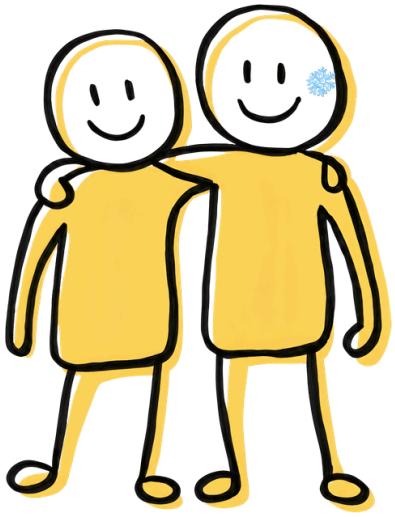


June/July 2026
Winter Wellness and Community Warmth

We hope Winter has been a season of rest and self-care for you! We keep getting hints Spring is in the air, but still there is a need to layer up when going out, and be kind to yourself and those around you.

In this Issue:

- New Office Manager started
- Events to mark in your diary!
- MS Community RN, Julie's Health Tips









Introducing our new Office Manager:

Jenny Brabin

Greetings to all of our MS Community in the wider Hawke's Bay, and all our loyal Supporters!

My Community Services background includes being Coordinator for Napier Neighbourhood Support, and then 4.5 years as Administration Coordinator at NASC Hawke's Bay (Needs Assessment Service Coordination - part of HBDHB), which some of you will be familiar with.

One of my friends with MS alerted me to the HBMS Society's need for a new dedicated Office Manager with a focus particularly on Fundraising and Organising Events, and I was delighted to have a successful interview with our president: Sue Walker and vice-president, David Trim, which resulted in me starting in this role the following week on 8th June 2026.

I was recently re-married mid-April this year (after being widowed four years prior), and love having the support of a caring community-minded husband who works nearby the Napier office at Port Ahuriri School - doing a fantastic job caring for the gardens, grounds and building maintenance as a very-much appreciated Caretaker by the young children - who he knows by name and they always call out greetings and often leave him cute wee notes. We live in Tamatea with our sassy Seal-Point Birman cat Suzie, and six pretty Wyandotte chickens!



Upcoming Events to look forward to:

- Soon we will be seeking volunteers for our **Annual Collecton** during **Awareness Week** (main collection day will be **Friday 18th September**, (likely going into Saturday & Sunday at one supermarket).

- I am working through everything required to make this year's **Multiple Steps for MS** a success: This year we are holding it on ***Saturday* 10th October**, Registrations starting at **12.30pm**. Please ask your family and friends if they would support this key fundraiser by participating in one of the walks or fun runs!

- **Napier Repertory Players Charity Night for HBMS**: ***Taking Off*** by Roger Hall & directed by Sharyn Hildreth: **Thursday 12th November**! 76 Tickets (36 at tables of four, 40 in rows) - we will advise when these are available to purchase in our Spring Issue.

- HBMS Society's **Official 50th Birthday Celebration** at Taradale Club (limited ticket sales only) on **Saturday 21st November**, followed by a fun celebratory event for members (at no cost) at a later date.

- **Christmas Lunch - 10th December**



Message from our MS Community RN Julie:

Hi everyone.
Can you believe we are halfway through the year? With the colder weather it is a good time to get your chimney's swept and clean your heat pump filters.

I was fortunate to attend the **MSNZ conference** and then the NED talk – 2. These are great opportunities for me for professional development as well as networking with my colleagues from other regions. In particular the evening at Parliament was very worthwhile. I shared the recording by email to you all but if you would like me to share it again please let me know.

Ridewise Total Mobility scheme changes came into effect on 1st July 2026. The subsidy was reduced from 75% to 65% meaning clients will pay 35% of their taxi fare instead of 25%. Fare caps (the maximum amount that can be subsidized per trip) will be slightly reduced from $50 to $45 meaning longer trips will cost more for clients. These changes are being made to help ensure the Total Mobility scheme can continue to support people with mobility impairments now and in the future.

Flu vaccines are now available at your GP Practice and Pharmacy. It pays to book for these but most pharmacies operate a drop-in service.

Did you know the HBMS Society is turning 50 this year? Watch this space for some exciting birthday celebrations.

If you would like to make contact please let me know. Email me on julie@mshawkesbay.org.nz or text/phone on 027 733 0304.

Keep warm.
Julie
MS Community Nurse



Bladder Management

Up to 80% of people with MS experience some kind of symptoms relating to their bladder whether that is mild bladder urgency through to regular Urinary Tract Infections (UTI's) and incontinence. There is nothing to be embarrassed about experiencing these symptoms as early intervention can improve symptom management and quality of life.

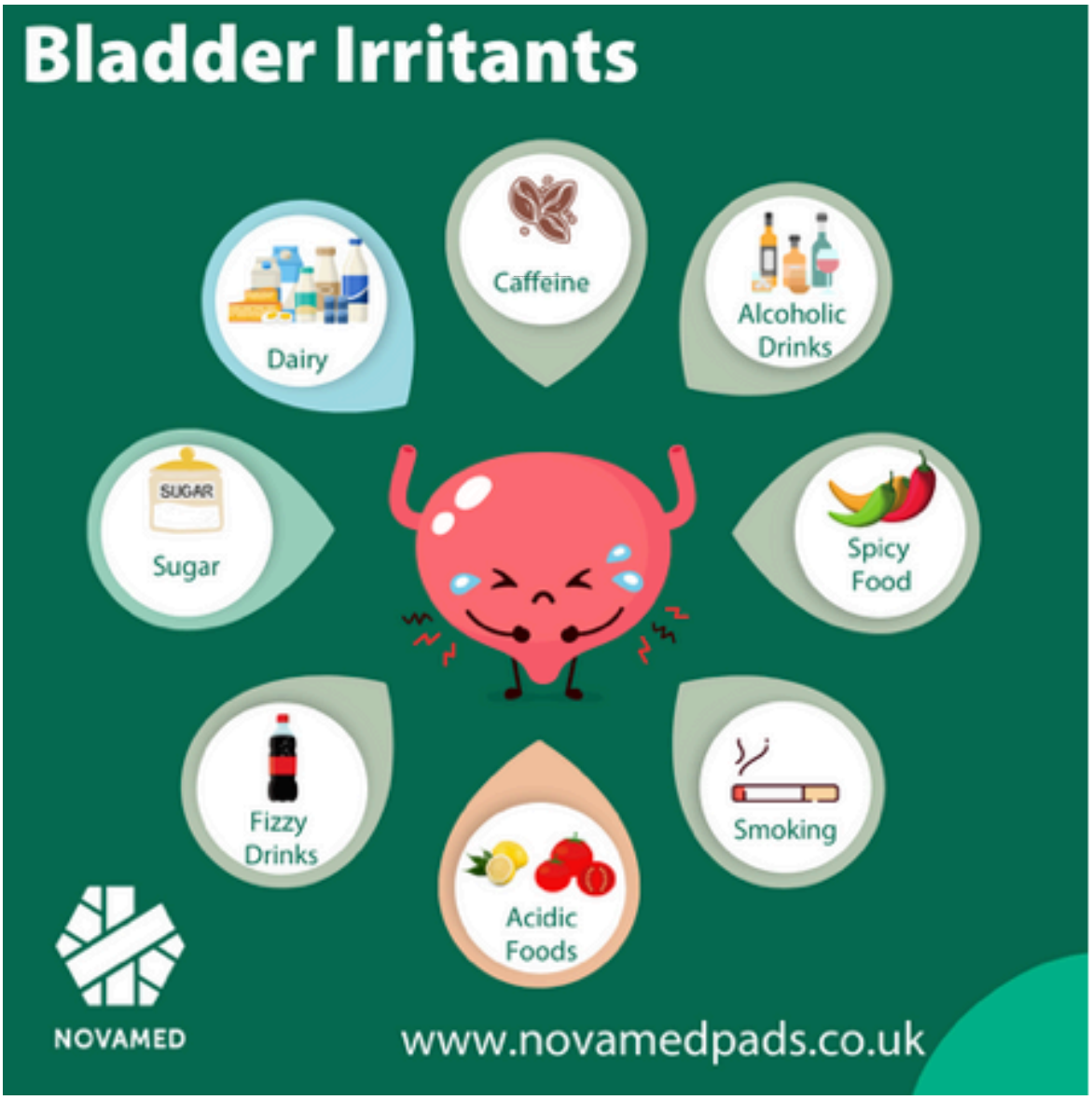
There are many types and causes of bladder dysfunction so getting an assessment from Julie, our MS Community Nurse or see your GP should be your first step. Establishing what you are experiencing can lead to further investigations and the correct pathway and/or referrals to other health professionals.

Types of bladder dysfunction you could be experiencing are:

- Overactive bladder/urge incontinence
- Frequency
- Incomplete bladder
- Overflow incontinence
- Urinary tract infections (UTI)
- Functional incontinence
- Stress incontinence
- Constipation

When to seek advice if you are experiencing one or more of these symptoms:

- Leaking urine when coughing, sneezing, exercising
- Getting up more than once a night to pee
- Passing urine more than every 3 – 4 hours
- Leaking with or without the urge to urinate
- Unable to hold on to get to the toilet in time
- Urine burns/stings or smells unusual
- It is painful to pee
- Feeling your bladder isn't empty or you have to go back to the toilet again
- Recognising bladder irritants can be a quick and easy self-help measure to start with. See diagram below.



Toilet cards are useful when out and about. Continence NZ has a free Can't Wait Card which clearly states that the holder has a medical condition and needs to use the toilet quickly. To order one of these cards call: 0800 658 659 or click on the link to the website: **https://www.continence.org.nz/**

There are many products available. You may qualify for funding to cover the cost of these products and disability allowance may be available too. Contacting Julie or your GP or Continence NZ will help guide you in the right direction.

For more detailed information go to:
https://www.msnz.org.nz/ms-symptoms/bladder-bowel-and-sexual-intimacy/bladder-management/

Bowel Recipe



2 cups of stewed apple or tinned
2 cups of natural /baking bran
1 cup stoned prunes soaked in boiling water to cover - Save the juice!

Mix all together and blend/mash until smooth. Take 2 tablespoons with breakfast, increase as required.
Will keep covered in fridge for 3-4 days. Can be frozen in small quantities such as an ice tray.

N.B. Not suitable for patients o n a low potassium diet

From Multiple Sclerosis Hawke's Bay Society a special



