

Kia ora Kath

November has arrived, and excitement is in the air! This month, we're thrilled to host our major fundraiser, **Life Buoy for MS**, which is sold out! But, you can still join in, find out how [here!](#) We're also presenting our final webinar of the year on **Enduring Power of Attorney**—a topic that raises many important questions.

As the holiday season approaches, remember to prioritise self-care and avoid burnout. [Here's](#) a great resource to help.

What's happening!

MS Auckland's Christmas Lunch

Our popular lunch is a family friendly event and all ages are welcome, there'll be festive fun for all.

Date: 8th December

Time: 12.15pm

Where: Remuera Club

Price: \$35 adult | \$15 child



[Kath, find out more here.](#)

Webinars



ENDURING POWER OF ATTORNEY

With
Catherine Te Wharau
Senior Solicitor with Murdoch Price Law

Free Webinar **Tuesday 12th November 7pm**

This webinar series is made possible by our friends at Care on Call

Care On Call
Quality Care In Your Home

We are thrilled to have **Catherine Te Wharau**, Senior Solicitor at **Murdoch Price Law** presenting this month. With a personal connection to MS through a family member, Catherine will provide expert guidance on Enduring Power of Attorney, helping you make informed decisions tailored to your unique circumstances.

[Register here.](#)

Optic Neuritis and MS

Many thanks to **Dr Benson Chen** for his excellent presentation last month, if you missed it or would like to watch again, it is available



ms
MULTIPLE SCLEROSIS
AUCKLAND

Optic Neuritis
MS

with
Dr Benson Chen
Consultant Neurologist, Auckland
Hospital and Senior Research Fellow,
University of Auckland

on our website, along with presentation slides.

[More information here.](#)



Life Buoy Auction Preview!

Our iconic luncheon this Sunday is SOLD OUT! But there's another way of joining the fun, check out our amazing **auction items** [here](#), which 100% support MS Auckland.



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!**

News

ECTRIMS 2024

Auckland Hospital's MS Nurse, **Fiona d'Young** along with Australia MS nurse, **K-J Lazarus** share their insights on effectively



supporting patients with **MSTranslate** during ECTRIMS this year. Are you subscribed to our Multiple News? Don't miss Fiona d'Young's article on ECTRIMS! If you're not receiving it, sign up [here](#).

[Listen here.](#)

Disability Support consultation

The Disability Support Services Taskforce is rethinking the support available for people **living with disability**, following its findings on existing problems. They are currently seeking feedback on supports which will be needed into the future, and how funding should be allocated for these. We encourage you to share your own thoughts through the survey, which is open until 22nd November. More information [here](#).

Neurotherapy Tech - RecoveriX

This is a **free event** as part of **Digital Seniors Expo** at North Shore Events Centre this weekend, Sunday, 10th November. RecoveriX is a brain-computer interface technology that helps the brain rewire itself to **relearn lost motor functions**, benefiting all types of stroke and multiple sclerosis patients no matter how chronic the cases are. Learn more about RecoveriX at this free event! More information can be found [here](#).



Fundraiser of the Month!

We are thrilled to announce Sandy Magill as our star fundraiser this month. Sandy gave a fabulous talk on MS to the Women's Division of the **Hibiscus Coast Community RSA**, raising \$150 for MS Auckland, thank you Sandy and the HCCRSA!

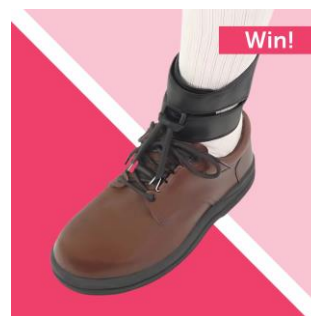


Dame Wendy Pye Autobiography

Looking for a **Christmas gift** for someone in business, interested in leadership, marketing or literacy? Look no further. We have some copies of Dame Wendy Pye's autobiography, Teaching the World to Read, in the office, find out more [here](#).




Allied Medical Giveaway



[Enter here](#)

Be in to win a **Dictus Band!** The Dictus Band is an orthosis to help people who suffer from **Drop Foot**, more information [here](#).

That's a snapshot of what's happening this month, but to keep up with the latest, follow us on our socials 

Noho ora mai

The team at MS Auckland

Let's be friends!

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



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www.msakl.org.nz

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