

Kia ora Kath

A big thank you to everyone who joined us to celebrate **World MS Day**. We enjoyed a fabulous afternoon together and hearing from Dame Wendy Pye, Dr Zoe Dyer and aHSCt patient David Linehan.



New website!

We are absolutely delighted to introduce our brand new [website](#)! Check it out today. A special thanks to Grant Furley, who donated hundreds of hours of his time and expertise throughout the project.

We would love to hear your feedback about it - so please let us know via the feedback tool which will be live on the site until 17 June.

MotoMed available free for MS Auckland members!

Great news! A MotoMed (smart mobility cycle) which was donated to MS Auckland is set up at Active+ Neuro Physio in Albany. The MotoMed will be available for members of MS Auckland to book half hour slots. Best of all, the opening hours are 7am-7pm Mon-Thur, Fridays 7am-4pm, and Saturdays 9am-12pm. Join us at Active+ Albany **10.30am - 12pm on Saturday 8th**

June for the official launch! Please **RSVP [here](#)** to join us for **morning tea** to celebrate and check it out.

Another MS Auckland MotoMed is available for free usage for MS Auckland members at Neuro Connection Foundation in Henderson.



The flyer features the MS Auckland logo and the Active+ logo. It shows a white MotoMed exercise bike. The event details are: **MotoMed Launch**, a collaborative launch where you can experience the MotoMed for yourself. It is on **June 8** from 10.30am - 12pm at **Active+**, 84 Don McKinnon Drive, Albany. Morning tea will be provided, and RSVP is essential by June 6 via the form. There are icons for a calendar, a location pin, and a photo of the Active+ store.

Webinars



The flyer has an orange header with the text **AHSCT - CURRENT RESEARCH AND PATIENT EXPERIENCE**. Below this is a circular portrait of Dr. Zoe Dyer. The MS Auckland logo is on the left. The text says **With Dr Zoe Dyer**, Neurologist, Auckland Hospital. It is a **Free Webinar** on **Tuesday 11th June** at **7pm**. A note at the bottom says 'This webinar series is made possible by our friends at Care on Call' with the Care On Call logo.

aHSCT, Dr Zoe Dyer

Dr Zoe Dyer, Neurologist at Auckland City Hospital, will give an overview on aHSCT / Bone Marrow Transplant for multiple sclerosis patients on **11th June, 7pm**. Questions are welcome, but please ensure they are of a general nature; and anything about your particular medical situation is directed to your MS Nurse or Neurologist. Join [here](#).



Funding Support

May's Webinar featured speakers from Taikura Trust giving an insight into NASC assessment and funding process, and how to make it work for you. If you missed the webinar, the recording is available [here](#)

Teaching the World to Read

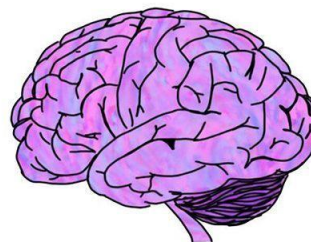
We were delighted to hear Dame Wendy Pye speak at our World MS Day gathering. Her story from small-town Australia through to publishing books which teach children to read in every corner of the world; this is a book which will impress and inspire on a number of levels. Her autobiography is available to purchase through her [website](#) \$39.95+postage. We also have some available for purchase (\$39.95) at the office. Pop in for a copy (we have EFTPOS available).



MS Brain Health Seminar

Time matters in MS. But what does that mean and why is Brain Health important? Join us and MSNZ to hear more from one of the world's leading MS experts, Professor Helmut Butzkueven, about the importance of being proactive in protecting and preserving Brain Health.

Thursday 11th July, 6.30pm, Novotel Ellerslie, Auckland. Tickets \$10 + booking fee. **Spaces are limited.** The seminar will be recorded and published after. [MS Brain Health - Time Matters in Multiple Sclerosis | Humanitix](#)



Butterfly Dedication Garden for World MS Day

We have loved seeing your messages of support and friendship along with your donations in our fabulous Butterfly

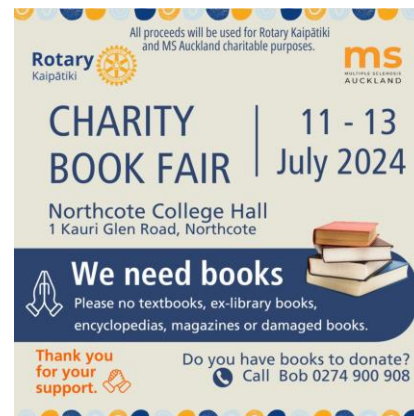
Charity Book Fair

Books are stacking up and volunteers are hard at work, preparing for the Charity Book Fair, 11-13 July at Northcote

garden. We've been blown away that butterflies have been dedicated to us! Thank you for your kindness, and also for the \$1,300 which has been donated so far! The [Butterfly Dedication Garden](#) is still available for you to visit, dedicate and donate. Big thanks again to the AUT students who worked hard on creating this!



College. You can donate books throughout June at collection bins at Z stations Glen Park, Greville Rd, Mairangi Bay, Milford, Onewa Rd and Sunnybrae Rd. Or by calling Bob's number 027 490 0908 who coordinates book collections. Alternatively, books can be dropped at our offices.



Exercise Support Fund

The Exercise Support Fund helps people access MS- and neuro-specific group exercise programmes. The criteria are: member of MS Auckland, confirmed MS diagnosis, holder of a Community Services Card. Applications are now invited for July-December 2024. Additional programmes have been added to the fund, including two live, on-line class options. As such, eligible applicants can select one programme for support in the six month period. If you have any questions about the Exercise Support Fund, please

Local advocacy

One of our goals is to be your voice in the local community. In the next week, our members will receive a survey to better understand your priorities and experiences with local services as a person with MS. Please take a few minutes to complete it. This information will help our Advocacy team prioritise their work, based on the issues most important to the community.

contact the office on
info@msakl.org.nz or
09 8455921. Join [here](#)



Calling crafters, bakers & makers!

The Walk for MS Awareness has been hugely popular the last two years with families, old friends, new friends getting outdoors and making a big orange impact in the Auckland Domain. This year, on **14 September**, we are adding a new twist – a market! It will celebrate all the great skills and talent amongst our members. Would you like a table? Free of charge for our members (and you can keep the proceeds!) and \$40 for non-members. Contact Leah at events@msakl.org.nz

**Celebrate
volunteering**

Support Volunteers Day

On 11 May we shared the day with our wonderful Support Volunteers who run our support groups and provide peer support. It was such a great day – sharing ideas and supporting each other. The session on self-care with Dr Ruth Jillings was also really valuable.

Participants wanted for exercise study

Participants are currently being sought for a research study on the online delivery of MS Get a Head Start. Participants must have a diagnosis of MS, be able to get on

Oceans of Hope Challenge 2024

Whether you have sailed before or not, this is an opportunity not to be missed! Spaces are available for the November 2024 challenge. They will be sailing around the beautiful islands in the Hauraki Gulf, where

and off the floor independently and be aged 18-70 years. More information and registration is available here [AUT Research Project - MSGHS patient program - MS Get a Head Start \(ms-ghs.com\)](#)

you could find yourself sailing into Home Bay, Motutapu Island, Smokehouse Bay, Great Barrier Island and more.

Are you ready for a life changing sailing adventure? [Apply](#) today!

Allied Medical Giveaway

Thank you to Allied Medical for this month's exciting giveaway, a [Folding Pedal Exerciser](#) Enter to [win!](#)



Matariki is coming up at the end of June. The rising of the Matariki star cluster shining in the sky, signals a time of remembrance, reflection, and renewal in Māori culture. We hope that you find a way to connect with nature and/or those important to you during the Matariki weekend.



Dates for your diary

Active+ MotoMed launch: Saturday 8th June

MS Webinar: aHSCT Tuesday 11th June

MS Webinar: MS and Sleep Tuesday 9th July

MS Brain Health Seminar: Thursday 11th July

Charity Book Fair: 11th - 13th July

Newly Diagnosed information day: 10th August

MS Awareness week: 9th - 15th September

Comedy Night: Tuesday 10th September

MS Walk: Saturday 14th September

Life Buoy for MS: 10th November

Ngā mihi nui,

The Team at Multiple Sclerosis Auckland

Let's be friends



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www.msakl.org.nz

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