

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
SEPT
2020

Our Topics TOP PICKS

Our NEW Website IS LIVE SOON
www.bopms.co.nz



President
Andrew
Buckley



**Vice
President**
Christine
Stewart



Treasurer
Catherine
Buckley



**Committee
Member**
Rebecca Hardie



**Committee
Member**
Sonya
Fergusson



Staff Member
Debi Haydon
(Field Worker)



Staff Member
Shaina Fernandes
(Office Service
Co-Ordinator)

OUR AGM IS COMING UP!

19TH OCTOBER 2020 @ MOCA ROOM, PAPAMOA LIBRARY
IF YOU WOULD LIKE TO ATTEND



I wanted to say a **BIG** thank you to each and every one of you for your kind wishes and generosity. I also wanted to say how pleased I am to hear that Debi and Shayna are building a tight team and getting the Society back to providing the service it was set up to deliver...of course I also recognize that there has been significant work done behind the scenes to get BOPMS back up and running and the committee has done an amazing job getting it to this point. I wish you all the very best for the future and will no doubt see you again soon.

Thank you everyone,
Love from Cheryl xx"

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!

AWARENESS WEEK- FEEDBACK

Thank you to everyone who supported us for Awareness week. We appreciate all those who hosted a Wax Melt Box for us. Places have offered to extend the period to host the boxes. We will update everyone on the collections made. For those that would like more Wax Melts - Kindly contact us via email.



Exercise Classes- Thursday at 2pm @ Nextstep NZ (Free until 29th October 2020) – 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

ms.
Bay of Plenty
Multiple Sclerosis

Visit our website for further details
bopms.co.nz
admin@bopms.co.nz • 022 638 7015

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

Wā 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.



CONTACT DEBI (FIELD WORKER) FOR TOTAL MOBILITY DISCOUNT CARD

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

PUBLIC RESPONSE FIGURES

Sunlive Newspaper	69000 Readership
Sunlive Digital	14 Clicks from 59 907 impressions
The Beacon	6000 Subscribers plus 18000 hard copies published and sold in shops etc
Opotiki News	2000 Subscribers plus 5000 hard copies published and sold in shops etc
MSNZ QR Code Donations	6 Donations
BOP Facebook Page	3085 Page reach, 58 Page views

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

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.

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

FEEDBACK ON COVID SURVEY

BOPMS Membership - Covid-19 Survey.

Over a two-week period in August, the Bay of Plenty Multiple Sclerosis (BOPMS) Society team conducted a study where a sample of our members completed a survey on the personal impact of Covid-19, the associated Level 4 lockdown and the ensuing continuum related to Covid-19 infections domestically and globally.

The purpose of the survey was to identify the impact of the Covid-19 pandemic and the Level 4 lockdown measures on our members and also to explore the possibility of any residual impact, given that there remains a potential for more waves of infection.

The survey was in the form of a 21-question hard copy questionnaire, was conducted at three of our regular social gatherings and included members from both Eastern and Western BOP. There were 16 Respondents - 13 Female and 3 Male - which represented approximately 10% of our membership. The age range of respondents was 40-75 years, with an average age of 64, and with seven respondents over 70 years of age.

Summary.

When the survey results are scaled across our membership of 150 members (and their families) the following picture emerges;

- Approximately 45% of members impacted by maintained worry about becoming infected.
- Approximately 45% of members impacted by maintained worry about family members becoming infected.
- Approximately 45% of members having long-term experiences of varying degrees of loneliness / social isolation.

These figures are just a few of the results of the survey and are in line with Ministry of Health survey results from their weekly surveys of the general NZ population, at a national level. Throughout the period of the pandemic, the NZ Ministry for Health (MOH) has conducted a weekly, nationwide study of the impact of Covid-19 on New Zealanders.

Key findings from the 23rd week of the MOH survey (31 August–6 September 2020) include:

- 27% are worried about the risk of getting Covid-19 infection
- 50% feel worried about the health of their family members
- 9% experienced anxiety or depression symptoms in the past week
- 21% felt lonely or isolated to some extent in the past week
- 9% felt stressed about leaving home
- 28% felt nervous when they thought about current circumstances

The results of our survey are in line the MOH survey results and this enhances confidence in the reliability of our survey results.

The results of our study demonstrate that there is significant extra demand on BOPMS resources as a result of the Covid-19 pandemic and the continuum of infection risk and associated lockdowns. More demand means that we need more funding to match that demand.

A FEW WORDS OF THANKS, ON BEHALF OF THE TEAM.

Thanks to the members who kindly took part in this short survey. The resulting report will be very useful as we seek funding to run our service. Presently, there is recognition that there is, and will be, growing competition between charitable agencies for sources of funding.

It will help greatly when applying for funding that we have done our research and we present facts in our applications. Thanks for your help as we work to keep the organization resourced and able to deliver services, services which thankfully many members don't need but to many other members, our services are really important.

We will need to do other surveys, etc. in the future and I want to pre-emptively thank all our members for your help and support when we need it in the future.

Andrew Buckley.