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argund & about

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SUMMER COMPETITION**

**CLIENTS ENJOYING THE POOL AT THE
EPSOM WATER WALKING GROUP**

EDITORIAL

New Year and a new start!

Following our Xmas break the full team are back on board raring to go. Our four Field Workers, Dianne, Glen, Diane and Georga are already out and about meeting members across the whole region and introducing themselves to those new people that they have recently taken on as part of our re-structure. Although we are fewer in number you can expect to have the same service from us that you have had in the past. We are certainly working hard to deliver that to you!! If you need to support of information from us, please do not hesitate to ask – that's exactly what we are here for.

Our **Water Walking** classes have all kicked off and we would encourage some new people to come along and try them out. They are becoming increasingly popular but we still have room for new members.

Graham and Judy Wear will be having their **Annual BBQ** at their home in Coatesville on Saturday 26th February (see article below). All are welcome to attend, but please let Shelley in the office know on (09) 845 5921 for catering purposes and we will give you directions, etc.

I'd also like to take this opportunity to **welcome Shelley Oliver** to our team. Shelley, who hails from South Africa but has lived in New Zealand long enough to be a Kiwi, has taken the role of Office Administrator and you will no doubt talk to her when you ring the office

Cheers
Gary



SUMMER BBQ

The annual barbecue will be held at Graham and Judy Wear's home in Screens Road, Coatesville on Saturday 26th February from 11.30 am till 2.00pm. All members, as well as family and friends, are be very welcome.

As far as catering is concerned we will provide the meat and we ask that you bring a plate (e.g. a salad).

Please let us know if you are attending (and what you are bringing) by either ringing Shelley in the office on (09) 845 5921 or emailing shelley@msakl.org.nz

BRAIN DAY 2011

Brain Awareness Week is an annual international campaign to raise awareness about brain research and brain diseases.

Brain Day is Saturday March 19th 9am – 4pm.

Come and discover the wonders of the human brain and learn about the latest neuroscience research into brain health and brain disorders. A full day's programme with lectures, workshops, activities and displays is planned.

Venue: Auckland Business School
Owen G Glenn Building,
12 Grafton Road, Auckland

Facilities: Fully accessible, food available on site with cafe facilities

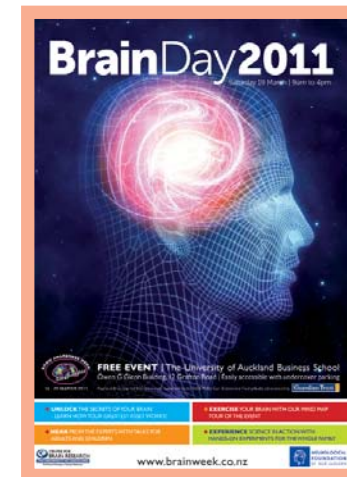
Parking: Available under the building, \$5. Lifts easily accessible on all floors.

The Neurological Foundation of New Zealand has been an official Brain Awareness Week partner for five years. From modest beginnings, the Foundation has developed Brain Awareness Week into a significant public education event with a robust national programme of 'Brain Days' and public lectures.

For one week every March, Brain Awareness Week unites the global efforts of over 2,200 universities, hospitals, patient groups, government agencies, schools, service organisations and professional organisations in 76 countries in a week-long celebration of the brain. During Brain Awareness Week, campaign partners organise creative and innovative activities in their communities to educate and excite people of all ages about the brain and brain research. Events are limited only by the organisers' imaginations!

The Centre for Brain Research is working with the Neurological Foundation of New Zealand and other community partners to create a series of great events for all the family. We love what we do, and we want to share the wonders of the brain with you! We believe working with the public and our community partners is critical to further research into brain disease.

For more information visit www.brainweek.co.nz or www.cbr.auckland.ac.nz
Phone (09) 923 1825 or email cbr@auckland.ac.nz



FUNDRAISING AND VOLUNTEER NEWS

WATER WALKING GROUPS 2011

**Made a New Years Resolution to get fit this year?
Then Water Walking could be just the answer for you...!**

Our 2011 Water Walking exercise programme is now underway and we would love to have you join in one of our pool groups. These groups are fun, interactive, social and are designed to help you increase your level of fitness as well as enjoy the company of fellow participants.

The water walking sessions are facilitated by fully qualified neuro Physiotherapists and are attended by members of MS Auckland Region. The groups have a very social element to them and the feedback we have received from participants has been fantastic.

Take the plunge and contact your Field Worker at the office on (09) 845 5921 to find out whether these groups would be right for you.

See below location, time and Physiotherapist details:

Millennium Institute of Sport

Location: 17 Antares Crescent, Mairangi Bay
When: Wednesdays, 10.30 – 11.30am
Physiotherapist: Margo Angland
Field Worker: Diane Hampton

Papatoetoe Pool

Location: Sutton Crescent, Papatoetoe
When: Wednesdays, 11.00 – 12.00pm
Physiotherapist: Sandra Blewitt
Field Worker: Dianne Bartlett

Epsom Girls Grammar Aquatic Centre

Location: Silver Road, Epsom
When: Thursdays, 10.30 – 11.30am
Physiotherapist: Julie Rope
Field Worker: Glen Monin

West Wave Recreation Centre

Location: 20 Alderman Drive, Henderson
When: Fridays, 11.00 – 12.00pm
Physiotherapist: Fleur Drewitt
Field Worker: Georga Forgac



DONATION FORM

I would like to subscribe to the MS Society of Auckland & the North Shore Inc (\$40 per annum)

I would like to donate: \$25 \$50 \$100 Other \$ _____

Payment method: Cheque Visa Mastercard
(please make cheques payable to the Multiple Sclerosis Society of Auckland & the North Shore Inc)

Card No: _____ Expiry: _____

Name on Card: _____ Signature: _____

Title (*circle one*): Mr / Mrs / Miss / Ms

First Name: _____ Surname: _____



Address: _____

Suburb: _____ City: _____

Phone: _____ Email: _____

For details about leaving bequests or further information on how you can help MS Auckland Region, please contact the office on (09) 845 5921

PHONE 0900 YES 2 MS

Call **0900 93 726** to make an automatic \$20 donation.

Please ensure you have the account holder's permission.

FUNDRAISING GOT AN IDEA?

Do you have a great idea for fundraising? Know anyone who may be able to help out? Perhaps donating or subsidising an event or prize or just their time.

Contact the office or email gary@msakl.org.nz

FIELD WORKERS UPDATE

FROM DIANE - NORTH SHORE

I hope that everyone has had an enjoyable Christmas and New Year and made the most of the summer holidays. As you know the Society has been through the stressful process of restructuring and we have lost 2 of our Field Workers, Allison and Bea. With the holidays over we are starting to get in touch with people again. While still keeping my usual members on the North Shore I am now the Field Worker for the East Coast Bays, Albany and Greenhithe. I will be gradually catching up with my new clients as well as existing clients in the next few months. I work full days on Wednesdays, Thursdays and Fridays until 2.30pm so do please ring me if you wish to make contact and haven't heard from me.



FROM DIANNE - SOUTH AUCKLAND

Happy New Year to you all. I have had the Christmas and New Year period off work, and then went away on our usual week to the beach with the family. Had a lovely time in the sun - all 11 of us and the dog too! I feel now that I need a holiday to get over that one!!!! I hope that you are all coping with the heat. I am now back on deck and rearing to go. As well as covering the South Auckland area, I now have part of Central and East Auckland. I look forward to meeting up with old and new clients and hope to be in touch with you as soon as I can. Do feel free to contact me. My hours of work are Monday to Thursday 8.30am to 4.30pm and Friday mornings 8.30am to 12.30pm.



FROM GEORGA - WEST AUCKLAND

I hope your year is going well so far. If you have any concerns regarding your MS do call to speak to the MS Field Worker for your area. Our office number is (09) 845-5921.

I still cover West Auckland but now I also cover areas further afield including Helensville, Wellsford, Warkworth, Whangaparaoa and Orewa. I look forward to seeing new faces, and also catching up with members I've already met. Keep well and I'd love to hear from you.

My e-mail is georga@msaki.org.nz



FROM GLEN - CENTRAL AUCKLAND

I hope you all had some special times with family or friends over the xmas break. I am now back on board after a really welcome break through January, managing to drive to and from the Coromandel in the aftermath of both cyclones! All ready for what the Year of the Rabbit brings!

I will be gradually attempting to make contact with the additional members I have taken over from Bea's area, but please call me via the office on (09) 845-5921 if needing contact beforehand.



PROF JELINEK FEATURED ON TV

Prof Jelinek's research on live-in MS retreats featured on ABC TV

Since 2002, Prof Jelinek has been running week long live-in retreats for people with MS at the Gawler Foundation in Victoria. Over that time, his research team has been evaluating the outcomes for people attending the retreats. The December 2010 issue of the international peer-reviewed journal *Quality in Primary Care* reports the findings of this study.

The *7.30 Report* featured this on December 16. The story details some of the results of the study, and interviews the Professor, and some retreat participants.

Overall, the study showed improvements at 1 year after the retreat of 13% in mental health and 15% in physical health, and at 2.5 years 15% in mental health and 17% in physical health. That there should be such an improvement, particularly in physical health, and that the benefit should continue to accrue with time, are very significant findings.

People with MS can take genuine hope of a bright future from this research, and the television report. To watch the story online, go to www.abc.net.au/reslib/201012/r690762_5202943.aspx

MY STORY

MY LIFE AND MS

by Graeme Thompson



MS came as an unwelcome gift for my 40th birthday present some twelve years ago now. Actually it marked its intrusion eight years earlier when I stumbled and fell during an exercise with the local volunteer fire brigade.

Not seeing any obvious obstacles on the ground that day, the process of falling over repeated itself. I did think that it may be time to look at glasses, so went to see my GP whom I had done lots of work as a builder, which was my trade. John got me to go along to an ophthalmologist and I knew for sure you never went to one of them for getting glasses.

The specialist after much deliberation sent me to a neurologist who immediately told me of MS. I knew very little of the disease in those days admittedly, but the diagnosis was confirmed with an MRI after the initial detection of optic neuritis. After Angela (my wife) and I got used to the idea of having a chronic illness to deal with, we did our level best to reorganise our lives and lifestyle to meet this new challenge and also to continue raising our two young children. I in fact had the reaction of taking no notice and just carrying on as my symptoms didn't stop me in my trade at that point.

The crunch came at age forty when it became clear that I had to change tack somehow, but to leap in which direction? Two things saved my/our bacon in those years. First was the unwavering love and support of my wife and family. Second was my accountant who had nagged me to take out an insurance policy for loss of income due to sickness. I, like most guys I know resented paying the premiums hugely but we would have been up it without a paddle if not for the accountant's persistent nags.

I had always wanted to return to University to complete a degree I began at age 18, but never did. Also I had gone to the US in 2008 to go to Speedweek on the Bonneville salt flats in Utah to watch a mate of ours try to crack Bert Munro's record, which he eventually achieved in 2010. There was something that said during that trip to go home and re-enter your education and so

I have done that and was able to cross-credit the papers earned all those years ago. I now find myself in my third year of completing my BA, with a major in History and a minor in Politics.

What of my unwelcome gift I mentioned earlier? It has remained mercifully stable. I have kept a good level of strength and fitness through our local Gym and have needed the mental stimulation of the academic world to maintain that balance. I have a lot to be grateful for, such as my family without whom this would not have been possible, I am thankful to the MS Society and particularly to The D.L.Newman trust for granting me five hundred dollars which has gone a long way towards covering a lot of the academic texts required.

There is usually a silver lining in most clouds if you are willing to look, has been the lesson I have gleaned over the last twenty years. It may have been that I would not have entered into something as fulfilling if not for the advent of MS.

Source: MSNZ

SNIPPETS AND WEBSITES

ARCTIC HEAT

Arctic Heat Cooling Vests work by the special crystals absorbing and retaining the temperature of the water that it has been placed in. By retaining the temperature longer than other products, the Arctic Heat Cooling Vest can provide a significant advantage to those subjected to potential heat stress. Cooling of the body can be achieved pre, during and post exercise. The chief benefits of using cooling vests include:

- Drop in skin temperature
- Drop in core body temperature, and
- Improvement in perceived comfort level

For more information, or to view the range of products currently available please visit www.arcticheat.com.au or email admin@arcticheat.com.au

OVERCOMING MULTIPLE SCLEROSIS

The new website of Prof George Jelinek has recently been updated with some new articles and a list of new events for 2011. This website is a very handy tool and it provides a great deal of scientific information on news, events and current research. You can also register to become a member of the website so you receive newsletters and search for available resources.

Please visit www.overcomingmultiplesclerosis.org for more information.

GREAT DEALS FOR SUMMER



"PETA UNPLUGGED" DVD

10 Fabulous Recipes for Summer Entertaining

Join New Zealand food expert Peta Mathias as she demonstrates ten fabulous summer entertaining dishes. This chaptered, easily navigable DVD, complete with printable recipe attachments, is sure to find a home next to your favourite cookbooks.

Not only is this a very practical kitchen companion... Peta, complete with her endless wit and wisdom, and glorious fashion sense, will keep you thoroughly entertained... from the tantalizing arrangement of recipe ingredients at the start to the delectable visual symphony at recipe's end!

Purchase the DVD "Peta Unplugged", **only \$24.99** (+postage)



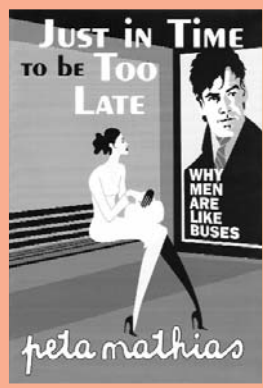
CAN WE HELP IT IF WE'RE FABULOUS?

This book is for each and every fabulous woman out there.

The irrepressible Peta Mathias is a woman who has never been afraid to embrace life with all its glorious inconsistencies, joys and heartbreaks. Peta instantly becomes every woman's confidante, as she shares with us the wisdom she has learnt over her years of living outrageously. She knows the value of good friends, great music, lively conversation, beautiful surroundings and a one-way ticket to an exotic destination. And having loved and lost – more than once – Peta also has her own theories on why relationships begin and end.

Published by A PENGUIN ORIGINAL, 2008

Our price: **Only \$25.00** (+postage)



JUST IN TIME TO BE TOO LATE

In her bestselling guide *Can We Help it if We're Fabulous*, the irrepressible Peta Mathias shared her thoughts on being a woman. Now, with *Just in Time to be Too Late*, she turns her attention to what it means to be a man in the 21st century. What makes men cry? Why are bad boys so irresistible? What exactly is the point of sport? To what extent is a man's self worth connected to his job? What do men look for in a relationship? Does a man ever get over his first love? Why do men lie? What does he need to be happy? And, of course, why are men like buses? These are just some of the vexing questions Peta looks for answers to.

Published by Penguin NZ, 2009

Our price: **Only \$25.00** (+postage)

Get in quick to take advantage of these great offers, we have limited stock of these items available for purchase. All proceeds will go to MS Auckland Region..

Payment can be by cash, cheque or credit card. Please contact Shelley at the office on (09) 845 5921 for any further details.

SUMMER COMPETITION

WIN!

Enter our Summer Competition to win your choice of one of these fabulous Peta Mathias items!

To enter: just send your Name, Address, Telephone Number and email address to :

Summer Competition

MS Auckland Region,
PO Box 16275, Sandringham,
Auckland, 1351

Or

Email your details (as above) with the subject line **Summer Competition** to: info@msakl.org.nz

The Summer Competition lucky draw will be held on 15th March 2011 and the winner will be notified by phone.

CLINICAL TRIAL FOR RELAPSING REMITTING MS REPORTS BACK

A clinical trial evaluating the effectiveness of Simvastatin when used in combination with beta-interferon in people with relapsing remitting MS published results earlier in the week in the journal *Multiple Sclerosis*.

Results from the trial, which involved 85 people, showed that Simvastatin (when used in combination with beta-interferon-1a can significantly reduce relapses by about 50 per cent in people with relapsing remitting MS compared with beta-interferon alone.

The researchers also measured the effects of this combination therapy on disability progression and the numbers of new lesions. Results indicated that Simvastatin might be able to reduce disability progression and numbers of new lesions but this was not conclusive and further work will be needed to draw firm conclusions.

The trial also looked at the safety of using Simvastatin in people with MS and reported no serious side effects as a result of the combination treatment.

Simvastatin (40 milligrams) was taken once a day as an oral tablet during this study. It is a drug that belongs to a group of chemicals called statins and is used to reduce cholesterol in people at risk of heart attacks. Some evidence suggests that it can reduce inflammation in MS and decrease the number of lesions, which is why it is being investigated as a therapy.

Further trials are investigating the safety and effectiveness of Simvastatin. A phase II clinical trial evaluating the safety and effectiveness of Simvastatin in secondary progressive MS is currently underway in the UK. There is also a phase III clinical trial evaluating the safety and effectiveness of Simvastatin in combination with Copaxone in people with relapsing remitting MS due to report from Iran.

Dr Doug Brown, Head of Biomedical Research at the MS Society said "We welcome this research as a first step in evaluating the safety and effectiveness of this combination therapy in people with relapsing remitting MS. It's particularly exciting to see a drug that is currently available to treat a different condition being tested for its effects on MS; the next step will be to conduct larger clinical trials to expand on these initial findings."

Source: www.mssociety.org.uk, 27 May 2010

HOW DO TEENAGERS ADJUST TO THEIR PARENTS' MS? A NEW STUDY GIVES US CLUES

New results from an MS Society funded study highlights factors that determine how well a teenager might adjust to a parent with multiple sclerosis (MS).

Support from a parent without MS, siblings and friends were found to help teenagers adjust to having a parent with MS. The study interviewed 15 teenagers who had a parent with MS and reports that having a parent with MS can have both positive and negative effects on teenagers.

Positive effects included:

- feeling more empathetic towards others
- feeling more 'grown-up'

But negative effects included:

- family tension
- less time to spend with friends
- worries about the future

Ed Holloway, Head of Care and Services Research at the MS Society said, "This study underlines the impact that having a parent with MS can have on teenagers.

"The next step will be to see if these factors stand up on a larger, national scale and to develop and test much-needed services that help teenagers adjust to having a parent with MS."

The results are the first part of an MS Society-funded PhD studentship costing more than £68,000. Angeliki Bogosian, who conducted the study, said: "This was a small study involving a select group of teenagers. We have now started a new questionnaire study to explore these issues in a much bigger national sample of people with MS."

Source: www.mssociety.org.uk, 10 August 2010

FREE CHILDREN'S THEATRE TICKETS

We occasionally receive free theatre tickets to children's productions. Please contact us if would like to be added to the mailing list. You can contact the office on (09) 845 5921 or email editor@msakl.org.nz to update your details.

STUDY OFFERS HOPE OF 'REPAIRING' MS DAMAGE

Scientists have identified a way of prompting nerve system repair in Multiple Sclerosis (MS).

Studies on rats by Cambridge and Edinburgh University researchers identified how to help stem cells in the brain regenerate myelin sheath, needed to protect nerve fibres. MS charities said the "exciting" Nature Neuroscience work offered hope of restoring physical functions. But they cautioned it would be some years before treatments were developed.

MS is caused by a defect in the body's immune system, which turns in on itself, and attacks the fatty myelin sheath.

Around 85% have the relapsing/remitting form of the condition, in which "flare-ups" which cause disability, are followed by a recovery of a level of the lost physical function. In this form of MS, there does appear to be some natural myelin repair. However, around 10% of people are diagnosed with a progressive form of MS, where the decline continues without any periods of remission. In addition, people with the relapsing/remitting form do often go on to develop what is called secondary progressive MS, which affects them in the same way. Scientists have been looking at how they might develop treatments for these two groups.

In MS, loss of the myelin sheaths which act as insulating layers, leads to the nerve fibres in the brain becoming damaged. These fibres are important as they send messages to other parts of the body. This study identified a signalling pathway in the brain which can encourage the brain's own stem cells to regenerate new myelin.

For people with MS this is one of the most exciting developments in recent years. The scientists believe this will help in identifying drugs to encourage myelin repair in MS patients. However, much more work is needed – both to test if the mechanism works in people with MS and to see what drugs might be needed to promote the effect.

Professor Charles French-Constant, of the University of Edinburgh's MS Society Centre for MS Research, said: "The aim of our research is to slow the progression of MS with the eventual aim of stopping and reversing it.

"This discovery is very exciting as it could potentially pave the way to find drugs that could help repair damage caused to the important layers that protect nerve cells in the brain."

Professor Robin Franklin, director of the MS Society's Centre for Myelin Repair at the University of Cambridge, said: "Therapies that repair damage are the missing link in treating MS.

"In this study we have identified a means by which the brain's own stem cells can be encouraged to undertake this repair, opening up the possibility of a new regenerative medicine for this devastating disease."

The study was funded by the MS Society and the National MS Society in the US.

Simon Gillespie, chief executive of the MS Society, which part-funded the research, said: "For people with MS this is one of the most exciting developments in recent years.

"It's hard to put into words how revolutionary this discovery could be and how critical it is to continue research into MS."

Pam Macfarlane, chief executive of the MS Trust added: "Exploration of processes that might repair areas of damage to myelin, is another important area of MS research and this may eventually allow people to recover function that has been lost to disability.

"This is still an early study in rodents but it will be very interesting to see how it develops."

Source: www.bbc.co.uk, 5 December 2010

CENSUS 2011

The next Census is due on 8th March 2011. As usual there will be a question on disability which helps give a snapshot of how many people are living with disabilities and which services they require. If you select "Yes" for the disability question it also means that you may be selected to participate in a post-census survey on disability, which provides further data on those with disabilities.

People are being encouraged to fill in their census returns online, which will make the census quicker and easier to complete.

For more information visit www.census.govt.nz

BOOK REVIEW

CRIPIN PLACE

By David Ashton

David's life story is not for the faint hearted, feeble minded or humourless. This is an expose of how life is for persons living with Multiple Sclerosis, dependent on the vagaries and mindless inconsistencies of state funded care and oft times compassionless bureaucracy.

A gripping and roller-coaster read which will leave you outraged, humbled, overwhelmed, angered, nourished and inspired in turn, sometimes on the same page.

Visit www.smashwords.com/books/view/27454 to sample excerpts.

Here's what people have said:

"David's joy, humour, courage and patience are so powerful that one forgets the incredible limitations that are the daily reality. A life-affirming story that makes one marvel at the human spirit."

Philna Victor, caregiver

I absolutely loved the book! David's joy, humour, courage and patience is so powerful that one forgets the incredible limitations that is the daily reality. A life affirming story that makes one marvel at the human spirit.

Victoria Phillips

"What a fantastic read! David's honesty and humour shine through in this candid and often moving account of his journey through life. I think all service providers should read this, so that they can see the difference between the service they believe they provide and the reality of the outcome. It made me feel that there will always be a way to cope with what life brings. Truly inspiring, I laughed and cried – and loved it"

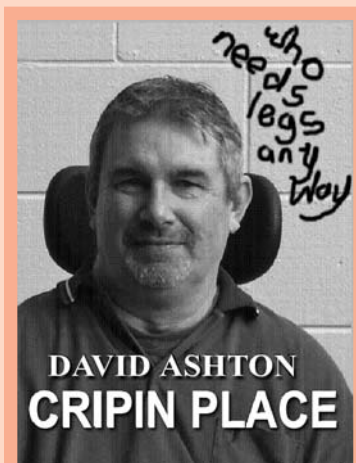
Tina French, MS Society Advocate

**Cripin Place (published by Mackay Books) sells for \$25 plus freight.
To order email dwiths@xtra.co.nz or Phone Bev Robitaille (09) 410 5636.**

Review by Jacob Bish

MEET THE AUTHOR

David Ashton will be giving a talk about his book at the Orewa Library, 12 Moana Avenue, Orewa on Wednesday 23rd March at 2.00pm.



RECIPE CORNER

SUPER GRILLED SALMON SALAD Serves 4.

Fresh salmon, lemon dressing, avocado, mango... a great, healthy summer meal.

Ingredients

Salmon:

- 2 tablespoons soy sauce
- 1 tablespoon honey
- 1 tablespoon lemon juice
- Zest of 1 lemon
- 1/4 teaspoon ground ginger (optional)
- 150 g skinless salmon fillets

Lemon Dressing:

- 1 tablespoon lemon juice
- 1 tablespoon olive oil
- 1 tablespoon white wine vinegar
- 1/8 teaspoon sugar
- Salt and pepper to taste

Salad:

- 3 cups (750ml) baby spinach
- 1 ripe avocado, peeled, pitted, diced
- 1 ripe mango, peeled, pitted, diced
- 2 tablespoons finely chopped red onion
- 2 tablespoons capers

Method

1. Mix the soy sauce, honey, lemon juice, zest and ginger (if using); set aside.
2. Barbecue the salmon fillets on a greased grill until firm and opaque, 5 to 7 minutes per side (depending on thickness). Brush generously with the soy mixture near end of barbecuing time. Remove the salmon from grill.
3. Mix together the Lemon Dressing ingredients; set aside.
4. In a salad bowl toss together spinach, avocado, mango, red onion and capers. Break salmon into large chunks and gently mix into salad. Serve Lemon Dressing on the side.

Both recipes are from www.recipes.kaboose.com



FROZEN BANANA SMOOTHIE

Ingredients

- 1/2 cup (125ml) of any flavour low-fat yogurt (one small container)
- 1/2 cup (125ml) milk
- 1 cup frozen banana chunks



Method

1. Put yogurt and milk into a blender. Cover with the lid, but remove the opening in the lid.
2. Add chunks of frozen banana, one at a time, while the blender is running until very thick and creamy. (You may have to stop the machine and scrape down the sides midway to make sure everything is blending evenly.)
3. Pour into glasses and enjoy.

MS GROUPS

For more information on these groups contact the MS Auckland Region Office on (09) 845 5921 or email info@msaki.org.nz

RODNEY

HIBISCUS COAST BUDDIES

3rd Tuesday of each month, 10.30am

At the Pohutakawa Room in the Whangaparaoa Library. All welcome.

UNDER 45s GROUP

Six weekly at each others homes.

If you have MS and are under 45 you are welcome to attend. Contact the office for more information.

NORTH SHORE

NORTH SHORE CAFÉ GROUP

1st Saturday of each month, 12.30pm

Kings Garden Café, Kings Plant Barn, Porana Rd, Glenfield. Contact Christine Ball (09) 444 6945 or 021 071 6752 after 4pm.

MAIRANGI BAY WATER-WALKING

Wednesdays 10.30am to 11.30am

At the Millennium Sports Institute with a Physiotherapist, Margo Angland. Contact the office for more information. Starts again 2nd February 2011.

MAYFIELD COFFEE MORNING

1st Thursday of each month, 10.30am

At the Mayfield Centre, Glenfield. Starts again 3rd February 2011.

AUT PHYSIOTHERAPY MS CLASS

Classes are held at AUT, Akoranga Campus, Northcote. Contact the clinic for details on (09) 921 9161.

CENTRAL

AQUA EXERCISE GROUP

Thursdays 10.30am to 11.30am

This group is held at Epsom Girls' Grammar School Aquatic Centre. Contact the office for more information.

WAIHEKE GROUP

Meets several Sundays per year.

Contact the office for more information.

GREENLANE COFFEE GROUP

2nd Saturday of each month, 11.00am

Zinc Café, 205 Great South Road, Greenlane (by Autel Kitchen Appliances Showroom).

PT CHEVALIER SUPPORT GROUP

2nd Wednesday of every 2nd month, from 10.30am to 12.30pm

Contact Judith Linton, Ph (09) 846 4783.

WEST

WEST AUCKLAND WATERWALKING

Fridays 11.00am to 12.00pm

West Wave Aquatic Centre, Henderson, with with a trained Physiotherapist.

PT CHEVALIER SUPPORT GROUP

2nd Wednesday of every 2nd month, from 10.30am to 12.30pm

Contact Judith Linton, Ph (09) 846 4783.

SOUTH

BEACHLANDS AQUA EXERCISE

Contact Margaret Strachan (09) 536 6663.

BEACHLANDS SUPPORT GROUP

Meets Six weekly

Contact Linda Reid on (09) 536 6215.

PAPATOETOE HYDROTHERAPY GROUP

Wednesdays 11.00am to 12.00pm

At the Papatoetoe Pool, Sutton Cres. Contact Gordon Baker, Ph (09) 275 5729.

PAPAKURA-TAKANINI SUPPORT GROUP

Last Tuesday of each month from 10.30am

Contact Lesley Shortland, Ph (09) 263 8132.

PUKEKOHE CAFÉ GROUP

1st Thursday of each month at 11.30am

Contact Sarah Toft, Ph (09) 232 2796.

BOTANY CAFÉ GROUP

3rd Thursday of each month

Whitcoulls Coffee Lounge, Botany Downs Town Centre. Contact Elaine Jones (09) 533 4160.

Our thanks goes to the following organisations for their support.



ASB Community Trust
Te Kaitiaki Patea o Tamaki o Tai Tokerau



MS Groups are a great way for members to get together for friendship and support, whether it is simply for a chat or for some light exercise, make it your goal to go along to a group. All people with MS are welcome to attend any of the above groups in any area.

If you have an idea for a group or would like to start one contact the office on (09) 845 5921.

Opinions expressed in this newsletter are not necessarily those of the MS Society or the editors.