

Issue 64 - February 2020

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The MS Waikato Trust supports people affected with Multiple Sclerosis and allied neurological conditions; the MS Waikato Trust is affiliated with the MS Society of New Zealand. If you would like further information on our services, please contact us:

**Life Unlimited Building  
20 Palmerston Street  
PO Box 146, Hamilton 3240**

**Ph: 07 834 4740  
mswaikato@mswaikato.org.nz**

**Liz - 07 834 4741  
Karen - 07 834 4742  
Tracey - 07 834 4745  
Janet - 07 834 4740**

ManuScript is brought to you by:



## Great day for a walk!



The Saturday walking group, led by Lisa Andrew got talking over coffee one day after their weekly walk. It turned out that the walkers were ready for a further challenge; they decided that something to look forward to, and to train towards was just what the group needed. Never one to be left out, Liz asked to join in and to extend the invitation to anyone else associated with MS Waikato. After some discussion about suitable walks and dates, it was decided to tackle the Blue Spring Walk near Putaruru.

The Blue Spring at Te Waihou Walkway is internationally acclaimed with water so pure it supplies around 60% of New Zealand's bottled water.

The spring is fed from the Mamaku Plateau where the water takes up to 100 years to filter through; the resulting water is so pure and clean that it produces a beautiful blue colour while being virtually clear.

The walk to the springs follows a track alongside the Waihou River, through wetlands, across rolling pastoral land and features views of small waterfalls, native bush and the famous Blue Spring with glimpses of trout along the way. The track was interesting and we encountered steps (with a sturdy hand rail), boardwalk, tree roots to navigate, some undulating parts but also significant flat sections.

While initially worried that the track might be wet and slippery, as rain had been forecast, it actually turned out that the heat was the main issue! It was such a beautiful walk and quite a challenge as the walk to the springs and back was 8.5km.

The group are looking to do another walk when the weather cools off, details will be emailed out.

Don't forget we walk every Saturday morning meeting at 9am by the Veranda Café at Hamilton Lake, everyone is welcome.

## Kawhia Cruise

Adam and his daughter Ash organised another fantastic Kawhia Cruise in November. Despite the rain on the day the cruise was a great success, we had a good turnout with the event raising a total of \$3,967.

A huge thank you to Adam, Ash, the sponsors and supporters. The sponsors are all local businesses, please do support them too:

Waikato Aviation; On Guard Security Solutions Ltd; Admiralty Lodge Whitianga Coromandel Peninsula; Sketchy Rides; All the While; Ash Muir; Florence Brow & Makeup Studio; Lilia Boutique; Victoria James Hairdressing; Ara Studios; Liz Viviani; Punnet; Barber Shop Company; Jacks Coffee Lounge; Tristan Hooker Writing; Driving Miss Daisy; Sunny Nelson.



## The Michael Ford Memorial Charity Golf Tournament

Do you enjoy a game of golf or have family/friends who may? Do you know of any organisations who may be interested in sponsoring the tournament?

Michael Ford, a client affected by MS, who sadly passed away a couple of years ago, originally established our tournament 20 years ago. This is an annual event and one of our major fundraisers; we had a fantastic day last year at Ngahinepouri golf club with a full field.

The tournament is taking place again at the Ngahinepouri Golf course on Friday 1st May. We are seeking both sponsors and players for the day.

For players, entry is \$30 pp for registrations received by the 24th April, (\$40 for late entry after this date). This includes morning tea, sausage sizzle and a soft

drink on the course. It is a stableford tournament with divisions for men, ladies and non-golfers with a great range of prizes to be won. Registrations and morning tea 10.00am, with a shotgun start at 11.00am.

For sponsors, we offer a range of sponsorship to suit different organisations. All sponsors are acknowledged at the event, in our newsletter and on our website for a year. All sponsors also receive a certificate of sponsorship as appropriate – gold, silver or bronze.

For more information on participating or sponsoring the event please contact Janet on 07 834 4740 or email [janet@mswaikato.org.nz](mailto:janet@mswaikato.org.nz)

All funds raised are used to directly assist with the provision of support services for you, our clients.

## EVENTS

### AGM

The AGM will be taking place on Wednesday 25 March, 5.15pm in the Life Unlimited Board Room.

Financial members will be entitled to vote. To reserve a seat please email [janet@mswaikato.org.nz](mailto:janet@mswaikato.org.nz) by Monday 23rd March.



## Christmas Lunch

A few photos to share with you from our lovely Christmas lunch at the Hamilton Workingmen's Club, we had a great turn out for this.



Warren and Elizabeth



Nigel and Varey



Maureen and Bill



Andrew, Danae and Monica

## Keeping Cool with MS

At this of year, it can be a challenge to keep cool.

To compensate for heat levels that can worsen your multiple sclerosis symptoms, try these tips:

- **Drink cool drinks.** Cold water, slushies and iced tea or coffee are all options for helping to cool down. They're also good alternatives to hot drinks that could be aggravating your symptoms.
- **Pick cool over hot.** In any situation, go for the cooler option. Choose swimming over walking in the heat, for example, or a cool or tepid bath instead of a long hot soak.
- **Plan around hot weather.** If possible try to organise trips out and events around the cooler parts of the day and stay out of the mid-day sun.
- **Invest in a cooling vest or wristbands.** These are specially designed to keep your body cool.

Hydrocool are offering a 15% discount on all cooling vests and a complimentary towel with all orders.

Here is the link: <https://www.hydrocool.nz/discount/MSWAIKATO?redirect=%2Fproducts%2Fhydro-cool-sport-vest>. You will need to enter MSWAIKATO into the Promo/Discount area to be able to receive it.

- **A cold flannel** – place on your head or around your shoulders. You can also use cool packs and apply them to your neck, forehead, or wrists to cool down.
- **Fill a hot water bottle with ice-cold water.**
- **Pop your feet in cold water** – You can use a kids paddling pool or washing up bowl, anything you can place a few centimetres of water and your feet in.
- **Keep rooms cool.** Air conditioning is helpful if you have it, but you can also use a fan to move air around and keep yourself cooler. Keeping curtains closed until the sun is off the window may also help.
- **Dress to be cool.** Wear layers so you can cool down more easily. Pick breathable fabrics and loose styles that allow air to move.
- **Bed Sheets** – using cotton sheets rather than polyester will help keep you cooler.
- **Spritz yourself.** Use a spray bottle to mist yourself if you're out in the heat.

# How to Manage Stress With Multiple Sclerosis

When you have a long-term illness like multiple sclerosis, you may have moments when you get stressed out. There are many ways to keep those feelings under control, including relaxation methods and exercise.

To help manage your emotions, it helps to learn the warning signs that you are under too much stress.

## How to Know When Stress Is Taking its Toll

Your body sends out physical, emotional, and behavioural warning signs of stress:

Some of the emotional signals you may notice are that you:

- Get angry
- Find it hard to concentrate
- Feel worried
- Become sad
- Have frequent mood swings

Physical warning signs include:

- Stooped posture
- Sweaty palms
- Fatigue
- Weight gain or loss

You'll know you're starting to show behavioural warning signs when you:

- Overreact
- Act on impulse
- Use alcohol or drugs
- Withdraw from your relationships

## What Can I Do to Reduce Stress?

Part of your strategy to cut stress is to keep a positive attitude and accept that there are some events that you can't control. Also try to follow these tips:

Assert your feelings, opinions, or beliefs instead of becoming angry, combative, or passive.

- Learn relaxation techniques.
- Exercise regularly.
- Eat well-balanced meals.

- Get enough sleep and rest.
- Don't rely on alcohol or drugs to end stress.

## How Can I Learn to Relax?

A number of methods can calm things down. Exercises include breathing, muscle and mind relaxation, and relaxation to music.

Whichever you try, first make sure you have a:

- Quiet location that's free of distractions
- Comfortable body position (sit or recline on a chair or sofa)
- Good state of mind (try to block out worries and distracting thoughts)

Then try one of these techniques:

**Two-minute relaxation.** Switch your thoughts to yourself and your breathing. Take a few deep breaths, then breathe out slowly. Mentally scan your body. Notice areas that feel tense or cramped and then loosen them up.

**Let go of as much tension as you can.** Rotate your head in a smooth, circular motion once or twice. (Stop if you feel pain.) Roll your shoulders forward and backward several times. Let all your muscles completely relax. Recall a pleasant thought for a few seconds. Take another deep breath and then breathe out slowly.

**Mind relaxation.** Close your eyes. Breathe normally through your nose. As you breathe out, silently say to yourself the word "one," a short word such as "peaceful," or a short phrase such as "I feel quiet." Continue for 10 minutes. If your mind wanders, gently remind yourself to think about your breathing and your chosen word or phrase. Let your breathing become slow and steady.

**Deep-breathing relaxation.** Imagine a spot just below your navel. Breathe into that spot and fill your belly with air. Let the air fill you from the belly up, then let it out, like deflating a balloon. With every long, slow breath out, you should feel more relaxed.

<https://www.webmd.com/multiple-sclerosis/multiple-sclerosis-stress-management#2>

MS Waikato runs several support groups and always welcome new members. Please talk with staff if you would like information about these.

## Exercise and MS

Many people with MS find staying physically active helps to manage their health. Exercise has been shown to improve many symptoms common with MS, particularly fatigue and balance. In addition, recent research recommends that exercise should be part of treating MS.

### Living Well with MS

It may sound odd that exercise actually makes you feel less tired, but research has shown that keeping active can help fight MS fatigue. We don't know exactly why this is, but it may be that "fitter" cells cope better with the extra demands that MS places on them.

Early research has also found that resistance exercise (such as building up strength by lifting weights) causes changes to the connections between the nerve cells in an area of the brain called the caudate. This specific region of the brain is thought to be involved in MS fatigue, giving researchers another clue about how exercise may help battle this common symptom.

Researchers are busy trying to work out what exercise is most beneficial for different symptoms. Right now there's only limited evidence about the value of different types of exercise. So the best advice currently is to do what works for you.

### Fighting Fatigue

A comparison of a large number of studies found that aerobic exercise (exercises that get your heart rate up) reduces levels of fatigue by about half on average, versus no exercise, and can be more effective than medication.

### Staying Cool

Heat sensitivity is another common symptom of MS. For some, a rise in body temperature can make MS symptoms worse, making aerobic exercise an unwelcome suggestion. Research suggests that aqua-therapy might be a good alternative, since it keeps your body cool compared with exercising on land. The benefits of the exercise itself appear to be the same.

### Balancing Act

Studies have shown that core stability training, weight training and posture activities like Tai Chi can help people with MS who have balance problems. Computer game systems like Nintendo Wii could be adapted for special MS exercises that improve balance, pain and fatigue.

### Managing pain with exercise

Exercise can help to relieve muscle stiffness and spasticity and the pain associated with this. It can also prevent deconditioning – the gradual loss of strength and fitness – which can make existing pain worse.

Recent research suggests that exercise might even change the wiring in your brain. Studies in mice have found that it promotes 'neuroplasticity' – where a brain signal finds a new route to avoid damaged nerves.

Excitingly, it's now thought that exercise might increase the levels of chemicals in the brain that promote the repair and regeneration of damaged nerve cells. Studies are at an early stage, but it's possible that exercise could be a promising way to reduce pain associated with MS-related nerve cell damage.

### Causes of pain in MS

#### Neurogenic pain

- The direct result of damage caused by MS to the nerves in the brain and spinal cord (neuropathic pain) or lesions.
- Nerve damage might cause a range of sensations, from minor irritations to intense sharp or burning pains.
- Examples include trigeminal neuralgia and the MS hug.

#### Musculoskeletal pain

- The pain in the muscles and joints that comes from living with the stresses and strains MS places on the body.
- For example, difficulties with balance could lead to problems with posture, putting a strain on joints, ligaments or other muscles.

Source: *msmatters - mssociety.org.uk*

MS Waikato runs a twice-weekly exercise class and a Saturday walking group. Please talk with staff if you would like to join a group.

## Dating Legal Documents

We've now entered the year 2020—but don't abbreviate 2020 when signing your legal documents. Police have warned that anyone signing important documents or cheques with an abbreviation of 2020, i.e. "20," could put themselves at risk of fraud. They recommend writing out the date in full, as 2020, on legal documents and cheques.

Source: <https://www.newsweek.com/>

## HD Education Evening with Neurologist Dr Matt Phillips



Dr Matthew Phillips

HD Therapies, Past, Present and Future was the topic of Dr Phillips talk in December last year. Our HD community filled the room and listened to a brief history of HD and present medications prescribed to treat the various symptoms. Matt noted that many of the medications only mask symptoms and often counterproductive side effects are experienced.

Not satisfied with this, Matt leans on a quote by Carl Sagan; *“Imagination will often carry us to worlds that never were, but without it we go... nowhere”*... that helped him to think outside the square to the metabolic realms of treatment.

Matt has already undertaken study projects with other neurological diseases, Parkinson's, Alzheimer's and Epilepsy, to see how symptoms improve when participants are consuming a Ketogenic diet. The results in these studies have been significant enough for him to believe it could be a potential pathway towards a cure for HD. Many of the research studies currently underway focus only on one part of the pathological process; however, Matt believes the ketogenic diet has the ability to repair multiple damaging processes in HD.

He explained how low carbohydrate, high fat and adequate protein intake creates a fasting-like metabolic state that enhances cellular repair and energy production. This happens when blood ketones flood the body and brain, providing a better fuel source for neurons and creating a state of autophagy. Autophagy is a process that recycles the build-up of garbage and toxins within cells including abnormal and worn out proteins and other damaging structures of HD. Autophagy therefore enhances the function of the mitochondria, creating cell rejuvenation and energy. Currently there are HD animal studies trialling the ketogenic diet, but Matt is interested in human studies to understand the benefits. Watch this space for updates as his study unfolds. If you are interested to participate in a six-month research study of a ketogenic diet designed for HD that will commence in 2020, contact Dr Matt Phillips at [Matthew.Phillips@waikatodhb.health.nz](mailto:Matthew.Phillips@waikatodhb.health.nz).

Tracey Larsen

## ME/CFS & Fibromyalgia

MS Waikato also provides support services for people affected by ME/CFS and Fibromyalgia.

We employ a qualified Field Worker and our services include the provision of information and education, advocacy and monthly support groups.

The ME/CFS and Fibromyalgia group have their own quarterly newsletter, Koru, which is written specifically to provide information and support to this client group.

If you would like to receive an electronic copy of this please notify Tracey by emailing [tracey@mswaikato.org.nz](mailto:tracey@mswaikato.org.nz).

## Donation Tax Credits

It is now easier to claim a tax credit for any donations you make to MS Waikato.

Inland Revenue advise that recent improvements to their secure online service – myIR – means that you will have less to do to claim your donation tax credits.

By using the Inland Revenue secure online service:

- There is no need to complete a paper form.
- Inland Revenue will automatically calculate the credit and pay it into the bank account provided.
- You will receive your refund much sooner.
- Your receipts can be electronic receipts, or photos or scans of paper receipts.
- Your receipts can be uploaded anytime during the year.

Individuals can claim a 33.33% tax credit for all donations over \$5 they make to an approved donee, like MS Waikato. A tax credit reduces the amount of tax you have to pay.

The total tax credits an individual can claim is capped at one third of their total taxable annual income.

To claim your tax credit you need to submit your donation receipt within four years of making the donation.

Should you wish to make a donation to MS Waikato a receipt will be given. All donations assist with the provision of support services for our clients and their families within the Waikato region.

A huge thank you to all of you who support us by making donations, every little makes a difference.

# NOTICE BOARD

## Show your Ability

2020 Disability Equipment Expo  
Claudelands Event Centre  
Wednesday 26th February, 9 – 3pm  
Entry is Free

## Wheelchairs

MS Waikato has wheelchairs available for loan, for all enquiries phone 07 834 4740.

## Alinkers

MSWT has 2 Alinkers which are for client use. If you are interested in trialling an Alinker for about 6 weeks please contact Liz for further information. This is open to all MS clients within our region.



## Scooter Batteries

If you need to replace the batteries in your scooter we may be able to assist, please contact Liz on 07 834 4741 or email [liz@mswaikato.org.nz](mailto:liz@mswaikato.org.nz)

## Dogs in Homes

For the safety of our staff please ensure all dogs are secured when staff visit.

## St John's Caring Caller

Caring Caller is a service that St John provides for people who live alone or are housebound due to an illness or disability. Volunteers phone clients regularly to check that everything is ok. The service is free, if you wish to enquire about receiving a regular call from a Caring Caller phone 0800 000 606.

## Vitamin D3

If you are interested in purchasing a quantity of Vitamin D3 please contact Carole Stark on 07 827 7695 or email [carolestark22@gmail.com](mailto:carolestark22@gmail.com)

## Library Books

Please remember we maintain a library of books. With books to support MS, HD, ME/CFS/Fibromyalgia a list of titles is available on our website [www.mswaikato.org.nz](http://www.mswaikato.org.nz). Please contact us if you would like to borrow a book.

## TravelScoot

We now have a TravelScoot available for short term loan for a donation. For more information contact Liz, Tracey or Karen.

## Donations and Bequests

Donations to MS Waikato can be made at anytime through our website [www.mswaikato.org.nz](http://www.mswaikato.org.nz), please click the link 'Donate now' and it will take you to the Spark Foundations give a little website. Alternatively a direct link to this site is through [www.givealittle.co.nz/org/MSWT](http://www.givealittle.co.nz/org/MSWT).

A bequest is a gift to charity and is made through your will, please talk with a solicitor if you wish to make a bequest.

## Subscriptions

Please note 2020 subscriptions are now due. The cost for subscriptions is \$40 or \$20 if you hold a Community Services Card. A subscription form is enclosed if subscriptions have not been received. Thank you for your support.

## Payments

If you wish to make any payments directly to MSWT please pay into account number 02 0316 0488196 000 Please remember to include your name and what the payment is for eg Subs.

## Thanks to our Sponsors and Supporters



WDFW Karamu Trust • Waipa District Council • COGS- Hamilton City, South Waikato & Waikato West  
Glenice & John Gallagher Foundation • Rehabilitation Welfare Trust • Anytime Fitness - Hamilton Central  
Stockbridge Trust • Len Reynolds Trust • The Norah Howell Charitable Trust  
Sir John Logan Campbell Residuary Estate

# MSWT EVENTS CALENDAR

## March 2020

| SUN | MON                                                                                                           | TUE                                                                  | WED                                                                                                           | THU                                                                                                           | FRI | SAT                                                                    |
|-----|---------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|-----|------------------------------------------------------------------------|
| 1   | 2 <b>MS Exercise Class</b><br>10.30am - 11.30am<br>Anytime Fitness<br>cnr Anglesea / Clarence St<br>Hamilton  | 3 <b>MS Support Group</b><br>Churchill Cafe<br>Te Awamutu<br>10.30am | 4 <b>MS Exercise Class</b><br>10.30am - 11.30am<br>Anytime Fitness<br>cnr Anglesea / Clarence St<br>Hamilton  | 5 <b>MS Support Group</b><br><b>Hamilton</b><br>Cafe at Summerset<br>Down the Lane<br>206 Dixon Road, 10.30am | 6   | 7 <b>MS Walking group</b><br>9am<br>The Veranda Cafe<br>Hamilton Lake  |
| 8   | 9 <b>MS Exercise Class</b><br>10.30am - 11.30am<br>Anytime Fitness<br>cnr Anglesea / Clarence St<br>Hamilton  | 10                                                                   | 11 <b>MS Exercise Class</b><br>10.30am - 11.30am<br>Anytime Fitness<br>cnr Anglesea / Clarence St<br>Hamilton | 12 <b>ME/CFS</b><br><b>Support Group</b><br>Social group<br>venue to be advised<br>10.30am                    | 13  | 14 <b>MS Walking group</b><br>9am<br>The Veranda Cafe<br>Hamilton Lake |
| 15  | 16 <b>MS Exercise Class</b><br>10.30am - 11.30am<br>Anytime Fitness<br>cnr Anglesea / Clarence St<br>Hamilton | 17                                                                   | 18 <b>MS Exercise Class</b><br>10.30am - 11.30am<br>Anytime Fitness<br>cnr Anglesea / Clarence St<br>Hamilton | 19 <b>MS Support Group</b><br>Mometewa<br>Te Aroha,<br>10.30am                                                | 20  | 21 <b>MS Walking group</b><br>9am<br>The Veranda Cafe<br>Hamilton Lake |
| 22  | 23 <b>MS Exercise Class</b><br>10.30am - 11.30am<br>Anytime Fitness<br>cnr Anglesea / Clarence St<br>Hamilton | 24                                                                   | 25 <b>MS Exercise Class</b><br><b>AGM</b><br>Life Unlimited Building<br>20 Palmerston Street, 5.15pm          | 26                                                                                                            | 27  | 28 <b>MS Walking group</b><br>9am<br>The Veranda Cafe<br>Hamilton Lake |
| 29  | 30 <b>MS Exercise Class</b><br>10.30am - 11.30am<br>Anytime Fitness<br>cnr Anglesea / Clarence St<br>Hamilton | 31                                                                   |                                                                                                               |                                                                                                               |     |                                                                        |

## April 2020

| SUN | MON                                                                                                           | TUE | WED                                                                                                           | THU                                                                                                           | FRI                   | SAT                                                                    |
|-----|---------------------------------------------------------------------------------------------------------------|-----|---------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|-----------------------|------------------------------------------------------------------------|
|     |                                                                                                               |     | 1                                                                                                             | 2 <b>MS Support Group</b><br><b>Hamilton</b><br>Cafe at Summerset<br>Down the Lane<br>206 Dixon Road, 10.30am | 3                     | 4 <b>MS Walking group</b><br>9am<br>The Veranda Cafe<br>Hamilton Lake  |
| 5   | 6 <b>MS Exercise Class</b><br>10.30am - 11.30am<br>Anytime Fitness<br>cnr Anglesea / Clarence St<br>Hamilton  | 7   | 8 <b>MS Exercise Class</b><br>10.30am - 11.30am<br>Anytime Fitness<br>cnr Anglesea / Clarence St<br>Hamilton  | 9 <b>ME/CFS</b><br><b>Support Group</b><br>Melville Methodist Church<br>Bader St, Hamilton<br>10.30am         | 10 <b>Good Friday</b> | 11 <b>MS Walking group</b><br>9am<br>The Veranda Cafe<br>Hamilton Lake |
| 12  | 13 <b>Easter Monday</b>                                                                                       | 14  | 15 <b>MS Exercise Class</b><br>10.30am - 11.30am<br>Anytime Fitness<br>cnr Anglesea / Clarence St<br>Hamilton | 16 <b>MS Support Group</b><br>Mometewa<br>Morrinsville<br>10.30am                                             | 17                    | 18 <b>MS Walking group</b><br>9am<br>The Veranda Cafe<br>Hamilton Lake |
| 19  | 20 <b>MS Exercise Class</b><br>10.30am - 11.30am<br>Anytime Fitness<br>cnr Anglesea / Clarence St<br>Hamilton | 21  | 22 <b>MS Exercise Class</b><br>10.30am - 11.30am<br>Anytime Fitness<br>cnr Anglesea / Clarence St<br>Hamilton | 23                                                                                                            | 24                    | 25 <b>ANZAC Day</b>                                                    |
| 26  | 27 <b>ANZAC Day</b><br>Holiday                                                                                | 28  | 29 <b>MS Exercise Class</b><br>10.30am - 11.30am<br>Anytime Fitness<br>cnr Anglesea / Clarence St<br>Hamilton | 30                                                                                                            |                       |                                                                        |

## May 2020

| SUN | MON                                                                                                           | TUE                                                                  | WED                                                                                                           | THU                                                                                                           | FRI                                                                                                      | SAT                                                                    |
|-----|---------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------|
| 31  |                                                                                                               |                                                                      |                                                                                                               |                                                                                                               | 1 <b>The Michael Ford</b><br><b>Memorial Charity</b><br><b>Golf Tournament</b><br>Ngahinepouri golf club | 2 <b>MS Walking group</b><br>9am<br>The Veranda Cafe<br>Hamilton Lake  |
| 3   | 4 <b>MS Exercise Class</b><br>10.30am - 11.30am<br>Anytime Fitness<br>cnr Anglesea / Clarence St<br>Hamilton  | 5 <b>MS Support Group</b><br>Churchill Cafe<br>Te Awamutu<br>10.30am | 6 <b>MS Exercise Class</b><br>10.30am - 11.30am<br>Anytime Fitness<br>cnr Anglesea / Clarence St<br>Hamilton  | 7 <b>MS Support Group</b><br><b>Hamilton</b><br>Cafe at Summerset<br>Down the Lane<br>206 Dixon Road, 10.30am | 8                                                                                                        | 9 <b>MS Walking group</b><br>9am<br>The Veranda Cafe<br>Hamilton Lake  |
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