



e-Newsletter

Tēnā Koutou Katoa. A warm hello to you all,

Welcome to our June 2025 Edition of MS Voice. As we continue our mission to educate, campaign, and advocate for everyone impacted by MS, we want to recognise the unsung hero's that we couldn't operate without. Our volunteers. Last week during National Volunteer Week, we took a moment to reflect on all the wonderful volunteers that have offered their time and skills over the years, and those that still continue to do so, including our Board Members. Our deepest thanks to you all, for supporting us to do what we are passionate about ❤️

This month we're spreading the news that the \$1 registration deal is due to end on 30th June, so if you, or anyone you know, is interested in joining our Ride for MS fundraising event in Cambodia this November, don't delay - take action today. This [press release](#) will tell you everything you need to know to get started on this adventure.

On the topic of adventures, Oceans of Hope have been in touch to say there are still spaces available on their epic sailing adventure this November. Oceans of Hope is for people with MS, led by people with MS. Their aim is to offer people the opportunity to experience sailing as a way of learning new skills and restoring the self-confidence which can be stolen by MS. [Read more on our website.](#)

The needs of those impacted by MS remain at the heart of everything we do, but we can't do it without you. Please explore the articles below and share your thoughts and feedback. You can reach us on social media, email us at info@msnz.org.nz, or call us on **0800 675 463**.

If someone has forwarded you this email, please click 'view in browser' at the top of this page to ensure the links work for you. Then head to our website and register to receive your own copy direct to your mailbox each month: <https://msnz.org.nz/newsletter/>

MSNZ News and Updates

[Māori Disparities Highlight Urgent Need for Neurological Care Investment](#)

In this powerful interview with Waatea News, MSNZ President Neil Woodhams, discusses the increase in diagnoses and the inequities in care - particularly for Māori.

He highlights why early awareness, timely diagnosis, and better investment in neurological care are more important than ever. Listen and explore the signs and symptoms everyone should know.



Critical Shortage of Neurologists as MS Cases Rise

MSNZ are calling for more governmental investment in specialist neurologists, clinical nurse specialists, and allied healthcare workers to better diagnose and treat the growing number of people with MS in Aotearoa.

Amanda Rose, National Manager of MSNZ, discussed these urgent needs with Jesse on RNZ, [listen to their interview](#) to learn more.



I May Have MS, But I am Lucky

After 14 years in the Royal New Zealand Navy, Chris was ready for a fresh start in a new career. But just one day before beginning his new role, everything changed. What started as fading vision turned into a life-changing MS diagnosis - and a whirlwind of hospital stays, treatment, and emotional challenges. In this powerful personal story, Chris shares the impact of early diagnosis, the strength of his whānau, and the unwavering support he received from both his past and future employers. His story reminds us why awareness, empathy, and timely care matter.



When Specialist Care Isn't There

A recent case in Palmerston North, where a woman was unable to see a neurologist after experiencing a seizure, has brought national attention to a critical shortage in neurological care. With only two part-time neurologists serving the region, this is part of a wider issue affecting people with complex conditions like MS across Aotearoa.

MSNZ continues to advocate for urgent investment in neurology services to ensure timely, equitable care - no matter where you live.



Supporting MSNZ

1 week left! \$1 reg ends 30th of June

Together, we can change lives. Over 5,000 Kiwis living with MS need your help to access the care, treatments, and support they deserve. By fundraising for MSNZ, you're not just taking on an epic adventure, you're fuelling real change across Aotearoa.

Join us in Cambodia for a life-changing ride and help us create a brighter future for the MS community. Let's ride for better treatments, better access, and better lives.

Use code MS-RIDE25 at checkout and save \$389 before 30th June!

Watch this [short video](#) to get a feel for what it's like to cycle through Cambodia's stunning landscapes and vibrant communities: <https://www.youtube.com/watch?v=-g5KzAitWXo>



Fundraising Doesn't Have to be Hard

From a dusty shed to a heart-warming ripple effect. When Vereana and Sean decided to join MSNZ's Ride for MS 2025, they had no idea that a humble garage sale would spark so much more. What started with selling seasoned timber turned into:

- \$6,000 raised for MS support and advocacy
- Dozens of new friendships and shared stories
- Unexpected doors opened through simple conversations
- A shed cleared out and hearts filled up

Every ripple begins with one drop - think of the impact you could have.



[Your Voice Echoing into the Future](#)

At MSNZ, we are truly grateful for the continued generosity of our supporters. Your commitment helps us provide vital services and support to people living with MS across New Zealand.

As part of our ongoing partnership with Gathered Here, we're pleased to offer you access to a free and easy online Will service. You can create your Will in just a few minutes, at no cost, with the flexibility to make unlimited updates whenever your circumstances change.

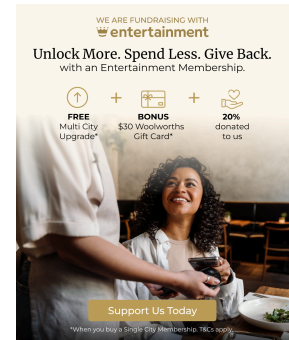
Thank you for being part of our community. Together, we're making a real difference.



[Unlock More. Spend Less. Give Back!](#)

Support a great cause and enjoy unbeatable savings with an Entertainment Membership! From **Monday 16 June to 5pm AEST, Monday 30 June 2025**, every supporter who signs up will receive a **\$30 Prepaid Activ Visa eGift Card (AU)** or **\$30 Woolworths eGift Card (NZ)**, delivered via email within 30 days.

Don't miss this limited-time bonus, **save big and give back today!**



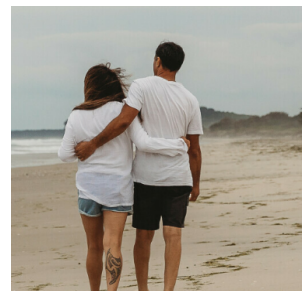
Information for You

[A Guide to Managing Low Mood in Winter](#)

Less exposure to sunlight can throw off our body clocks (which help regulate our mood, sleep, and appetite), causing our brains to produce more melatonin (a sleep hormone) and release less serotonin (a brain chemical that lifts mood).

It's normal to miss the warm weather and extra time spent outdoors with friends and whānau.

[This guide](#), from the Mental Health Foundation, provides actions we can all take to take care of our mental wellbeing throughout the colder months.



[Can Eating Fish Slow MS Disease Progression?](#)

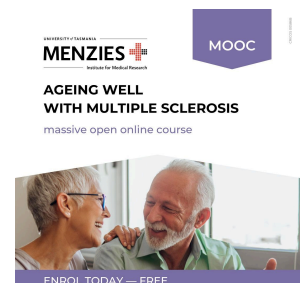
A Swedish study has found that people with multiple sclerosis who regularly eat fish are less likely to experience disability progression. In this article from Multiple Sclerosis News Today, researchers followed over 2,700 MS patients for up to 15 years and found that those who ate lean or oily fish weekly had up to a 34% lower risk of worsening disability.

The findings suggest that fish, due to its anti-inflammatory and neuroprotective nutrients, could be a helpful addition to MS treatment strategies 🐟



[Ageing Well with MS - New Free Online Course](#)

Ageing Well with MS is a free online course that explores what ageing is and how it intersects with multiple sclerosis. The course provides physical, mental and emotional strategies for healthy ageing and looks at planning for the future. Across three course modules you will hear from a range of MS experts, including clinical professionals, researchers and people living with MS. The course was developed by the MS Research Flagship, Menzies Institute for Medical Research in collaboration with the MS community.



[Strength for Life Exercise Programme for Carers](#)

If you want to build your strength to care better and prevent injuries, try national bodybuilding champion Wayne Halkyard's easy to follow 15 minute Strength for Life programme.

Wayne designed these exercises especially for carers, and you'll quickly build strength and endurance if you do them most days! Exercise along with [Wayne's videos!](#) View the [PDF here](#), and listen to his interview with [Carers NZ here](#).



Comfort & Style Giveaway! ★

This month, MS New Zealand and **Allied Medical** are giving away a beautiful **Floral Foldable Cane**, a stylish **tote bag**, and a soothing **therapy heat pack** – the perfect combo for comfort on the go!

The lightweight cane offers both support and flair, while the tote bag keeps your essentials handy, and the heat pack provides gentle relief for aches and tension.

Whether you're out and about or relaxing at home, this thoughtful pack is all about feeling good and looking great.

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



Congratulations to our May winner, Charliene. We hope you enjoy your Relax & Read Pack 📖

Our Sincere Thanks

MSNZ would like to show our appreciation to the wonderful support we receive from our volunteers, past and present, including our Board members. To each and every one of you that helps make a difference, we **THANK YOU!**

This National Volunteer Week we connected with our volunteers to thank them for their hard work and dedication, and for donating their time and skills to us. Our volunteer, Trinadh gave this reply:



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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