

Kia ora Kath

And that's a wrap! December is here - a month brimming with emotions. It's a season of joy, laughter, and happiness, but it can also come with its share of stress. **To help you navigate this busy time,** our guide section of our website offers fantastic resources, including our ever-popular [Guided Sleep and Relaxation Meditation](#), with over 25k views!

**Feeling the heat?** Don't miss the latest edition of [Multiple News](#), featuring a helpful article on [staying cool this summer](#).

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## What's happening!

### MS Auckland's Christmas Lunch - Registrations close tonight!

We look forward to seeing many of you at our Christmas Lunch this Sunday! There'll be **Christmas crafts for kids** (and young-at-heart!) 😊 plus a fun **quiz** for all! Debbie will be speaking about her recent Outward Bound experience; and Sandy will be sharing her story of positivity through her MS



**Date: 8th December**

journey. If you'd like to join our festive fun, **please sign up today.**

**Time: 12.15pm**

**Where: Remuera Club**

**Price: \$35 adult | \$15 child**

**Kath, register here today!**

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### **Round the Bays - 2 March 2025**

A big thank you to everyone who has already signed up to join *Round the Bays* for MS Auckland! In previous years we've truly enjoyed connecting with **partners, family members,** and **friends** of our members who are taking part. If you're not doing Round the Bays but have friends or whānau who are, you are most welcome to join us at our hospitality area for some refreshments. **We'd love to see you there!**



[Find out more here](#)

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### **Bingo for MS Auckland!**

Birkenhead Football Club is holding their legendary MS **Bingo** on Sunday, 15th December. If you'd like to join our table, let Leah know [here](#), as this event is **fully packed out!**



## Webinars



### Enduring Power of Attorney

Many thanks to **Catherine Te Wharau** for presenting our final Webinar for 2025. If you missed it, the recording is available [here](#). A big shout-out to **Care On Call** for making the webinars this year **free of charge!** 🙌

Kath, watch here.

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## Life Buoy

We are delighted to report that our major annual fundraiser, Life Buoy, raised **over \$110,000**; the most successful event to date! Our warmest thanks to our wonderful **Life Buoy committee, Sir Graham Henry, Scotty Stevenson, John Bowring, Harri Newton, Barfoot & Thompson**, and the many prize donors, table volunteers and guests who generously donated on the day.

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## Helping you access MS-specific exercise programmes

We're pleased to offer financial assistance for individuals needing support to access MS or neuro-specific group exercise programmes. To be eligible, you must:

- **Have a diagnosis of MS**
- **Be a member of MS Auckland**
- **Hold a current Community Services Card**

Successful applicants will receive financial support covering 50% of the cost of eligible programmes. For more information or to apply for support for the January–June 2025 period, click [here](#). Applications close on **31 January 2025**.

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### Survey

Kath, please keep an eye out for our end-of-year survey, arriving in your inbox soon! Your feedback is invaluable, and we greatly appreciate you taking the time to complete it. Together, we can continue improving our services and programmes to better support you.

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### Fundraiser of the Month!

We're thrilled to celebrate Ngaire Woodhams for her incredible achievement in conquering the Auckland Marathon last month! Not only did she smash the course, but she also raised an



### Dame Wendy Pye Autobiography

Looking for a **Christmas gift** for someone in business, interested in leadership, marketing or literacy? Look no further. We have some copies of Dame

amazing **\$1,805** for MS Auckland. Ngaire's determination and heart have made a real difference in supporting those living with MS, thank you Ngaire!

Wendy Pye's autobiography, *Teaching the World to Read*, in the office, find out more [here](#).



### Allied Medical Giveaway

Be in with a chance of winning 1 of 2 Christmas boxes filled with Christmas goodies including products from our **Aids for Daily Living** range.

[Kath, enter here!](#)

**What a year it's been!** From launching our new website to hosting numerous community events and get-togethers, 2024 has been full of milestones. We're proud to share some highlights:

- **Over 3,000 connections with our Community Advisor team**
- **More than 700 support group visits**
- **Over 15,000 website visits**
- **2,500 people receiving our magazine and newsletter**

**A standout moment of the year** for many was Awareness Week in September, featuring inspiring stories from our community. If you haven't seen them yet, you can check them out [here](#).

If we've supported you in any way this year, please consider [making a donation](#)—every dollar truly makes a difference. And remember, donations over \$5 are tax-deductible!

From our families to yours, we wish you a safe, joyous, and peaceful Christmas. We look forward to reconnecting with you in 2025!

Noho ora mai

The team at MS Auckland



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**Let's be friends!**

If you use social media, make sure to follow us!



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