

Muscular Dystrophy Canterbury & Southern Regions Branch News

Contact Details:

Canterbury Branch

Postal Address:

PO Box 80025
Riccarton
Christchurch 8440

Telephone Numbers:

PH. 03 377 8010
Freephone: 0800 463 222

Email:

Canterbury@mda.org.nz

Southern Regions Branch

Postal Address:

PO Box 80025
Riccarton
Christchurch 8440

Telephone Numbers:

Freephone: 0800 800 337

Email:

Southern@mda.org.nz

Charities Commission registration number:

Canterbury CC20105
Southern Regions CC33429



Due to COVID-19 all MDA staff are currently working from home, we are available via telephone or email until further notice.

Paul's Retirement Party

- * Friday 25th September 2020
- * Papanui Club—Sawyers Arms Road
- * 12.00 pm

After 10 years with the Association, Pauls is taking the plunge and retiring at the end of September. Please come along and farewell him at the

Papanui club. The menu has great options and something for everyone. Please RSVP by the 23rd of September to Vivienne E: canterbury@mda.org.nz or phone 022 304 6840 or 0800 463 222.

Paul has worked alongside many of you over the years, please join us to say farewell, we would love to see you.

September Awareness Month

This year we had a few activities booked for our awareness month, however due to COVID-19, the plans we had in place have been cancelled by vendors.

Depending on the COVID alert levels, we are still planning to start some new coffee groups. More details further in this newsletter.

Some important dates are:

- ◆ 7th September 2020 World Duchenne Awareness Day
- ◆ 30th September 2020 Limb Girdle Awareness Day.

We have some fundraising events booked later in the year and will require some volunteers to help run them.

- ◆ October 2020 Market Stall (TBC)
- ◆ 13th November 2020 Sausage Sizzle at Bunnings Tower Junction

Please get in touch if you are able to help.

Please vote for MDA Canterbury in My Giving Circle for a share of grants awarded monthly. Votes can be done weekly and are ongoing. Please add it to your calendar.

<https://mygivingcircle.org/charity/muscular-dystrophy-canterbury-branch/>



Coffee Groups

Up and coming events

Two new groups being established in Christchurch.

Monthly on the first Saturday of the month
First Meeting: 3rd of October 2020
Venue: Café at Mitre 10 Mega on Harewood Road
Time: 10.00 am
Contact: Paul Arthur 027 260 6180, all welcome
Drinks paid by [The Rehabilitation Welfare Trust](#)

Monthly on the Second Saturday of the Month
First Meeting: 10th October 2020
Venue: McDonalds Riccarton
Time: 10.00am
Contact: Vivienne 022 304 6840, all welcome
Heather Anderson will facilitate this group at the next meeting.
Drinks paid by [The Rehabilitation Welfare Trust](#)

Nelson

6 Weekly—next meeting 3rd September 2020
Venue: Pic's Peanut Butter Café
Time: 10.30 am
Contact: Kevin Page 029 777 4403, 03 544 7586 oldblue295@gmail.com & George Martin 027 420 5631, 03 540 3640 mapuamartins@gmail.com
Funding sought to cover the cost of the drinks—watch this space!

Timaru

Currently on hold.
Contact: Fran and Dave Aitken (davefran@xnet.co.nz)
Drinks paid by the [South Canterbury Trusts](#)

Parents Support Groups

We are looking at starting a parents support group in Christchurch and beyond if we have the numbers. Please contact Paul or Vivienne if you are interested in joining this group.

Dunedin

Jackie will be setting up new coffee group in Dunedin with thanks to the [New Zealand Federation of Graduate Women—Otago Branch](#) for supporting us and paying for the drinks.

If you are interest in joining the group please contact Jackie on 027 509 8775.

Youth Groups

If you are interested in a youth group in Christchurch or Dunedin please contact Vivienne,
Email: canterbury@mda.org.nz or ph: 022 304 6840, freephone 0800 463 222.

Group one—12—17 years
Group two 18—25 years

Swimming

Please contact Vivienne if you are interested in swimming at Burwood Hospital in the Hydrotherapy pool. It is a very affordable and safe swimming option. Contact Vivienne at canterbury@mda.org.nz. Other options and funding being explored.

Thank you to our 2020 supporters

The Rehabilitation Welfare Trust
South Canterbury Trusts



Canterbury Branch Fundraisers

Market Stalls October—to be confirmed, if we get enough items to sell we may run two stalls.

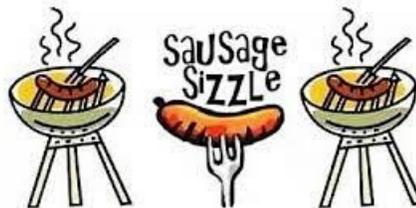
We will need donations of craft items, plants and veges to sell, please contact Vivienne if you have anything you can donate 022 304 6840 E: Canterbury@mda.org.nz, or if you would be interested in helping out.



Bunnings Tower Junction Sausage Sizzle

Friday 13th November (Show Day)

This is a very busy day and a great opportunity to raise some money for the association. We will be looking for donations of bread and onions along with people to help on the day. Please contact Viv on 022 304 6840. If anyone has a contact who can supply sausages please let us know.



Committee News

We are currently on the look out for committee members for the Canterbury and Southern Regions Branches. **We urgently require a Chairperson, Treasurer and 3 committee members for both branches.**

This would require the following:

- Bi-monthly meetings either via phone/zoom or face to face
- A keen interest in the governance of our local branch
- Possibility of helping organise events, functions and fundraisers

If any of this appeals to you please contact Vivienne or Tristram Ingham

Vivienne—Canterbury@mda.org.nz or 022 304 6840

Tristram—chairperson@mda.org.nz or 021 212 5336

Paul's Patch



Paul's Contact Details

0800 463 222

021 126 1209

Email:

paulgraham@mda.org.nz

Or

Contact the Christchurch

Office

03 377 8010

This edition of Pauls Patch is written with the temperature hitting -2 outside, with a white frost on the ground, leaving me appreciative of a warm fire to sit by.

The year, as they all do these days, has flown, and I am still struggling to catch up on my visits. With Marty resigning at the beginning of the year, bringing me up to more than 430 members to visit again, finances at a post covid low, after a two month lock down and over that time assisting members during deaths of loved ones, hospital and rest home visits, advocacy with W.I.N.Z and housing crisis , and some personal health problems,

I am very thankful to have a competent office co-ordinator with Vivienne who is managing to bring in some money despite the poor financial situation of the country, to keep M.D.A. Canterbury running. Vivienne also coordinates the Southern Regions Branch administration.

There have been changes from Auckland as well, with Trevor Jenkin resigning as our National Executive Chairperson and Dr Tristram Ingham taking over the role.

I have completed over ten years, as of June, as the Canterbury field worker, and have thoroughly enjoyed my position, and the support that I have received from you all. It has been an honour and a privilege to be able to support you as best I can, working with members, family, other professionals, and medical personnel, as well as assisting applications with support letters, advocacy at meetings and giving talks.

I am now well over my official retirement age, and have decided that it is time to relinquish the reigns, and take my retirement. I am planning to do this as of the end of September. I have a caravan that needs using and a patient wife who wants to come with me.

In the next two months I will endeavour to get around as many of you as I am able. Please understand that with a caseload of 430, and still growing, that this always an ongoing task.

As always, I am available on my cell phone, 021 126 1209. I have no doubt you will hear in due course who my replacement is.

Blessings and kind regards to you all.

Paul

Jackie's News



Jackie's Contact

Details

0800 800 337

027 509 8775

Email:

jackie@mda.org.nz

Or

Contact

Vivienne

0800 463 222

Email:

southern@mda.org.nz

Hello Southern Members.

I hope you are all managing to stay warm and cosy. We've been a bit spoiled with the mild weather lately and this wee cold snap is a reminder winter is not quite finished with us.

As you know I started as Fieldworker just as we moved into lockdown. It almost seems like a dream now. Progressing to level One, in early June, meant that I could start to meet with you in person. Unfortunately, this was not to last long and for the past two weeks at level Two I have once again been unable to meet you face to face. Our thoughts and love go out to our members and staff in Auckland who have not enjoyed the same freedoms as us.

Today I attended a meeting at the Dunedin City Council to discuss the possibility of a "Changing Spaces" facility in the central city. This would allow people with disabilities of many kinds to attend to toileting needs and is a huge step up from an accessible toilet. There is still much work to be done but this signifies a step forward in council thinking. I will keep you informed of progress.

Early in July I visited 9 clients in Invercargill meeting some family members and much-loved pets as well - including one parrot who was so keen to join the conversation that he had to be put to bed. I found these visits personally inspiring. I cannot stress enough how impressed I am with how well you all "got on" with life during the country wide lockdown. Thank you for your honesty. I know this is also true of the many people I have communicated with by phone or email since March. I am hoping to catch up with each of you in person as the year progresses.

I am endeavoring to post regularly on our Muscular Dystrophy New Zealand Southern Regions Facebook page. Take a look and feel free to send me photos and news to post.

I am finding practicing gratitude for the small things is helping me to dispel those gloomy thoughts. The daffodils as I come in the gate at home are giving me great pleasure and are a promise of sunnier days to come.

What is it that is giving you joy at the moment?

Until next time

Stay safe and warm

Jackie



Annual Donations

Canterbury Branch 2020

Individual Donation	\$26.00
Family Donation	\$30.00
Child Donation (under 18)	\$15.00

Payments can be made via direct credit to our bank account, please ensure your name is in the reference field so we can issue you a receipt.

Muscular Dystrophy Canterbury Branch

Westpac Bank 03-1704-0014923-000

Westpac is still accepting cheques, these can be posted to PO Box 80025, Riccarton, Christchurch 8440.



Southern Regions Branch 2020

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Individual Donation	\$26.00
Family Donation	\$30.00
Child Donation (under 18)	\$15.00

Payments can be made via direct credit to our bank account, please ensure your name is in the reference field so we can issue you a receipt.

Muscular Dystrophy Southern Regions Branch

Westpac Bank 03-0905-0036200-000

Westpac is still accepting cheques, these can be posted to PO Box 80025, Riccarton, Christchurch 8440.

Donations gratefully accepted. Donations \$5 or more are tax deductible, receipts will be emailed or posted out. Please include your name in the reference field. For more information please email southern@mda.org.nz or ring Vivienne on 0800 463 222.