

Newsletter – October / November 2017

MS Awareness Week

We attended the Cornerstone Pub Quiz Night on Wednesday 30th August. Not only were we there to represent the Society but we raised \$65 from donations at the bar and obtained five first aid kit orders. Thank you very much to Cornerstone Pub, and the quiz ladies, for letting us attend this event.

Our stands on Friday 1st and Saturday 2nd September went well. We think Saturday's bad weather probably stopped quite a few people from venturing outdoors, however despite that we managed to raise **\$3,404.80** for our Society! A HUGE thank you to all of the wonderful volunteers on these two days – without your help we couldn't run the stands which would result in a loss of awareness.

Being on these stands has seen some of our members make new friends, they enjoy the interaction with different people and if they wish to they can talk about what they are going through with others in the same or similar position. We also never know who we might bump into while on a shift – like Prime Minister Bill English for example, who paid a visit to the Papamoa Plaza on the Saturday.



Rachelle, PM Bill English and Lois at Countdown Papamoa



Nicola and Sheryl at New World Brookfield



Patrick, Harry and Carolyn at Countdown Fraser Cove



Roberta and Rebecca at Countdown Whakatane

A note from our President

It is hard to believe that we are now into Spring and daylight saving, extending the daylight hours in the evening. This will hopefully get people out and about and enjoying the monthly meet and greet events that are organised.

At the beginning of September we saw the MS Awareness week conclude with the collection days in full swing. It never ceases to surprise me the generosity of people when it comes to donating to the MS Society. As a result of the collection \$3,404 was raised, another sterling effort. Thank you to all the volunteers that assisted over the two days, especially to Rachelle who once again did a great job in organising the week.

Rachelle continues to work hard to secure funding to cover the operating costs as well as to cover the cost of providing the services. It continues to be a challenge to secure funding so with this in mind, the BOPMS has developed a relationship with the Acorn Foundation to make it easier to donate to the Society. More information about this process will become available over the next few months and will be explained by Max, for the EBOP, and Cheryl for the WBoP, to anyone that would like more information. A big thank you to Max and Cheryl for all the work they do out and about meeting with our members.

Cheryl and I will be attending the MSNZ AGM in the middle of October. This is being held in Christchurch this year and I look forward to meeting other delegates from the various Societies. I'm sure that there will be plenty to discuss at this meeting and I will be able to give you all an update in the next newsletter.

Best regards, Warren Scobie



WBOP Field Worker's Report

As I sit to write this I'm hoping that spring will mean the end of the bugs that have laid so many people low this winter... me included.

It has been a very busy time with another course of fatigue management underway last Saturday and another round of school holidays looming, which means next term is the last for the year and we will be celebrating Christmas before we know it.

Max and I will be attending a regional fieldworker meeting in Hamilton next month and will hear from the MS nurses all about the MS nurses' conference they attended in Hobart at the end of August.

I will be attending the National AGM in October to present my report as National Fieldworker representative. It is a good opportunity to hear what is happening in the other regions and hopefully glean some useful tips.

My 10 year anniversary with BOPMS rolls over on the 1st October; I don't know where the time has gone. Thanks everyone for putting up with me. This role has its challenging moments but is also rewarding at the same time and I enjoy the interactions with the many and varied people I have met along the way. There is always so much more to learn and you, my clients are the biggest teachers; I enjoy working with you to find the possible outcome to your challenges. I have laughed and cried with many of you and I wouldn't have it any other way. Thank you everyone for allowing me to walk this MS journey with you and your families.

Take care and remember to keep smiling.

Warmest wishes from Cheryl
027 221 9977 / cheryl@bopms.co.nz



Cheryl's TEN Year Anniversary

On the 1st of October Cheryl will be working for the Bay of Plenty Multiple Sclerosis Society for ten years. To celebrate this milestone we would like to invite you to join us in a special "high tea" for Cheryl.

Saturday 7th October from 2.00 pm
Persimmon Lane Cakery and Coffee Shop
58 Te Puna Road, Tauranga

Timeline: 2.00 pm arrival, 2.30 pm speeches and presentation, 3.00 pm afternoon tea

The High Tea will cost \$35 per person which includes one hot or cold beverage and a selection of delicious treats (scones, cakes, savouries, club sandwiches and truffles).

We are able to hire a bus for an extra \$10 per person, it will be picking people up from two places in Tauranga (one possibly in Bethlehem). If you would be interested in riding on the bus to and from the venue please let Rachelle know asap.

For catering purposes we need to give Persimmon Lane numbers so please **RSVP by 1st October** to Rachelle at admin@bopms.co.nz or 027 521 9977.



Riding the Grief Wave – Bereavement Support Course

Grief Support Services and Waipuna Hospice are jointly facilitating an eight week bereavement support course. This is for adults suffering a bereavement and is all about people meeting in a supportive environment to make sense of the bereavement wave.

Every Tuesday for eight weeks from the 17th October to the 12th December. 10 am to 12 noon, refreshments provided. If you are interested please register by contacting Denise on 578 4480 or email support@griefsupport.org.nz.

Health Passport

A Health Passport is a booklet that you can carry with you when attending hospital appointments or meeting with other providers of health and disability services. It contains information about how you want people to communicate with you and support you. The Health and Disability Commissioner is working with District Health Boards (DHBs) throughout New Zealand to introduce the Health Passport into our hospitals.

To get a Health Passport you can either order online (www.hdc.org.nz/about-us/disability/health-passport) or email healthpassport@hdc.org.nz.

To ask about the Health Passport phone 0800 11 22 33 ext 5080 or email healthpassport@hdc.org.nz.

How to get the best out of your Health Passport:

- Complete it as soon as you receive it (don't wait till you have to visit a hospital)
- Keep it safely with your other medical records (with your medical file or other paperwork that you may take to a hospital)
- Remember to take it with you every time you visit a hospital
- Inform reception staff that you have a Health Passport when you go to a hospital
- Keep your Health Passport close to your bed at all times when in the hospital
- Remind all hospital staff who work with you to read the Passport
- Remember to take your Passport with you when you return home.



EBOP Field Worker's Report

Hi members, I hope this newsletter finds you well and looking forward to warmer temperatures. I always find life a bit tougher when the mercury drops.

Firstly a big thank you to all the volunteers who manned our MS Awareness Stand in September. There was plenty of MS information being shared between the volunteers and members of the community as well as \$1,049 being raised to support people with MS in the Bay of Plenty. So well done, it is people like you that are the glue in keeping our communities together and running.

Further to previous articles regarding tips to managing Multiple Sclerosis this time we discuss the challenges that numbness and mood changes bring.

Numbness or tingling: it's quite normal to experience some numbness and tingles in the body. Whenever you're feeling that your fingers are numb or tingling, you may want to try cooling them down by putting them in some ice, cold water or something you might have around you that is cool enough to ease up that uncomfortable symptom.

Mood changes: if you experience mood changes, you can talk to your doctor to see if he/she can prescribe any medication to help with feelings of anxiety, depression, irritability, and other changes in mood. It's also quite normal that MS patients may find themselves falling into depression and this can be fought with the help of certain medications. You can also speak with a psychologist about your mood changes. Think of therapy as a helpful tool for addressing these feelings.

Our next EBOP support group lunch will be on Tuesday 10th October at the Whakatane RSA starting at 12:00 pm. We look forward to seeing you there.

All the best from Max
027 571 6898 / max@bopms.co.nz



Funding / Fundraising



A huge thank you to BP, COGS (Mataatua and Tauranga Moana), Whakatane District Council, Lottery Grants Board and Legacy Trust for accepting our grant applications over the past few months. We are extremely appreciative of these organisation's support!

First Aid Kit Fundraiser



This has been a fantastic little fundraiser so far. We have reached our initial target of selling 30 kits and everyone who has bought one is very happy with their contents. If we can sell 20 more kits by the 1st November we will get a shipment delivered before Christmas.

A reminder about what they are about: for each kit we sell the Society will receive \$12. It is a large, carry kit with transparent fold-out compartments that contains 77 items including a digital thermometer! A complete list of the kits contents, and an order form, is available on our website (under the fundraising tab). Often retailing over \$60 we are selling for **just \$40**.

RYE Donation

Thank you to everyone who attended the “Drink, Dine, Donate” evening at RYE Bar and Kitchen on the 25th July. From this evening RYE donated **\$399.70** to our Society and we are very appreciative of their support. Thank you very much RYE!



BNZ Closed for Good Project

Hosanna and Dona from BNZ happily stood on our Bunnings Warehouse BBQ stand from 9am – 4pm on Wednesday 23rd August and raised **\$437.20!** Thank you very much Hosanna and Dona for choosing us as your preferred “Closed for Good” charity.



Sponsorship

Every year there are more and more charities or not for profit organisations opening up and we are all applying for funding from the same pool of money. Unfortunately the money pot is not getting any bigger so naturally all of the organisations are going to get smaller cuts. In the three years I have been with the Society I have already noticed a significant reduction in funding and I feel it has the potential to get worse in years to come.

I have proposed to the Committee we start being pro-active now and look to seek sponsorship to cover our middle to lower range expenses, as well as the exercise classes. Most of our major expenses can be covered with grants however items such as printing / stationery, subscriptions etc can be taken care of by a simple one off payment by a generous sponsor. The exercise classes we run are vital to members managing the impact of the disease (mentally, physically and socially) are a cost we struggle to cover on a regular basis. In order for us to continue to provide these classes at the current subsidised rate it is imperative that we gain sponsorship to cover the costs.

I am not writing this to scare anyone or put panic amongst us, this is about looking to the future and I believe that by acting now we can continue to provide the service we currently do for many years to come. I also need our members help...if you are part of an organisation, or know someone who is, that can become one of our sponsors I would love to hear from you as soon as possible. All sponsorship information can be found on our website, please feel free to read, print or distribute. If you have any questions please do not hesitate to contact me via email or phone.

Thank you for your time, Rachelle
027 521 9977 / admin@bopms.co.nz



Thank you to our 2017 supporters!

