

MEssenger

September 2020



A note from the Operations Coordinator

Welcome to September and the official start to Spring. What a year it has been so far, very tough for many people. Hopefully with the change of season, we will see and feel a fresh new season coming.

On the 29th August we had the AGM and SGM - online this year due to NZ being in Level 2 Covid19 restrictions. But it was wonderful to see you all virtually. We welcome back the new Board to CCIS. Keith Appleton, Matt Appleton, Sarah Davey, David Harris and newcomer Karen Moulton. You can read more about the staff and Board on our website: www.ccisupport.org.nz

The Constitution has had an update and the audited accounts accepted.

We are currently in talks with Waikato MS in regards to possibly merging their services with ours. Which is very exciting. Hopefully by the next newsletter we will be announcing the launch of CCIS Waikato.

As we go to print, I can thankfully say we have now appointed a new Field Officer for Rotorua, Tabitha Ramsay. She will be starting at the end of September. It's very exciting, and we look forward to sharing more about her in the next issue.

I wish you all the best and please feel free to contact me if you'd like to give us feedback on the services of CCIS or have any general enquiries.

Miranda Whitwell - Operations Coordinator.

53 FRASER ST, TAURANGA

Hours: Tuesday to Friday
operations@ccisupport.org.nz

9am till 2.30pm
07 281 1481 or 022 658 0251



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From Charlottes desk in the Western Bay of Plenty



Charlotte Kelp

Field Officer

Phone or Txt:
027 625 4449

Office Hours
Tuesday to Friday
9am till 3pm

charlotte@ccisupport.org.nz

Wow am I glad to see the sun shining again, spring is finally here and it has to be one of my favourite seasons of the year.

As always, we have been so very busy supporting members, advocacy, setting up a regular in-house mindfulness clinic, photoshoots, new brochures, our AGM and planning. I have also been on a bit of a personal journey... I was tuning into the signs that my body was struggling to keep up with what I wanted to achieve.

My signs included low energy, headaches, body aches, night sweats, feeling cold constantly, skin issues and low tolerance to even the smallest stressors that cropped up.

This I knew was heading for more than just a three day weekend in bed, so I had to take a step back to evaluate what I was doing and what I could do to improve the way I was feeling. This involved:

- Figuring out short term all the things that I didn't have to do, delegate what I could to the family and leave the rest of the "stuff"
- I took extra rest when I could and was super strict about lying down with my eyes closed and allowing my mind to quieten
- I allowed my colleagues, family, and friends to know how I was feeling
- I took a harder look at my diet and identified adjustments I could make to ensure I could get the

most nutrition on the end of my fork or in a sip of my smoothie. I included some fun additions such as tofu, kombucha, fresh turmeric and kimchi and bought some prepacked colourful stir-fry mixes (rather than having to think about ingredients and chopping)

- I tried a new meditation app which I am really enjoying
- I took a rain check on extracurricular activities, including media platforms
- I gave myself a BREAK and allowed myself to be OK with how I was feeling
- I made plans for moving my body when I was feeling able

Plus more but I won't bore you with ALL the details ☐

The point is, all these actions (and non-actions) carried me through my blip feeling empowered and allowed me feel more in control of my symptoms.

We all have different tools in our toolbox and different strategies work for different people. But I believe there is always something we can do to improve how we are feeling inside and out.

What are your helpful tools and strategies? It can be helpful to write a list in advance of the things that you can try if/when you have a blip. Better yet, what can you do today that your tomorrow self will thank you for?

Greetings from the East.

Its been great catching up with members this last month by having one on one and physical group sessions again. We had a very small turn out to the monthly meeting in August but we had a great session where we talked about many things including how important movement is for our bodies. I just want to confirm that our next Monthly Meeting is being held in September on the 9th at the Whakatane library. We were told we could not use the room due to the elections, but now the elections are in October. So, our October meeting on the 14th has to be shifted to the BNZ Business Centre upstairs on the strand. Sorry about the changes. Thank you to everyone who has stepped up and joined the Towards Wellness Programme, it's great to see our Eastern Bay members finally having access to this excellent programme from the comfort of their own home. Thanks to DCT for funding this. Elizabeth McGougan FO

Lakes District—ROTORUA region

Its great to see new members joining the group and wanting to learn and connect with others. I am delighted to see our Lakes area members join the Online monthly meetings over Zoom. I really enjoy these meetings as they are a great way to meet new people, learn and share. I learn so much from our membership every day. Its also been great to see our online participation increase after lock down and excellent to see Lakes members attending Towards Wellness Online!

Elizabeth McGougan FO

Nationwide Members Report

We have only recently started accepting members from outside of our area and we have been a little overwhelmed by the numbers! The board decided to start saying yes to out of area members because we had been receiving so many inquiries from people living with ME/CFS/FM over the years. It has been a real delight to work with all these new members and wonderful that so many have chosen to participate so fully with CCIS. The monthly online meetings have been great fun and its wonderful to see more members attending as the months pass. We really hope that we can offer all our members support and a place where they feel comfortable and understood.

Elizabeth McGougan FO

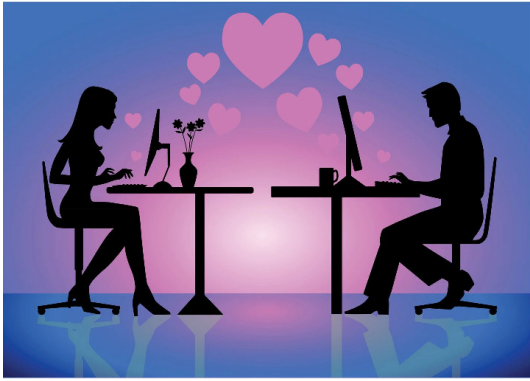


Elizabeth McGougan
Field Officer

Phone or Txt:
020 401 7909 2

Office Hours
Tuesday to Friday
9am - 2.30pm

elizabeth@ccisupport.org.nz



Online Dating Myth Busting

Last year I wrote an article on using online dating to find personal connection from the comfort of your own home. We had interest from members about this so I thought I would add a little more on the topic.

It is hard to meet people when you live with a chronic illness, the main reason being that we often don't get out to bars or regular work outside the home and we lose contact with friends & family, which normally help to produce dating connections. In recent years most dating has moved online, and this is a whole new world to navigate. I want to bust a few myths about online dating, let you know what I learnt and encourage you to give it a go if you are looking for a relationship.

Myth 1: Everyone on dating apps is looking for a relationship.

I would estimate between 40-60% of people on dating apps like Tinder and Findsomeone are looking for relationships. The rest are looking for something else:

- An online private friendship without meeting – they maybe in a relationship already, not ready for a relationship or just testing the water to see if the grass is greener.
- For sex. You can spot these by the use of abbreviations like DTF etc or simply saying they are looking for sex. Do not think they are looking for a relationship, no matter how cute they are.
- A few are looking for money. They are not real people often, just a bunch of people who will say the right things all the time (often misspelt) and not able to meet or video chat because they don't exist or live in NZ.
- Some are there just catfishing you. They are not the person in the photo but often someone with personal problems who uses these platforms to try to find some connection, cause trouble, get back at a 3rd party or waste your time. Again, they can't meet or miss meetings because they don't look like the photo.

Myth 2: Photos never lie.

As mentioned above, photos do lie, images can be stolen and reused. Please don't just go off pictures, we are hard wired to look for the modern idea of physical perfection, that does not always link in with personality. Real people tend to have lots of photos, not all of them perfect but never just one studio air brushed photo. And some people use old photos from their 20's, so video chatting can be an excellent way to see the actual person.

Myth 3: Love will conquer all

Nope it will not conquer practical things like distance, understanding and compatibility. When choosing your dating area in app's like tinder make sure it's a distance you can manage to travel to visit the other person. There is no point in starting a long-distance relationship if you find travelling makes you symptomatic.

Myth 4: No one will love me if I admit I have a chronic illness.

Not correct either, many people out there are kind, caring and empathic. There are many ways we can tell people about our disability. Some people are very direct and put it in their dating profiles. For me, each person was different, sometimes it came up in a first date, sometimes the 2nd or 3rd and sometimes never, because I was not interested enough in them. Personally, I like to describe my condition, not just give a blanket name as so many people do not know what ME/CFS/FM/PVS/POTS/OI etc are!

Myth 5: all dating apps are created equal.

Be very weary of overseas apps, many have no New Zealand member on them, even though they say they do. Do not pay for an app to start with, all the big ones have the option of trying it for free. Most people find apps like Tinder, Bumble, FindSomeone good to start with. Many use paid options like Elite singles or over 40's dating sites also. Check the site out, research it, do the mahi on making sure it is legit before you join.

Elizabeth's tips for dating:

Do not message or text for too long before you meet. It can often be a waste of time, when you meet the person you will decide if they are "likeable".

Always meet in a public place for your first date.

These days Sexually Transmitted Infections are rampant though all ages and sexes so please practice safe sex always.

Do not ever give anyone money.

Make sure you are safe, and you are not giving out too much personal information before you have met the person. Visit: <https://www.netsafe.org.nz/online-dating/>

Know what you want out of dating but don't rush the process, take your time and please don't feel pressured to settle for just anyone.

Make sure you have boundaries many people want to chat late at night etc so make sure you don't exhaust yourself.

Talk about your dating with your friends and family, always let someone know when you are going on a date and who you are going with.

Have fun! It is meant to be fun, so when its not, take a break and get a hobby or join a group, you never know who you will meet!

Elizabeth McGougan

A NEURO-INFLAMMATORY MODEL TO EXPLAIN THE ONSET, SYMPTOMS, AND FLARE-UPS OF ME/CFS

This article summarises ideas and a model to explain ME/CFS published in the Journal of Primary Health Care (2019) by Angus Mackay. Mackay writes from the perspective of being a long-term sufferer and researcher of ME/CFS. Mackay explains the onset, symptomology and flare ups experienced by those with ME/CFS, and builds on the model proposed by Mackay and Tate (2018) in a previous article.

After becoming unwell with glandular fever (1995), which led to ME/CFS, Mackay tried to make sense of his continual flare ups and recovery cycles. Mackay had previously led an active life including time served as a British army officer, biology teacher and rugby coach. Over many years he carefully logged his symptoms and their severity, and what was triggering them to “flare up”. Mackay noticed a perceived intensity of brain and spine inflammation every time he experienced a symptom flare up, which would slowly dissipate as symptoms decreased.

He later dedicated time as a researcher in Professor Warren Tate's laboratory, at the University of Otago, from 2011-18, to see if he could determine the root cause of ME/CFS. Due to the arduous nature of lab work, Mackay turned his attention to online literature exploring alternative theories to the chronic viral hypothesis that they were focusing their attention upon. Mackay searched the literature according to his growing conviction that ME/CFS was a neurological disease with neuro-inflammation of the brain being at its core. Mackay highlights even in its name “encephalomyelitis” meaning “inflammation of the brain and spinal cord” indicated many before him had thought the same way. But where was the evidence? Blood-biomarker studies appeared inconsistent and unreliable, to Mackay, while brain-imaging stud-

ies lacked the sensitivity to detect what Mackay perceived as a low-level, but chronic inflammation in the brains of ME/CFS patients.

Breakthrough study

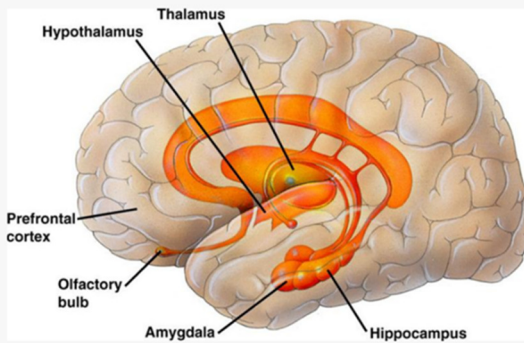
Mackay initially focussed on a Japanese research group who showed, for the first time, clear evidence of inflammation in the brains of people with ME/CFS, using position emission tomography / magnetic resonance imaging (PET/ MRI). The group published a paper (2014) showing **activated glial cells** (immune cells of the brain) in people with ME/CFS. Activation of the glial cells characterises an inflammatory response and appeared to be in proportion to symptom severity e.g. levels of patient fatigue. Nearly all inflammation pertained toward the **limbic system** (mood-centre) in the brain of ME/CFS patients (see diagram).

Further (more recent) supporting evidence

Younger's research (2018) also supports this finding of inflammation within the brain, highlighting the limbic system, using a different kind of brain scanning technique. Their technology detected lactate and small temperature increases in the brains of ME/CFS patients, both indicative of chronic inflammation. During this study healthy controls were found to have NO lactate or temperature changes within their brains. A recent PET/MRI study (2018) has also detected inflammation in the brains (also highlighting the limbic system) of people with Fibromyalgia, a very closely related disease to ME/CFS.

If the limbic system, and hypothalamus are inflamed and dysfunctional, this causes the ANS to be disrupted also. This could explain the majority (of the wide range) of symptoms experienced by those with ME/CFS.

The Limbic System



The system explained

The Limbic System

- Mood centre of the brain
- Controls memory
- Influences cognition

Hypothalamus

- Sleep
- Appetite
- Autonomic Nervous System (ANS)

The ANS

- Bowel motions
- Heart rate
- Blood pressure

Flare ups explained

Mackay noticed (and as recorded in the literature for ME/CFS patients, in general) that his symptoms waxed and waned according to a range of potential stressors, which included physical, mental, emotional, financial stress, infections and vaccinations, and environmental stress, including sleep deprivation or chemical toxins exposure. His "eureka" moment came when he found a piece of research that indicated that this range of stressors, following different physiological pathways *all targeted the hypothalamus* - suggesting that the hypothalamus acts as a kind of "stress response centre", which processed these incoming "stress signals" from a variety of sources, before responding either hormonally (via the blood) or by electrical impulses (via the ANS).

Triggers Explained

Mackay intuitively realized that the triggers for ME/CFS like the stressors, described above, could also target the hypothalamus and set the disease off, if the stressors were severe enough and the person was ME/CFS susceptible. And the triggers which are known to trigger ME/CFS are indeed all of the "severe" kind, be they viral e.g. glandular fever, chemical toxins or extreme trauma.

(It is interesting to note that Covid19 appears to be triggering ME/CFS in a small percentage of pa-

tients... no surprise to Mackay, who classes Covid19 as just another on the list of "severe stressors" that can shock the hypothalamus into dysfunction).

From his research findings Mackay posed the following questions within his article:

- Might an inflamed (dysfunctional) hypothalamus help to explain why those with ME/CFS have a lower tolerance to stress/stressors?
- When a certain threshold for incoming stress signals is exceeded; could this trigger a flare up (relapse) originating in the hypothalamus and spreading out to specific targets within the brain, spine and ANS?
- Could the hypothalamus be a key vulnerable site in those predisposed to ME/CFS?
- May this then be the site of a genetic malfunction fundamental to the disease becoming manifested?
- Might this then trigger a neuro-inflammatory response within the brain of a person with ME/CFS?
- And might this inflammation then be self-perpetuated indefinitely by a now dysfunctional (inflamed) hypothalamus, no longer able to tolerate even the smallest amount of incoming "stress signals", from a variety of sources (stressors)?

Although Mackay notes that this model is largely

Article continued...

theoretical at this stage, it is hoped that it's coherent nature could be used as a framework for future scientific research.

To view the full article click on the following link https://www.researchgate.net/publication/337624219_A_neuro-inflammatory_model_can_explain_the_onset_symptoms_and_flare-ups_of_myalgic_encephalomyelitischronic_fatigue_syndrome

Reference

Mackay, Angus. (2019). A neuro-inflammatory model can explain the onset, symptoms and flare-ups of myalgic encephalomyelitis/chronic fatigue syndrome. *Journal of Primary Health Care*. 11. 10.1071/HC19041.

Article summary written by Charlotte

FACEBOOK: Just a reminder, for paid members, we have an online members [Facebook page](#). Keep up with the latest research, make friends and support each other.

Contact your Field Officer for more details.

FEEDBACK: We love it!! We want to know how we are going 'through your eyes'. If you would like to give us some feedback about our services, programmes, staff or management. For the members feedback form please contact us at info@ccisupport.org.nz



"Creating awareness around parts of your body that are not in pain is an easy accessible tool for pain management"



DONATIONS: We want to thank all those people who donate time and/or money to CCIS, on top of their annual subs. As a charitable organisation, we rely solely on donations, grants and subscriptions in order to provide the support for our clients. So every \$ counts. We are registered with IRD as being for charitable purposes, so donations are tax deductible. In April, you will receive a tax receipt for all donations made during the financial year. Thank you for supporting us.

Mindfulness and Meditation Clinic

Lead by coach Phil Jones



Train your mind to:
Observe more
React less
Generate healthier
and happier states
Make smarter
choices

Purpose:

- To develop a meditation habit
- To deepen meditation techniques so we meditate smart not hard and optimize benefits
- To bring the benefits of meditation into everyday life

Content:

- Meditation in the form of training and taming attention and awareness - mindfulness
- Cultivating kindness to self, softening and replacing the dominance of the inner critic
- Skilful handling of difficult thoughts and emotions and of pain
- Practice
- Explore questions around the practice
- Learn from each other's experiences

Venue: 53 Fraser Street Time: 10.30am

- Tuesday 8th September
- Tuesday 22nd September
- Tuesday 6th October
- Tuesday 20th October

If this service clinic is well utilised it will continue into November

**Koha / gold coin donation preferred for Phil's time / skills / travel (let this this not be a barrier though)*

LIVEWIRE

We mentioned this online support platform for our members who are aged 12 – 20 in the last newsletter. We now have a membership code so if you join you will be asked for a code. Our validation code is: ccisupport

Enjoy this unique platform!



"It doesn't matter how slowly you go as long as you do not stop" – Confucius

Free Counselling available

Elma, our 2nd year counselling students has some spaces available. These sessions are free and held either via zoom or in the office at 53 Fraser St. Elma is highly recommended and provides a high quality service. This counselling will be offered for all ages and it will be provided in a strictly confidential environment. Please contact [Charlotte](#) by email or Phone or Txt: 027 625 4449 if you would like to participate in this.

Towards Wellness Programme - Registrations now open for Feb 2021 Intake.

The 2020 TWP programmes are now full. But you can always register now for the 2021 February intake. Cost \$200.00 for TWP1 ten two hour workshops held fortnightly, that's \$20.00 for each class, It is now \$100 for TWP2. We also take part payments too if that is needed.

Tauranga Special Meeting with Guest Speaker

Date: Tuesday 15th September

Time: 10.30am

Venue: 53 Fraser Street

St John presentation with guest speaker Fran Lindsay

Please join us to find out more about St John's community services here in the Bay. Fran is a home help representative for St John and will be speaking about the community services that St John provide . These include Caring Caller, Friends of the Emergency, Supporters Scheme, Medical Alarms, Health Shuttle. Fran will also be answering any questions you may have. I am really looking forward to finding out about the services we can access and look forward to seeing you there.

CCIS Young Persons ONLINE group

Second Tuesday of each month at 1:00 pm – 2:30 pm.

It is on Zoom and run by a volunteer member who will cover CCIS monthly meeting content but will do it in a youth focused way.

The group is open to **all members aged between 12 - 25 years**, (25 - 30 years members being those who developed the condition when they were younger.)

The Kaupapa of the group is to empower connections with each other, learning helpful information for management, sharing, laughing and appropriate friendships.

Finding a friend who experiences what you experience is so very important. It is difficult to keep your friends when you live with a condition that means you can't attend school, go on to university or leave home when you want to. So, finding a person who understands and "gets it" can be so empowering and helpful.

If you are interested in joining please email elizabeth@ccisupport.org.nz to be added to the list.

September 8th - Pain Strategies

October 13th - Dysautonomia

November 10th - Nutrition

December 8th - Relationships

Tauranga Monthly Members Meetings

Month	Date	Time am	Time pm	Topic
September	Thurs 10 th	10.30am -12pm	1pm-2.30pm	Pain Strategies
October	Thurs 15 th	10.30am -12pm	1pm-2.30pm	Dysautonomia
November	Thurs 12 th	10.30am -12pm	1pm-2.30pm	Nurtrition
December	Thurs 10 th	10.30am -12pm	1pm-2.30pm	Relationships

Coffee Groups

GREERTON:

Venue: Greerton Mitre 10 Mega

September	Wed 16th	10.30am
October	Wed 21st	10.30am

PAPAMOA:

Venue: Double Teaspoons, Papamoa Plaza

October	Wed 7th	10.30am
November	Wed 4th	10.30am

Young at Hearts Social Group

"An easy going social, monthly focus topic resources also provided"

Venue: CCIS Offices, 53 Fraser Street, Tauranga
(1pm - 2.30pm 4th Tuesday of each month)

September 22nd

October 27th

November 24th

Important Calendar Dates

October - Dysautonomia Month

5th December - Volunteers Day

12th December - Christmas Picnic

Whakatane Meetings

Monthly Member Meetings

Monthly meetings are held at the
Whakatane Library 1.30pm-3.00pm approx. every second Wednesday of the month. Tea and coffee are available, and I encourage self-management of time, comfort and different modes of seating.

September 9th - Pain Strategies

October 14th - Dysautonomia

November 11th - Nutrition

December 9th - Relationships



Online Monthly Meetings

Is for all our members who live outside the Bay of Plenty or those who want to attend a monthly meeting but do not have the extra energy to leave their homes. Please email elizabeth@ccisupport.or.nz if you are interested in joining the meetings. If you haven't already, please register HERE: [Registration](#)

September 11th - Pain Strategies

October 16th - Dysautonomia

November 13th - Nutrition

December 11th - Relationships

LIBRARY UPDATE

We are still working on a few checkout bugs, HOWEVER, you can already browse a good portion of our library online, from the comfort of your own home. If you spot one you would like to read, we can reserve it for you until you stop by and collect it. Just touch base with your Field Officer. If you are interested in reading one of our many treasures, please stop by and check out a book, we have lots to choose from!

To check out our library online, go to https://mebop.infoodle.com/librarykiosk#

We also aim to provide short book reviews to give you a quick synopsis of the books content for your online perusal. If you would like to support this mammoth bookworm task, we would love your short book review for our library.

Also, if you have any **book recommendations** to add to our library, relevant to our members, please contact your Field Officer to make a request. *Please see some of the newest titles added below.*

We do have a few library books that are being requested by members to borrow, can you please check your shelves for the following books that are still out on loan?

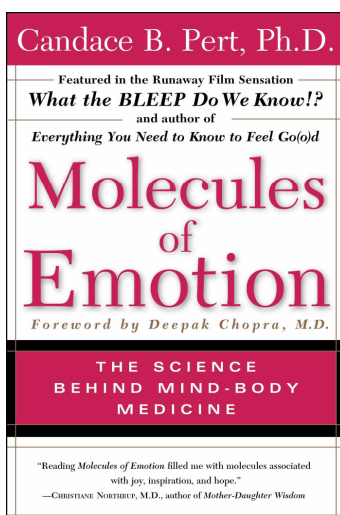
- An introduction to the Lightening Process
- Chronic Fatigue - the silent epidemic
- M.E. How to live with one
- The Pocket Guide to CFS/ME
- Mindfulness for Health
- Rewire your Brain
- When the Body Says No
- The Amygdala Retraining Program for ME/CFS/FM and Associated Illnesses



Molecules of Emotion **why you feel the way you feel** **Candace B. Pert, Ph.D.**

Candace Pert was the neuroscientist who first discovered the Opiate Receptor in the brain and unlocked our understanding of the neuro transmitters which are the chemical basis for feels and emotions in the brain. In this book which was first published in 1997 she goes into some detail about the scientific community, how she was overlooked as a woman working in science and her ongoing love of neuroscience. I must say I have found the book interesting but a little hard to come back to, as it uses a lot of floral language and often seems to head off on tangents. If you are interested in learning about the chemicals which make up the brains experience of emotions and hear about a female scientist and her journey in this male dominated sphere then you will enjoy Molecules of Emotion. I will be back in the Tauranga library shortly.

Elizabeth ~ CCIS Field Officer



A Big Thank You!!!

To Arlea and Arlene Olson, for sharing your story.

Also to the Western Bay of Plenty Resilience Fund by the WBOP District Council Covid 19 WBOP Recovery fund: BayTrust, TECT, Acorn and TCC.

Article by TECT on CCIS is in the Sunlive Publication on Wednesday 2nd September 2020



Recognising our Supporters

A big thankyou to our photographer Ebony Whittaker ([from Fine Art Landscape Photography](#)) who travelled from Whakatane to capture and produce some amazing images that really embody the work that we do at CCIS. Some of these images will be on the website and also in our new publications. We have a new brochure about our services, over the next month or so, we are hoping to get these into Health Professional hands.

The Community Noticeboard

This is a space we have created in our newsletter to give locals and members the opportunity to share notices. Please email or call a Field Officer to add your notice for our next bimonthly newsletter.

Singing Lesson Whakatane:

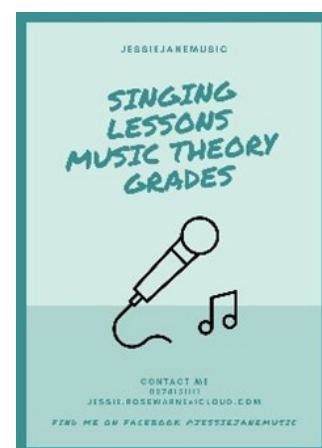
Experienced music teacher wanting to teach singing in the Eastern Bay.

[JessieJaneMusic on Facebook](#)

Ph: 027 815 1111

Hey Everyone! I've decided to begin singing lessons and music theory for the beautiful sunshine capital! 🌞

I am a trained classical soprano and have been taking singing lessons from the age of 12! I have just completed 4 years at Victoria University studying a classical performance degree in voice.



Jane Steane Dance of life Yoga held at Ancient Arts on the Strand Whakatane;

Daily classes with gentle, flow, beginners, yin, aroma Yoga, classes from \$15.00

Visit: <https://www.yogatrail.com/teacher/jane-steane-dance-of-life-230234/schedule?week=2020-W36> or Facebook <https://www.facebook.com/DanceOfLifeYogaBellydance/> for more information.

Recipes

Do you have a simple recipe you would like to share? Contact your Field Officer or email info@ccisupport.org.nz

Yes, I am making a lot of bowls at the moment, they are fun and easy to make plus you can change the ingredients around to suit what you have in the fridge or garden. Try chicken or tinned fish instead of tofu, and change the veg to what is in season. Elizabeth

Peanut Tofu Bowl

- 1 cup farro/ rice / quinoa / buckwheat
- 1 (16-ounce) package extra firm tofu
- 2 1/2 tablespoons cornstarch
- 1 1/2 teaspoons chili powder
- 1 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 1 tablespoon plus 2 teaspoons olive oil or garlic olive oil, divided
- 2 cups shredded kale or other green veg
- 1 1/2 cups shelled cooked edamame or green beans
- 2 carrots, peeled and grated
- 3/4 cup packed fresh cilantro leaves

1 lime, cut into wedges



FOR THE CREAMY PEANUT SAUCE

- 1/4 cup smooth peanut butter (I only had crunchy)
- 1 tablespoon soy sauce
- 1 tablespoon freshly squeezed lime juice
- 2 teaspoons dark brown sugar
- 1 teaspoon sambal oelek (ground fresh chile paste)

1 teaspoon freshly grated ginger

Directions:

1. To make the creamy peanut sauce, whisk together peanut butter, soy sauce, lime juice, brown sugar, sambal oelek, ginger and 2-3 tablespoons water in a small bowl; set aside.
2. Cook grains according to package instructions; set aside.
3. Preheat oven to 400 degrees F. Line a baking sheet with parchment paper.
4. Place tofu on a paper-towel lined plate; press a paper towel and heavy skillet over top of tofu to absorb excess water. Let stand 15 minutes before dicing into bite-size cubes.
5. In a large bowl, combine tofu, cornstarch, chili powder, salt, pepper and garlic powder. Stir in 1 tablespoon olive oil until well combined.
6. Place tofu in a single layer onto the prepared baking sheet. Place into oven and bake for 15 - 30 minutes, until golden brown and crisp, flipping halfway.
7. In a small bowl, add kale and drizzle with remaining 2 teaspoons olive oil; season with salt and pepper to taste. Massage until the kale starts to soften and wilt, about 1-2 minutes.
8. Divide grains into bowls. Top with tofu, kale, edamame, carrots and cilantro.
9. Serve with creamy peanut sauce, garnished with lime, if desired.

Serves 2.

Smoothie Berry Bowl

Ingredient for the smoothie for one:

- Frozen berries – a handful or two.
- Banana
- Nut milk - couple of tablespoons full
- Cinnamon or ginger or turmeric - half to a teaspoon full.
- Teaspoon of nuts or peanut butter.

Blend all the fruit etc in a blender or with a stick blender until smooth.

Topping:

- Fresh fruit like oranges, kiwifruit
- Several nuts
- Some muesli or cereal
- Seeds like chia or sunflower or pumpkin
- yogurt

Pour the smoothie into a bowl then add on top some freshly cut fruit, a small amount of muesli and some seeds. Then add a spoonful of yogurt if you have it.



Alternative To Fidget Spinners
Helps Restore Focus And Calm



'You are Loved' collect and distribute handmade items to support people in NZ.

You are Loved wrote to CCIS:

One of the items we collect is twiddle muff and we found this article that we shared is written by a sufferer of Myalgic Encephalomyelitis (ME) - [chronic conditions could benefit from using twiddle muffs](#).

Some of our supporters who suffer from chronic pain have described both using and crafting twiddle items as pain relief and distraction to cope with their health issues.

I wonder if your members would be interested in receiving twiddle items? Alternatively, if anyone would consider making items to support our wee project, please let us know.

We are based in Hamilton.

Best regards Bec

Our Facebook page - [You Are Loved](#)

Alternatively, touch base with your Field Officer for more information.

COMPLEX CHRONIC ILLNESS SUPPORT

Complex Chronic Illness Support Inc. is a charitable organisation that was set up in 1981 in the Bay of Plenty region to support, connect, advocate and educate people diagnosed with Complex Chronic Illnesses to improve the quality of their lives. We provide this service across the Bay of Plenty including Tauranga, Whakatane and Rotorua.

THANK YOU TO OUR AMAZING SPONSORS AND DONORS



BOARD OF MANAGEMENT:

Keith Appleton: President and Treasurer

Matt Appleton: Vice President

Sarah Davey: Board Member

David Harris: Board Member

Karen Moulton: Board Member

Complex Chronic Illness Support
53 Fraser St
Tauranga South
TAURANGA 3112
NEW ZEALAND

Phone: 07 281 1481

Cell: 022 658 0251

E-mail: info@ccisupport.org.nz

Charity Number: CC20874

