



**Multiple Sclerosis
& Parkinson's**
CANTERBURY

Welcome

Greetings everyone,

I have been here just over 6 months now. I am continuing to learn how the organisation ticks and meeting people. The newly set up MS and Parkinson's feedback groups are very important to me as it allows me to have more in-depth conversations with people on topics as I get us ready to move into the Braintree Wellness Centre. I am also trying to attend as many morning teas as possible to meet people out in the community.

I want to encourage you to please ring us if you need any assistance. The clinical staff have worked hard to get the waiting list down, and now have the capacity to see more people. However, that means you must give us a call to let us know how we can help you.

I also want to say thank you for all the donations that we have received over the past few months. They help fund our nurses, physio and range of programmes such as the Speech Maintenance Course run monthly.

We have had several requests from students wanting to do their placement with us. They are studying to be nurses, physio's and personal trainers. We want to take up these opportunities. The more people that come through us, the more trained health professionals will be out in the community with a better understanding of MS and Parkinson's.

Keep well

Karla Gunby

Executive Manager



Braintree Wellness Centre – project update

The dry autumn weather experienced in May made for great progress on site, with contractors able to take advantage of the favourable conditions. Armitage Williams have completed the building and carparking platform preparation (civil works) and are preparing the main building platform to pour the concrete floor in mid-June. This time next year, we should be in the building. Meanwhile, the team is working through the design details to ensure BrainTree is disability friendly and functional, meeting the needs of our members and their carers.



We were very fortunate to have a special gathering on-site on 17 May, with Liz Kereru and the kaumātua from Te Ngāi Tūāhuriri Rūnanga blessing the site for us. It is wonderful to establish this relationship with the iwi and to receive their full support for BrainTree. We look forward to developing our relationship with the iwi and other key supporters as the project grows.

Stay up to date with the project at www.canterburybraincollective.org

Tessa Kain President

Notice of AGM

Our AGM will be held on
Wednesday 28th July at 4:30pm
at Multiple Sclerosis & Parkinson's
Canterbury,
3/49 Sir William Pickering Drive,
Burnside, Christchurch



Street Appeal

Planning for our annual street appeal is well under way with all sites confirmed. We are now calling for volunteers to collect in all areas throughout Christchurch.

Dates are Friday and Saturday 3rd and 4th September. Can you help?

If so, please go to our website to complete our street appeal volunteer form or contact Bridget on 03 366 2857.

Oceans of Hope 2021

2021 Oceans of Hope Challenge was a great success. The weather was kind to us as we sailed on Steinlager 2 around the Hauraki Gulf.

We had 23 people join us from around New Zealand, 7 of those from Christchurch which was fantastic. Over the 5 days it was great watching people stepping out of their comfort zones and making great friends.



Watch this space for our next Oceans of Hope Challenge and hopefully we will see you there.

Ingrid Robertson

Spotlight on Lisa Wood, our Yoga Teacher

Lisa has been practicing yoga for over 20 years and teaching for 14 years. She is a IYTA (NZ) International Yoga Teachers Association qualified yoga teacher. "I've taught at the society for over 10 years. The classes at the society are a pleasure and a delight to teach. Yoga has many benefits for mind, body and soul and it's a real privilege to pass on that information." When Lisa is not teaching yoga or volunteering for St John, she loves to explore the Port Hills with her border terrier, Monty.



Introducing Lee Macintosh, Exercise Therapist

Lee is a REP's registered personal trainer and endurance coach, with a deep interest and passion for human performance, health and wellbeing. "I am constantly seeking to broaden my skills as a trainer", he says. "My aim is to develop autonomy in people and for them to be able to exercise safely and efficiently without a trainer".

You will see Lee in the gym on Wednesdays.



Empowering Education through our Clinical Team

Over the past couple of months, we have been busy looking at ways in which we can share the wealth of knowledge and expertise held by our Parkinson's Nurses and Physiotherapist. We aim to do this through educating other clinical staff and health professionals across the Canterbury community at Nursing Homes and Retirement Villages; increasing the knowledge and understanding of those who are providing inpatient care to people with Parkinson's.

These education sessions will include:

- An overview of tips for managing Parkinson's given by our Nurse
- Tips for managing advanced Parkinson's Disease in residential care – A 3 hour workshop that delves deeper into strategies
- An overview of physiotherapy management and interventions

To find out more go to the health professional page on our website or give the nurses a call on 366 2857.



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CANTERBURY
strong connections



**THANK YOU
PARKINSON'S
SPOUSES/CARERS' GROUP**
for coming to meet our new team.



Do you know these terms?

Neuroplasticity

Ability of the central nervous system to remodel or adapt to a response. This can be positive or negative. Exercise can contribute to positive neuroplastic changes. But it needs to be:

- Hard enough
- Done often enough
- Relevant and interesting to YOU.

Disease Modifying

Delaying the underlying pathology of a disease or disease process.

Exercise may be disease modifying by:

- Reducing sedentary behaviour
- Reducing deconditioning (loss of fitness and strength)
- Helping to manage changes associated with ageing.

Neuroprotective

Recovery or regeneration of the nervous system. Exercise has not been proven to be neuroprotective in humans, but it may help to build up resistance to neurological disease.



What can our nurses do for you?

Our part in the team is all about symptom recognition and management.

During our assessments we look at what the most troubling symptoms currently are.

Discussing topics like:

- On/off motor fluctuations and how to recognize them.
- What to do if your meds aren't working for as long as they used to.
- How to regulate constipation and why it's so important to make sure your full dose of Parkinson's meds are absorbed.
- What happens when you take your Parkinson's meds with protein?
- Occupational Therapist referrals for equipment for making home safer and movement easier.
- Mood, memory, bladder, bowel, swallowing, speech and more.
- Referrals to specialists as required.

It's free with your membership and we are always here in person or on the phone if you'd prefer.

Nurses contact details

To contact our nurses, Deborah Ballantyne or Elspeth McKeon call the main office on 366 2857 or email: nurse@ms-pd.org.nz.



Deborah Ballantyne



Elspeth McKeon

Catchups

MS peer support group

We are running MS peer support group meetings every 6 weeks. Please check Facebook and/or our website for dates, times and venues. The next MS peer support group meeting is on 1 July, 5.30 pm - 7pm at 3/49 Sir William Pickering Drive. Our guest speaker, Leiza from Overcoming MS (OMS) will talk about this 7-step recovery programme involving positive changes in diet and lifestyle to achieve a better, healthier life with MS. Please call our office on 366 2857 to RSVP.

Minimise Fatigue, Maximise Life MS course

We are looking forward to facilitating the updated Minimise Fatigue, Maximise Life MS course, which is one session a week for six weeks, later in the year. Call the office on 366 2857 to register your interest.

Young onset Parkinson's peer support group.

Call the office on 366 2857 to register your interest in a young onset Parkinson's peer support group.

From our Physio

I have been outreaching this month with two clinics in Rolleston for our Selwyn members and a trip with Kate, our Activities Coordinator, to Ashburton to talk about the benefits of exercise for managing MS and Parkinson's.

I have also been busy working on updating our resources for members and connecting with other professionals working with people with MS and Parkinson's in the community.

We are excited to have had a donation of a new exercise bike for the gym. A huge thank you to Ken at Heritage Health Club.



Tara Martin *Neurological Physiotherapist*

Call our main office on 366 2857 or email: physio@ms-pd.org.nz



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BrainTree A wellness centre
for brain health