

Our **Annual Subscription** fee is **FREE**
FOR 2020. Go onto our website to
join our Team 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



MONTH
OCT
2020

Our Topics TOP PICKS

Our NEW Website IS LIVE! PLEASE SHARE IT!
www.bopms.co.nz

IMPORTANT DATES

Oceans of Hope Challenge NZ	5-9 th April 2021
Bangers to Bluff	6-17 th April 2021
World MS Day	30 th May 2021
MS Awareness Week	13 th – 19 th September 2021



CHRISTMAS FAMILY LUNCH

Please let us know if you will be
attending 😊

We would love to see you all there.

WE HAVE HAD SUCH GREAT FEEDBACK ON OUR
WAX MELT CAMPAIGN.

IF ANYONE WOULD LIKE TO PURCHASE MORE – PLEASE CONTACT OUR
OFFICE OR SEND US AN EMAIL WITH YOUR ORDER.

THEY ARE GREAT FOR YOU HOME AND CAR!
GREAT LITTLE GIFT FOR FRIENDS AND FAMILY.
THEY ARE GREAT FOR XMAS GIFTS TOO 😊

WAX
“MELT” IPLE
SCLEROSIS
Live life brightly, melt away your worries



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!

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- FEEDBACK

Our boxes are still out there. Please keep a look out and try one of our Wax Melts!
Our Face of Ms QR Code is still active so please share this with family and friends too.



Exercise Classes- Thursday at 2pm @ Nextstep NZ- Thereafter \$10 per class Hosted by Aaron who is an exercise Physiologist
Community Physio- Starting on 6th November Friday (fortnightly) 11am @Knox Community Church Whakatane 83a Domain Road (specifically for those with MS) -\$10 per class Hosted by Pip Adam who is DHB community physiotherapist



YOUR STORY COULD BE HERE
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

NATIONAL MULTIPLE SCLEROSIS AWARENESS WEEK

ONE OF THE MANY FACES OF MS



- Multiple Sclerosis, Huntington's Disease and other neurological conditions have a profound impact on people with these conditions and on their families.
- Our BOP Multiple Sclerosis Society supports our members and their families on their life-long journey.
- Opportunity to support our members by donating to our society - your contribution will be spent wisely to support front line services.



PLEASE DONATE NOW VIA THE QR CODE

FUNDRAISE.MSNZ.ORG.NZ/FACEOFMS

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Visit our website for further details

bopms.co.nz

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We are applying for funding for those who would like to attend exercise classes. Please contact us and let us know when and which activity would suit you

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. Muffin Break 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.

This is your



CONTACT DEBI (FIELD WORKER) FOR ANY SUPPORT NEEDS 022 543 8750

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