Kia ora Kath

April whizzed by—we felt very lucky to have two long weekends, with Easter and Anzac holidays all in one month. We hope you managed to enjoy some downtime too.

Last week, Nicola and the Community Advisor Team (minus Luminita, who was away) headed to Wellington for the annual conference. It's so good to connect, share ideas, and learn from each other - connection is one of the great reasons to join a support group, find out more here.

What's on

Webinars

HSCT and MS

We are thrilled to host this webinar next week on Haematopoietic Stem Cell Transplant (HSCT) with key researchers in this area, **Dr Jennifer Massey (St Vincent's Hospital, Melbourne)** and **Dr Zoe Dyer (Auckland Hospital)**, alongside **Brett Drummond (MStranslate)**. Join us and hear how how HSCT works, our current understanding of this treatment including those most likely to achieve successful outcomes, risks and worldwide options.

Date: 12th May

Time: 7pm

Cost: Free

Kath, Register Here.

For World MS Day, we are shining the spotlight on mental health – a consideration for anyone living with MS around the globe. The psychological symptoms of multiple sclerosis are less discussed than the physical ones, however can be equally impactful. For this webinar, we'll be joined by **Dr Rebecca Maguire** from **Maynooth University in Ireland**, whose research focuses on **mental health in MS** and who also brings valuable lived experience as someone living with MS herself. Together with **Brett Drummond, MStranslate,** they will explore the latest research on mental health in MS and what steps can be taken to help improve it.

Date: 26th May

Time: 7pm

Cost: Free

Kath, Register Here.

Remyelination Research It was a privilege to have **Dr Nick Cunniffe** share progress in this area along with **Brett Drummond** of MStranslate. The session has received interest from around the globe! If you missed it, put aside an hour to watch the recording.

Kath, Watch Here

World MS Day - 30th May

It's a Saturday this year, during King's Birthday, and we are excited to mark it with some great **digital stories,** and an invaluable **webinar on Mental Health and MS,** don't forget to register! 👀 And keep a look out on our socials for **MS Auckland's Ambassador Sam Smith** talking with **whānau of people with MS.**

Music hauora workshop

The Auckland Philharmonia is offering a free, relaxed, and interactive concert **exclusively** for members of **MS Auckland.** There are limited places available for this wonderful free event on Saturday 13th June. You and a partner are warmly invited, registration is essential.

Date: 13th June

Time: 10.30am - 12pm

Cost: Free

Kath, Register Here.

News

Do you have Progressive MS?

If you're living with progressive MS, you may be able to join a clinical trial testing a potential new treatment that may slow decline, reduce relapses, and help people stay active for longer.

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More Info Here

Welcome Diane

We are so pleased to welcome Diane Morris to our Community Advisor Team. Diane has extensive experience supporting individuals and families to access the services, information and support they need. Diane is looking forward to empowering people to live well and helping communities feel connected, informed, and supported.

Diane can be contacted on 021845903 or diane@msakl.org.nz

MS Auckland Board Update

MS Auckland's Annual General Meeting was held last month. Three long-standing Board members stood down at the end of their term and were thanked for their extensive service – **Jan Hollway, Peter Wood** and **Maxine Pitch**, and we thank **Sandra Whitehead** and **Shona Hatton** for their valuable time on the Board. 🙏 **Judith Herbert** was also awarded an **Honorary Membership** for decades of service to the organisation and community. The new Board was elected, with **Emily Howard** as incoming President. You can see the new Board and profiles here.

Fundraiser of the Month - A big shout out to PureGo Peloton Cycling Group who raised an incredible $500 for MS Auckland. This fun-loving, keen group of cyclists come together on Saturdays and have been living by their motto for 16 years -

raising money for charities, making a difference.

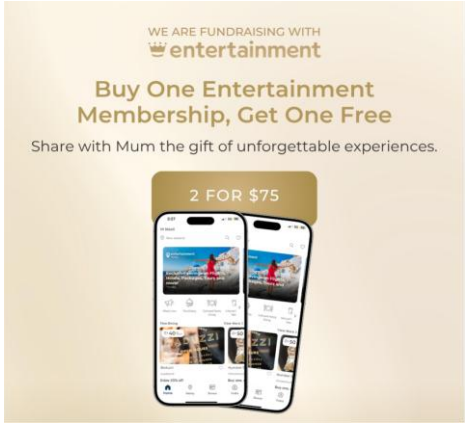
Ride Hard - Have Fun - And Do Good. 💥

Kath, would you like to help support others living with MS in Auckland this World MS Day?

Become a donor | **Share our Socials** | **Buy an Entertainment Book**

Only 12% of our funding comes from the government, with the rest coming from the generosity of the community. **Every $1 donated or granted provides $8.50 in measurable good to NZ Society** 💥 It really does make a difference.

Buy an Entertainment Book or share the link - every purchase helps power local MS support.



We hope you get to mark **World MS Day** in your own way, whether it's meeting up with friends and/or family, or having a quiet contemplative moment to yourself.

We'll be back with more news in June, just after the King's Birthday long weekend, enjoy.

Ngā mihi nui

The team at Multiple Sclerosis Auckland

This newsletter is sponsored by Optimal Clinical Trials

Future dates for your diary

12th May - Live Webinar - HSCT in MS

26th May - Live Webinar - Mental Health and MS

30th May - World MS Day

13th June - Music hauora workshop

29th August - Newly Diagnosed Day

We are now on Tik Tok - Lets be friends!

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