

ms. NEWSLETTER

WINTER 2023

Multiple Sclerosis
Hawkes Bay



From the corner desk



Hi all

I hope this finds you all well and you haven't developed webbed feet with all this wet weather!

Gosh, this year is speeding along. It has certainly been a very trying time with the ongoing issues created by the cyclone and what feels like incessant rainfall. One good outcome is that I am finding time to catch up on some of my reading. I am currently enjoying 'Verity' by Colleen Hoover. I find her books easy to read and very hard to put down.

Our top news for this issue is that we were very fortunate (and very grateful) to be granted funds by Pub Charity to replace our aging vehicle. So, MSHB now has a new red Kia Stonic LX! This means Julie can continue to be our mobile MS Community Nurse as she makes her way around the Hawke's Bay district and wider areas.

Other fundraising news is that earlier this year we held a clothing sale and managed to raise around \$700.00. I cannot thank the volunteers and Board members enough for their support - and those that graciously donated lots of clothing.

My focus now is on Awareness Week which this year is on 11th—17th September. Work has already started on organising bucket collection day. Then it is onto our main annual event, Multiple Steps for Multiple Sclerosis 2023 (MS4MS23) which this year is to be held on Wednesday 25th October. There will be more information in due course about these key events.

A bit of fun news - Monday Group recently enjoyed an outing to the Movies. We saw 'Book Club 2'. It gave us all a great laugh and a yearning to go to Italy! If you haven't seen it give it a go. The Monday Group gave it a 'Highly Recommended'.

Finally, don't forget our Mid-Winter Xmas Lunch on July 6th at Napier RSA. Time is running out to book so to arrange your seat please contact me or Julie ASAP. We look forward to seeing you there.

Until next time please keep safe, warm and dry!

Jackie

Kia ora.

Hope you are all managing ok? With winter is upon us so are all the winter ails. Some easy tips to remember to keep well over winter are:



Stay hydrated.

Keep active.

Rest especially while you are recovering from colds, flu and covid.

Get your flu vaccine. <https://bookmyvaccine.health.nz/>
Personal hygiene is important especially hand washing, cough and sneeze etiquette as well as staying home if you are unwell.

For more information go to:

<https://www.health.govt.nz/your-health/healthy-living/go-well-winter>

Covid-19 is still around and numbers don't seem to be declining in our community. I still have plenty of RAT kits that don't expire until 2024 so let me know if you need any. The protocol is to test if you have cold/flu like symptoms. It is recommended that you register a positive test result and you are still required to isolate for 7 days. Your household contacts do not need to isolate but should test every day for 5 days. Some of you will qualify for the anti-viral medication, to find out more contact your GP Practice and discuss with your Practice Nurse or Doctor.

For more information: <https://www.health.govt.nz/covid-19-novel-coronavirus>

To register if you have covid-19: <https://covid19.govt.nz/testing-and-isolation/if-you-have-covid-19/>

To book for a covid-19 vaccine: <https://bookmyvaccine.health.nz/>
Unfortunately I had to cancel group and the Women's Wellness Expo in May due to having covid myself. All groups are now back up and running. I will reschedule the expo for later in the year.

Please get in touch with me if you would like a catch up. This can either be by email, text, phone call or face to face. My email is mscommunitynurse@gmail.com, mobile number is 027 733 0304.

Tiaki/Take care.

Julie

NOTICE BOARD

We still have a few Book Thongs for sale. A great gift for those book lovers. \$10ea or 2 for \$15! With Thanks to VT Designs for donating. All proceeds to MS Hawke's Bay. Please contact Jackie if you are interested.



Mid-Winter Xmas Lunch

Thursday 6th July
at Napier RSA

RSVP: by Tuesday 4th July

MS Awareness Week!
11th—17th September

We will be looking for volunteers to help with bucket collection.

Please call the office or email if you are able to donate some of your time to help

Save the date!!

MS4MS23

Wednesday 25th October

Coffee Morning

Hastings: Divine Café Summerset in the Orchard, 1228 Ada Street, Hastings. Thursday at 10.30am
13 July, 10 August, 14 September

Napier: Divine Café Summerset in the Bay, 79 Merlot Drive, Greenmeadows. Tuesday at 10.30am
11 July, 8 August, 12 September

CHB: Zinc Café Northumberland Street,

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.

**Multiple Sclerosis Hawke's Bay's new vehicle.
With a massive amount of thanks to Pub Charity
for their funding and Ebbett Hawke's Bay and Kia**

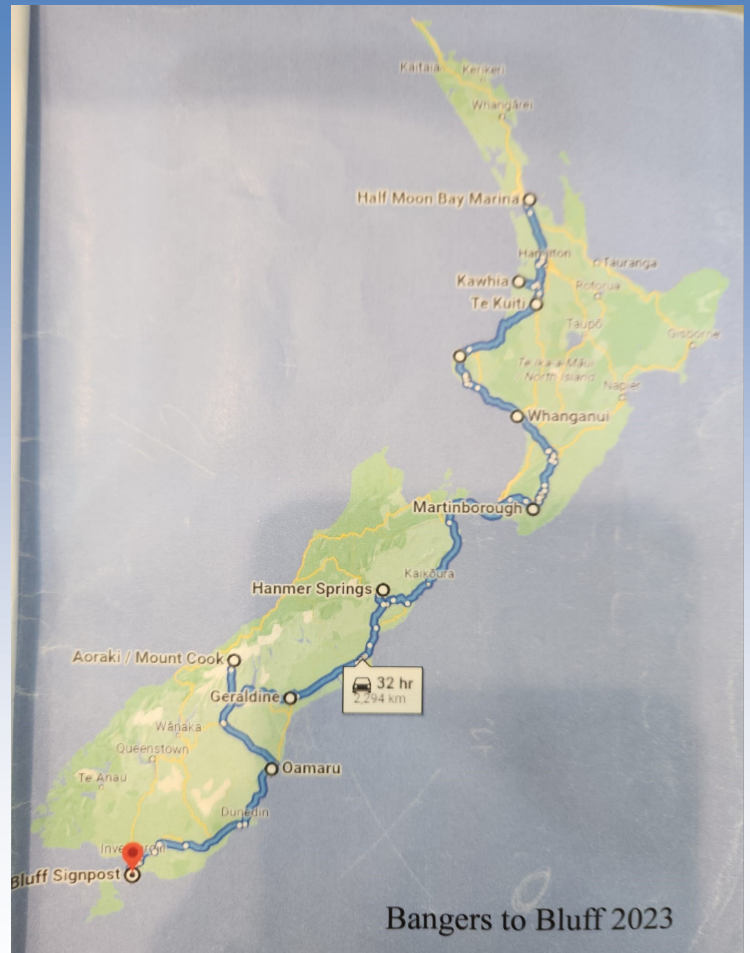




Bangers



To Bluff 2023

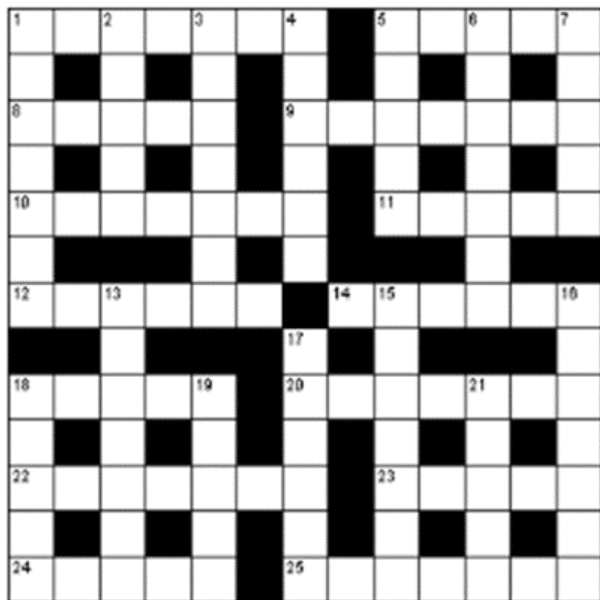


Clothes Sale Fundraiser



BIG thanks to our Volunteers,
Board members and the many
who donated clothing





Winter Word Search

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

Across

- 1. Forsake (7)
- 5. Misgiving (5)
- 8. Robber (5)
- 9. Competence (7)
- 10. Hide (7)
- 11. Climb (5)
- 12. Housing area (6)
- 14. Groups of twelve (6)
- 18. Archer's missile (5)
- 20. Great pleasure (7)
- 22. Strain (7)
- 23. Flinch (5)
- 24. Majestic (5)
- 25. Gracefully slim (7)

Down

- 1. Thing (7)
- 2. Strange (5)
- 3. Turn aside (7)
- 4. Almost (6)
- 5. Even (5)
- 6. Stir up (7)
- 7. Perhaps (5)
- 13. Despotism (7)
- 15. Slanting (7)
- 16. Colonist (7)
- 17. Handsome youth (6)
- 18. Stage-player (5)
- 19. Turn rapidly (5)
- 21. Stately, splendid (5)

chilly
 fireplace
 frost
 hibernate
 hot chocolate
 migrate



penguin
 polar bear
 snowflake
 snowman
 white
 winter

Special mention and enormous thankyou to our recent funding supporters and sponsors



Did you know you can register with Neighbourhood Support Napier and join a group for free to help support your needs and wellbeing? Article taken from Neighbourhood Support Napier website: <https://napier.getsready.net/>

Neighbourhood Support Napier.

We are a registered charity and since 1999 we have been working alongside New Zealand Police and other partners to equip neighbourhoods to improve safety, be prepared for emergencies and support one another so that our communities are great places to live.

A well-connected community helps to improve the safety, resilience and well-being of all residents.

When you join a Neighbourhood Support group you will:

- *Have a great way to get to know the people that live around you. Receive emails and alerts that will keep you up-to-date with news from our community partners, including New Zealand Police, Fire and Emergency New Zealand, and the National Emergency Management Agency.*
- *Gain tips and resources to improve your household and neighbourhood safety. Learn how you can be better prepared for emergencies.*

By working together we can support each other, solve local issues and make our neighbourhoods safer and more welcoming.

*Best of all, it's **FREE** to join!*

Why should you be involved in Neighbourhood Support?

- *Get to know your neighbours in an informal way and foster community spirit - In an emergency, our neighbours will usually be there for support before Emergency Services can arrive.*
- *Develop a caring and secure environment – particularly for the elderly or isolated.*
- *Help each other prepare for disasters and better cope with civil emergencies.*
- *Minimise the occurrence of crime in your Neighbourhood.*
- *Create a common voice to deal with local issues such as noise, graffiti, traffic problems and the like.*

By being part of a “communication tree” in your area, you will receive any communications from your Community Constable and Civil Defence in an emergency.

If you would like to know more follow the link above. Their privacy policy is available for you to read in regard to how they store your information and who the information is shared with.

If you would like assistance with registering let me know too.

Julie.
MS Community Nurse

Annual Subscription 2023

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. If you haven't already paid your subs, please consider the work and financial costs to keep our Charity viable, so we can continue providing support and the programmes we do. We believe it is a small cost to pay. Please support us so we can support you.

Note: 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 the office on 06 835 8542 or email: officehbms@gmail.com



Hawkes Bay Multiple Sclerosis Society

174 Hyderabad Road, Ahuriri
 PO Box 3136, Napier 4142
 P: 06 8358542 or 06 8433000
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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:

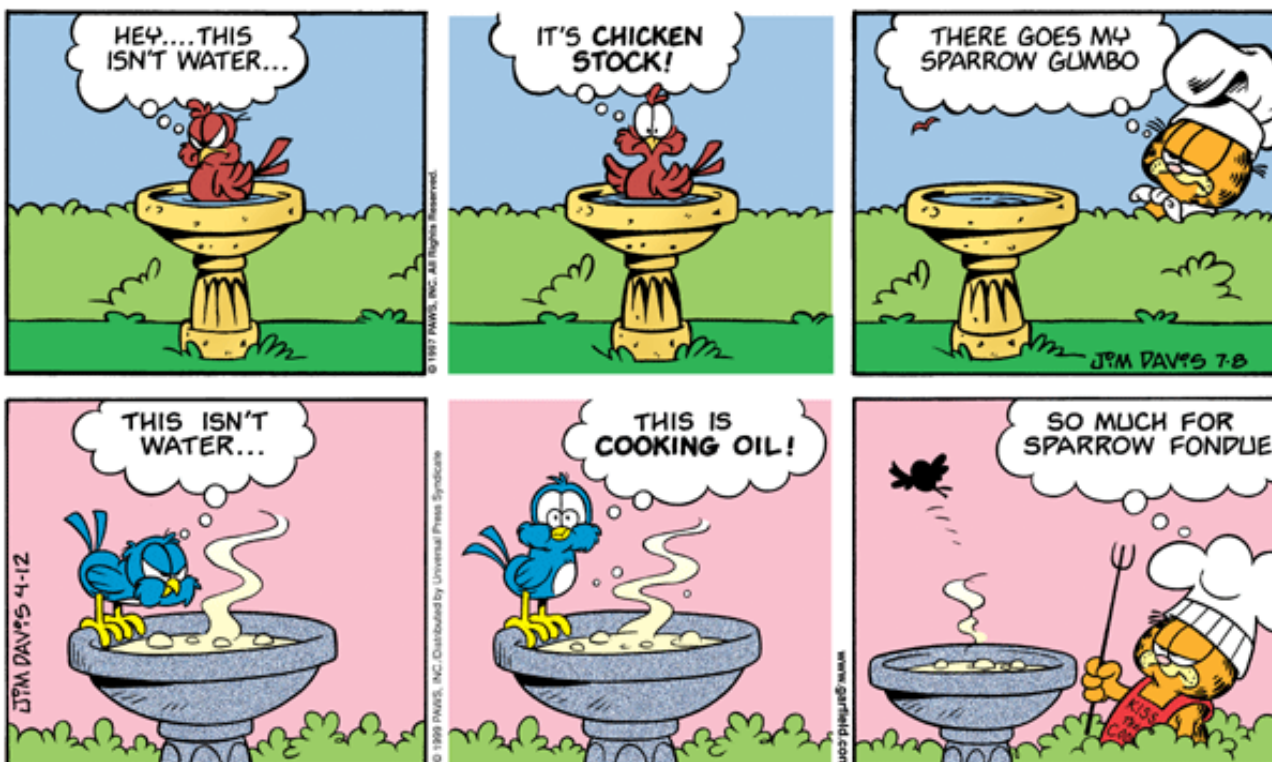
Bank A/C name: **HB Multiple Sclerosis Society**

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

Particulars: **Name**

Reference: **Donation**

A bit of a giggle



Is there something you would like to share or have suggestions for our next issue?
 Please contact the office by 18th August. officehbms@gmail.com

ms.

Multiple Sclerosis
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