

# ms. NEWSLETTER

## SUMMER 2022

Multiple Sclerosis  
Hawkes Bay



### From the corner desk



Hi all

Another year almost over in the blink of an eye!

It's been a very busy time the past three months. We had Awareness week in September and were able to restart our bucket collection managing to raise just under \$4000. Many thanks to our wonderful volunteers and for the generosity of the public.

Multiple Steps for Multiple Sclerosis 2022, with the support of Crossfit Napier, was held in October. It was a great night and we are already looking forward to MS4MS23. Be sure to save the date '25th October'.

On top of all that, our Charity was chosen by Mitre 10 Mega Napier & Hastings for their Ladies Night. What a great event that was. I had a call from a lady who said, "I've never seen so many smiling women"!!

Finally we want thank all our clients, family/whanau and all who are associated with our Charity for your support and wish you a wonderful Christmas and a Happy New Year.

Please note the office will be closed from 23rd December, until 16th January. Please have a safe and happy holiday.

All the best.

Jackie



Hi everyone

Can you believe it, Christmas decorations are out in stores, planning for Christmas day has started and thinking of a summer holiday has begun.

With all this changeable weather we have had it's important to remember to be prepared for the hot days so you are not caught out and develop symptoms. MSNZ has some good advice, tips and tricks of managing heat sensitivity, <https://www.msnz.org.nz/heat-sensitivity/> If you are unable to access this information let me know and I will post it to you.

Stress and anxiety can also be a contributor/trigger of MS symptoms so be kind to yourself, plan your time, prioritise, pace yourself and preserve your energy.

If you would like a review then please let me know. I am happy to arrange a time to catch up with you before my Christmas break.

My first day of annual leave will be Thursday 22<sup>nd</sup> December, I will be back in the office on Thursday 5<sup>th</sup> January 2023. I have annual leave the following week too, Thursday 12<sup>th</sup> and Friday 13<sup>th</sup> January. During these times if you require any health advice or support then please contact your GP Practice or Healthline 0800 611 116.

Wishing you all a very Merry Christmas and Happy Holiday period.

Julie

MS Community Nurse



# NOTICE BOARD

Book thongs for sale. A great Christmas or birthday gift for those book lovers. \$10ea. With Thanks to VT Designs for donating. All proceeds to MS Hawke's Bay. Please contact Jackie if you are interested.



**Save the date!!**  
**MS4MS23**  
 Wednesday 25th October




## Coffee Morning



**Hastings: Divine Café** Summerset in the Orchard,  
 1228 Ada Street, Hastings. Thursday at 10.30am  
 9 February, 9 March, 13 April, 11 May, 8 June

**Napier: Divine Café** Summerset in the Bay, 79 Merlot Drive,  
 Greenmeadows. Tuesday at 10.30am  
 14 February, 14 March, 11 April, 9 May, 13 June

**CHB: Zinc Café** Northumberland Street, Waipukurau  
 Tuesday at 10.30am

7 February, 7 March, 4 April, 2 May, 6 June

Be great to see you!

### Payments

If you wish to make payments directly to MS Hawke's Bay, please pay into account number: 02-0700-0013646-000  
 Please remember to include your name the payment is referring to.

# Annual Subscription

As you know the Hawke's Bay Multiple Sclerosis Society is a small society, which relies on donations and member subs. Your subs help fund the running of our services.

We receive money from Ministry of Health to fund our operational costs but, did you know that the amount we receive, only covers approximately 12% of our total running costs each year. Therefore, we rely on your subs as well as successful funding applications and our fundraising events.

The annual sub is currently \$20.00, which equates to less than four take-away coffees. We believe it is a small cost to pay to continue providing support and the programmes we do.

Access to our swimming groups in Napier, Clive, Hastings and Waipukurau, plus various workshops offered throughout the year, you are required to be a financial member of the Society.

If you have any queries, please do not hesitate to contact Jackie on 06 835 8542 or email: [officehbms@gmail.com](mailto:officehbms@gmail.com)



## Hawkes Bay Multiple Sclerosis Society

174 Hyderabad Road, Ahuriri

PO Box 3136, Napier 4142

P: 06 8358542 or 06 8433000

E: [officehbms@gmail.com](mailto:officehbms@gmail.com)

## 2023 Membership Invoice

Annual subscription fees (Tick One)

* Client single	\$20.00
* Client family	\$25.00
* Supporter single	\$20.00
* Supporter family	\$25.00
* Donation	\$.....
Total amount enclosed	\$.....

***Subs can be paid by cash or via Internet banking:***

Bank A/C name: **HB Multiple Sclerosis Society**

Bank A/C number: **02-0700-0013646-000**

Particulars: **Name**

Reference: **Donation**



## A few snaps from Awareness Week, Multiples Steps for Multiple Sclerosis and Mitre 10 Mega Napier & Hastings Ladies Night







CAN YOU FIND 7 DIFFERENCES? [DUDOLF.COM](http://DUDOLF.COM)



## MERRY CHRISTMAS

K F A M I L Y T R N K B J L H  
Y M U T J C O R B S X G O J H  
Y U P L R C A R O L S I Y I F  
Y C M R R E P E H D N D I J G O  
S R B T D S C S S Y W N G L R  
Y I Q M T Y E R C M C G S E T  
U S T O C K I N G S J A E I H  
U T L I G H T S T G S D N W P  
L M F L I O V S M S N J S E O  
K A V F X B I Z G I I G D T L  
B S R E B Z S L E I G H X C E  
F K Y O L Q H R N S N O W R U  
X N L R J F Z C D N D E X X V  
H S T A R W S A N T A T L V M

BOW	FAMILY	NORTH POLE	SNOW
CANDY CANE	GIVING	PRESENTS	STAR
CAROLS	JINGLE	REINDEER	STOCKINGS
CHRISTMAS	JOY	SANTA	TREES
ELF	LIGHTS	SLEIGH	

FREE FOR PERSONAL USE FROM [WWW.FUNLOVINGFAMILIES.COM](http://WWW.FUNLOVINGFAMILIES.COM)

## WTF fun fact #6577

The letter X in "Xmas" is actually the Greek letter "Chi," which is the Greek abbreviation of the word "Christ."



**Thank you to the following for your on-going and vital support to our Charity. We wish you and your family a safe and Merry Christmas. All the very best for 2023.**



**Lottery Grants Board**  
FUNDS FOR YOUR COMMUNITY



**Rehabilitation  
Welfare Trust**







Spirit of Lions Napier

unison

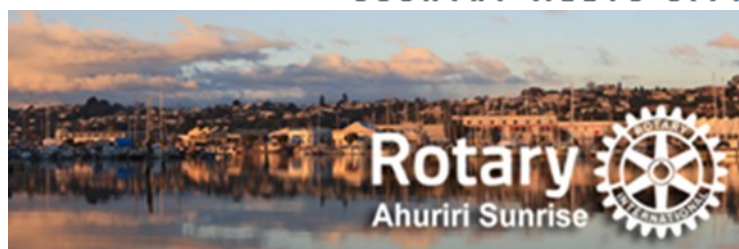
Matt Hobbs  
More FM



Traffic Management



LIVING  
*Hawke's Bay*



PUREBLEND  
natural home & body care

NAPIER  
AQUATIC  
CENTRE

DAVID TRIM  
and associates  
ACHIEVE YOUR BUSINESS SUCCESS



ROYSTON  
Health Trust

Kevin Clark sound system

ADORO  
AHURIRI CAFE

Owls Hawke's Bay

RETAIL SYSTEMS HB

Hastings Host Lions



When we google looking for reliable and accurate health information it can be a mind field of contrasting websites offering information from within New Zealand or Internationally. Here is a list of health related websites that are moderated on a regular basis and are endorsed by the Ministry of Health and/or Medical Societies. I have compiled this list to aid you in speedy searches for health information. These sites offer a variety of information and some have support services attached if you require further clarification.

#### Health Navigator:

Provides high quality, reliable NZ relevant information in a clearly organised and easy to understand way.

[www.healthnavigator.org.nz](http://www.healthnavigator.org.nz)

#### Healthline:

Healthline is staffed by an experienced team of health professionals who can provide you with health information and advice on care. The website offers helpful information on health topics, symptoms and conditions

[www.healthline.govt.nz](http://www.healthline.govt.nz)

#### My Health Account:

Sign up for a My Health Account and get the most out of the online health services you use. Your account allows you to sign in securely to online health services, offering you easy access to your most important health information from anywhere.

[www.identity.health.nz](http://www.identity.health.nz)

#### Kids Health:

Accurate and reliable information about children's health for New Zealand parents, caregivers, family and whanau.

[www.kidshealth.org.nz](http://www.kidshealth.org.nz)

#### Health Ed:

Links to support you search for information on health issues. These links connect to other health-related government and non-government sites and to information sites belonging to agencies affiliated to the Public Health Association.

[www.healthed.govt.nz](http://www.healthed.govt.nz)

Hope this information is useful. If you have any questions then please let me know.

Julie, MS Community Nurse.



Is there something you like to share on our next issue?

Please contact Jackie by 14th February. [officehbms@gmail.com](mailto:officehbms@gmail.com)

# ms.

Multiple Sclerosis  
Hawkes Bay

174 Hyderabad Road,  
Ahuriri  
Napier 4110

PO Box 3136  
Onekawa  
Napier 4030



**Julie Shaw**  
MS Community Nurse  
E: [mscommunitynurse@gmail.com](mailto:mscommunitynurse@gmail.com)  
P: 843-3000 Mt 027-733-0304



**Jackie Harper**  
Office Manager  
E: [officehbms@gmail.com](mailto:officehbms@gmail.com)  
P: 835-8542 Mt 027-6315-114