



e-Newsletter

July 2025

Tēnā Koutou Katoa. A warm hello to you all,

Welcome to our July 2025 Edition of MS Voice, your go-to place for the latest news, updates, and real life stories from Multiple Sclerosis New Zealand. So sit back, relax, and catch up with us.

Winter has been upon us with some very frosty mornings in the South Island - do you have any snow where you are? ❄️ Being mindful of temperature changes will help you to stay healthy this winter, so wear layers - it's easier to regulate your temperature wearing several lighter layers than one very thick one. If your extremities are feeling particularly cold, consider wearing an extra pair of socks, or some gloves 🧤

Staying active and maintaining good circulation is crucial for staying warm and managing stiffness. Go ahead, circle those feet clockwise 5 times, and now anti-clockwise, and now do the same with your hands. Staying warm starts with moving 🚶

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 each month: <https://msnz.org.nz/newsletter/>

Remember to keep an eye on our [website](#), [Facebook page](#) and [Instagram page](#) for the most up to date information.

MSNZ News and Updates

[Changes to Carer Support Claim Forms – What You Need to Know](#)

Health NZ / Disability Support Services has made immediate changes to how Carer Support claim forms are sent out. If you currently receive paper forms by post, this update affects you. Forms will no longer be mailed automatically unless requested – but don't worry, support and options are still available.

[A Leap Forward in MS Research](#)

We're excited to share a powerful stride toward better brain health for people with MS in New Zealand. The NZ Multiple Sclerosis Research Trust, alongside the JN & HB Williams Foundation, is proudly funding a pioneering research project with Mātai Medical Research Institute. Their mission? To transform how MS is diagnosed and monitored through world-leading 'Ultra High Contrast MRI' that could detect MS earlier and more accurately than ever before.

Te Whatu Ora
Health New Zealand



[Pushing Boundaries: Pam's Inspiring Outward Bound Challenge](#)

When Pam signed up for an Outward Bound adventure, she wasn't sure what to expect - especially while living with MS. But what followed was a life-changing experience of growth, resilience, and connection.

With support tailored to her needs, Pam embraced every challenge the programme offered, proving to herself, and her daughters, that MS doesn't define what's possible.




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. From all of us at MSNZ, thank you for your support ❤️

[What is Ride for MS?](#)



It's more than a bike ride - it's an immersive, fully guided cycling journey through Cambodia. Think palm-lined roads, vibrant culture, and ancient temples, all while riding for a worthwhile cause.

Not only will your fundraising help MSNZ continue providing advocacy and resources, you can now choose to donate 1/3 of your fundraising total to your local MS Society - helping people with MS in YOUR region! 

Spots are filling up, but there's still room for you! [Click here to learn more.](#)



[Save Big, Give Back!](#)

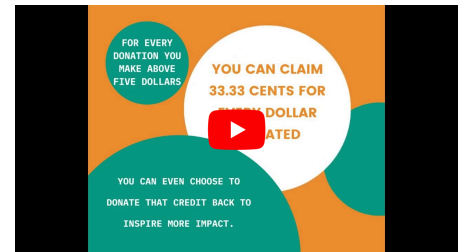
Score a year of amazing deals on dining, travel, attractions and more with the Entertainment Membership – now just **\$70** (save \$50)!  
Get access to 15,000+ offers across NZ, Australia and Bali – and support **Multiple Sclerosis NZ** while you do it. Purchase your Entertainment Book and MSNZ will receive 20% of your membership fee. Win win! ❤️

 **entertainment**

Increase YOUR Impact by Donating Your Tax Credits 💰

Each year, over 90% of our income comes from generous donations, grants, and business partnerships. It's thanks to supporters like you that we can continue providing vital services and advocating for those that need us. Every contribution makes a difference. Donations over \$5 are tax-deductible, and you can even claim 33.3% back from IRD.

👉 Find out how to claim your tax credits: <https://msnz.org.nz/donate-2-2/>



Explore Other Ways to Donate

Information for You

Putting People with MS at the Centre of Research 👥

In this webinar, MSIF explores the Principles of Patient Engagement and how the Alliance is implementing them as a requirement of Alliance-funded research. The panel includes people affected by MS who were involved in the development of these principles, the head of clinical trials at the MS Society in the UK, and an investigator who is putting the principles into action in his current research project.



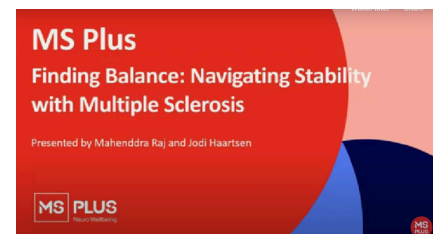
Study for Tailored Digital Intervention for Depression in MS

A study spearheaded by MS Australia will co-design an internet-based intervention for people with MS experiencing depression. Through focus groups and interviews with individuals with MS, carers, and health professionals, they'll identify content and features that best meet their needs. Participants will receive a \$30 e-gift voucher.



Balance and Stability with MS 🚶

Balance is often affected in people with MS due to damage to the nerves that control movement and sensation. Watch this webinar from MS Plus to learn strategies for improving balance and the psychological and emotional impact that balance difficulties can have for people.



Giveaway Alert! ⭐

Thanks to Allied Medical, we have two wonderfully useful Non-Slip Jar Openers up for grabs - you now have double the chance to win! It's cone shape, and round grips on the outside, will have you opening jars and bottles with ease.

Enter the competition here.

Our May edition winner, Charliene, has been in touch to say she is loving her reading stand. She uses it whilst reading at the table, noting how heavy books can get whilst holding them. Her Hubby then gave her the great suggestion of using it in the kitchen whilst cooking!

Congratulations to our June winner, Sue Walker. We hope you're happy with your floral foldable cane, tote bag & therapy heat pack - perfect in this cold weather.



Our Sincere Thanks

MSNZ would like to show our appreciation to the amazing support in the form of accounts services received from Emson McLaughlin.



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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