

Our **Annual Subscription** fee is **FREE**  
FOR 2020. Go onto our website to  
join our Team [www.bopms.co.nz](http://www.bopms.co.nz)

# ms.

Bay of Plenty  
Multiple Sclerosis

Bay of Plenty Multiple Sclerosis Society  
PO BOX 15309, Tauranga 3114. Telephone  
022 638 7015  
[admin@bopms.co.nz](mailto:admin@bopms.co.nz)



MONTH  
AUG  
2020

## Our Topics ..... TOP PICKS

We have restructured  
The committee & front-line team!



Our NEW  
Website will be  
LIVE SOON  
[www.bopms.co.nz](http://www.bopms.co.nz)

**Our Face of MS 2020**  
**JO CARSWELL**  
Thank you for your  
dedication & time to  
represent our society  
We are forever grateful!

A Special Thank you goes to Cheryl Standing for her many years of field work. Thanks also to Fiona Clark for her significant contribution to the committee over recent years and Thanks also to Karen Wagstaff & Wendy Sharplin for their administration work over the recent months. Thanks to the many others who have contributed to our society. You will be dearly missed! We thank you for being a part of **MS BOP**



### GOING GREEN!

We would like to start sending as much as we can via email. This eliminates excessive paper waste. **Every bit counts!** Exceptions will be for those with no PC or living in Care homes. Hard Copies will be made available on request. Please update your records as soon as possible so we can be sure to keep you in the loop. (Call Debi or on our Site)



Our income is raised through fundraising ;grants and donations. We cant thank you enough for your generosity towards our society – you make it all happen!



If the only thing people learned was not to be afraid of their experience, that alone would change the world.

— Sydney Banks —

## Our Team

### **President**

*Andrew Buckley*



Hello Everyone,  
I am experienced in clinical health, Human Factors and governance.

I appreciate and I am excited by my opportunity as president of BOP Multiple Sclerosis Society and I will work hard to honour the responsibility which the role carries.

I believe the role of the committee is to ensure that you, our members, are enabled to lead the best life possible for you and your family and that you are afforded the fullest opportunities as residents and citizens of Aotearoa New Zealand.

My goal for BOPMS is that as a “Team of 1,000” (yes, I borrowed the term from Jacinda!) – the committee, our Fieldworker, our Service Coordinator, you the members and your families - we will work together and achieve great success in our future.

### **Vice President**

*Christine Stewart*

I was diagnosed with MS 4.5 years ago. I attended some of the social groups and exercise classes and found them extremely helpful and that I wasn't alone with this diagnosis.

I have a background in nursing.

I own a Kiwifruit Orchard with my husband in Te Puke and have 2 adult children.

I enjoy doing things in the community and meeting new people.

I joined the committee because I believe that our MS members deserve all the help and support that we can provide for them and I am very excited to be working with this new committee to do this.



### **Treasurer**

*Catherine Buckley*



I am a registered nurse with 30 years' experience in health, disability and social services.

My focus has been in establishing and developing client-centred care and services. As a member of your committee, this will continue to be my focus.

My whanau are dear to me and I re-charge I connect with whenua - a legacy of my Irish whakapapa. ☺

### **Committee Members**

*Rebecca Hardie*

I live near Otakiri on a lifestyle block with my fur babies of 2 cats, 2 dogs, 4 horses and 3 scale babies, goldfish.

I was diagnosed with MS 5 years ago which totally changed the plans that I had for the future and brought about a change of lifestyle. I focus on health and maintaining my independence and achieving as much as I can with my new normal. I joined the MS BOP last year as I feel it is a very important asset to have for those of us with MS.



## Sonya Fergusson



My husband got MS at age 32. I was 28. Our boys were 3 and 4 when their Dad got sick and grew up to be the most wonderful caring young men. He was amazing. Even in a head controlled wheel chair kept himself busy so was always seen around town .A well known identity.

## Staff Members

### Debi Haydon (Field Worker)

Hi Everyone

A big thankyou to Cheryl for the amazing orientation she has given me to the fieldworker role. I know she will be missed by everyone.

I'm looking forward to meeting you all over the next few months, either individually or at the group meetings as I travel around the Bay of Plenty region.

My background is in nursing, social work and adult education and I have worked with organizations in the community in a variety of roles.

I live in Tauranga and my interests include tai chi, complementary therapies and Sashi my wee dog. We enjoy our lovely outdoors, especially the ocean.

The fieldworker service includes support, information, advocacy and networking opportunities in the community. Contact me either by phone call, text or email to find out more.

Regards and take care

Contact details 022 543 8750 or email [debi@bopms.co.nz](mailto:debi@bopms.co.nz)

### Shaina Fernandes ( Office Service Co-Ordinator)



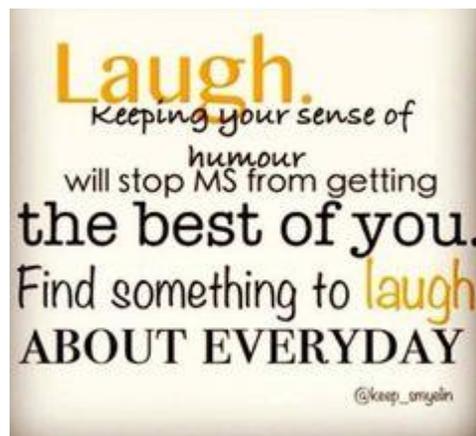
I look forward to planning more of the fun stuff such as exercise groups , family outings, breakfasts and fun fundraisers.

I have a passion for being involved in Good Causes and I feel its so vital that organisation like this exist to support members on their journey.

I have previous experience of working in the health & disability sector.

I have 13 years of office administration experience and have a Diploma in Public Relations. And I believe this all goes hand in hand in my role with MS BOP.

Contact details 022 638 7015 or email [admin@bopms.co.nz](mailto:admin@bopms.co.nz)



**OUR OFFICE IS NOT ATTENDED AT ALL TIMES. IF YOUR CALL IS NOT ANSWERED , PLEASE LEAVE A BRIEF MESSAGE WITH YOUR DETAILS & WE WILL GET BACK TO YOU AS SOON AS POSSIBLE**

## AWARENESS WEEK

We would love it if **MS members** and their families would host a collection box for a day or two at your workplace (or perhaps your favorite store or cafe would oblige!) during our campaign. They will be self explanatory and have a lovely scented "WAX **MELTS**" inside and people can just donate to our society by dropping money in the slot and creating awareness by scanning the QR code and sharing with family and friends.

Please contact the office if you would like to be apart of this That would be very much appreciated - Thanks!

## Helpful information

**Shop online- avoid the stores!!!**

[www.eat.co.nz](http://www.eat.co.nz) / 09 437 1144

[Shop.countdown.co.nz](http://Shop.countdown.co.nz)

[www.paknsaveonline.co.nz](http://www.paknsaveonline.co.nz)

[www.ishopnewworld.co.nz](http://www.ishopnewworld.co.nz)

**Vitamins & Supplements**

[www.healthpost.co.nz](http://www.healthpost.co.nz)

[www.multiplesupplements.co.nz](http://www.multiplesupplements.co.nz)

## **Our Exercise Classes and Physio Groups will commence as soon as we can arrange them.**



### COFFEE GROUPS IN BOP



**Te Puke** Last Tuesday of the month 10.30am. The Daily Cafe, Commerce St. Te Puke

**Mt Maunganui** 1st Wednesday of the month 10.30am. BB's at Bayfair, Mount Maunganui

**Whakatane** 2nd Tuesday of the month 12 midday. RSA 21 Richardson St. Whakatane

We plan to set up other groups very soon. Please contact Debi if you're interested in being a part of a social group in your area.

### **SHARE YOUR STORY**

**We want YOU!!**

**Share your story with us! We would love to share it on our social media and website. You never know who will read it and learn something new or even just to know they are not alone.**

**Email them to  
[admin@bopms.co.nz](mailto:admin@bopms.co.nz)**



### Specials

**for MS MEMBERS in BOP**

**RELAXATION MASSAGE**

**\$10 OFF**

**(Papamoa)**

**Ginny Rush +64 210 296 4391**

**EVERLASTING BEAUTY**

**All Beauty Treatments at 10% off**

**(Bethlehem)**

**Patrizia 0210 266 3033**

If you know of someone willing to offer special discounts for MS MEMBERS and they would like to advertise on here or our website please email me at [admin@bopms.co.nz](mailto:admin@bopms.co.nz)

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**Disclaimer : Our thoughts & expressions may not be as per those of our members or their families**