and our MS Community. As the season of spookiness unfolds, we hope your MS doesn't play any tricks on you this Halloween 🎃 👻

In this edition, we aim to bring you insightful and engaging content that reflects the ongoing efforts and experiences of individuals and communities involved with MS in New Zealand. Whether you're looking for updates on treatment developments, inspiring personal stories, or information on upcoming events and initiatives, MS Voice has something for everyone. So, grab a cuppa, get comfy, and delve into what's new in the world of MSNZ.

We hope you enjoy this edition and find it both informative and uplifting. Thank you for being a part of our community.

### Brain Health Webinar

Last night, we hosted our [Brain Health Webinar](#), featuring guest speaker Dr. Matthias Grothe. During the session, Dr. Grothe delved into the effects of the hidden symptoms associated with MS and shared strategies on how to manage and alleviate these symptoms.

The event attracted a record number of attendees, reflecting the significant interest and need for information on this topic. We are thrilled to provide you with access to the webinar recording, allowing you to view it at your convenience.

[Click here or on the image below to access the recording.](#)

**MS BRAIN HEALTH WEBINAR:  
MS IN NZ AND THE HIDDEN SYMPTOMS**

Learn of MSNZ's latest developments and hear from guest speaker Dr. Matthias Grothe, on the impacts of hidden symptoms of MS and what we can do to alleviate them.

**PRESENTED BY:**

NEIL WOODHAM'S  
PRESIDENT, MSNZ  
TRUSTEE, NZMSRT

JAN CAMPBELL  
COMMITTEE MEMBER, MSNZ  
TRUSTEE, NZMSRT

**GUEST SPEAKER**

DR. MATTHIAS GROTHE  
NEUROLOGIST

**ms** Multiple Sclerosis New Zealand

**ms** New Zealand Multiple Sclerosis Research Trust

[WWW.MSNZ.ORG.NZ](http://WWW.MSNZ.ORG.NZ)

### Awareness Week 2024

[Multiple Sclerosis Awareness Week](#) took place from September 9th - 15th. Our new campaign ['Time Matters in MS'](#) received an excellent response, generating significant engagement on social media. We recorded impressive viewing numbers of the

articles published in [Stuff](#) and [GP Voice](#), which are available for you to read on [our website](#). We would love to hear your thoughts on the campaign, email us on [info@msnz.org.nz](mailto:info@msnz.org.nz) or call 0800 675 463.

We are committed to increasing awareness and education of MS for everyone, including those with MS, their families, workplaces and medical professionals. We aim to expand the information available and introduce new pathways to learn and remain informed.

Many of the regional societies were busy during Awareness Week with Street Appeals, events and other fundraisers, all supported by their wonderful volunteers. We would like to extend our gratitude to these volunteers. We enjoyed seeing some incredible photos shared on social media and websites, and we are pleased to share a few with you below.

[MS and Parkinson's Canterbury](#)



[MS Hawkes Bay](#)



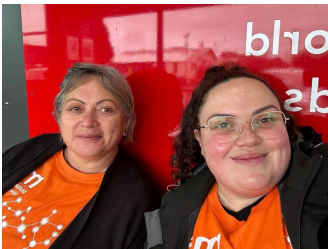
[MS Wellington](#)



[MS Gisborne](#)



[MS Taranaki](#)



[MS Nelson](#)



### Bangers to Bluff Car Rally

[Bangers to Bluff Car Rally - Calling for Sponsors!](#)

We are thrilled to announce that we have once again been selected as a masthead charity for the 2025 Bangers to Bluff 12-day car rally, organized by the Rotary Club of Half Moon Bay (Inc). This exciting annual event not only supports MSNZ but also several other deserving charities, with over **\$400,000 raised** for good causes in the past nine years!



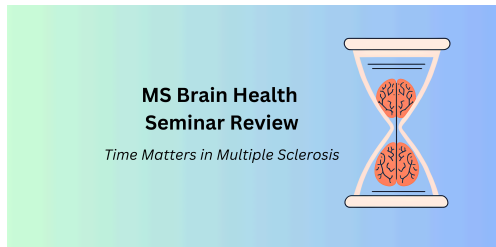
We are calling out for sponsors to **come with us on this journey** to raise awareness and much needed funds. Please read our [sponsorship proposal](#) or visit our [website](#) for more information and get in touch if you can help!

### MSNZ News and Updates

[Review of MS Brain Health Seminar in Auckland](#)

On July 12, the MS Brain Health seminar in Auckland, co-hosted by MSNZ, NZ MS Research Trust and MS Auckland brought together experts and community members to discuss the latest in MS research.

Special guest speaker, Professor Helmut Butzkueven, shared crucial insights on the MS Brain Health Initiative, the implications of Vitamin D, and exciting





developments in treatments for Progressive MS. With a focus on proactive management and patient involvement, this seminar highlighted the importance of monitoring and personalised care in optimising brain health. Discover more about the seminar's key takeaways and how they can impact MS care by visiting our full article on [our website](#).

Together, we can continue to advocate for better standards of care and support for the MS community.

### [Calls to Change Pharmac's Funding Model](#)

The Milne Report calls for a major overhaul of Pharmac’s drug funding process in Aotearoa New Zealand. Commissioned by MSNZ, it advocates for a shift from cost-focused evaluations to one that considers the broader societal impacts of drug funding decisions.

Highlighting the case of ocrelizumab for Primary Progressive Multiple Sclerosis, the report suggests that incorporating indirect costs could lead to smarter funding strategies that improve patients' quality of life. For more insights into these vital recommendations, read the full article on our [website](#).

### [A Day in the Life of Graham](#)

A big shout out to Allied Medical who caught up with MSNZ Executive Committee Member, Graham Walker who was diagnosed with Primary Progressive Multiple Sclerosis twelve years ago. It all started with a limp and issues with his left arm. His GP sent him to a neurologist, who then sent him for an MRI and a lumbar puncture. The results confirmed the diagnosis, and gradually, his life changed.

[Read more on Graham's story here.](#)



## Information for You

### [Disability Funding Update](#)

2024 has been a tumultuous year for the disability community. Following a scathing independent review of disability support services (DSS), operations transferred from Whaikaha to the Ministry of Social Development on 16 September 2024.

Since then, the Disability Support Services Taskforce (DSSTF) has been established to implement the seven recommendations made by the Independent Review of DSS. A newly branded business unit within the Ministry of Social Development (MSD). Leading the DSSTF, is Deputy Chief Executive, Chris Bunny and leading DSS is Anne Shaw, Associate Deputy Chief Executive. As the Taskforce gets established and builds its work programme, they have recognised the need to provide updates about what they're doing and how and when you can be involved. Read more on their latest update [here](#).



### [Carers NZ - Feeling Low?](#)

Life can be challenging, but for some of us, our mental health can be seriously affected. If this sounds like you, you're not alone. A new resource for stressed carers is available from Carers NZ. Follow [this link](#) to find out more.



**Are Funding Changes Affecting Your Family?**

Carers NZ would like to hear from people and family carers if funding changes have affected your supports. If supports have decreased, what was the reason, and do your supports still meet your needs? Having this picture is important. Please complete the [survey here](#).



**Carer Recognition Programme**

If you are receiving financial assistance from MSD and are unable to work as you are caring for whānau, please complete this form to be enrolled in the New Zealand Certificate in Health and Wellbeing Level 2.



**Activate - 8 Day Course**

Activate is an adapted course to enable those aged 18+ with a physical disability to experience the challenge and adventure of an Outward Bound course. It is an opportunity to show yourself what you are truly capable of achieving. Break your preconceptions of your physical limitations and test your boundaries.



**Forgiveness: The Secret to Living With MS?**

In a world filled with challenges and disagreements, the incredible power of forgiveness can spark joy and healing! [This article](#) dives into how embracing forgiveness not only promotes personal growth but also strengthens our relationships and boosts our emotional well-being, leading to a happier and more fulfilling life.



**Our Gift to You**

At MSNZ, we are profoundly grateful for the continuous support we receive from all our donors and friends. Your generosity and commitment to our cause do not go unnoticed.

As a token of our appreciation and to extend our heartfelt thanks, we have formed a partnership with [Gathered Here](#). We are delighted to offer you an exclusive and simple online Will service, completely free of charge. What's more, you will have the ability to make unlimited updates to your Will as and when you need.

Your voice echoing into the future

**Write your Will for FREE**

Transform lives by improving access to supports and services for those with MS

**LEARN MORE**

**Supporting MSNZ**

Without the support of amazing people like you, we wouldn't be able to do the work we do at MSNZ. Your generous contributions enable us to continue providing advocacy and information that improves the lives of families affected by multiple sclerosis.

Each year, MSNZ needs to raise over **90%** of our income through kind donations, grants, bequests and business support. Every bit helps and we're incredibly thankful for any donation received. We'll send a receipt for all donations over \$5 and guess what? If your donation is over \$5, you're eligible for a tax refund. Now that's a win-win!

**Below are some ways you can support us. Click on the pictures to learn more. Thank you.**

**Shine Bright in our New T-shirt** ✨

When you purchase an MSNZ T-shirt, you are not only adding a stylish piece to your wardrobe but also making a meaningful contribution to a cause that impacts thousands of families across New Zealand. Your support is crucial in helping us continue our mission of providing advocacy, information, and resources to those affected by multiple sclerosis.

If you would like to purchase a T-shirt, head to our [website here](#).



**Claim Your Free \$30 eGift Card Today!**

Want to save big while making a difference? With an Entertainment Membership, you'll unlock amazing rewards and support our fundraiser at the same time!

- Here's what you'll get when you purchase your Membership today:
- ✨ A FREE \$30 eGift Card – Yours instantly with any Membership purchase!
  - ✨ A bonus Multi City upgrade, giving you access to up to 50% off dining, shopping, and travel across Australia, New Zealand, and Bali
  - 💎 20% of your purchase goes directly to support our fundraiser



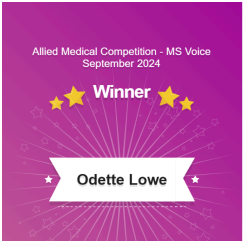
Don't wait – this offer is available for a limited time!  
Order Here - <https://subscribe.entertainmentnz.com/fundraiser/9r44057>

[Explore Other Ways to Donate Here](#)

**Allied Medical Competition**

Congratulation to our September Allied Medical Giveaway winner 🎉

We hope you find the Portable Suction Bar a very useful tool.



**October Giveaway Alert** ⭐

This month, MS New Zealand and Allied Medical are giving away an **AML Kettle Pourer** – a handy kitchen aid designed for safe and easy pouring. Say goodbye to heavy lifting and spills! [Enter now](#) for your chance to win this practical tool that's perfect for anyone looking to make kitchen tasks easier and more enjoyable.

[Enter to win here.](#)





## Our Appreciation

### Thank You Four Winds Foundation

MSNZ would like to show our appreciation to the amazing support in the form of grants received from the [Four Winds Foundation](#).



Please check out our [latest news](#) section of our website for the most up to date news and information.

Sharing stories offers an insight into what it's 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)

Your continued support helps us to achieve so much for those impacted by MS. Thank You ❤️

**Noho ora mai. Stay well and look after yourself.**

# ms

Multiple Sclerosis  
New Zealand

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