



e-Newsletter

Tēnā Koutou Katoa. A warm hello to you all,

Welcome to our *December 2024 edition of MS Voice*, your go-to place for the latest news, updates, and real life stories from Multiple Sclerosis New Zealand. Grab a cuppa, get comfy and read what we've been up to. Remember to keep an eye on our [website](#), [Facebook page](#) and [Instagram page](#) for the most up to date information.

To ensure our newsletter remains relevant and useful to you, if you feel there is anything missing, that would be helpful for us to include, please let us know. We would love to hear from you, email info@msnz.org.nz or call 0800 675 463.

News from MSNZ

Is anyone else surprised that Christmas is almost here? It seems like it came up so quickly! 🎄 🌲

Our offices are closed from 20th December, and reopen on 6th January. Many of the regional societies are also closed over this period. If you require assistance of a health nature, please contact your primary health care provider or call Healthline on 0800 611 116.

This year has been incredibly busy for us. It's a wonderful time to reflect on everything we've accomplished throughout the year, celebrating our successes and achievements, and setting our sights on future goals.

We are immensely grateful to everyone who has supported us and our work in various ways. Whether you shared your story, participated in fundraising activities, reviewed our resources, signed petitions, engaged with us on social media, or supported us in any other way, we deeply appreciate it. THANK YOU.

[2024 - A Year in Review](#)

As we wrap up 2024, Multiple Sclerosis New Zealand reflects on a year marked by both growth and challenges.

Highlights include the launch of the *Living Well with MS* resource pack, funding scholarships to empower individuals with MS, and the monumental milestone of Pharmac's approval of Ocrevus for Primary Progressive MS. MSNZ also led impactful advocacy campaigns addressing inequities in treatment access and broader systemic challenges within disability services.

While 2024 brought successes, it also underscored the importance of continued action in advocating for timely diagnosis, equitable treatment, and better support for MS patients and caregivers.

Read the full review of our work and impact this year on our [website](#).



[Have a Happy Holiday this Summer](#)

The festive season is here again, and so are all the exciting and busy times that come along with a traditional kiwi summer. Aside from the usual holiday stress of juggling family, celebrations, and finances and getting the shopping and cooking done, having MS can add another layer of considerations and potential challenges.

Head to our website where Rachael, our Clinical Services Lead, explains how you can plan for the next couple of months, while some usual services might be reduced.



Supporting MSNZ

Many of you have read our newsletters, joined in on our social media, shared your story or donated funds this year and we would like to say a big **THANK YOU** for your support. We know that people are experiencing exceptionally hard times, and we are always deeply touched by those that choose to spend their valuable time, energy and hard-earned funds supporting our work and those impacted by multiple sclerosis. Without you we would not be able to continue helping those in need with the supports and services that they rightfully deserve.

Together, we can make a difference ❤️

[Wrap Up Your Christmas Shopping with the Perfect Gift](#)

Looking for a gift that sleighs? 🎁 An Entertainment Membership is *tree-mendously* festive and packed with value for your loved ones – plus, it gives back to our cause!

Make spirits bright with savings, fun, and giving back this season. Don't get caught in the *Claus-trophobia* of last-minute shopping!

[The Gift That Makes a Big Impact!](#)

This Christmas, give The Good Registry charitable gift cards and support 65 charity partners across Aotearoa including us!

Go to thegoodregistry.com email them to friends and family, then sit back and watch the kindness flow!



Explore Other Ways to Donate

News From the Regional Societies

Across the nation, there are 18 regional societies dedicated to providing support throughout every stage of your multiple sclerosis journey. Whether you are living with MS or supporting someone who is, these societies offer invaluable resources and assistance. If you have not yet connected with your local regional society, you can easily reach out to them through our website: <https://msnz.org.nz/contact-your-regional-society/>. Alternatively, you can request to be put in touch with them by sending an email to info@msnz.org.nz or by calling 0800 675 463.

Many regional societies have their own websites and Facebook pages, where they regularly share news, updates, and information about local events and services that may be beneficial to you. Follow the link above to find the details of your local society. They're a great place to hear stories from people in your community and learn of resources and support available locally.

[MS Momentum Podcast from MS Otago](#)

Katie, from MS Otago has been busy interviewing our Emerging Committee Member, Prue Young. Take a listen to the two part interview, and see if you're left invigorated and eager to increase your exercise regime..... maybe not IronMan level.....we can leave that to Prue! 🙌

However, like she say's you can keep moving, and have big goals ❤️



Information for You

[Medication Reminder App](#)

For your medicines to work well, it's important to take them regularly at the right time – but remembering to do this isn't always easy. Medication reminder apps can help you keep track of your medicines and help you remember when to take them.



[Ingrid's Hand Control Journey](#)

"Like a lot of people with MS my legs are the most affected, and back in 2022 I thought what would I do if I couldn't use my feet to drive my car.' That put a little bit of panic in as I thought "oh no there goes jumping in the car to buy ice-cream"! It was a little more serious than that, it would be goodbye independence and psyche as jumping in the car and going out keeps me sane.

Read Ingrid's story on our [website](#) to learn more about the process of transitioning to a hand controlled car.



[State of Caring Survey](#)

Take some time for action! The second State of Caring Survey from the Carers Alliance is still live and collecting data to build a picture over time about how family carers are doing. Please take the time to complete the survey.



[Show Your Ability Expo](#)

The Show Your Ability Expo is returning for 2025 at various locations around the country. The show is open to everyone to come and have a look.

They display all kinds of equipment including: Wheelchairs, shower stools, stairlifts, powered wheelchairs, portable ramps, paediatric seating systems, walking frames, mobility scooters and many more pieces of equipment.

Visit their [website](#) and [Facebook](#) page for more information.



Together, Let's Make Every Day More Accessible!

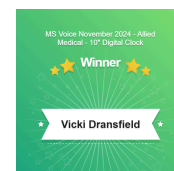
Thanks to our friends at Allied Medical, we have a fabulous Christmas hamper up for grabs! 🎁

This thoughtful bundle includes helpful items like a 3-in-1 Pill Splitter, AML 4-in-1 Multi-Opener, One-Way Drinking Straws, and a Gel Ice Pack - plus some festive goodies like cookies, an ornament, and a tea towel to brighten your holiday season! 🍪

[Enter now for your chance to win!](#)



Congratulations to our November's edition winner with Allied Medical 🎉 We hope you enjoy your 10" Digital Clock.



Would You Like to Share Your Story?

[What's Your Story?](#)

We are always eager to hear and share peoples MS stories.

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 or call 0800 675 463.



Share Your Story With Us

Our Appreciation

We would like to express our heartfelt gratitude for the incredible grants we have received from these organizations. Your contributions have been invaluable in helping us make a difference to thousand of New Zealanders impacted by MS. Thank you for your generosity and commitment to our cause.



DISCLAIMER

Content provided neither indicates nor reflects the views of MSNZ, unless specified. The information provided is not intended to replace medical advice. Please click [here](#) to read our full disclaimer.

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.



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