

Inside:

Totara Springs	P1 - P2
The Michael Ford Memorial Golf Tournament	P3
Terry's Fundraising Tour of Aotearoa	P4 - P5
Exercise Class	P6
AGM Updates	P6
Grants & Scholarships	P6
Notice Board and sponsors	P7
Calendar	P8

MS Waikato Trust supports people affected with Multiple Sclerosis and Huntington's Disease; MS Waikato Trust is affiliated with the MS Society of New Zealand. If you would like further information on our services, please contact us:

Life Unlimited Building
20 Palmerston Street
PO Box 146, Hamilton 3240

Ph: 07 834 4740
mswaikato@mswaikato.org.nz

Liz - 07 834 4741
Karen - 07 834 4742
Janet - 07 834 4740

ManuScript is brought to you by:



Totara Springs

As with most things right now, Covid-19 had an impact on the MS Waikato family camp at Totara Springs, the last camp was scheduled for 2020 and sadly we had to call it off as the country went into a full lock down. The decision was made to reschedule to 2022 and for a while there it looked like we were going to have to yet again cancel.

It was a tense couple of weeks leading up to camp, but the staff at Totara Springs had a plan, wanted to welcome us to camp and most of the families were happy to go ahead, so we did! Camp this year had smaller numbers, but that actually brought us very much together as a group and it felt very special.

The camp is intended for families, therefore it is attended by people with MS, their partners and children; feedback from everyone is that it was a special time together renewing old friendships and making new ones.

The camp works well on many levels, apart from being a fun challenging time it is also an opportunity for people with MS to discuss their joys and woes, hopes, fears and dreams. Many good ideas are shared and the participants say it is encouraging to be with others facing a similar path in life.

There is also a special opportunity for partners of people with MS to be together and over the weekend there are informal opportunity's to ask each other questions and share experiences.



For the children of people with MS it is a rare opportunity to be in a place where everyone's parent has MS so it is completely normal and they too have a chance to talk openly about MS.

While most of the weekend is spent enjoying activities, whether participating or observing, some time on Saturday night is put aside for some age appropriate education for the kids, and a quiz which centre's on MS.

The activities offered included; Top Town team games, kayaking, slug gun shooting, rock climbing, hydro slide, giant water slide, swimming in the heated pool, Burma trail, go carts, playground, mini golf, archery, archery tag, flying kiwi, tubing, slippery slide, human foosball and mini golf. Everyone has the option of participating or watching, or even sneaking off for a sleep!

Continued on page 2

Totara Springs

Continued from page 1

The actual environment is beautiful, set just out of Matamata with stunning views, it is very peaceful and relaxing.

MS Waikato subsidise the cost, which includes accommodation, meals and activities for the whole weekend, we thank and acknowledge our very generous funders, New Zealand Community Trust and Stockbridge Trust, without their funding it would be very difficult to run the event.

We plan to have another camp 3-5th March 2023, please let me know if you would like to register interest.

Liz Hogan



The Michael Ford Memorial Golf Tournament



Our annual golf tournament took place in March, the event is now in its 22nd year. Despite the Covid cloud, it proved to be another very successful event raising a total of \$8,325. With a field of 64 players, the overall best stableford was awarded to Ben Boshier and it was lovely to have Joanne Ford join us again to assist with the prizegiving.

Thank you to our generous sponsors and to the players without which the tournament would not be possible. In particular, we would like to thank the Ngahinepouri golf club who donated the course to us for the day. Thank you also to our wonderful volunteers – Sue and Alice who gave up their time to assist on the day and Kay Gregory, our Master of Ceremony.

Our sponsors help in a variety of different ways, some making a monetary donation, others donating prizes or services for the day. They choose to do this to help make a difference; all funds raised remain in our region to assist with the provision of support and education services for our clients and their families.

Please do remember our sponsors and support them too.

Gold Sponsors

Chris Lynch – Midland Neurology
 Craigs Investment Partners Ltd
 Dulux
 Eric and Lauraine Mills
 Hamilton Workingmen's Club
 Keppler Haval
 Modern Construction
 Move My Pension
 Ngahinepouri Golf Club
 Nigel Tate Financial Planning
 PKF Hamilton Ltd
 Ron Flood Insurance
 Simon Boshier – Silver Fern Farms

Stainless Design Ltd
 Stihl Shop – Te Rapa
 Total Life

Silver Sponsors

Laser Plumbing Hamilton West
 Life Unlimited
 Mitre 10 Mega

Bronze Sponsors

Crombie Lockwood Ltd
 Davy Engravers
 Direct Group



Flagstaff Pharmacy
 Hoyts Te Awa
 HR Connect
 MitoQ
 New World Te Rapa
 NZ National Fieldays Society
 OneStaff
 Printhouse
 ProDrive Golf
 South City Pharmacy
 Te Aroha Mineral Spas
 Whittakers

Terry's Fundraising Tour of Aotearoa



Firstly, I would like to thank everyone who supported my cause by donating, encouraging me or biking with me at different stages as I biked the length of New Zealand in March.

In total, I raised \$12,000 for MS Waikato which was given by 85 donors over 3 months. Here's a brief story of my journey.

The ride turned out to be one of the hardest challenges both physically and mentally, I have ever done, and at the same time the most rewarding. The ride started at Cape Reinga and ended in Bluff. A total of 3000km zig zagging through beaches, trails, gravel and sealed roads. The Tour of Aotearoa had about 230 riders starting in waves over 5 days.

The North Island section took me 15 days to ride. The ride took me from Cape Reinga, down 90-mile beach, across Northland to Pouto Point, on a ferry to Helensville, through Auckland, along the Hauraki Gulf, down the Hauraki Rail Trail, through Matamata and Mangakino, along the Timber Trail, across the Bridge to Nowhere, through Whanganui, Palmerston North and Martinborough then along the Remutaka incline to Wellington. I averaged 100km each day with the biggest days being around 150 km.

The North Island was tough, the hills in Northland went on and on. On my second day, it took me five hours to climb to the great Tāne Mahuta. That day was one of my hardest, starting at 6am and finishing at 9pm. Taking the wrong turn didn't help as I ended up doing an extra 15km at the end of the day. By that point, food was down to several

biersticks for dinner, so the next morning I rode 30 km to Dargaville for a decent breakfast. I ordered a big breakfast and asked the waitress to double up on the bacon and eggs. Wow, best breakfast ever!

For the first week of biking, I would go to bed exhausted, and my thigh muscles would burn with pain. But after a good night's sleep I was surprised to feel ok to bike again and seemed to get stronger and fitter as the ride progressed.

After many wrong turns and riding extra kms, there had to be a better way to navigate instead of my book and dodgy GPS tracker. So, I hired a Personal Assistant who downloaded an app for me and also booked ahead my accommodation. Her name was Stephanie - my daughter. She took on this role after watching my progress online and getting frustrated with all my wrong turns! From that point on, my ride was a lot easier I just had to feed myself and keep the legs pumping. Other riders thought I was very well organised especially with my tracking and the great accommodation I was finding... little did they know!

Riding into Martinborough from Eketāhuna at about 4pm, I called into a bar for a beer called the Cool Change Bar and Eatery. Most days would end with a beer or two - it tasted so good after hours of cycling. At this bar I meet the owner and he invited me to have a beer with the locals to talk about my ride. I spoke about my fundraising for MS and was hugged by a lady sitting next to me who suffers from MS and we shared some tears and stories. This lady reminded me of and looked like my mother who, after a long battle with MS, passed away in 2009. After a few beers and something to eat I decided to call it a day to bike to a camping ground to stay the night. But as I was leaving I was given a donation by the locals of \$300 and my bar tab and food had been paid. Acts of kindness like this made my ride worthwhile. All the way throughout the ride, people who I had just met donated to the cause. Another kind couple gave me some alluvial gold from their property in Murchison valued at \$400.





After crossing the Cook Strait ferry early, I rode with friends to Canvastown which is just past Havelock. I was fortunate to have many friends and family that rode with me at different stages across New Zealand it really helped knowing they were all supporting me - it really picked me up.

The South Island took me 13 days to ride. The scenery was spectacular. I rode through beach forests, glaciers, remote beaches, stunning lakes and mountains ranges that made you feel so small. The ride took me through Nelson and Greymouth, along the wilderness trail, through Hokitika, along the West Coast to Haast, through the pass to Wanaka, over the Crown Range to Queenstown, across the lake to Walter Peak Station, around the mountains to Lumsden then down through Winton to Bluff.

The ride down the West Coast was spectacular and I was fortunate with the weather as we only had one day of rain the whole trip - it had to be on my long haul from Haast to Wanaka through the Haast Pass.

Wanaka to Queenstown was a great ride apart from the grind up the Crown Range but it was great fun coming down the other side to Arrowtown. After Queenstown, I caught an early barge to Walter Peak Station then rode on a gravel road around the mountains, passed the Makora Lakes and down to Lumsden. I was absolutely shattered that night as the gravel road just seemed to go on for eternity, plus I rode about 140km that day. The next day was my last day to Bluff. I rode into Bluff with mixed emotions reflecting on the whole journey but also excited to finish the epic ride.

Fortunately, I had no flat tyres during the whole trip, but I had to do a few bike repairs including several crank bracket bearings and a few repairs after a crash near Whanganui. I was riding too fast down a tarseal road and lost control before summersaulting off my bike and ending up in a gorse bush on the other side of the road!



The ride had plenty of high and low points mentally and physically. A lot of riders had to pull out for different reasons and there was one fatality that I came across near Murchison. One rider had a heart attack five minutes in front of me. A local farmer had found him on the road and was unable to revive him. We had enjoyed a coffee together only half an hour before. I found it hard to pick myself up and carry on after that experience, but I felt like I had to ride the rest of the tour for him. For the riders who were nearby, it brought us closer and I felt the experience made me realise how precious life is.

We all should make the most of our lives and put ourselves outside our comfort zones when we can. You might surprise yourself by what you can achieve. I certainly did!

So life is back to normality now, and I'm not sure what my next crazy adventure might be...

But if you do want to lose 5kgs in 28 days and eat as many pies and as much food as you can I would recommend this trip. You only have to ride 3000 kms 😊

It was great to share this story with you, and I feel very privileged and humble to be able to help MS Waikato in this way.

Thanks for the support,

Terry Slattery



MS grants and scholarships

Mastering Mountains - Grant applications open until 31st May

The purpose of the grant is to assist people who have been diagnosed with Multiple Sclerosis (MS) or Functional Neurological Disorder (FND) to overcome a specific obstacle so that they can achieve an outdoor pursuit in New Zealand.

Successful applicants will be eligible for a financial contribution toward the activity, equipment or specialist training with the amount awarded at the discretion of the Selection Panel. Previous grants have been worth up to \$4000.

Successful recipients are determined individuals with a base level of mobility, an achievable goal in New Zealand, and the motivation to achieve greater levels of mobility through exercise and a healthy lifestyle.

Applications are open to New Zealand residents with MS or FND, and are offered between 1st April and 31st May annually.

Dorothy L Newman scholarship - Now accepting applications until 30th June

The Dorothy L Newman Scholarship assists people who have been diagnosed with Multiple Sclerosis and as a result are unable to continue in their present employment and need to undergo a course of retraining to find new employment. Or to assist people with Multiple Sclerosis to stay in work by providing them with equipment / aids that are required for employment purposes. Counselling that may be required to overcome barriers related to attaining employment difficulties due to MS or for job seeking support such as CV reviewing or interview coaching.

Applicants will be required to state in their application the reasons why they chose their course of study, how they intend to use their qualification on successful completion of their course and the likelihood of employment following the course.

For more information on both of the above grants please visit the MS Society of NZ website <https://www.msnz.org.nz/scholarships-and-grants/>

MS Exercise Class

The exercise class at Anytime Fitness is still going strong, but does have space for new members. At the current orange Covid setting the class is able to continue as normal. Run for us by our instructor Margaret Thomson the class caters for all clients and is supported by 2 wonderful volunteers Sue and Richard.

Remember, the right kind of exercise can significantly help with your health and wellbeing. The classes are also social, enabling members to meet with others affected with the same condition, share challenges and experiences. To run the classes MS Waikato has partnered with the Parkinson's Society who also have members attending. Classes are held twice weekly, on a Monday and a Wednesday morning at 10.30 and last an hour at each session.

The classes are subsidised by MS Waikato through grants. The only thing we ask from you to attend is that you become a financial member (if you are not already) and make a contribution of \$2 for each class that you attend.

If you have not been before and would like to give it a try please call Liz or Karen and they will arrange an introductory visit.

AGM Updates

The MS Waikato AGM was held on the 17 March.

There have been a few changes to the board with Mark Etheridge, Desley Park and Graham Derrick retiring. Mark had served an incredible 17 years as a Trustee, during which he held the Chairpersons position several times, and spent many years on the board of MS New Zealand and as a regional representative. Both Desley and Graham had been Trustees for several years, with Desley also serving a term as Chairperson. Our Trustees all work in a voluntary capacity and we would like to express our sincere thanks and appreciation to them for the time they gave and the knowledge they shared.

Keith Small has now taken on the role of Chairperson, Dave Cordery is Deputy Chairperson and Mike Tuck will continue as a Trustee. We also welcome new Trustees – Rebecca Watson, Bill Shaw, Euan Reeve and Amber Hammill.

NOTICE BOARD

Library Books

Please remember we maintain a library of books. With books to support MS and HD, a list of titles is available on our website www.mswaikato.org.nz. Please contact us if you would like to borrow a book.

Scooter Batteries

If you need to replace the batteries in your scooter we may be able to assist, please contact Liz on 07 834 4741 or email liz@mswaikato.org.nz

St John's Caring Caller

Caring Caller is a service that St John provides for people who live alone or are housebound due to an illness or disability. Volunteers phone clients regularly to check that everything is ok. The service is free, if you wish to enquire about receiving a regular call from a Caring Caller phone 0800 000 606.

Dogs in Homes

For the safety of our staff please ensure all dogs are secured when staff visit.

Wheelchairs

MS Waikato has wheelchairs available for loan, for all enquiries phone 07 834 4740.

Subscriptions

Please note 2022 subscriptions are now due. The cost for subscriptions is \$40 or \$20 if you hold a Community Services Card. A subscription form is enclosed if subscriptions have not been received. Thank you for your support.

Bequest

A bequest is a gift made through your will. A gift to MS Waikato is very easy to leave in your will and is a gift that makes a difference and lives on in memory. If you would like to include a gift to MS Waikato it will help future generations living with the effects of MS and HD.

A bequest to MS Waikato can be made through writing a will or making an amendment (Codicil) to your existing will. Please ensure your will states the donation is for MS Waikato, naming our organisation ensures the donation is received by MS Waikato and remains in our region. Making a will ensures that your estate is distributed according to your wishes. We recommend talking to your family to ensure they are aware of your wishes.

Alinkers

MS Waikato has an Alinkers which is for client use. If you are interested in trialling this for about 6 weeks please contact Liz for further information.

TravelScoot

We have a TravelScoot available for short term loan for a donation. For more information contact Liz or Karen.

Entertainment Book

MS Waikato are selling the Entertainment books again this year. The books are now digital and contain thousands of dollars worth of vouchers. The books can be purchased as a single city, multi city or multi year. MS Waikato will receive 20% from each book sold. For more information visit <https://nz.entdigital.net/orderbooks/1b54128> or contact janet@mswaikato.org.nz to receive this link.

Payments

If you wish to make any payments directly to MS Waikato please pay into account number 02 0316 0488196 000. Please remember to include your name and what the payment is for eg Subs.

Donations

Donations to MS Waikato can be made at anytime through our website www.mswaikato.org.nz, please click the link 'Donate now' and it will take you to the Spark Foundations give a little website. Donations can also be made directly to the MS Waikato bank account, if you are not registered with us please email Janet with your contact details to enable us to forward a receipt - janet@mswaikato.org.nz

Thanks to our Sponsors and Supporters



WDFW Karamu Trust • Waipa District Council • COGS- Hamilton City, South Waikato & Waikato West Rehabilitation Welfare Trust • Anytime Fitness - Hamilton Central • Gallagher Charitable Trust • Stockbridge Trust • The Page Trust • The Norah Howell Charitable Trust • Waipa District Council Glenice and John Gallagher Foundation • Waikato Lyceum Charitable Trust

MSWT EVENTS CALENDAR

June 2022

SUN	MON	TUE	WED	THU	FRI	SAT
			1 MS Exercise Class 10.30am – 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton	2 MS Support Group Hamilton Jam at Queenwood Queenwood Ave, 10.30am	3	4 MS Walking Group 9am The Veranda Cafe Hamilton Lake
5	6 Queen's Birthday	7 MS Support Group Te Awamutu 10.30am Churchill Cafe, Te Awamutu	8 MS Exercise Class 10.30am – 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton	9	10	11 MS Walking Group 9am The Veranda Cafe Hamilton Lake
12	13 MS Exercise Class 10.30am – 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton	14	15 MS Exercise Class 10.30am – 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton	16	17	18 MS Walking Group 9am The Veranda Cafe Hamilton Lake
19	20 MS Exercise Class 10.30am – 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton	21	22 MS Exercise Class 10.30am – 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton	23	24 Matariki Holiday	25 MS Walking Group 9am The Veranda Cafe Hamilton Lake
26	27 MS Exercise Class 10.30am – 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton	28	29 MS Exercise Class 10.30am – 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton	30 MS Support Group Mometewa Matamata 10.30am		

July 2022

SUN	MON	TUE	WED	THU	FRI	SAT
31					1	2 MS Walking Group 9am The Veranda Cafe Hamilton Lake
3	4 MS Exercise Class 10.30am – 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton	5	6 MS Exercise Class 10.30am – 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton	7 MS Support Group Hamilton Venue to be advised 10.30am	8	9 MS Walking Group 9am The Veranda Cafe Hamilton Lake
10	11 MS Exercise Class 10.30am – 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton	12	13 MS Exercise Class 10.30am – 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton	14	15	16 MS Walking Group 9am The Veranda Cafe Hamilton Lake
17	18 MS Exercise Class 10.30am – 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton	19	20 MS Exercise Class 10.30am – 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton	21	22	23 MS Walking Group 9am The Veranda Cafe Hamilton Lake
24	25 MS Exercise Class 10.30am – 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton	26	27 MS Exercise Class 10.30am – 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton	28 MS Support Group Mometewa Te Aroha 10.30am	29	30 MS Walking Group 9am The Veranda Cafe Hamilton Lake

August 2022

SUN	MON	TUE	WED	THU	FRI	SAT
	1 MS Exercise Class 10.30am – 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton	2	3 MS Exercise Class 10.30am – 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton	4 MS Support Group Hamilton Venue to be advised 10.30am	5	6 MS Walking Group 9am The Veranda Cafe Hamilton Lake
7	8 MS Exercise Class 10.30am – 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton	9 MS Support Group Te Awamutu 10.30am Churchill Cafe, Te Awamutu	10 MS Exercise Class 10.30am – 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton	11	12	13 MS Walking Group 9am The Veranda Cafe Hamilton Lake
14	15 MS Exercise Class 10.30am – 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton	16	17 MS Exercise Class 10.30am – 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton	18	19	20 MS Walking Group 9am The Veranda Cafe Hamilton Lake
21	22 MS Exercise Class 10.30am – 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton	23	24 MS Exercise Class 10.30am – 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton	25 MS Support Group Mometewa Morinsville 10.30am	26	27 MS Walking Group 9am The Veranda Cafe Hamilton Lake
28	29 MS Exercise Class 10.30am – 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton	30	31 MS Exercise Class 10.30am – 11.30am Anytime Fitness cnr Anglesea / Clarence St Hamilton			

MS Waikato Trust, Life Unlimited Building, 20 Palmerston Street, PO Box 146, Hamilton 3240

Tel 07 834 4740, Email mswaikato@mswaikato.org.nz, Website www.mswaikato.org.nz

Disclaimer: "MS Waikato accepts no responsibility for accuracy of information contained within this newsletter."