



e-Newsletter

Tēnā Koutou Katoa. A warm hello to you all,

Welcome to our November 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.

In this edition, we bring you a variety of valuable resources and updates, including materials to share with your GP, practical tips to stay cool this summer, numerous ways to support our cause, details of upcoming events, access to webinar recordings, and much more!

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

Bangers to Bluff Car Rally

[Call for Sponsors!](#) 🚗

We're all revved up 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 \$420,000 raised for good causes in the past ten years!

We are calling 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! Call us on 0800 675 463 or email info@msnz.org.nz

Your logo would look awesome on our banger 🚗 😊



MSNZ News and Updates

[Spread the Word to GPs](#)

We believe that knowledge is power. We want to encourage our community to play a vital role in spreading awareness about multiple sclerosis. One of the most effective ways to do this is by sharing information with your General Practitioner (GP) about the early symptoms of MS and the significance of timely intervention for long-term brain health.

Every conversation counts. Together, we can make a significant impact in the lives of those affected by MS and ensure that early detection becomes a priority in our healthcare system.

More information, shareable graphics and posters are available on our [website](#).

[Marco's Giving Back](#)

Since being medically retired, Marco has been finding ways to give back, in any small way he can. This has included setting up a [Facebook support page](#) for Men with MS, and creating beautiful loom-knitted hats for newborns.

Read Marco's [story here](#), and join us as we congratulate him on continuing to embrace opportunities as they arise.

[What's Your Story?](#)

We are always eager to hear and share peoples MS stories. If you would like to share yours, especially details of your diagnosis story including your early symptoms, please get in touch: info@msnz.org.nz.

Share Your Story With Us

Symptom Corner



Staying Cool This Summer 🧊

Many people with MS can be quite sensitive to the heat, particularly during the summer. An elevated core body temperature, of as small as 0.5 degrees, (whether from illness, heat, or activity) can alter the effective conduction of nerve impulses.

This can result in a feeling of fatigue, as well as a temporary worsening of other symptoms.

Head to our [website](#) for tips to stay cool, whilst things heat up!



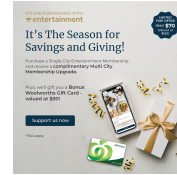
Supporting MSNZ

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 across Aotearoa. To learn more about the difference your donation makes, [click here](#).

It's the Season for Savings and Giving!

Support our Fundraising efforts and receive a **bonus** \$30 Woolworths eGift Card and a complimentary Multi City Membership Upgrade. It's the perfect opportunity for you to unlock big savings while making a huge impact on our fundraising efforts.

Hurry! This limited time offer ends 1:59pm NZST, Monday 2nd December 2024. Thank you for your on-going support!



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!



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.

Email us today if you would like to purchase a T-shirt: info@msnz.org.nz or complete the form on our [website](#).



The Perfect Gift That Also Gives Back!

Tis' the season for gifting, and **Givealittle** have you covered, with Givealittle e-vouchers - the perfect gift that also gives back!

- Givealittle vouchers can be used on ANY Givealittle page, including [ours](#), and it doesn't have to be just one! So you can support the causes that matter most to you.
- Need to buy a few for your business? No problem, as Givealittle vouchers can also be purchased in bulk.
- Givealittle vouchers are electronic, so you receive them straight away.



Supporting Kiwi Charities with Every Purchase

Let's pay it forward together! For every purchase made, MSNZ will receive a donation of 10%, just by selecting Multiple Sclerosis Society NZ from the dropdown menu at checkout.



[Explore Other Ways to Donate](#)

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](#)

MS Regional Societies News

[Regional societies](#) offer a variety of support and services for people with MS, their families, whānau, carers and employers. Their community advisors offer a range of support and guidance including:

- Advice and information on multiple sclerosis symptoms and management
- Access to information resources developed and provided by MSNZ
- Information for support, social and exercise groups in your region
- Advice on accessing local services
- Guidance on work and income applications

- Support with applications to the Lottery Individuals with Disabilities fund
- Individual advocacy to ensure people with MS receive the best services in their community

Many MS regional societies publish their own newsletters, which are excellent resources for local information and support. If you haven't connected with your local society yet, visit our [website](#) to find your local society or complete the [contact form](#).



[Southern Cross Round the Bays](#)

Be part of NZ's funnest fun run series, Southern Cross Round the Bays, as they embark on their next era: taking their formula for fun in Tamaki Makaurau Auckland down the coast to Te Whanganui-a-Tara Wellington and across the Strait to Otautahi Christchurch.

Run, walk or roll, Southern Cross Round the Bays is for all ages and fitness stages and is a great way for you to raise much needed funds for many charities including the below MS Regional Societies:

[MS Wellington](#)
[Sunday 16th February 2025](#)



[MS Auckland](#)
[Sunday 2nd March 2025](#)



[MS & Parkinsons Canterbury](#)
[Sunday 30th March 2025](#)



[Ask Me About MS with Debbie Mason and Jess Deacon](#)

MS and Parkinson's hosted Debbie Mason and Jessica Deacon in their 'Ask Me About MS' seminar. Topics include the Hercules Trial, eligibility for treatment, Vitamin-D and Stem Cell Transplants as well as Symptomatic Management, the MS Brainhealth Initiative, the significance of healthy living, exercise, ice baths and brain health in managing MS. Now that's an informative seminar!



Information for You

[Clinical Trials Webcast with MSIF](#)

In this webcast, you'll hear from a panel of researchers who were part of three different teams that presented clinical trial results at ECTRIMS. They'll discuss their trials, what they learned and how they'll take that information forward into future trials.

Wednesday, 11 December 2024 at 11:00 am EST, 4:00 pm GMT, 5:00 pm CET



[State of Caring Survey 2024](#)

The Carers Alliance are repeating the survey every two years to build a picture about how Aotearoa's family carers are faring over time. This year's survey focuses on several areas including health, employment and finances.

To read more, and take the survey, [click here](#).



[New Menzies MS Courses](#)

Menzie's Understanding MS Course has been a resource we have recommended for some time. We are excited to see they have launched some new courses. They are still online and free, so why not register today.

Click to learn about their [Deciding about DMTs for MS](#) course and their [Mental Health for MS](#) course.



Below are some resources that you might find helpful.

[Debt & Budget Help for Free](#)



[Lessen MS Impact at Work](#)



[Green Prescription](#)



Together, Let's Make Every Day More Accessible!

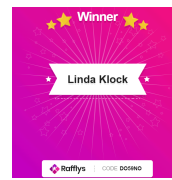
Giveaway Alert! 🌟 This month, thanks to the amazing support from Allied Medical, we are giving away a 10" Digital Clock – featuring a handy remote control, a large screen with easy-to-read words and numbers, making it ideal for those with impaired sight or dementia. Its clear display helps users quickly identify the day, date, and time, providing comfort and reassurance by bringing focus back to the present moment.

[Enter the competition here.](#)



Congratulations to our October Allied Medical giveaway winner! 🎉

Linda, we hope you find the AML Kettle Pourer a very useful tool.



Our Appreciation

[Thank You Pub Charity](#)

MSNZ would like to show our appreciation to the amazing support in the form of grants received from Pub Charity.



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

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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