



Welcome to our Autumn Newsletter, we have lots going on - and lots to tell you about. So grab a coffee and a comfy chair!

**April is Parkinson's Awareness Month** in which the global Parkinson's community comes together to raise awareness of Parkinson's.

### **What can you do?**

- Spread the word, and share your story with someone who might benefit from learning more.
- Make this the month when you finally make that appointment with a health professional that you've been putting off.
- Book your exercise assessment and get moving again.
- Try one of our support groups. Take the plunge this April and give it a go.
- Know someone who is a care partner? Check-in on them and see how they're doing.
- Make a donation. The more funds we raise, the more people we can help.



**A special thank you** to Merv and Bill from Ashburton Woodworkers Inc, who delivered over 200 red tulips to MSPC this week. These tulips are available for sale at BrainTree for \$5 each.



**The MS & Parkinson's Annual Golf Day** took place on a glorious sunny day on 16th March. We were humbled by the generosity of the players and supporters who all contributed to make this event a success. Thank you to all who contributed with a special shout out to ISAAC Construction our main sponsor. Thanks also to Sam Whitelock (pictured) for turning up on the day to support our players and our cause, Hagley Group for bringing their BBQ truck and keeping us all fed, and The Crowded House Coffee Company for the delicious sandwiches that kept our players going on the course.

**This event wouldn't be possible without the help of all our sponsors:**

Isaac Group  
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 TDX  
 Christchurch Casino  
 Christchurch Paragliding  
 Coast Up Close Wildlife  
 Adventures  
 The Crowded House  
 Cowdy & Co  
 BrainTree Wellness Centre

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### **Greetings MS and Parkinson's Canterbury family!**

My name is Amin and I am the new exercise coordinator at MS & Parkinson's Canterbury, I've got some exciting updates for you. As an Accredited Exercise Physiologist with a PhD in Health Science, I'm thrilled to be part of this amazing team and to have the opportunity to work with you all.

If you're feeling a little lost when it comes to exercise, don't sweat it! Just book a fitness assessment with me and we'll figure out where to start. During this one-on-one session, I'll run a series of physical tests to assess your current fitness level and identify areas that need improvement. These tests include anthropometry, gait performance, balance, range of motion, and muscular strength measurements. Think of it like a mini adventure to discover your fitness potential!

Once we have a clear understanding of your fitness level, we can develop a personalized exercise plan that's tailored to your needs and goals. But that's not all - I'm also working on some exciting new concepts for our exercise classes, so stay tuned for that. I can't wait to see you all there!

Finally, I want to remind you of the importance of exercise for people with MS and Parkinson's. Exercise has been shown to have numerous physical and mental health benefits, including improving balance, reducing fatigue, and boosting mood. As I always say, "Exercise is medicine." It may not cure MS or Parkinson's, but it can certainly help manage the symptoms and improve your overall health and well-being.

Remember, exercise isn't just good for the body - it's good for the soul too. So, let's make sure we're getting our daily dose of fun and fitness together.

Yours in health and high-fives,  
Amin

WE NEED  
YOUR  
HELP

Look out for our exercise survey that will be sent out shortly, this survey is designed so we can better understand your exercise needs.





**Multiple Sclerosis  
& Parkinson's**  
CANTERBURY  
*strong connections*

# Exercise Class Timetable

**Exercise is for everyone**

Book all classes and open gym sessions  
online or phone 03-366 2857

**Please check in to reception prior to  
your class**

Classes are approximately 50 minutes.

## Timetable

March 2023

### Monday

12.45pm - 1.45pm Open Gym  
2pm - 3pm Open Gym

### Tuesday

9.45am To be Confirmed  
11am To be Confirmed

### Wednesday

12.45 - 1.45pm Open Gym  
2pm - 3pm Open Gym

### Thursday

9.45am Parkinson's Potential  
11am Top to Toe  
12.45pm Parkinson's Power

### Friday

9.45 - 10.45 Open Gym  
11am - 12pm Open Gym



**Multiple Sclerosis  
& Parkinson's**  
CANTERBURY

Phone: 03 366 2857  
Email: [support@ms-pd.org.nz](mailto:support@ms-pd.org.nz)  
BrainTree Wellness Centre  
70 Langdons Road  
Papanui, Christchurch  
[www.ms-pd.org.nz](http://www.ms-pd.org.nz)



## Class Details

### Parkinson's Potential

A fun and innovative class for people with Parkinson's. Exercises are mostly completed standing to challenge your balance, coordination and get you puffing. We include practice of functional skills you need to keep your Parkinson's problems in check. You will need to be able to get on and off the floor independently.

### Top to Toe

A cheerful and fun exercise class for people with MS or Parkinson's. We focus on using your whole body to keep you as fit as possible, regardless of any walking or balance difficulties you may have. Most exercises are done sitting, with some standing exercises an option for those who are able and want to work on their balance. **This class is suitable for people who use a walking aid or a wheelchair. Support persons welcome.**

### Parkinson's Power

Parkinson's Power is a high-energy class for those who are in the early stages of their Parkinson's and looking for a BIG challenge! We focus on exercises that make you work hard and challenge your balance and coordination. **This class is not suitable for people who experience regular falls or freezing.**

### Gym Circuit

This is a circuit based exercise class using the gym equipment. **This is the perfect option for people who need more support to exercise and use gym equipment.** Suitable for people who use a wheelchair, need a little bit of extra support to get the most from their exercise programme, or who have difficulty following instructions. Support persons welcome.

### Open Gym

The gym is open to complete your exercise programme prescribed by the exercise physician under supervision.

### Cost per Session

Concession Cards	\$10 per sessions (for 10 or more sessions)
Casual visit	\$12 per session

Want to catch up on our latest Keynote Speaker Series? You can find them on our [Youtube Channel](#)



### **Peer Support Groups**

We met up with Hayley Barnes over a coffee and had a chat about her journey with MS & Parkinson's. Hayley is one of our fabulous volunteers in the office and she also runs her own MS Peer Support Group.

### **How did you get involved in MS and Parkinson's Canterbury?**

"I was diagnosed with MS about 23 years ago and I registered with MSPC straight away although I never used any of the services. It wasn't until 2013 when I did the Fatigue course that I started connecting with the community. When the course finished after six weeks, we had all bonded and become friends and we decided to set up a regular meeting. I've been organizing "Hayley's Brunch" ever since."

### **What is Hayley's Brunch?**

"It's a monthly catch-up with people diagnosed with MS. We still have a core group of the people that attended the course back in 2013 but we've had lots of newbies join us though-out the years. It's just a fun catch-up we don't always talk about MS but it's nice to hang out with people experiencing the same things."

**Does this sound like you** or would you be interested in any of our other Peer Support Groups? Check out our Support Group Info below and find one that suit you.





## MS & PARKINSONS CANTERBURY PEER SUPPORT GROUPS 2023

Registration is essential for all our support groups to ensure we can properly host and to make sure you have the correct date, time, and location.

### PARKINSON'S @ BRAINTREE GROUPS

Group Name	Date	Time	Who	Location
Monday Parkinson's	3 <sup>rd</sup> Monday of the month	3-4pm	People with Parkinson's and their whānau	BrainTree
Tuesday Parkinson's	3 <sup>rd</sup> Tuesday of the month	11am-12pm	People with Parkinson's and their whānau	BrainTree
Carer Group with Gaynor Morris	Quarterly Tuesday or Thursday	10-11am or 2-3pm	Whānau and carers of people with Parkinson's	BrainTree
VAMP with Rob Whitmore	2 <sup>nd</sup> Tuesday of the month	10am-11am & 11-12pm lunch	Membership group - full	BrainTree
VAMP Partners	2 <sup>nd</sup> Tuesday of the month	10am-11am & 11-12pm lunch	Membership group - full	BrainTree
Open Gym	1 <sup>st</sup> Friday of the month	12pm-1pm	People that attend our gym	BrainTree Café

### PARKINSON'S GROUPS HELD ELSEWHERE MONTHLY

Carer Group with Gaynor Morris	Monthly; Tuesday or Thursday	10-11am or 2-3pm	Whānau and carers of people with Parkinson's	Cafes around city
Parkinson's Prebbleton/Fifield's	1 <sup>st</sup> Thursday of the month	11:30-2pm	People with Parkinson's and their Partners	Prebbleton

### MULTIPLE SCLEROSIS GROUPS @ BRAINTREE

Wednesday MS	3 <sup>rd</sup> Wednesday of the month	10:30-11:30am	People with MS	BrainTree
Smyelin'	Twice a year	11am-12:30pm	People with MS - 45 years and under, their partners and whanau	BrainTree
Open Gym	1 <sup>st</sup> Friday of the month	12pm-1pm	People that attend our gym	BrainTree Café

### MULTIPLE SCLEROSIS GROUPS HELD ELSEWHERE MONTHLY

Smyelin'	Bi-monthly on a Saturday	11-12:30pm	People with MS, 45 years and under, their partners and whanau	Cafes around city
Saturday with Ingrid and Gail	Monthly on a Saturday	10:30 or 11am start	People with MS	Varying locations
Tues w/Hayley Barnes	Monthly on a Tuesday	10:30-12ish	People with MS	Cafes around city

### ASHBURTON

MS Ashburton	2 <sup>nd</sup> Wednesday of the month	11am-12pm	People with MS and their whānau	Hospice Mid-Canterbury
Parkinson's Ashburton	1 <sup>st</sup> Monday of the month	10:30-11:30am	People with Parkinson's and their whānau	Columbus Coffee Moore St

## Health and Wellbeing Update

For the last three months the main educational workshop focus has been on COVID and Fatigue. These presentations were developed to provide information on managing Fatigue post viral illness and adapted to include more specific information on trying to obtain better quality sleep.

Sleep is an important aspect in the management of Fatigue, along with exercise, nutrition and mental wellbeing. We talk about Sleep Hygiene, but what does this actually entail? Below are a few tips to help improve or remind you about good sleep hygiene:

- Keep regular times for going to bed and getting up as much as you can, having a pre-bedtime routine can help prepare ourselves and body for bed.
- Relax an hour or more before bed, avoiding screens, as the light from your phone and computer suppresses the hormone melatonin which aids our sleep.
- Get sunlight first thing in the morning. This exposure aids the sleep/wake cycle rhythm. Open the curtains up, get outside if you can first thing when you wake up, or as early as you can.



## Are you ready for a life changing sailing adventure?

Did you know Ingrid Robertson who is on our Board of Trustees, is also an avid sailor and organises the Oceans of Hope Challenges in Oceania? Ingrid loves sailing and is heading over to Greece in May to take part in the Athens Flotilla.

Ingrid was diagnosed with MS in 1999 but has never let that hold her back in achieving her dreams, inspiring and supporting others by being an advocate not only in her local community, but also nationally. After sailing with Oceans of Hope Challenge in Croatia in 2017 she knew she needed to bring this to NZ and since 2018 has organised four Oceans of Hope Challenge NZ, taking over 150 people with MS on sailing adventures. She is inspired to help others with MS to find their magnificence.

Ingrid organises the sailing trips to provide opportunities for people with MS to meet people also diagnosed with MS, learn from each other, feel empowered, and push the limits of what they think they can achieve. Ingrid is an inspiration to everyone she meets, encouraging people to "believe in yourself."

The camaraderie of sailing a boat with people who have similar experiences creates an environment where people can comfortably share their hopes and fears. The Oceans of Hope experience is a catalyst for creating lasting friendships and a sense of community. There will be crew to help you learn and ensure you get everything you want from this experience. These fabulous boats are easy and safe to sail so you can learn to sail or learn new sailing skills. If you come alone, you will certainly have some fun and make life-long friends.

If you are interested in learning more or booking your spot for this years sailing adventure in Australia from 9th to 14th September, then contact Ingrid on [oceansofhopechallengenz@gmail.com](mailto:oceansofhopechallengenz@gmail.com) or find more information on our website <https://ms-pd.org.nz/oceans-of-hope-challenge/>

## Thank you to all our sponsors and donors

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