



Hi, my name is Nicky and I have Relapsing-remitting Multiple Sclerosis (RRMS). I was diagnosed around September 2015 (I was 27 years old) after I had been feeling a bit tingly in my legs and extremely tired all the time. I thought it was a nerve issue so I went to physio and was promptly sent to my GP.

Turns out I had had my first attack at 17yrs old but was told I'd just pinched a nerve and had a migraine.

My main symptoms are numb/hypersensitive legs and fatigue. I have a few other little things such as tripping up and pain in my legs. I wouldn't say that MS has too much of an impact on my daily life, this is just my normal now.

I work full time as a gardener, a job which keeps me active all day and I also do a lot of hiking and adventure races. I am able to do all this with no real problems. I have been on MS treatment since 2016.

Unless I am having a day where I'm just so tired I can barely function (very rare) then MS has no real impact on my emotional life.

Right from the start when I was given a "possibly MS" diagnosis, staff from MS Waikato were there supporting me. They told me not to Google anything and offered support when I got the results back confirming I had MS. I'm not one to be part of a "group" as such, but I always feel included and welcome if I was to partake in group activities with MSWT. I know if I have any questions I can just flick off an email or give them a call and someone will be there.

I definitely don't feel like I am alone with any of this. I am encouraged to get out and do everything I want to do and the MSWT staff are proud of my achievements.

People should donate because we need funding for campaigns like this which increase awareness in the community and raise funds to further support clients.

To someone newly diagnosed I would say, firstly that they are not alone! Don't Google anything. It's such a varying disease and can be quite scary but with the right people on board you'll be ok. Be as active as you can be, look after your mental wellbeing and try to have a positive attitude at least 70% of the time!