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From the editor



Welcome to the Summer Edition of the MS Taranaki news.

Summer appears to be late this year and I've been anticipating its arrival since November! My own health is historically better during the hotter months but I do need to watch I don't overheat.

I hope you had a relaxing Christmas and enjoyable time with friends and family. Mine was a low key lunch with a few family members then an afternoon sleep

– probably no different to those folks who don't have MS.

This time of year, I find Taranaki such a beautiful place to live. The beaches are lovely and countryside very picturesque. I love driving round in my car with the air conditioning on, listening to music and looking at the scenery, as it passes by. I also enjoy sitting outside

the different bars, restaurants and cafés watching others go about their days or evenings. The amount of live music at these venues impresses me as well.

As you will read in the newsletter the society has a bit of activity on the horizon. A BBQ at the end of January, new Coffee Mornings and our AGM in March. We are considering making changes to our Constitution.

Of course we're always looking for volunteers to offer their time, skills and talents to help further the purposes of the society. It's a great way to meet others living with MS and we're a social bunch, so if you've got some spare time and would like to get involved, please get in touch.

Big love to you all,

Liz x
lizwilkinson1977@yahoo.co.nz Mobile: 027 212 6833

WOULD YOU LIKE A BIGGER VERSION OF THIS NEWSLETTER?

Need a bigger font in your newsletter?

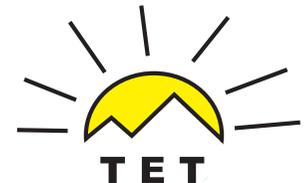
We can provide you with an A3 version for easy reading.

Please let us know by contacting Liz or Moira.



Thank you to our sponsors and supporters

COGS (North Taranaki)



Apesi Trust

Can't get out?
You can shop online

Meals:

www.eatunlimited.co.nz

Supermarkets with
online shopping/delivery:

Countdown

<http://shop.countdown.co.nz/?banner=www>



President report

Greetings everyone and good wishes for a safe and healthy 2015.

Even though our children and grandchildren are still on holiday from school, the committee need to start focussing on the year ahead.

The committee set a date for the 35th Annual General Meeting in December. It will be held on Sunday, March 29th at 1 30pm in the Onuku Taipari Community Hall, Ngamotu Road, New Plymouth. All the details are further in this newsletter.

I would be delighted to welcome as many of you as possible to attend this meeting so that you can learn how we have functioned this year and our plans for the year ahead.

Please let me know if you would like to join the 'team' as a committee member, support person or a volunteer to assist with fund raising. The time you can give will be greatly appreciated.

At the 34th AGM held in March last year, a totally new committee were elected. It took us a while to get to know each other and decide our priorities. I believe that we have had a successful year which focussed mainly on public awareness of Multiple Sclerosis.

I plan to write more detail in my Annual report at the Annual General Meeting.

Looking forward to seeing you there.

Mary Needs



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Field worker report

Happy New Year to everyone.

I find it hard to believe that 2014 has been and gone already, the festive season is over and its full steam ahead into 2015, I hope everyone had a happy healthy time. I had a delightful time over the Christmas period with my son and his 14 year old daughter back from Australia for 12 nights. My other son managed to get back from PNG where he was working so it meant I had my 4 children and 3 grandies all together, a very special time for all of us.

We spent Christmas day at my mothers which turned into a huge water fight, main instigator being my mother. My daughter, Georgia, fell over while being chased by her 85 year old grandmother with a hose and now has her hand in plaster with a broken bone. ACC must love some of the reports they read.

I hope everyone is coping with the heat, it took long enough for it to visit us so I am loathe to complain though I know it can cause problems for people with MS. It is not too bad if we have some breeze blowing but the still days can be rather over powering, thank heavens for fans. Those people with heat pumps also have the joy of air

conditioning so that will be of great benefit. I can only cope with the doing the gardening in the evening or early morning as I can't handle the heat like I used to.

We are going to change some of our society lunches to morning teas which will be less expensive for people and will hopefully make it easier for folk to attend. Please see 2015 Support Groups (in this newsletter) for details

We would also like to run a seminar this year at some stage and I would like some feedback about what speakers you would like to hear, so if you have any ideas please give me a ring.

I attended a one day training course down in Wellington on the 1st December regarding the new drugs that have been funded by Pharmac (Tysabri and Gilenya). I would be interested to hear from anyone who has applied to go on one of these new drugs and the results, ongoing treatment etc.

I hope to catch up with everyone as soon as I am able but if you require a visit before I get there please do not hesitate to ring me.

Cheers

Moira Paterson

(06) 751 2330 | 027 4643940 | 0800 725 3767



Having transport issues?

The following transport systems are available to members, contact Moira for more details:-

Ironside Vehicle Society - Phone 06-753 6469

Total Mobility Scheme – Phone 0800 868 662

Access discounted bus fares – Phone 06-759 0019

Notice of Annual General Meeting



For the 35th MS Society Taranaki (Inc)

Sunday, March 29th,
1:30pm,
Onuku Taipari Community Hall,
Ngamotu Road, New Plymouth

AGENDA

Apologies
Confirmation of the 2014 AGM held 24th March 2014
Matters arising from such minutes
Adoption of the President's Report
Adoption of the Treasurer's Report
Adoption of the 2014 Annual Statement of Accounts
Election of Officers
Subscriptions – Annual and Life
Constitution Remits
General Business

PROXY VOTING

A Proxy Voting form is available from the Secretary (Liz Wilkinson) – should you be unable to attend the AGM but wish for someone who is attending the meeting to vote on your behalf, please complete, sign and date the form and pass it onto your proxy so it can be handed to the Secretary at the AGM prior to the meeting commencing.

NOMINATION FORMS

Nomination Forms are also available from the Secretary, should you wish to be available for a Committee position or may want to nominate someone.

CONSTITUTION CHANGES

Proposed changes to our Constitution can be obtained from the Secretary and are available for all members to familiarise themselves with, prior to voting on them at the AGM.



STARTING NEW SUPPORT GROUPS?

If you'd like to start a
support group
*(with a focus and date that
suits you)*
please let Moira know.



Useful websites

Weka - New Zealand's weka website is for the use of disabled people, (their families, whanau, caregivers) and health professionals

<http://www.weka.net.nz/>

Do you know of any websites that would be useful to other members? Please let us know.



2015

Support groups

NORTH TARANAKI

Lunch Group

.....

Monday 9th March

@ Mud Bay cafe' in Urenui.

NORTH TARANAKI

MS (Moan & Sigh) Wednesdays

.....

After work drinks, 5.30pm, first Wednesday of the month.

@ The Good Home, Arikki Street.

SOUTH TARANAKI

Coffee Mornings

.....

Monday 2nd February at 10.30am

@ Sergeant Peppers cafe, Stratford

NORTH TARANAKI

Coffee Mornings

.....

Begin Monday 9th February, 10am

@ The West Bar, Westtown

2nd Monday of the month, from April

Mobility problems?



SCOOTER SHOP offers a friendly service to all MS Society Members with a 10% discount on all sales and services including New mobility scooters, Pre-owned mobility scooters, Walkers, Wheelchairs, Canes, crutches and walking

sticks, Daily living aids, All service and repairs on mobility scooters and other equipment, Rentals on mobility scooters and Road side assistance via toll free number.

They will come to you or you can visit their store for a demonstration or a service at 14 Constance Street, New Plymouth, or at 51 McLean Street, Waitara.

Phone 757 8432 or 754 8432 or 0508 745543

See <http://www.scootershop.co.nz/> for more details and remember to tell Philip you are a member of the MS Society to receive your **10% DISCOUNT**.

Help available in the community

SAINT JOHN'S CARING CALLER

Caring Caller is a service that St John provides for people who live alone or feel a bit lonely. Volunteers phone clients regularly to check that everything is ok. To sign yourself up for this service and receive a regular call from a Caring Caller Phone 0800 780 780



St John

<http://www.stjohn.org.nz/What-we-do/Community-programmes/Caring-Caller/>

Need Health Supplements?

Health 2000,
Vivian Street, New Plymouth

10% OFF
Supplements

Just show your society membership



To make a donation

If you would like to make a donation to the Taranaki MS Society, just send us your donation by post with your name and address so we can send you're a receipt - all donations \$5 and over qualify for a tax rebate:

The Treasurer
Taranaki MS Society
PO Box 791
New Plymouth 4340

The society is a registered charity under the Charities Act 2005 (No: CC25707)

Library

Here the titles of some of the books we currently hold in our library:

- Exercises and MS
- Healing MS
- The Gift of Remission
- Finding Harmony
- Yoga and MS
- MS and having a baby
- Primary Progressive MS
- Curing MS
- When the Diagnosis is MS
- Overlooked causes and the prevention of MS
- Fly with me
- Facing the cognitive challenges of MS
- The Brain that changes itself
- Life on Wheels

Please contact Moira if you wish to borrow any of these books

MS robbed you of your sight but you would still love to read?

Audible maybe able to help you through Audio Books "Audible Inc. is a seller and producer



of spoken audio entertainment, information, and educational programming on the Internet. Audible sells digital audiobooks, radio and TV programs, and audio versions of magazines and newspapers. Through its production arm, Audible Studios, Audible has also become the world's largest producer of downloadable audiobooks.

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

Wise Better Homes – The insulation specialist

Wise Better Homes is not just a company that supplies and installs insulation. We are a community focused, non-profit and charitable trust delivering employment initiatives and insulating houses throughout Taranaki since 2000.

Wise is an acronym for Waitara Initiatives Supporting Employment, and the Trust was started in the late 1990s with a land care service that is still operating today; this included firewood collection and distribution, section clearing, gardening and site maintenance.

In the year 2000 the trust expanded the operation to include an insulation service which has developed over the years into the main focus of the organisation. Since this time we have insulated well over 9000 homes throughout the Taranaki region.

As part of the Insulation service we are able to offer people subsidies ranging from 33% to 100% of the cost for insulating their homes. This funding comes from a variety of sources such as EnergyWise Warm Up New Zealand scheme (EECA - Government), Healthy Homes scheme, TSB Bank, Taranaki Electricity Trust and the various District Councils to only name a few. The level of funding available for each home is dependant on ownership of the property, age, health and financial status of the occupant.

To be eligible for the 100% subsidised home insulation the person must own their own home, have a Community Services Card, a health need in the household and someone living in the house who is under 17, or over 65 years old. If someone does not meet the aforementioned criteria, there are also allowances that can be made for severe Health conditions. Regardless of if someone meets the criteria or not, we are still able to offer a minimum 33% subsidy, which is still a fantastic deal, as 1/3 of the cost of insulating is paid for by someone else.

Why should we insulate? I already insulated my home why do I need more? These are two questions that we are regularly asked. The government has identified that 84% of houses built before the year 2000 have inadequate insulation. Due to this country wide lack of effective insulation, hospital admissions are three times higher and more people in New Zealand die during winter (per capita) than countries with much colder environments. Here at Wise Better Homes we recommend that people get their insulation checked to make sure that it meets current standards, regardless of whether they think they have enough insulation or not. Although we may have already

insulated your home, the products we now use have a much longer lifespan, so an upgrade may be due.

Another Service that sets us apart from other insulation companies, aside from being a non-profit organisation, is that we provide Free No Obligation Insulation Assessments by building industry trained assessors, not pushy salesmen. In fact all three of our assessors are also trained insulation installers and auditors, and one is also a registered builder; so they really know what they are looking for, and will not offer insulation where it is not required.

A great aspect of being a non-profit organisation is that any profit made is put straight back into the community through not only the insulation scheme, but also the Community Garden that Wise operates on its premises. We also donate freshly grown vegetables and firewood to other charities like the local food bank.

CONTACT THE WISE TEAM:

Freephone 0508 238 837

www.betterhomes.co.nz | enquiries@betterhomes.co.nz



Art auction results

On Friday 21st November at 7pm our Art Auction went ahead and despite small numbers, a great fun night was had by all who attended and \$2000 was raised for the Society.

A huge thank you to everyone who support the auction, The Percy Art Gallery, Stratford and Maree Wilson. Plus to all the artists who donated their work: Neil Buddle, Bernie Steyn, Graham Kiff, Elwyn Stone, Anne Holloway, Paul Hutchinson, Wharehoka Smith, Anne Holloway, Bev Terry, Bruce Toplin, Aaron Potaka, Ian Littlewood, Roger Morris, Bruce Toplin, Alice Kim, Richard Chan, G. Paterson, Hamish Webster, William Whip, Amanda Hewlett, Marianne Muggeridge, Lindsay Marsh, Bruce Toplin, Graham Kiff, Nicola Weersel, Graham Hotter, Betty Y Loams 1930-81, John & Lynda van Beek, Chris Fuller, Bev Terry



National Scholarships/Grants/Awards available to PwMS

MS National AKA The Multiple Sclerosis Society of New Zealand (Inc) - is a non-profit organisation formed to provide on-going support, education and advocacy for people with MS and their support networks. It also aims to educate the general public, employers and health professionals about MS and actively funds key research into the condition. <http://www.msnz.org.nz/>

Moira can help apply for this stuff:

Outward Bound - Aspire Scholarships

This is a specially adapted low impact course for people aged 27+ who have a physical limitation – past participants for this course include people with MS, arthritis, joint replacements and back injuries.

It is an 8 day course where participants get to try all sorts of new, fun activities in a safe and supportive environment including: sailing, rock climbing, kayaking and high ropes.

The best news is that they are currently offering \$1890 scholarships for this course. People can apply for these scholarships through this link on the Outward Bound website: www.outwardbound.co.nz/aspire

The full course fees are \$2390. The individual applying for the scholarship would need to raise the remainder of this.

<http://www.msnz.org.nz/Page.aspx?pid=460>

Dorothy L Newman Scholarship

The Dorothy L Newman Scholarship assists people who have been diagnosed as having MS and as a result are unable to continue in their present employment, who need to change their employment and undergo a course of retraining in order to do so.

Applications are open solely to people with MS needing to retrain for paid employment.

Applicants will be required to explain in a statement in their application the reasons why they chose their course of study, how they intend to use their qualification on successful completion of their course and the likelihood of employment following the course.

Applications for the Dorothy Newman Scholarship fund for next year (2014 academic year) are now open. To receive a copy of the guidelines and application form email info@msnz.org.nz.

<http://www.msnz.org.nz/Page.aspx?pid=461>

Esme Tombleson Awards

Esme Tombleson was the co-founder of the national Multiple Sclerosis Society in 1961 and from 1975 was President for many years. She was also founder and President for many years of the Gisborne branch and on the International Federation of the Multiple Sclerosis Society's executive. In 1987 she received the rarely awarded gold medal for distinguished services to Multiple Sclerosis.

In honour of her work, the MS Society of NZ offers the Esme Tombleson Award annually to people in New Zealand for the 'Person with MS of the Year' and 'Caregiver of the Year', which are presented at the MS Society AGM. The nominations for this award are organised through the Regional Societies and Co-ordinated through MSNZ every September.

<http://www.msnz.org.nz/Page.aspx?pid=354>

Disability Grants

The Lottery Individuals with Disabilities Committee distributes funds to people with disabilities for the purchase of vehicles, scooters and other disability equipment to help them achieve independence and participate in the community.

For funding purposes, an individual with a disability is defined as:

"a person who has a permanently reduced capacity to be transported, to be personally mobile or to communicate, as a result of a physical, sensory, psychiatric or intellectual disability."

Priority is given on the basis of:

- the severity of the disability
- the contribution the vehicle or equipment would make to the quality of life of the person with a disability (the applicant)
- the financial circumstances of the applicant and their family
- the availability of alternative transport or assistance
- the family situation of the applicant
- the applicant's locality
- any lottery assistance received in the past

What is funded?

About 40-45% of applicants receive funding. The usual grant available for a mobility scooter is \$4,000 (+GST). The maximum grant for a car is \$10,000(+GST). If the need for a van can be justified, the maximum grant available is \$12,000(+GST). An additional grant of up to \$10,000(+GST) can be approved for a wheelchair hoist or vehicle modifications if required. There is no maximum amount for other mobility/disability equipment with applications generally being considered on their particular merits.

Applications

To apply for a Individuals With Disabilities Lottery Grant download the application form, information sheet and application guide. Submit the application along with a letter of support from the MS Society, your fieldworker, therapist, doctor or person of standing within the community.

Applications may be made at any time. (There are no set meeting dates or closing dates for applications.) Decisions are made six to 16 weeks after applications have been lodged.

Lottery Individuals with Disabilities Information Sheet & Lottery Individuals with Disabilities Grant Application Form can be downloaded from the below link:

<http://www.msnz.org.nz/Page.aspx?pid=369>

Scholarships/Grants/Awards available to people through MS National

MS National AKA The Multiple Sclerosis Society of New Zealand (Inc) - is a non-profit organisation formed to provide on-going support, education and advocacy for people with MS and their support networks. It also aims to educate the general public, employers and health professionals about MS and actively funds key research into the condition.

<http://www.msnz.org.nz/>

Your image in this newsletter

Every issue of this newsletter a different image / photo will be used on our front cover. If you have any photos of you out and about in Taranaki you would like in our newsletter we would love to see them. Send your photos through to Rachael Smith via email at: noz4r2@gmail.com

The Voice

Do you want to share your MS Story for publication in the National newsletter 'The Voice'

<http://www.msnz.org.nz/Page.aspx?pid=590>



To find out more about upcoming events see our Facebook page



Join our MS Taranaki facebook page where support and helpful information is always shared and available:

<https://www.facebook.com/groups/MS.taranaki/>

Make a bequest to MS Taranaki

A bequest is a gift made through your will, giving you the opportunity to acknowledge the worthwhile and ongoing work of the Taranaki Multiple Sclerosis Society Inc.

A bequest enables the gifting of property, an insurance policy, cash or other assets from your estate to the specified recipient.

It is so untrue that only the well off leave money to charities when they pass away. The reality is that without the gifts left in wills by people such as yourself, many of the charities would not survive or exist.

For some people, making a bequest through their estate is the only way they will be able to make a significant contribution to an organisation they support.

If you would like to leave a lasting legacy to the Taranaki Multiple Sclerosis Society Inc., please include a bequest to the Society in your will. We strongly recommend you seek legal advice from your solicitor when adding a bequest to your will.

There are several types of bequests:

- General Bequest: A gift of a specific dollar amount
- Specific Bequest: A gift of a specific asset (land, property, shares)
- Proportional Bequest: A gift of a specified percentage or share of the state

Residual Bequest: A gift that directs the society to receive all or portion of what remains in the estate after gifts have been provided to family/friends and all debts/expenses have been paid.

Sample Bequest

I give \$..... or% of my estate to the Taranaki Multiple Sclerosis Society Inc. to be applied for its general purposes.

A receipt taken by my trustees as being given on my behalf of that beneficiary will be a complete discharge to my trustees for this legacy.

By remembering the Society in your will, you can secure the future services provided by the Society for people with multiple sclerosis in your community.

Workbridge could provide a new career, job support, education or training for PwMS

With a branch next door to the Good Home, in Ariki Street, Workbridge is a nationwide professional employment service specifically for people with a disability, including those who live with the long-term effects of injury and illness.

Their mission is to enable people with disabilities to participate and experience equal opportunities in the labour market and they do this by providing support and help for those seeking work (jobseekers) and through administering three 'Support Funds' on behalf of Ministry of Social Development (MSD).

Angela O'Callaghan, Workbridge Employment Consultant, explains the service they provide for jobseekers. "We can assist with upgrading your CV, identifying suitable job options, putting a job search action plan in place, approaching employers on your behalf to find suitable employment and our focus is securing vacancies before they are advertised, enhancing our clients chances of gaining the job."

And the three Support Funds Workbridge administer on behalf of MSD are known as Job Support, Training Support and Self Start. Established by the Government in 1994, the funds are available to ALL people with disability, not just those registered as jobseekers.

JOB SUPPORT

Can assist a person with a disability to move into or to stay in their jobs. It is also available for people in self-employment, people already in employment who are worried about keeping their jobs because of the onset of a disability or because an existing condition has changed. It could also help with on-the-job training.

TRAINING SUPPORT

Can assist a person with a disability to participate in training and education that are linked the NZQA framework or other educational institutions approved by MSD, an unpaid work trial and work experience.

SELF START

Is a fund created to assist people with disabilities set up their own business ventures. The aim of this programme is to assist with any additional disability-related costs of becoming self-employed.

WORKBRIDGE CONTACT DETAILS

Phone: 06 759 9260

Location: 23 Ariki Street, New Plymouth

Website: <http://workbridge.co.nz>





ms.

Taranaki Multiple Sclerosis Society Inc.