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Remember to check the Group Monthly Meetings Calendar!



Hi everyone!

It's been a hectic 2 months here at CCI Support! Our regular coffee mornings and support meetings around the district got underway in February, as did the first **Towards Wellness programme** for 2018.

We held a hugely successful **Information Day in Whakatane** on Saturday March 17th (see page 3). Our thanks to **Drs Vallings and Dalziel**, guest speaker and guest panellist respectively at this event. Thanks also to the team for their input, especially Eastern Bay field officer Elizabeth (and her family) for the hours of planning, organising and promoting this event.

We apologise to those who registered for our Towards Wellness Carers & Loved Ones workshop that was to be held on Monday 19th March. Unfortunately we did not receive enough registrations to run the workshop. It has been rescheduled for Monday April 16th (see page 2).

We are pleased to advise that our 2018 student counselling practicum is now underway. If anyone would like to take advantage of this free service, contact me on **027 625 4449** to arrange an appointment.

In this issue we bring you more on what's been happening at CCI Support, together with an interesting article which shows that poor sleep has far wider effects than just increasing fatigue (see page 5).

Enjoy the read!

Tina and the team at CCI Support 😊

CCI Support :
56 Christopher St
Tauranga 3112
Office: (07) 2811 481
Email: info@ccisupport.org.nz
Website: www.ccisupport.org.nz



Should you wish to join our Facebook page, the easy link is: <https://www.facebook.com/groups/203904249678311/>

Send a friend request...!

Local Items of Interest

Screening of Jennifer Brea's Movie 'UNREST' !!

Fundraiser for CCI Support at Rialto Cinema, Goddards Arcade, Tauranga

Date: Saturday 12th May (International ME/CFS Awareness Day)

Time: 11am

Jennifer Brea is completing her PhD and is about to marry the love of her life when she is struck down by a fever that leaves her bedridden.

When doctors tell her 'It's all in her head', she turns the camera on herself and her community as she looks for answers and fights for a cure.

This honest and raw account of life with severe ME/CFS has become a powerful tool worldwide to advocate for those with the condition.

(NB: The content may be confronting for some).

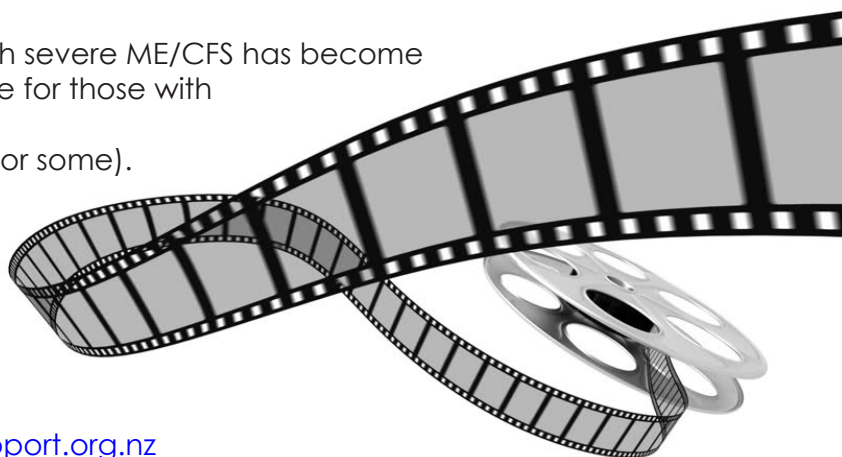
Get in early!

Just 80 tickets available!!

Cost: \$20 per ticket

N.B. Morning tea included

To order tickets, contact info@ccisupport.org.nz



CCI Support Carers' & Loved Ones' Workshops Coming Up Soon

The new date for our **Towards Wellness Carers & Loved Ones Workshop** (postponed from 19th March) is **Monday 16th April, 10am to midday** in the downstairs lounge at **56 Christopher Street**.

NB: This workshop is specifically for the loved ones of those who are currently attending the Towards Wellness programme, or who have done so in the past.

We are also offering a **Self-Care Workshop** for carers /loved ones of anyone with ME/CFS/FM on **Monday 28th May, 10am to midday** – same venue.

To book for either of these workshops, email info@ccisupport.org.nz

New CCI Support Fundraising Raffle!

We have put together a great new raffle package!

The prize pack includes a white V-neck t-shirt featuring our CCI Support logo, with matching cap and lanyard, plus a \$30 voucher kindly donated by the **Gluten & Allergy Free Shop**, Tauranga.

Tickets cost **\$2** each, or **3 for \$5** and are available for purchase from the office, or at support groups, coffee mornings etc. They can also be ordered from Tina on **027 625 4449**.



Whakatane Open Day

Kia ora everyone,

As some of you may be aware CCI Support have been expanding our services into the Rotorua area; we are also revitalizing our services in the Whakatane district.

On Saturday the 17th March 2018 an Open Day was held at the **Lyceum Club**, Whakatane. The event was organised by our Whakatane based Field Officer, **Elizabeth McGougan**.

Can I just say what an amazing event this was! Over eighty people travelled from far and wide to hear our guest speakers which included, **Dr Ros Vallings and Dr Sarah Dalziel**. Dr Vallings is a leading expert and specialist in the field of ME/CFS. She is based in Auckland, and has over forty years' experience in diagnosing and treating patients referred from other doctors. Dr Dalziel is a Rotorua based GP who has a strong interest in ME/CFS.



including how to manage their conditions, or that of a loved one.

Further presentations were given by our field officers. Tauranga based Field Officer, **Tina Richards**, explained the history of our organisation, our services, her role and information on the **Towards Wellness Programme**. Elizabeth, Eastern Bay Field Officer, gave a passionate and extremely informative account of living with ME/CFS, along with her wellness journey since completing the Towards Wellness Programme.

Can I just say a huge thank you to everyone who was involved in this wonderful day, in particular: Dr Ros Vallings, Dr Dalziel, CCI Support staff including Elizabeth, Tina and our Vice President **Jean Scoullar**, volunteers **Charlotte and Gavin McGougan, Tina Bradley and Walter McIndoe, Glenn Smith** from 1XX and the team at the **Whakatane Beacon**, and last but not least, the Lyceum Club for an amazing venue.

We look forward to more events in 2018, however in the meantime should you require more information, contact us at info.cci-support.org.nz.

Rotorua Meeting 16th March

When **Dr Ros Vallings** advised us she would be available to speak at a Rotorua members' meeting on the afternoon of Friday 16th March (the day before our Whakatane Information Day at which Dr Vallings was to be guest speaker), we were keen to take advantage of this opportunity.

Dr Vallings spoke on the most important components of a wellness plan for ME/CFS/FM, essential information for those who had been newly diagnosed, as well as a great refresher for those who had been unwell for some time.

The meeting was held at the Mokoia Community Centre, Vaughan Road.



Elizabeth Raises Awareness of ME/CFS in the Eastern Bay

symptoms she experienced and says 'It was a very quiet and low time'.

Our Eastern Bay field officer, Elizabeth McGougan, was recently featured in an article in EBLIFE (the Friday edition of the Whakatane Beacon newspaper). The article was published a few days before our hugely successful Whakatane Information Day on Saturday March 17th.



Elizabeth spoke about her former exciting life as a high-flying TV producer in Auckland, and how that began to unravel around 2004 due to ill health. (In earlier years, Elizabeth had also had glandular fever and shingles).

Dr Ros Vallings diagnosed Elizabeth with ME/CFS at the end of 2004, advising her to 'go home and go to bed'. Little did she know she would spend the next two years of her life (from 27 to 29) in bed. Elizabeth described the debilitating

While Elizabeth's health has improved, ME/CFS still affects her life today. In her Taneatua cottage, everything is done in small doses, with rest periods scheduled in. Elizabeth spoke about how taking part in CCI Support's Towards Wellness (TW) programme in 2017 made a difference to her life. She says of the programme 'I now have a tool kit to help reduce the impact of the symptoms'.

Since completing the TW programme, Elizabeth has been able to work part-time as our Eastern Bay field officer,

as well as volunteering weekly at her local Citizens' Advice Bureau. She has also joined the Embroiderers' Guild.

The full article can be accessed at <https://whakatanebeacon.co.nz/2018/03/sent-to-bed-for-two-years/>

Chronic Fatigue Syndrome Support Group Expands to Rotorua

Lachelle Richardson has battled chronic fatigue syndrome for 11 years, but she's only known that it wasn't all in her head for two of those. And now, news that a support group is to be expanded into the wider Bay of Plenty, including Rotorua, is music to her ears.



Over the years Richardson visited naturopaths and countless doctors but nothing helped. But last year, Richardson did a course in Tauranga through the organisation **Complex Chronic Illness Support** to better understand what she was suffering from. She said it was life-changing.

People from 16 to 83 were in the support group which helped Richardson understand the illness. Now the support organisation is expanding its services to the wider Bay of Plenty, including Rotorua.

Richardson said the support of the organisation had been phenomenal since completing the course and Rotorua would benefit hugely by having the group here.

Complex Chronic Illness Support (CCI) also helped Richardson's husband understand the illness. "At the start I couldn't understand it so how could someone else?" Richardson said.

"This past year my life has been so much easier because he gets it. But we're still learning together."

CCI's senior Bay of Plenty field officer, **Tina Richards**, said the organisation planned to replicate what it was doing in Tauranga with courses for CFS sufferers.

For now, she has organised a monthly coffee group where people can talk, share ideas and ask questions. Richards said there were an estimated two to four people per 1000 suffering from ME/CFS so there could be hundreds in the area.

"There are a lot of people under the radar with this condition. They know something is wrong and struggle to get answers. It's really important for them to know there is help out there," Richards said.

"There's still scepticism around it because it's invisible. People can put up with this for years before they do get a diagnosis."

The Immune System and Sleep

August 29th, 2017, Cort Johnson

Source: <http://simmaronresearch.com/2017/08/sleep-reduced-immunity-vicious-circle-mecfs-fibromyalgia/>

Ed note: This article was sourced from ANZMES Meeting Place 130 (Summer 2017) and has been abridged.

The immune system is vast and incredibly complex and has its own extensive set of regulatory factors, but it itself is regulated by two other systems, the HPA axis and the sympathetic nervous system. Both are involved in the stress response, and both are affected in ME/CFS and fibromyalgia (FM). One – the HPA axis – is blunted in ME/CFS while the other – the sympathetic nervous system – is over-activated.

Poor sleep, it turns out, activates both systems. The HPA axis is generally thought to be blunted, not activated, in the morning in ME/CFS patients, but the sympathetic nervous system (SNS), on the other hand, is whirring away at night (when it should be relaxing) in both ME/CFS and FM. Having our 'fight or flight' system acting up at night is probably not the best recipe for sleep!



Sympathetic nervous system activation, in fact, was the only factor in one Australian study which explained the poor sleep in ME/CFS. The authors of a recent FM/autonomic nervous system study went so far as to suggest that going to sleep with FM was equivalent to undergoing a stress test!

Heart rates, muscle sympathetic nervous activation, and other evidence of an activated sympathetic nervous system response made sleep anything but restful for FM patients. In fact, the authors proposed sleep problems could be at the heart of FM.

Many questions have involved the roles

pathogens play in ME/CFS and FM. That's intriguing given the almost universally poor sleep found in the disorders, and the role recent studies indicate that sleep plays in priming the immune system's pump to fight off invaders. During sleep, pathogen-fighting immune cells move to the lymph nodes where they search for evidence of pathogens. If pathogens are present, those immune cells mount a furious (and metabolically expensive) immune response.

Metabolism is a big issue in ME/CFS right now, but guess what? Poor sleep also appears to interfere with producing the metabolic reserves our immune cells need to fight off infections.

We often think of inflammation in negative terms, but the pro-inflammatory cytokines our immune cells produce are necessary to fight off invaders. Reductions of a key pro-inflammatory cytokine called IL-6 during poor sleep hampers our immune system's ability to destroy pathogens.

Disrupted circadian rhythms (sleep/wake cycles) aren't doing you any good either. Having insomnia or altered sleep patterns (e.g. very late bedtimes) appears to cause deficits in two hormones (growth hormone (GH) and prolactin) produced during early sleep, which enhance T-cell activity and promote pathogen defence. That suggests that anyone with an altered circadian rhythm might want to do their best to get to bed earlier.

While pro-inflammatory cytokine production at night primes the immune system to fight off pathogens, the daytime is a different story. Chronic sleep deprivation is associated with increased daytime levels of several immune and endothelial factors (IL-6, TNF) and endothelial markers (E-selectin, sICAM-1) that are associated with chronic inflammation.

One study found IL-6 levels actually became flipped in sleep-deprived people; they were low at night (thereby hampering their pathogen-fighting ability) and high during the day (adding to inflammation). The situation may be even worse if a sleep-deprived person is fighting off an infection.

One study found skyrocketing levels of damaging pro-inflammatory cytokines when sleep-deprived people were given a toxin (LPS) associated with infections. Those damaging cytokines did not show up in healthy people. That suggested that, besides the infection they

probably weren't doing too well at fighting off, sleep-deprived people now had inflammation to deal with.

As often happens, women seem to be more affected by immune issues, and it's no different with sleep. Women appear to be more susceptible than men to inflammation that occurs as a result of poor sleep; women show elevations of pro-inflammatory cytokines the day after getting less than 8 hours of sleep; men show elevations of pro-inflammatory cytokines after getting less than 6 hours of sleep.

Many people with ME/CFS/FM get too little sleep but sleeping more than normal, it turns out, is not good either. People sleeping much longer than normal tend to show the same kinds of elevations of pro-inflammatory cytokines as do people who get too little sleep.

The C-Reactive Protein, Sleep, ME/CFS and Fibromyalgia Connection

CRP is associated with a variety of inflammatory states resulting from infection, cancer and stress. Increased levels of the inflammatory marker, C-reactive protein (CRP), are increasingly being associated with sleep disturbance. The CRP- sleep connection is intriguing given Jarred Younger's preliminary finding of increased CRP levels in a subset of ME/CFS patients, and a recent finding of increased CRP in fibromyalgia (FM).

Those findings might not be so surprising. Ten days or so of partial sleep deprivation in healthy controls caused 'robust' increases in CRP levels. In fact, the CRP – poor sleep connection is so robust that simply scoring above 5 on the Pittsburgh Sleep Quality Index (PSQI) strongly suggests that your CRP levels are elevated.

The PSQI is a 19-item self-report questionnaire that evaluates 7 clinically derived domains of sleep difficulties, i.e. quality, latency, duration, habitual efficiency, sleep disturbances, use of sleeping medications, and daytime dysfunction. A huge nurses study (n=10,908) found that non-restorative sleep – probably the most common sleep issue in ME/CFS/FM – was associated with increased CRP levels, even in these healthy individuals.

The early or innate immune response has long been thought to play a special role in

ME/CFS. This immune response involving NK cells, neutrophils, macrophages and others constitutes the immune system's first defence against pathogens.

NK cell activity normally hits a low during sleep but then begins to rise. This rise is blunted in sleep-deprived ME/CFS/FM people. Immune cells called monocytes/macrophages, also involved in the early immune response, play a key role in producing chronic inflammation.

ME/CFS isn't the only condition associated with NK cell problems; depression is as well, and having poor sleep increases your risk of being depressed two-fold. Plus, for reasons not yet understood, if you are having poor sleep and are under considerable stress or are depressed, it's likely that your NK cells will be considerably less effective when called on to defend the body from invaders.



We know that having a chronic illness increases one's chances of becoming depressed markedly, but so does poor sleep. In fact Michael Irwin* reports that having insomnia for over a year increases your risk of becoming depressed 14-fold.

That finding is leading some of the more progressive psychologists to focus on preventing or ameliorating sleep problems.

Sleep disturbance also indicates a shift towards a type-2 immune response often seen in ME/CFS and in allergic and autoimmune diseases. Just one poor night's sleep the night before a person is given a vaccine is enough to markedly reduce the effectiveness of that vaccine. Studies also suggest that poor and fragmented sleep – which is common in ME/CFS/FM – significantly

increases one's susceptibility to the common cold. If you're catching a lot of colds, or if they linger for some time, poor sleep could be one reason why.

What To Do?

So poor sleep has a major effect on our immune system's effectiveness. No studies, unfortunately, have examined the effect of sleep drugs on immune factors.

However, several studies have assessed the efficacy of stress reduction therapies. Dr Irwin notes reports that practices such as cognitive behavioural therapy, Tai Chi and yoga, which dampen down sympathetic nervous system hyper-arousal, can help improve immune function. Tai Chi has even been found to improve vaccine effectiveness and reduce inflammation.



Other studies point to the ability of mindfulness based meditations and/or yoga to reduce the cytokine levels and pro-inflammatory gene expression caused by poor sleep. One remarkable study showed a 50% reduction in CRP levels in insomnia patients after a year of cognitive behavioural therapy.

Poor sleep therefore doesn't just make you feel tired and irritable; it hits your immune system as well.

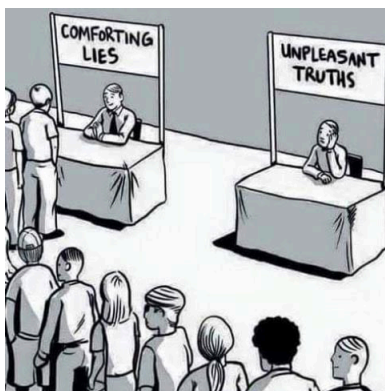
Getting better sleep through improved sleep hygiene, supplements (melatonin), calming botanicals (valerian root, L-theanine, passiflora, melissa, scutellaria etc), stress reduction techniques (meditation, mindfulness), and sleep medications might just give your immune system a boost.

* Michael R. Irwin. *Annu Rev Psychol.* 2015 January 3;66:143-172.doi:10.1146/annurev-psych-010213-115205.

Moving house? If so please advise your new contact details



....so we can keep in touch



NORTH KOREA TO SEND MAN TO THE SUN BY 2028!

Kim Jong-un announced that North Korea would be sending a man to the sun within ten years!

Reporter : *"But the sun is very hot. How can your man land on it?"*

There was a stunned silence. Nobody knew how to react.

Then Kim Jong-un quietly answered :

"We will land at night".

The entire audience broke out in thunderous applause !

Donald Trump heard what Kim had said and sneered: *"What an idiot. There is no sun at night!"*

And his people responded with thunderous applause!

. And Here's a Report from your Eastern Bay Field Officer

It's been a pretty hot summer in the Eastern Bay but that has not stopped members attending the various meetings or being active online. We have been talking about pain and recently, brain fog or fibro fog.

Some examples of comments from members are:

1. The break in my automatic memory (aka the "What am I doing?").
2. The "I forgot I was doing something halfway through doing it."
3. Forgetting basic facts about yourself, your life or the world around you ("What's my age again? What's my address?").
4. Forgetting what you did 2 minutes ago ('Why / When did I turn the oven on?').
5. Walking into the wrong room for reasons you can't recall ('Why am I in the bedroom; do I want to go to bed?').
6. Forgetting how to do a common task, like how to use the microwave, turn on the computer etc.
7. Forgetting what you were saying half-way through saying it. ("No I don't agree with that because... er")
8. Word or number blank. (_____, 021 __ 2_7?)
9. Wrong words, wrong order, incorrect spelling, poor reading & writing skills. ("I just have to vacuum the lawns. Oops.....")



Next month on the 11th of April at 1.30pm we are catching up again at the **Whakatane Library** and chatting about **Orthostatic Intolerance; POTS & NMH**. So hopefully we will be able to put our feet up while we do that!

In the future I am planning to invite some interesting speakers along to these meetings to share information which we can learn even more from.

I have been trying to teach the local Whakatane media how to pronounce the conditions correctly using this break down of the names:

Myalgic – My-al-jick

Encephalomyelitis – En-sef-allo-my-a-light-iss

Fibromyalgia – Fie-bro-my-al-ge-a.

It took me 10 years to use the full names, but it's great to rattle them off to folk!

Best wishes and enjoy Easter

Elizabeth EBOP FO.



CHIA SEED PALEO PORRIDGE

Of course, breakfast is a natural way to start the day on the right foot. I'm a big fan of breakfasts that can be made in advance, such as this chia porridge. Even though it takes just a few minutes to throw together before bed, I'd fallen out of the habit of prepping them. But man oh man, it makes such a difference to wake up to a nutritious breakfast ready to be enjoyed!

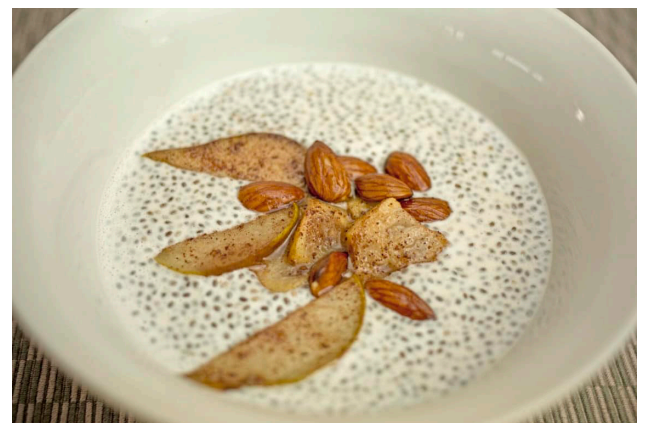
If you don't agree, you may change your mind when you try my gluten-free, grain-free, and impossibly delicious chia seed porridge. I'm a fan of the Paleo approach because it's not about calorie-counting or portion control; rather, it's about eating nutrient dense whole foods just like – vegetables, eggs, fruit, meat, fish, poultry, seeds, nuts & healthy fats and avoiding processed foods, grains, dairy, beans, sugars.

It seems simple—but it can be hard to resist the allure of a quick a.m. sugar hit unless you know exactly what to reach for instead. Eating a brekkie that's filling, nourishing and super easy to make gives you a morning full of all the goodness you'll ever need.

Chia seeds are pretty great. They deliver protein, omega-three fatty acids, and fibre - and they taste heavenly when paired with fruit and home made almond milk, as in this super-simple plate full.

Ingredients:

- 2 cups desiccated coconut
- 1/2 cup pumpkin seeds ground
- 1 cup flaxseed meal
- 1 1/2 cup chia seeds
- 1 cup nuts.....select a mix of any nuts ground
(cashews, walnuts, almonds)
- 1 tbsp cinnamon (optional)
- 1/2 tsp salt



Grind nuts & seeds in a blender and mix all ingredients together. Store in a glass jar in fridge. Use 1/2 cup of the mix to one cup water, preferably soaked overnight then gently heat in morning as a porridge.

Serve with your favourite milk, I love almond milk.

TOPPING IDEAS:

- Goji berries
- 1 kiwifruit sliced
- Pumpkin seeds
- 1/2 cup strawberries, hulled and sliced
- 1/4 cup sliced almonds, toasted
- 1/4 cup shredded coconut, toasted
- 1/4 cup raisins
- Drizzle of raw honey



JUSTINE LAIDLAW

Recipe supplied by Justine Laidlaw
Integrative Nutrition Health Coach
The Natural Bird - Clinic

Library

Please feel free to come in and browse through our library collection at our Christopher St offices. Check that Tina or Joanne are in before you come. If you are on the internet you can access the titles from our website www.ccisupport.org.nz

Can We Email Your Newsletter?

Costs are always a major consideration to us. If you are currently receiving your MESSenger by normal post, and you have email available to you (ideally broadband), we ask that you consider receiving it in future by email. This will help us to keep our mailing costs as low as possible. So, if you are prepared to change, please email the office at info@ccisupport.org.nz with your details.

Mt Maunganui, Katikati/Waihi, Te Puke and Rotorua meetings

If you are planning to attend the above support group meetings, remember to check with Tina before each meeting as the venues change from time to time.

Acknowledgement

We gratefully acknowledge our many sources that have kindly allowed us to use their articles. They include:

Action for ME, UK
ME Association, UK

ME/CFS Group (Canterbury)
DR Ros Vallings

MEISS (Dunedin)
ANZMES

Nelson Bays ME/CFS & FM Support Group

Appreciation to our Funders

Complex Chronic Illness Support wishes to note our grateful appreciation to the following organisations for their financial support enabling us to provide our services:



DISCLAIMER: The views and opinions expressed in this newsletter do not necessarily represent the views of Complex Chronic Illness Support. They are not intended to replace the advice of qualified health professionals.

Group Meetings Calendar

Mount Coffee Group meets the 1st Mon of the month **10.30am** contact Tina 027 625 4449
 CCI Support meetings held 2nd Wed of the month **10:30am** contact Tina 027 625 4449
 Eastern Bay Group meets 2nd Wed of the month **1:30pm** contact Elizabeth 021 838 217
 Greerton Coffee Group meets 3rd Wed of the month **10:30am** ... contact Tina 027 625 4449
 Young Member meetings held 3rd Thurs of the month **1pm** contact Kira 021 027 18127
 Rotorua coffee mornings held monthly on a Friday @ **11am** contact Tina 027 625 4449

April 2018	May 2018	June 2018
Monday April 9th Mount coffee morning at Bayswater Retirement Village, 60 Maranui Street, Mount Maunganui - 10.30am	Monday May 7th Mount coffee morning at Bayswater Retirement Village, 60 Maranui Street, Mount Maunganui - 10.30am	Monday June 11th Mount coffee morning at Bayswater Retirement Village, 60 Maranui Street, Mount Maunganui - 10.30am
Wednesday April 11th Support meeting at 56 Christopher Street, 10.30am – 12.00pm Topic: Orielle Fox speaks on her journey to wellness Ph Tina: 027 625 4449	Wednesday May 9th Support meeting at 56 Christopher Street, 10.30am – 12.00pm Topic: To be advised Ph Tina: 027 625 4449	Wednesday June 13th Support meeting at 56 Christopher Street 10.30am – 12.00pm Topic: To be advised Ph Tina: 027 625 4449
Wednesday April 11th Eastern Bay group - 1.30pm Topic: POTS/OI Little Orchard Activity Room, Whakatane Library 49 Kakahoroa Drive, Whak. Ph Elizabeth: 021 838 217	Wednesday May 9th Eastern Bay group - 1.30pm Topic: Light/ sound sensitivity Little Orchard Activity Room Whakatane Library 49 Kakahoroa Drive, Whak. Ph Elizabeth: 021 838 217	Wednesday June 13th Eastern Bay group - 1.30pm Topic: Anxiety Little Orchard Activity Room Whakatane Library 49 Kakahoroa Drive, Whak. Ph Elizabeth: 021 838 217
Wednesday April 18th Coffee morning 10:30am at Zest Café, Chadwick Rd, Greerton	Wednesday May 16th Coffee morning 10.30am at Zest Café, Chadwick Rd, Greerton	Wednesday June 20th Coffee morning 10.30am at Zest Café, Chadwick Rd, Greerton
Thursday April 19th Young members' meeting 56 Christopher Street at 1.00pm Ph Kira: 021 027 18127	Thursday May 17th Young members' meeting 56 Christopher Street at 1.00pm Ph Kira: 021 027 18127	Thursday June 21st Young members' meeting 56 Christopher Street at 1.00pm Ph Kira: 021 027 18127
Friday April 27th Rotorua coffee morning 11.00am , Shadehouse Café, Sala Street, Rotorua Ph Tina: 027 625 4449	Friday May 25th Rotorua coffee morning 11.00am , Shadehouse Café, Sala Street, Rotorua Ph Tina: 027 625 4449	Friday June 29th Rotorua coffee morning 11.00am , Shadehouse Café, Sala Street, Rotorua Ph Tina: 027 625 4449

PLEASE NOTE

Some of our members are sensitive to chemicals. Please refrain from using perfumes/strong deodorants before the meetings. Thank you for your understanding.

**Formed
1981**

MEssenger is kindly funded by WBoP Disability Support Trust & EBoP Disability Community Trust

**Incorporated
1986**

Board of Management

President Barbara Whitton
Vice-President Jean Scoullar
Treasurer Jean Scoullar
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Jacqui Bassett
Steve Napier
Pauline Pibworth

Staff

Operations Manager Michelle Fraser
WBoP Field Officer Tina Richards
WBoP Youth Field Officer Kira Follas
EBoP Field Officer Elizabeth McGougan
Accounts & Administrator Joanne Palmer
Newsletter Jan Morrison

10% Discount Stores

Brookfield Pharmacy – Tauranga
Health Haven – Tauranga
Health Shop & Clinic - Greerton
Bethlehem Health Shop – Tauranga
Nature Zone – Whakatane

Present Membership Card at these stores as proof of your Complex Chronic Illness Support membership

Want to call in or write to us?

We are at
56 Christopher St, Tauranga 3112
Admin: Joanne ph (07) 2811 481
Email: info@ccisupport.org.nz
Website: www.ccisupport.org.nz

SUBSCRIPTIONS and DONATIONS

We charge a \$20.00 annual membership subscription and gratefully receive donations towards our operating costs. We are registered with IRD as being for charitable purposes so donations are tax deductible. Any donation is greatly appreciated.

Subscriptions and donations can be direct credited to our bank account if that is convenient. Our bank account is: Kiwibank A/c No: 38 9014 0140507 00
Please enter your 'name' and 'ME Sub' and/or 'donation' in the reference and email us if you would like a receipt.
OR..... deposits can be made in person to Kiwibank if you go in with our account number.

BEQUESTS

Including a bequest to Complex Chronic Illness Support in your will is also an option you may consider. ACORN Foundation can assist you to arrange a bequest to CCI Support. Donations can be made to our endowment fund with ACORN ph 07 579 9839, internet banking on the Acorn website : www.acornfoundation.org.nz or cheque made out to Acorn Foundation, PO Box 13604, Tauranga 3141



.....
Cut here if sending by post

Yes, I would like to make a donation / pay my subscription to Complex Chronic Illness Support.

Please find enclosed my donation of \$.....

Please find enclosed my annual subscription of \$20.00

☐

*Tick the boxes
which apply*

☐

Please send receipt to:

Name:

Address: Suburb:

City: Post Code:

...

Please post cheque to