

# ms. NEWSLETTER

## SUMMER 2023/24

Multiple Sclerosis  
Hawkes Bay



### From the corner desk



Hi all.

Well folks, 2023 is almost a wrap. Can you believe it? I am quite sure I was only saying "Happy New Year" just a few months ago and feeling super excited about a brand-new year ahead. And now it is over!

It's been an incredibly busy year and I'd like to take this moment to acknowledge Julie, our MSHB Board, our funders, the amazing volunteers, and all our sponsors, and supporters, for all the energy they have given to our mission this year. I am personally immensely grateful to have such a wonderful and generous network of incredible people helping and supporting me every day. I thank you all.

Next year we are looking to hold a couple of additional fundraiser events. To mark World MS Day on May 30<sup>th</sup> we will be holding a Quiz Night so it's time to brush up on your general knowledge! Then on a (yet to be decided) date in August we will host a movie afternoon. Finally, of course, there will be our biggest event. On Wednesday 30<sup>th</sup> October it will be time once again for the Harcourts HB 12th Annual Multiple Steps for Multiple Sclerosis 2024. So please mark your calendars now for both May 30<sup>th</sup> and October 30<sup>th</sup> - and we will let you know in good time the date for the Movie afternoon.

Finally, because we are always interested in feedback to help us improve what we do, we have compiled a short survey. We value all inputs from our wider community of stakeholders and this survey is a great chance for you to all have your say. We hope you will now take a moment to fill it in here...

<https://www.surveymonkey.com/r/SPKHR8N>

Please have a safe and happy summer everyone. I wish you all many blessings along with a settled and brighter 2024. Take care of yourselves and each other.

Jackie

Hi everyone

Another year done and dusted. And another year of disruptions although I would never of imagined the disruption would have been due to a Cyclone!

With all this changeable weather we are experiencing it's important to remember to be prepared for the hot days ahead, so you are not caught out and develop symptoms. MSNZ have some good 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. There are several organisations that provide support and advice such as:

- Just a Thought is a useful website that has developed a two-part course, aimed at providing practical skills to those who struggle with panic and anxiety. These two courses are one for Overcoming Panic and the other one for Overcoming Panic - Next Steps. Follow the link to access these free courses: <https://www.justathought.co.nz/panic>
- Napier Family Centre provides support and help to improve health and wellbeing: <https://www.napierfamilycentre.org.nz/>
- Heretaunga Women's Centre, provide a variety of activities, counselling and friendship: <https://heretaungawomenscentre.nz/>
- Te Matau a Māui Hawke's Bay Blokes Book was created to provide support for men: <https://www.dadshq.co.nz/>

Covid seems to be doing the rounds again too. If you require more RAT kits please let me know and I will drop them off to you.

It has been fantastic to catch up with so many of you during the year. If you would like a review or to discuss anything with me before the end of the year please get in touch. Either by email: [julie@mshawkesbay.org.nz](mailto:julie@mshawkesbay.org.nz) or phone/text: 027 733 0304.

I will be on leave from midday Wednesday 20<sup>th</sup> December returning to the office on Thursday 11<sup>th</sup> January 2024. During this time if you are concerned about your health and wellbeing, please contact your GP or Healthline 0800 611 116.

Hope you all have a very Merry Christmas and restful New Years. I'm looking forward to planning events and activities for 2024. Watch this space!

Take care  
Julie



# NOTICE BOARD

We still have a Book Thongs for sale. A great Christmas or birthday 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 06 835 8452 or email: [jackie@mshawkesbay.org.nz](mailto:jackie@mshawkesbay.org.nz)



To contact  
Julie Shaw  
MS Community Nurse  
  
Phone 027 733 0304  
or email  
[julie@mshawkesbay.org.nz](mailto:julie@mshawkesbay.org.nz)

7th December  
Christmas Lunch  
at Napier RSA  
RSVP by 6th Dec

Office Closed  
21st December till  
22nd January 2024



**Coffee Morning** 

**Hastings:** *Divine Café* Summerset in the Orchard, 1228 Ada Street, Hastings. Thursday at 10.30am  
14 December

**Napier:** *Divine Café* Summerset in the Bay, 79 Merlot Drive, Greenmeadows. Tuesday at 10.30am  
12 December

**CHB:** *Century Bakery* 76 Ruataniwha Street, Waipukurau. Tuesday at 10.30am  
5 December

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.



# Christmas Word Search

GQCELVESZLIGHTS  
 DCZLFJSRVNULBZB  
 CELEBRATEWMJEYF  
 QFDCWGNREINDEER  
 PFZEHJTGCOOKIES  
 GRANCRAIRIWBHC  
 OMEMNOIUKSFVAZA  
 RIISINRSNDOHJDN  
 NMMSELEATECQBWD  
 AGZDTNYCTMJCPRY  
 MII IULTTWIABTEC  
 EVHNZWESSQOSBAA  
 NIENAQQTFTPNJTN  
 TNGEPQICOPYZSHE  
 DGARJWDEQEYPEBS

- |             |             |           |           |
|-------------|-------------|-----------|-----------|
| Decorations | Candy Canes | Christmas | Mistletoe |
| Celebrate   | Ornament    | Reindeer  | Cookies   |
| Lights      | Presents    | Family    | Elves     |
| Giving      | Dinner      | Wreath    | Santa     |



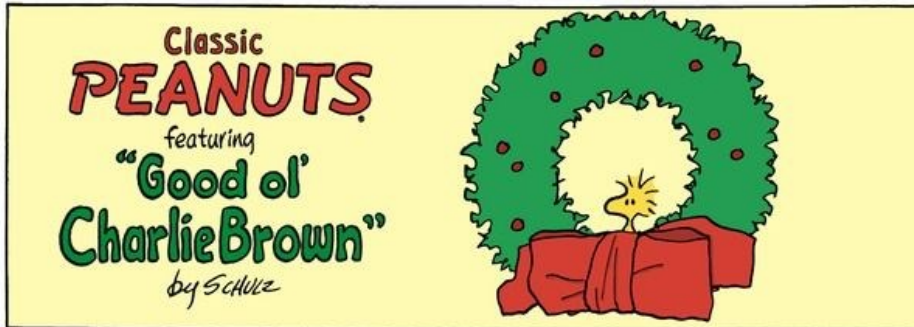
**ACROSS**

- Pumpkin or mincemeat
- Santa's ride
- Celebration
- Newborn
- Northpole crew
- Word of praise
- Words on a Christmas card
- It's opened on Christmas

**DOWN**

- Alternative word to 17 across
- Christmas drink
- Christmas dinner centerpiece
- Dec. holiday
- Christmas warmer
- "Jingle \_\_\_\_\_"
- Christmas tree
- O. Henry's "The Gift of the \_\_\_"
- What carolers do
- French Christmas.
- Snow glider

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12-23-01

www.foxpuzzles.com

SCHULZ

Yield: Serves 8- 10

## Lemon Curd Ambrosia

Creamy Ambrosia made from whipped cream, lemon yoghurt, lemon curd and white marshmallows.

Prep Time	Additional Time	Total Time
15 minutes	2 hours	2 hours 15 minutes

### Ingredients

- 300ml cream
- 200g white marshmallows
- 500g lemon yoghurt
- 200g lemon curd

### To serve

- 30g white chocolate



### Instructions

1. Whip cream in a large bowl until peaks form.
2. Cut marshmallows in half and add to the cream.
3. Add the yoghurt and half of the lemon curd. Gently fold everything together.
4. Pour into a serving dish then add the remaining lemon curd. Gently swirl through.
5. Shave white chocolate over the top and refrigerate for at least 2 hours before serving.

### Notes

- This dessert is even better if you make it the day before.



## Chocolate Fudge

Yield: Serves 6- 8

Prep	Total	Servings
25 MIN	1 HR 25 MIN	64



### Ingredients

- 4 cups sugar
- 1 1/3 cups milk or half-and-half
- 1/4 cup corn syrup
- 1/4 teaspoon salt
- 4 oz unsweetened baking chocolate or 2/3 cup unsweetened baking cocoa
- 1/4 cup butter or margarine
- 2 teaspoons vanilla
- 1 cup coarsely chopped nuts, if desired

### Steps

- 1 Grease bottom and sides of 8-inch square pan with butter.
- 2 In 3-quart saucepan, cook sugar, milk, corn syrup, salt and chocolate over medium heat, stirring constantly, until chocolate is melted and sugar is dissolved. Cook, stirring occasionally, to 234°F on candy thermometer or until small amount of mixture dropped into cup of very cold water forms a soft ball that flattens when removed from water; remove from heat. Stir in butter.
- 3 Cool mixture without stirring to 120°F, about 1 hour. (Bottom of saucepan will be lukewarm.) Add vanilla. Beat vigorously and continuously 5 to 10 minutes, using wooden spoon, until mixture is thick and no longer glossy. (Mixture will hold its shape when dropped from a spoon.)
- 4 Quickly stir in nuts. Spread in pan. Let stand about 1 hour or until firm. Cut into 1-inch squares.



# Special thanks to our supporters and funders over 2023

**Harcourts Hawke's Bay**  **Our incredible sponsors!!**


























**Pub Charity Limited** 

 **Lottery Grants Board**  
FUNDS FOR YOUR COMMUNITY

 **Higgins Bequest Trust**





 **North & South Trust**

 **NAPIER CITY COUNCIL**  
Te Kaunihera o Ahuriri

 **Rotary Club of Napier**

**COGS**  
Community Organisation Grants Scheme

 **RSA | NAPIER**

**Rehabilitation Welfare Trust**

# Helpful information

## It's NOT OK!

Family violence (previously known as domestic violence) is hurting a family member or someone you're in a close personal relationship with. This includes:

- A spouse or partner
- A family member
- Someone that you ordinarily share a household with
- A close personal relationship who don't live together
- People in care/carer relationships

Family violence can be hurting someone physically, emotionally, psychologically, financially and/or sexually.

Family violence happens in homes, neighbourhoods, communities. Family violence statistics in NZ are indicate that only 33% of family violence cases are reported. On average, Police attend a family violence episode every 4 minutes. Children are present at nearly two-thirds of all family violence incidents Police respond to. Disabled people experience higher rates of both partner and non-partner violence.

To reduce and prevent family violence we need to take ownership of the part we play in promoting healthy attitudes and beliefs. By challenging unhealthy attitudes and beliefs respectfully when we come across them in everyday conversation plays a healthy role in preventing violence and making it not OK. People deserve to be treated well and have a right to be safe.

If you need support please contact one of the below support services or talk to Julie, our MS Community Nurse who will help you.

If someone is in danger contact the Police on 111.

If it's not an immediate crisis but you want to support or contact someone to talk to about your concerns phone It's not OK

Family Violence information line: 0800 456 450 or go to their website: [www.areyouok.org.nz](http://www.areyouok.org.nz)

If you are at risk of family violence you can apply for a Protection Order from a court. Click on the link to learn more:

<https://www.justice.govt.nz/family/family-violence/court-orders-for-family-violence/apply-for-a-protection-property-or-furniture-order/>

2SHINE national helpline: 0508 744 633

Women's Refuge Crisis line: 0800 REFUGE or 0800 733 843

Elder Abuse helpline: 0800 32 668 65

Free legal advice: [www.commuitylaw.org.nz](http://www.commuitylaw.org.nz)

Youth Law helpline: 0800 884 529

Family Services Directory will help you find services in our area: [www.familyservices.govt.nz/directory](http://www.familyservices.govt.nz/directory)

*Article compiled by Julie from information retrieved from Healthify, He Puna Waiora*

# Annual Subscription

**Please consider IF you have not paid your subs for 2023.**

The annual sub is currently \$20.00, which equates to less than four take-away coffees. Please. If you haven't already paid your subs, do 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.

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 vital 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.

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 e: [jackie@mshawkesbay.org.nz](mailto:jackie@mshawkesbay.org.nz)

**Please support us so we can support you.**



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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: **Subs 2023**

# A bit of a giggle



From Multiple Sclerosis Hawke's Bay Society

Wishing you a safe and happy Christmas and may 2024 bring you great joy and happiness.

# Merry Christmas

Is there something you would like to share or have suggestions for our next issue?

Please contact the office by 18th February.

## ms.

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