



MDA South Island | Te Waipounamu

Newsletter – September 2022



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South Island Branch News

Spring is in the air!

Isn't it wonderful to see the blossoms on the trees and new growth starting to appear in the gardens. We have certainly been hit with some dreadful weather of late, please reach out to your fieldworker if you need help.

We are finally seeing COVID and Flu numbers trending downward, this is great news. We have all our coffee groups back up and running, if you would like to start or facilitate a group, please get in touch with Vivienne, we would love to hear from you.

The Total Mobility half price fares have been extended until the 31st January 2023, Jackie, Jane and Ross can now sign you up for Total Mobility in Canterbury, Nelson, Marlborough and Otago, we are still working with councils in the other regions and hope to hold agencies with them soon.

We have some events coming up, more information further in the newsletter.

Jane Hazlett – Ph. 027 205 5586 – jane.hazlett@mda.org.nz
Nelson, Tasman, Marlborough & West Coast

Ross Paterson – Ph. 022 473 6434 – ross.paterson@mda.org.nz
Kaikoura, Christchurch, North & South Canterbury

Jackie Stewart – Ph. 027 509 8775 – jackie@mda.org.nz
Waitaki, Central Otago, Queenstown, Otago & Southland



SHOW YOUR ABILITY



MDA South Island | Te Waipounamu, will be holding a stand at the Dunedin and Christchurch Expo's. Please let Vivienne know if you are interested in volunteering at one of our stands.

Christchurch – Pioneer Stadium – Monday 17th October 2022

Dunedin – Edgar Centre – Tuesday 18th October 2022



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Roll 1K for MDA

Annual Appeal 19 – 25 September 2022

Please join our branch and sign up for Roll 1K for MDA, it's quick and easy to do. Once you have registered you can join our branch team and spread the word via your social media. Register here: www.roll1kformda.org.nz

Christchurch Event

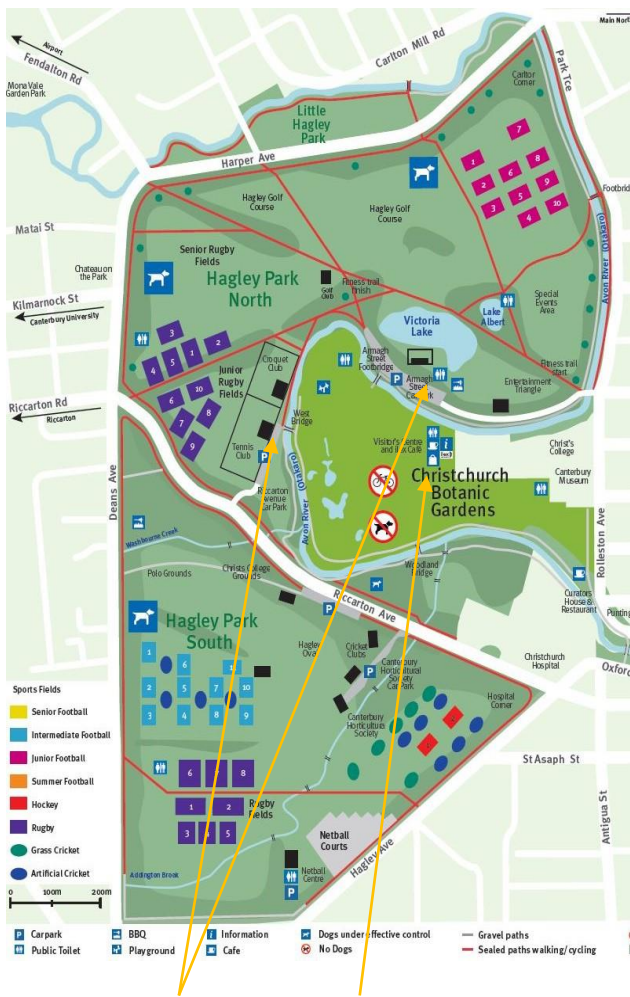
Our branch will be holding a Roll 1K for MDA event at the Christchurch botanic Gardens on Saturday 24th September at 10.00am. We will be meeting by the ILEX café in the centre of the gardens. There is accessible carparking off Riccarton Ave by the tennis club and a wheelchair friendly pathway. There is also additional parking off Rolleston Ave. Afterwards we will be having a cuppa at the café. Please RSVP to Vivienne on 022 3046840 or email southern@mda.org.nz

Nelson Event

Jane has organised a Roll 1K for MDA in Nelson at the Isle Park in Stoke at 11am on the 24th September. Please RSVP to Jane 027 490 5633 or email jane.hazlett@mda.org.nz.

Invercargill

Jackie is hoping to arrange something in Invercargill on the 24th September. More information to come. If you are interested please contact Jackie on 027 509 8775 or email jackie@mda.org.nz.



Carparking Ilex Cafe

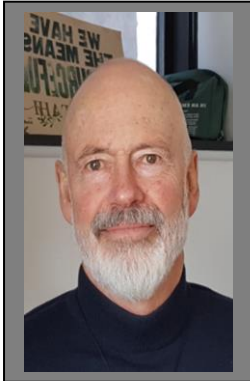
Please get in behind our campaign and support our branch





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News from the field



Ross

It has been a bonus to be able to get out and meet the members for a sustained period now since the lifting of restrictions around Covid. The coffee groups in all areas have been up and running for some time now and the numbers are gradually growing again. Just as with our proposed fieldworker visits, we respect that some people may wish to remain isolated as much as possible whilst covid (currently on the decline), remains amongst us.

We know that for some the spread of the omicron variant of covid is still impacting on the availability of Support Workers. Please don't hesitate to reach out to us bounce ideas re this or other issues you may have and where it is possible have friends / family as backup if no support is available to you.

Jackie is now an approved assessor for the Total Mobility card in the Otago area.

Trips planned for Ross

My focus at present is meeting with folk in the greater Christchurch area. For the time being I have caught up with folk in South and North Canterbury as well as the area west of Christchurch.

Trips planned for Jane

Trips have continued to the Westcoast and Blenheim, with the last couple of months being focussed on Richmond , Nelson and Motueka. I have changed my next visit to Blenheim from 25 August to Thursday 15 September as I am going to be away for a week in August. I will be in Christchurch for the Show your Ability Show in October and then will travel down the West coast again in November (TBC) -we hope to hold a coffee get together in Greymouth when I am down so what this space. I will also be holding a small get together in September for members with IBM and Polymyositis in Nelson and in October a get together for those with CMT so will be in contact with the members that this applies to.

Nelson will hold an event/get together for the Roll 1KM fundraiser at Isle Park in Stoke on Saturday 24 September at 11am to all "Roll together" and raise awareness of MDA so I hope you can join me!

Trips planned for Jackie

I am currently meeting with members in the greater Dunedin area and have recently visited Oamaru.

A trip to Southland is currently in the planning as covid numbers have dropped significantly in the lower South over the last week. It is hoped that this can coincide with Roll 1k with the potential to have a roll together in the park with a get together afterwards – Saturday 24 September.

Look out for the MDA stand at the Edgar Centre in Dunedin on Tuesday 18th December. Anyone who wishes to come and support Jackie on the stand for an hour (or more) is very welcome.



Jackie



Jane



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Other news from the fieldworkers

- A reminder that MDA funds the pneumonia vaccine for members. <https://www.mda.org.nz/What-We-Offer/Pneumonia-Vaccine-Funding>
- On another note, if you have a Total Mobility Card when you travel by taxi you should still receive a 75% discount on the cost of your fare. This reduction in fares has been extended to early in the new year.
- On behalf of the Muscular Dystrophy Association Ross made a submission to the Fare portion of the Environment Canterbury’s Annual plan. I advocated for Fare-free for under 25’s, students, Total Mobility and Community Services card holders for bus users. I am pleased to be able to advise that whilst bus fares are not free for Community Card Holders and Community card holders’ trips are now reduced to a \$1.00 per trip.
- I know we have been discussing Hapai cards for some time but remember the Hapai Cards are a great way of accessing services and facilities. In the coming months they are gradually becoming usable in other parts of the South Island. It is important to remember that **members do not have to go their doctor to have verification of their condition – Fieldworkers are able to do this on their behalf.** Members who have had the card for several months or more have reported to me on the quality of service they have received and that they have quickly recovered the \$30 outlay. Outlay spent on the card.
The cards cost \$30 for three years but MDA are not in apposition to subsidise this cost.
To contact the Hapai team, (Currently they are all volunteers) please use the following to organise a card. Phone 03 595 0577.

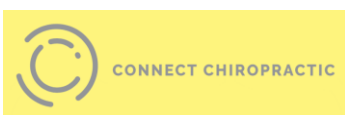
Email for any queries: www.hapaifoundation.org.nz
- The IBM, Myotonic Dystrophy and FSHD zoom meetings have been well attended and are a useful means of support and information, let us know if you need a hand with joining the next meetings virtually.

Facebook Update

To stay up to date with what’s happening, please like and join our Facebook page.

Here is the link or you can use the QR Code.

[MDA South Island - Te Waipounamu | Facebook](#)



Big thanks to our supporters

Waimakariri District Council



MDA South Island | Te Waipounamu

Annual Donations and Membership

If you wish to join MDA South Island | Te Waipounamu, please contact the fieldworker for your region.

Our organisation depends on grant funding and donations to continue offering our great services.

We have recommended donations; however any donation is gratefully received.

Individual Donation	\$26.00
Family Donation	\$30.00
Tamariki Donation	\$15.00

Donations can be made via internet banking directly into our account.

MDA South Island | Te Waipounamu
Westpac
03-1704-0014923-000

Please remember to put your name in the reference field so we can send you a tax receipt.

If you are not a member and wish to make a donation, please email Vivienne at southern@mda.org.nz to request a receipt.

If you wish to set up a regular gift, please use the account details above with your name as the reference.

Please talk to us if you wish to discuss a gift in will, we can provide further information.

CMT Support Group - Nathan Francis

If you have CMT (Charcot Marie Tooth) muscular dystrophy, please join our Facebook page:
www.facebook.com/groups/1153510888101577

I run the CMT NZ Facebook group (**C.M.T New Zealand (Charcot Marie Tooth Disease)**)

My contact details

Mobile 022 546 9461

Email: n.l.t.francis88@gmail.com



FSH Facebook Page

The next FSH zoom meeting will be on:
14th September at 7.00pm,
please contact Vivienne for the link.
southern@mda.org.nz.

Here is the link to the Facebook page:

www.facebook.com/groups/fshdnz

Kiwi Kids with DMD

Private Facebook Group

Here is the link to the Facebook page:

<https://www.facebook.com/groups/261249500661072/>



MDA South Island | Te Waipounamu

Coffee Groups

Keep an eye on our Facebook page for updates and cancellations.

Christchurch

Monthly on the first Saturday of the month

Venue: Columbus Café at Mitre 10 Mega on Harewood Road

Time: 10.00 am

Contact & RSVP: Paul 027 260 6180 or pnarthur74@gmail.com

Monthly on the second Saturday of the month

Venue: McDonalds Riccarton (in the private room)

Time: 10.00am

Contact & RSVP: Kim 021 102 1448 or garyandkim716@gmail.com

North Canterbury

Monthly on the last Wednesday of the month

Venue: Rangiora RSA, 82 Victoria Street, Rangiora

Time: 2.00pm

Contact & RSVP: Ross 022 473 6434 or ross.paterson@mda.org.nz

Nelson

6 Weekly – next one to be advised

Venue: Pic's Peanut Butter Café

Time: 10.30am

Contact & RSVP: Kevin 03 544 7586 or George 03 528 0645 or 027 420 5631

Blenheim

Bi-Monthly – next one to be advised

Venue: Revival Café, Springlands

Time: 10.30am

Contact & RSVP: Jane 027 205 5586 or jane.hazlett@mda.org.nz

Timaru

Next Meeting TBC

Contact & RSVP: Viv or Ross southern@mda.org.nz

or ross.paterson@mda.org.nz

Coffee Groups are funded by the following:

The Rehabilitation Welfare Trust

The Redwood Trust

South Canterbury Trusts

Branch Fundraising