

NEWSTALK MS



Issue 19

April/May 2011

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A . G . M

TARANAKI MULTIPLE SCLEROSIS SOCIETY INC.

SUNDAY 17TH April 2011

1.30pm

Onuku Taipari Hall, Ngamotu Road, New Plymouth

All welcome. Take this opportunity to take part in the Society.

Have your say!

Nomination and proxy forms will be posted to you in the mail.

Coffee & Tea provided.

Note down in your diaries!

2nd May 2011

GUEST SPEAKER—Brendan Pittwood

Onuku Taipari Hall, Ngamotu Road,

New Plymouth

Brendan Pittwood a New Plymouth Osteopath will be a guest speaker, Monday 2nd May 2011. Morning tea will be served at 10am and Brendan will begin speaking at 10.30am.

Come along to this real interesting talk on Osteopath techniques and how they could help you.

Life Members Always Appreciated—Never Forgotten

Bob Atkinson

Mary Needs

Arthur Lester

Barbara Muirhead



Hello Members

The summer months are now slowly becoming a memory and winter is not to far away so we need to make sure that we have taken all the necessary steps to stay warm and dry over the next few months.

The new ceiling in our MS Room has been installed along with the new lighting. The next stage will involve jib stopping and painting the ceiling with this work being undertaken next summer when additional funds hopefully become available. That will just leave the new carpet to be supplied and laid and we hope that this will be accomplished early next year.



The AGM is being held on Sunday 17th April commencing at 1.30pm. I hope that we have an excellent turn out as there's lots of things that have been happening which should prove interesting and informative for all members.



PRESIDENT
REPORT

Its been a real pleasure serving on this committee over the past 12 months with everyone making extremely worthwhile contributions despite the fact some members have MS. There have been some changes to personnel over this time but everyone has remained focused on ensuring the core services the society currently provides have been maintained and where required, improved to a level to meet increased demand.

Nothing else of note to report at this point in time so that's it from me – looking forward to catching up with you all at the AGM – please take care out there and Happy Easter to all.

Cheers

Peter Old
President

Hi Everyone

Since our last newsletter it seems that some parts of our world have become somewhat topsy turvy, the power of mother nature can be rather destructive to say the least. I know that all the folk here in Taranaki share our sympathy and concern for all those that have had their lives upturned by the earthquake in Christchurch. It all seems so surreal but made me realize just how we take it for granted that we can just turn a tap and have water and to flick a switch to have power.

For those people living on their own with a disability, it is so important for you to have strategies in place if we should have some disaster happen here in Taranaki. We are going to be organizing a support group meeting to look at these issues in the near future.



FIELD WORKER REPORT

We have had a brilliant summer up here though there is definitely autumn in the air now. I hope we don't pay the price by having a too cold a winter. I have heard that some folk are having their flu shots so I guess now is the time.

It was decided at the last committee meeting that we would no longer stock EPO due to the lack of interest. When you pay your next subscription you will be issued with a membership card which does entitle you to 10% reduction of anything you buy at Health 2000.

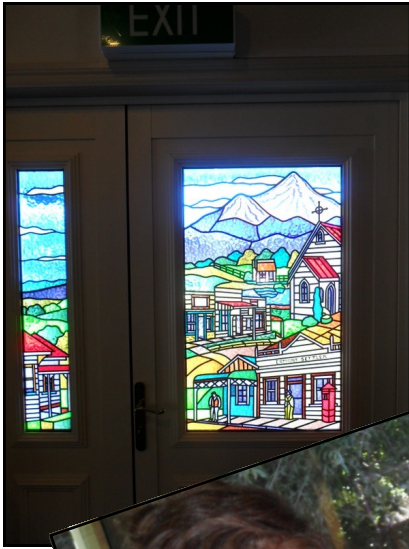
The South Taranaki lunch at Pioneer Village was fantastic with a great turnout of folk, the new café' there is very nice. The North lunch at Tawa Glen was not quite so well attended though we all had a great time, proof that you can have just as much fun in small groups. With April being a busy month with the AGM etc. we have put the next South lunch forward to May 13th at TET Stadium and will head to the Stumble Inn in New Plymouth on 11th April. So please put those dates on your calendars and come along for some good food and company. Also don't forget to come along to listen to our guest speaker Brendan Pittwood on the 2nd May, morning tea provided. (details front page)

That's about it for me this time around, and remember that if you are having issues please ring me and leave a message if I am unavailable.

Cheers

Moira Paterson

Members round and about February and March.....



APRIL 2011

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17 <i>AGM</i>
18	19	20	21	22 Easter	23 Easter	24 Easter
25 Easter Anzac	26	27	28	29	30	



Schedule of Events

- 11th April—NP Lunch
Stumble Inn
- 5th, 19th, 26th Feb—
10am Tuesday - Club MS -
page 6
- Creative Space Fridays see
page 9
- Committee Meeting 10th
- AGM 17th April

MAY 2011

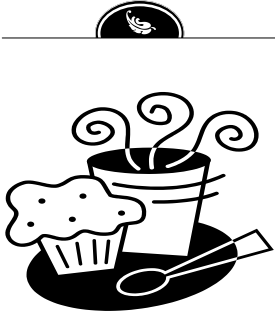
Mon	Tue	Wed	Thu	Fri	Sat	Sun
30	31					1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29



Schedule of Events

- 3rd, 17th, 24th, 31st— Tuesday
Club MS page 6
- 2nd May—Speaker Brendan
Pittwood
- 13th May—Stratford lunch—
TET Stratford
- Creative Space Fridays see
page 9
- Committee Meeting—8th

Muffin Break



North Taranaki Area

Where: Stumble Inn
Address: Mangorei Rd
 Merrilands NP
When: 11th April 2011
Time: 11:30am

Central/South Taranaki

Where: TET Stratford
Address: Portia Street
 Stratford
When: 13th May 2011
Time: 11:30am

Come join us for lunch!

Meeting at some great locations over the upcoming winter months. Always warm and accessible for our members.

Just come along and join in the fun.....

Club MS.....!



Social Exercise

The MS Society has a wonderful Group for all to join in.

Tuesday at the MS Room, Onuku Taipari Hall, Ngamotu Road, 10am to 11.30am except every 2nd Tuesday of the month.

All welcome, tea &

coffee provided. A good sense of humor a must!

Under the guidance of Moira Paterson your friendly MS field Worker.

The MS room has great exercise equipment including Treadmill, Exercise Bike, rowing machine and much more if you want to try it out!

The weekly get-together with a great friendly bunch of people, just come to join in either socially or to exercise!

Check the calendar page 4-5 for dates.

We are in the process of updating our MS room. Warmer, brighter and cozy for the winter.

2011 Taranaki MS Society XMAS PARTY

Sunday 4TH DECEMBER 2011

TET MULTISPORTS CENTRE

PORTIA STREET STRATFORD

\$10 PER PAID SUB MEMBER tickets to be paid in advance

Anyone requiring free Wheelchair or accessible Transport to the lunch please make contact with the society to book this in.

Lunch \$30 p/p if you are not a paid member.

Tickets can be purchased and will need to be paid by end of November.

Pay off your \$10 through the year if you wish just let Jill the treasurer know or Moira. Contact details on back page.



Helen's Hop on Line—Shop from home!

We have some sites for you to try out if you can't get out and shop. Thanks to Helen Henderson for this great idea! Clothing, your groceries and much more right from the comfort of home. Let us know if you have one!

Try out these !

Jewellery:

<http://www.christies.co.nz/>

Meals:

<http://www.eatunlimited.co.nz/>

Handbags:

<http://www.accompany.co.nz/>

Clothing:

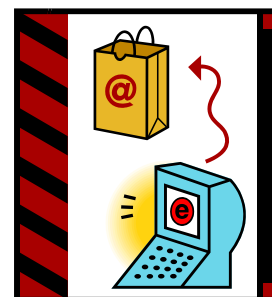
<http://www.glassons.com/>

Home wares:

<http://www.briscoes.co.nz/>

Online Magazines:

<http://www.time.com/time/>



Super easy to receive and read and now in colour.

Getting Around

- **Society Van**

We have now completed the sale of our old Society van. It travelled up to the new owner who lives in Whangarei.

We hope that members can now start utilising the following available transports options.

- **Ironside Vehicle Society**

06-753 6469

- **Total mobility scheme—Taxi**

0800 TOTMOB
(868 662)

- **ACCESS discounted bus fares**

Ring Taranaki Disability Info centre.

(06) 759 0019

If your still stuck after the above options that are out there and urgently need a ride contact your friendly field worker for advice.

Newsletter by Email

To keep costs down, we wish to ask those who have access to a computer and with an email connection, if they would consider receiving our newsletter by email instead of the usual post mail. Could you please let the Editor know if you

wish to have our newsletter emailed directly to you by contacting **jill.smart@mstaranaki.co.nz**.

We have added many to our email list, so thanks to those for taking the time to make the change. **60 people and counting!**

Also the people who receive the newsletter by email now receive it in a new full colour version. No more black & white pictures! So yet another reason to receive it by email...!

Complimentary 100 CLUB MEMBER

TARANAKI TYRETORQUE

AUTO STOP

Craig Woodhead
MANAGER

Ph (06) 757 5988
53 Molesworth St
NEW PLYMOUTH

For all your Mobility Scooter needs

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- Spares & repairs
- Community Funding Assistance

T4E 32/A08 14

Call Tom NOW for your free home demo I'll come to you.



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www.mobilityscootersnz.co.nz

Another brilliant service offered by Tom. Breakdown service! No need to worry again. Flat battery or Tyre while out. Take his number with you and he will come by pick you and the scooter up. New Plymouth \$10—Bellblock \$15—Waitara/Inglewood \$25.

Health 2000

10% off Supplements

to members of the Taranaki MS Society

Just let them know at the counter that you are a member.

Complimentary 100 CLUB MEMBER

100 CLUB



If you know of a business that might

Be interested in becoming a 100 Club member which will give them a years worth of advertising in our newsletter for \$100 plus GST.

Contact Jill the editor on 751 1993 or jill.smart@mstaranaki.co.nz

VitalCALL
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- Free ambulance call-out
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For information contact:
Pat and Rex
06 758 4591
0800 18 8000



www.chubb.co.nz

Creative Space:

VENUE: Disabled Citizens Centre
83 Hine Street, New Plymouth

TIME: Doors Open from 9am-4pm
every Friday

Gold coin donation

Discover your creativity within the disability sector

Telephone for more information on 06 759 0019



2011 Taranaki MS Society XMAS PARTY

Sunday 4TH DECEMBER 2011

TET MULTISPORTS CENTRE

PORTIA STREET STRATFORD



\$10 PER PAID SUB MEMBER tickets to be paid in advance

Lunch \$30 p/p if not a paid member

Tickets can be purchased and will need to be paid by end of November. Pay off your \$10 through the year if you wish just let Jill the treasurer know or Moira. Contact details on back page.

St John Caring Caller

Make a new friend to share your day with by signing up for this service and you will receive a regular phone call from your own Caring Caller:

0800 780 780

office hours.

Cervical Screening

OUTREACH

Service

- * This is a **free** mobile service.
- * Smears are done either in a clinic situation or in the home or place of choice.

Contact Contact Contact Contact

Piki Te Ora Nursing Services Ltd

PO Box 7166 New Plymouth

Ph: 06 759 7305 Fax: 06 759 7304

Email: pto@pikiteora.tuiora.co.nz



T A R A N A K I

Community Law Trust

Te Ture Kaupapa o Taranaki

CARERS
SUPPORT
GROUP

Carers Support meet. Getting together for a catch up and support.

Those carers that are interested please ring Moira

06 751 2330

We have moved, Now at

Stratford Community House

52 Juliet St Stratford

1st & 3rd Wednesday of each month

9.30am - 11.30am

For an appointment

Contact Marie

0800 529 878

tcls@xtra.co.nz

The Toilet Seat



Charlie's wife, Lucy, had been after him for several weeks to paint the seat on their toilet. Finally, he got around to doing it while Lucy was out. After finishing, he left to take care of another matter before she returned.

She came in and undressed to take a shower. Before getting in the shower, she sat on the toilet. As she tried to stand up, she realized that the not-quite-

dry epoxy paint had glued her to the toilet seat. About that time, Charlie got home and realized her predicament.

They both pushed and pulled without any success whatsoever. Finally, in desperation, Charlie undid the toilet seat bolts. Lucy wrapped a sheet around herself and Charlie drove her to the hospital emergency

room.

The ER doctor got her into a position where he could study how to free her (try to get a mental picture of this.). Lucy tried to lighten the embarrassment of it all by saying, "Well, Doctor, I'll bet you've never seen anything like this before." The Doctor replied, "Actually, I've seen lots of them. I just never saw one mounted and framed."

JOKES



The Chinese Restaurant

?A couple go for a meal at a Chinese restaurant and order the "Chicken Surprise."

The waiter brings the meal, served in a lidded cast iron pot. Just as the wife is about to serve herself, the lid of the pot rises slightly and she briefly sees two beady little eyes looking around before the lid slams

back down.

"Good grief, did you see that?" she asks her husband.

He hasn't, so she asks him to look in the pot.

He reaches for it and again the lid rises, and he sees two little eyes

looking around before it slams down.

Rather perturbed, he calls the waiter over,

explains what is happening, and demands an explanation.

"Please sir," says the waiter, "what you order?"

The husband replies, "Chicken Surprise."

Ah! So sorry," says the waiter, "I bring you Peeking Duck!"

**LIVE EACH DAY
LIKE IT'S YOUR LAST.**

One day, you'll get it right.



www.cafepress.com/GeezerShop

First Oral Treatment For People With Multiple Sclerosis Approved In Canada

Source: Novartis Pharmaceuticals Canada Inc 11/3/11

Novartis Pharmaceuticals Canada Inc. announced that its new MS treatment, Gilenya™ (fingolimod), has received Notice of Compliance in Canada. Gilenya™ (fingolimod) is the first disease modifying oral therapy developed for the relapsing-remitting form of multiple sclerosis (MS)

Data demonstrates efficacy

The approval of Gilenya was based on the largest

clinical trial program ever submitted to Health Canada for a new MS drug, and included studies demonstrating significant efficacy in reducing relapses. Compared to a current standard of treatment (Avonex®, interferon beta-1a IM 30µg), Gilenya showed superior efficacy over one year by reducing relapses by 52%. The submission also included a two-year placebo controlled study, which demonstrated the significant effi-

cacy of Gilenya in delaying disability progression. In both submitted studies, treatment with the medication also resulted in a statistically significant reduction in the number and volume of active brain lesions (a measure of disease activity) in people with the relapsing-remitting form of MS. Gilenya has a well-studied safety and tolerability profile.

Vascular Brain Disorder Misdiagnosed As Multiple Sclerosis—

Source: Loyola University Health System 10/3/11

A devastating vascular disorder of the brain called CADASIL, which strikes young adults and leads to early dementia, often is misdiagnosed as multiple sclerosis, Loyola University Health System researchers report. CADASIL occurs when thickening of blood vessel walls blocks blood flow in the brain. The early manifestation is migraine headaches, progressing

to strokes and mini strokes, depression, apathy, motor disability and executive dysfunction (inability to plan and organize everyday activities.) The final symptom is dementia. CADASIL is caused by mutations of a single gene called NOTCH 3. If an individual carries the mutated gene, he or she inevitably will develop the disease, and there's a 50 percent chance that each of the

individual's children will inherit the mutation and the disease.

Researchers tests on 11 CADASIL patients. "We found a delay in the detection of this pathology and previous diagnostic errors in some patients and their relatives," researchers wrote. "Multiple sclerosis was the most frequent misdiagnosis."

Psoriasis Medication Rises Hope In The Fight Against Multiple Sclerosis- Source: Ruhr-Universitaet-Bochum, Alpha Galileo Foundation 8/3/11

Fumaric acid salts have been in use against severe psoriasis for a long time. About ten years ago, researchers in Bochum speculated that they may also have a favourable effect on Multiple Sclerosis (MS) as a result of their TH2 polarizing mechanisms. In parallel to phase III studies, research is actively searching for the precise effective mechanisms. This has now been achieved by a neuroimmunological group at Bochum: fumaric acid salts

detoxify radicals released during the inflammation process. In this way, they protect nerve and glial cells. Neurologists at the Ruhr University Hospital, St. Josef Hospital, working with Prof. Dr. Ralf Gold report early online in the leading neurology journal BRAIN. An international, placebo-controlled, blind study (DEFINE, Sponsor: BiogenIdec) with 1,200 MS patients and the fumaric acid salt BG12 has just been completed

under the leadership of Prof. Gold. Evaluation is being expected for summer 2011. "If the study is successful, one could easily imagine that the antioxidant effect of the fumaric acid also synergizes with established MS medication such as interferon-β thus forming an ideal combination therapy", Prof. Gold speculates.



LATEST NEWS FEED



How to Get Really Smart!

A customer at Stingray Fishmongers marvelled at the owner's quick wit and intelligence.

'Tell me, Simon, what makes you so smart?'

'I wouldn't share my secret with just anyone, 'Simon replies, lowering his voice so the other shoppers won't hear.' But since you're a good and faithful customer, I'll let you in on it. Fish heads. You eat enough of them, you'll be positively brilliant.'

'You sell them here?' the customer asks.

'Only \$4 apiece', says Simon.

The customer buys three. A week later, he's back in the store complaining that the fish heads were disgusting and he isn't any smarter.

'You didn't eat enough, 'says Simon. The customer goes home with 20 more fish heads. Two weeks later, he's back and this time he's really angry.

'Hey, Simon, 'he complains, 'you're selling me fish heads for \$4 a piece when I can buy the whole fish for \$2. you're ripping me off!'

'You see?' says Simon, 'you're smarter already.'

Tips for an Exceptional, Superb & Powerful Life

24. No one is in charge of your happiness except you.

MS Word of the Month

L'Hermitte's Sign

L'Hermitte's sign describes electrical buzzing sensations in the limbs and body brought on by movement of the neck. These sensations are known as paraesthesia and include tingling, buzzing, electrical shocks, partial numbness and sharp pains. L'Hermitte's is most often triggered by lowering the head so that the chin touches the chest. The sensations usually only last for a second or two. It has been called the "barber shop" symptom because it is often evoked when the hairdresser asks you to lower your head when he or she shaves the back of your neck. Because the cervical spinal cord is a frequent target for multiple sclerosis it is a very common symptom of MS. Approximately two thirds of people with multiple sclerosis experience L'Hermitte's symptom at some point during the course of their disease. In MS, L'Hermitte's is an indicator of lesions in the cervical spine (the part of spine in the neck). Movement of the neck causes the damaged nerves (the demyelinated neurons) to be stretched and send erroneous signals.



Peanut butter and chocolate cookies

Ingredients

- 1 cup peanut butter
- 1 egg
- 3/4 cup brown sugar
- 1/2 teaspoon baking soda
- 85g dark chocolate, chopped in chunks

Instructions

Step 1 Preheat oven to 180°C. Combine peanut butter, egg, sugar and baking soda in a bowl. Mix well. Add chocolate. Stir to combine.

Step 2 Line a baking tray with baking paper. Using hands, shape teaspoonfuls of mixture in balls

and place on tray about 5cm apart.

Step 3 Bake for 10-12 minutes until lightly browned on top. Allow to sit on tray for a few minutes in oven, before removing to cool.

Yummy yummy :-)



RECIPES

Quick as Chicken Risotto

Ingredients

- cooking oil spray
- 150g chicken tenders
- 1 small onion, finely chopped
- 3/4 cup salt-reduced chicken stock
- 1/2 cup Arborio rice
- 1 cup frozen peas
- 2 tablespoons grated Parmesan

- cheese
- freshly ground black pepper, to taste

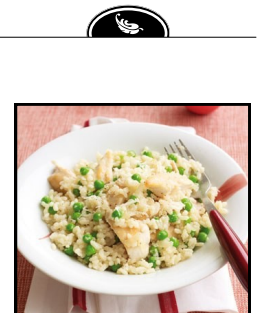
Instructions

Step 1 Spray a frying pan with oil. Cook chicken over a medium heat for 3-4 minutes each side, or until cooked through. Transfer to a plate.

Step 2 Add onion to

pan. Cook until soft. Add stock and rice to pan. Simmer for 10 minutes, stirring, until rice is tender and liquid has evaporated. Stir in peas and cheese. Cook for 1 minute.

Step 3 Transfer risotto to a serving plate. Top with chicken, season with pepper and serve with a green salad.



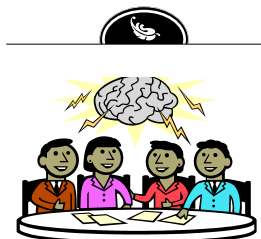
9=4

Complete the series.
 9 = 4, 21 = 9, 22 = 9,
 24 = 10, 8 = 5, 7 = 5,
 99 = 10, 100 = 10, 16
 = ?, 17 = ?

Answer from last teaser: cross. Guard + Prisoner
 back. Guard
 cross. Guard + Girl

back. Guard + Prisoner
 cross. Mother + Girl
 back. Mother
 cross. Mother + Father
 back. Father
 cross. Guard + Prisoner
 back. Mother
 cross. Father +

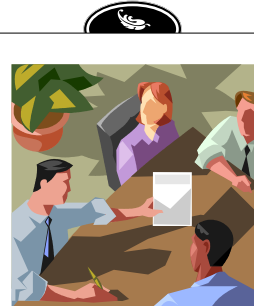
Mother
 back. Father
 cross. Father + Boy
 back. Guard + Prisoner
 cross. Guard + Boy
 back. Guard
 cross. Guard + Prisoner



Brain Teaser

Meeting Matters

- Stage 1 of MS Room alterations commenced.
- Working bee arranged for 24th March to clear MS room
- Membership register updated and ready for new years membership
- AGM—hall booked 17th April.
- Voting/proxy forms now sent out
- Decision made to stop stocking EPO due to lack of interest. In replacement Health 2000 will give our members a 10% discount. Membership card to be used.
- Membership cards to be made and to be sent out once membership subscription payment received.
- 1st October booked for 2nd Annual MS Poker Fundraiser in Stratford
- A meeting of the neurological groups to be held at Base Hospital on the 17/3/11 regarding the establishment of a neurological co-ordinator at the hospital
- Brendan Pittwood confirmed as speaker 2nd May.at Hall.
- New Brochure & business card now printed. Brochure sent out with Newsletter.
- Ringers lists to be revisited and checked.



2011—Just getting started!

We have been approved funding from Taranaki Apepsi Trust for hosting costs of our new website for 2011. Thank you Apepsi!

We have lodged our annual Lotteries application to fund the Field Worker salary and administration costs.

We have also sent in an application to seek funding for our new selection of books for our MS Library.

Will keep you posted on both of these.

The committee has made a decision to invests its fund-raising energy into our annual Poker fundraiser in

2011. The 1st October has been booked in for this event and the committee look forward to creating a join effort to make it the success it can be.

Venue to be Stratford TET 1st October.

Further details to come.



Fundraising

Volunteer as a Fundraiser!

A .G. M

TARANAKI MULTIPLE SCLEROSIS SOCIETY INC.

SUNDAY 17TH April 2011

1.30pm

Onuku Taipari Hall, Ngamotu Road, New Plymouth

All welcome. Take this opportunity to take part in the Society. Have your say!

Nomination and proxy forms will be posted to you in the mail soon.

Coffee & Tea provided.

New gene identified as a cause of inherited MND



MND Stop Over

Dr Traynor and his team's results were published online today (9 December 2010) in *Neuron*. Dr Traynor has chosen the International Symposium on ALS/MND (11 December to 13 December) as the platform to present and discuss his findings with the international MND research community.

Dr Traynor and colleagues have identified how members of an Italian family affected by familial MND all have a mistake (mutation) in the genetic instructions for making a protein called Valosin-Containing Protein (VCP). These results were later verified in a larger group of US and Italian patients, suggesting that faulty VCP

accounts for approximately 1 to 2% of cases of familial MND.

A number of genes have been identified as causing familial MND over the past two years, including TDP-43 which affects around 4% of patients with familial MND; and FUS which affects around 4% of patients with familial MND. These may seem like small numbers but by discovering the genes responsible for familial MND opens the door to understanding the more common sporadic (non-inherited) form of the disease which accounts for 90% of all cases of MND.

"Identifying the genetic mutations responsible for the inherited form of ALS* increases our knowledge of the disease process," explains Dr Traynor.

Balancing your caring role with work

The right to re-request flexible hours

The Employment Relations (Flexible Working Arrangements) Amendment Act 2007 gives carers the right to ask for changes to their working arrangements. Examples of "flexible work" include part-time work, compressed hours, shift work, working from home, more time off in school holidays and adjusted starting and finishing times for the work day.

Make a time to talk to your employer to work through your request for flexible work and any questions or concerns your employer may

have. You need to make your request in writing. Employers are required to consider and respond to requests within three months. They can say no to your request, but only on the grounds provided by the Act. Learn more at the Department of Labour's website www.dol.govt.nz/worklife.

Who qualifies?

You need to have been with the employer for at least six months before making the request. You can only make one formal request in any 12-month period, but you can talk to your employer informally

at any time about varying your working arrangements

Who to contact

Make a time to talk to your employer about your caring situation (or your manager or human resources manager if you work for a larger organisation). They should be aware that you may sometimes need time out to attend medical appointments or cope with unexpected situations or need their understanding if the person you support is unwell or in hospital. It might also be helpful for colleagues to know that you have a caring role, so they can help at difficult times.



Carer's Corner

Make a Donation! *Help us to help others.*

If you would like to make a donation to the Taranaki MS Society please click on the “Donate” button on our website www.mstaranaki.co.nz or alternatively complete the form below and post your payment in to the society. All donations \$5 or over qualify for a tax rebate.

Thank you for your support!



✂

Name _____

Address _____

Amount Donated _____

Post to: The Treasurer
MS Taranaki Inc
PO Box 791
New Plymouth 4340

All donations on our website are made through a secure PayPal payment service.

The society is registered as a charitable organisation under the Charities Act 2005 – Registration Number CC25707.

www.mstaranaki.co.nz

Remember to visit our “NEW” website for all your current information for the society

The website has had its final touches now but things will always be updated or changing so visit us often..

You can get further information on MS in general or also a place to revisit previous Newsletters and a reminder to what events are coming up for you to join in on..

So keep a look out for our Website updates and for things happening.

The MS Library

We have our list of new books to purchase and have submitted a funding application to make this exciting new library happen!

Just let your Moira know if you’d like a book to read at anytime and she can pop it round to you.

We will set up a standard loan library system with a reminder return date. Book catalogue will be available via Moira or the website.



Parafed Camp—Vertical Horizons, Everett Road, Inglewood 8th-15th January 2012



Parafed Camp

Parafed Camp was held in January at Vertical Horizons in Inglewood. Graced with fine weather, the 25 campers and 15 volunteers all enjoyed a week of activities. With blow karts, go karts, mini putt, kayaking, high ropes course, flying fox and the flying kiwi, the week was stacked with a lot of fun. The dates for next years camp have already been set for 8-15th of January 2012 so if you would like to attend or even volunteer get in touch

The Ngaire Anderson Camp for disabled people has been held for over 20 years now. The camp caters for 25 to 30 people ranging from those who are able to self care to those who require 24 hour personal care. This camp is normally held in the 2nd or 3rd week of January at Vertical Horizons near Inglewood. The facility is fully accessible with cabins and toilet facilities catering for everybody.

The campers are divided into four teams who then compete for the Taranaki Enterprises Trophy. Points are gained from different activities held over the week such as board games, theatre sports, team games and sports, and housie.

Campers and helpers/carers are provided with their food and accommodation for the week. All outings are also covered and transport to and from the daily activities are free of charge.

If you are interested in attending the camp then please contact John on 06 7590930 ext 702

Likewise if you would like to be a helper/carer for the camp then we would love to have you on board

Parafed Taranaki
<http://www.sportsground.co.nz/parafedtaranaki>
P O Box 889
parafedtaranaki@gmail.com

New Plymouth
John Sigurdsson, Sport Development
06 7590930 ext 702,

Catering for all ages and it seems lots of fun is had by all. Sign up for you and your carer or go it alone it doesn't matter just remember to go have some fun and have a go!

TARANANKI MS

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Field Worker - Moira Paterson

If you live outside the New Plymouth free calling area and wish to speak to the Society Field Worker.

Moira Paterson Ring 0800 725 3767 (landlines only, no mobiles)

Local callers (those in the New Plymouth free calling area Ph 751 2330 or 027 464 3940

Email: info@mstaranaki.co.nz

Remember:

Moira works part-time so please leave a message on her answer phone if she is unavailable.

Contact the society by email: info@mstaranaki.co.nz

Easter 2011



The committee would like to wish everyone a safe and happy Easter!

Enjoy your holiday and may you be able to enjoy an Easter egg or two.....

Regards

"The Committee"



Disclaimer— The views and opinions expressed in articles in this newsletter may not necessarily be the views or opinions of the Taranaki MS Society or its members.