

# MEssenger

## August 2018

### Inside this issue:

#### Local Items of Interest:

- **Towards Wellness Carers & Loved Ones Workshop** Coming up this month
- **Biennial Public Seminar** with guest speaker Dr Ros Vallings
- **CCI Support – Annual General Meeting**
- **Our August Volunteer profile**
- **Change to office hours**
- **Support group meetings at Christopher Street**
- **Instagram Page Coming**
- **Rethink P.A.I.N.**  
A report from Whakatane
- **Stress-Busting Tips**  
Some suggestions

#### Articles:

- **Research Roundup**  
Latest research
- **Dr Heath Sumpton on the subject of moving Towards Wellness**  
A thought-provoking talk
- **A Pathway to Better Health**  
by Kira Follas
- **Food Talk** A winter tea

Hi everyone!

I hope you're managing to stay warm and dry! At least the shortest day has been and gone, and we will see the days slowly lengthening again.

As you read this, the second of our two **Towards Wellness** (TW) programmes for 2018 has begun. The programme has blossomed. As well as TW1 (the initial 10-workshop programme) and TW2 (the 5-workshop follow-on series), we now also run TW Carer Support workshops, TW 'snapshots', and TW refresher workshops. The latter have been especially well received!

We are preparing to host another of our biennial ME/CFS public awareness seminars on August 25<sup>th</sup> with **Dr Ros Vallings** as guest speaker (more on page 2).

The following month, on September 22<sup>nd</sup>, we will hold our AGM (see page 2). Please come along to show your support for the work we do on your behalf.

Field officer Elizabeth recently attended a workshop in Whakatane entitled 'Rethink PAIN', where physiotherapist **Danyel Degenhardt** outlined his approach to pain management. Read Elizabeth's report on page 5.

You may have noticed that group meeting topics (and even times and venues!) have sometimes varied from those advertised in the Group Meetings Calendar recently. We do our best to advise you of these changes in advance but please check in with us if you are unsure.

Enjoy our latest MEssenger!

Tina and the team at CCI Support



Remember to check the Group Monthly Meetings Calendar!



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

## Towards Wellness Carers & Loved Ones Workshop

Monday 13<sup>th</sup> August @ 10.00am-12.00pm

Coming up this month, Tina and Kira will be holding a two-hour workshop for Carers & Loved Ones in the downstairs lounge at our Christopher Street premises. This workshop is specifically for Carers & Loved Ones of those members who are currently attending the Towards Wellness Programme, or who have done so in the past.

If you know a Carer or Loved One interested in attending, please RSVP by 9<sup>th</sup> August (limited spaces available), to [info@ccisupport.org.nz](mailto:info@ccisupport.org.nz) or phone Joanne on 07 281 1481.



## CCI Support - Biennial Public Seminar, with Guest Speaker Dr Ros Vallings

You are invited to attend our Biennial Seminar and hear our guest speaker, Dr Ros Vallings (NZ's leading expert on ME/CFS), report on the 13th International 'Invest in ME Research' Conference, held in London, June 2018.

**When: Saturday 25<sup>th</sup> August @ 11.00am – 1.00pm**  
Light morning tea from 10.45am; seminar from 11.30am

**Where: Otumoetai Baptist Church (auditorium)**  
241 Otumoetai Road  
Tauranga 3112

All welcome ... gold coin donation appreciated



## CCI Support – Annual General Meeting

If you value the work we do on your behalf and the support we give our members, please show your appreciation by attending our AGM. This is your opportunity as a member to give feedback to the CCI Support team and offer up suggestions for how we could improve our services.

Come along for a light morning tea, meet the team and get to know our Board Members in person.

The formalities of the AGM won't take long and we promise not to twist your arm to join the Board!

**When: Saturday 22<sup>nd</sup> September 2018 @ 11.00am**  
Light morning tea from 11.00am; AGM from 11.30am

**Where: CCI Support Offices – downstairs lounge**  
56 Christopher Street, Tauranga South



### Change to office hours

We have recently made a slight change to our office/admin hours – we are open Tuesday to Friday, 10.00am – 3.00pm.

There may be the odd occasion when the office is un-staffed due to circumstances outside of our control; if this happens there should be a sign on our door explaining this.

## Our August Volunteer profile ..... JEAN SCOULLAR



Jean Scoullar has given her time as a volunteer worker for at least 17 years, and been with CCI Support for 10 -11 of those. She was invited to join the board back then, when it was quite a small operation, and became increasingly more involved with the funding side of things. She rose to Vice-chairperson, then to Chairperson.



After a shift out to new premises in Hocking St, and with a significant decrease in funding due to the recession, fund-raising became quite intense. Jean was by this time the President of the Board, believing it was important for her to lead the team and support them to grow, which they eventually did.

During this period the premises at Hocking street were sublet and new accommodation had to be found. This period was very busy because Jacqui the Manager resigned due to ill health of a family member, so for about three months there was no manager to run the office, which was then out at Clarke Road Te Puna.

In the past year Jean has taken the roles of Treasurer and Vice-chair again and they have a good group of 6 board members. And she continues to say: " I will give it one more year! "

But she is happy with the state of CCI Support as it is now, having seen how it's grown. She even thinks it's in a better place than it has ever been.

You can't get more positive than that!

## Katikati/Waihi Group Meeting

The northern group met on 25th July at the Flat White cafe right on Waihi beach.

It was a perfect winter's day and members enjoyed the catchup and discussion over a coffee at this stunning setting.



## Change to office hours

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There may be the odd occasion when the office is un-staffed due to circumstances outside of our control; if this happens there should be a sign on our door explaining this.

If you are ever unsure about whether the office is open, please contact us on 07 281 1481.

## Support group meetings at Christopher Street

### July 11<sup>th</sup>:

Following on from our June support meeting topic of Restorative Movement where Kira and Tina delivered information on how to gauge what sort of movement or activity is appropriate for you when you have ME/CFS/FM, we invited yoga teacher **Rosemary Stewart** to speak at our July 11<sup>th</sup> support meeting.

Rosemary teaches a gentle style of holistic yoga, in keeping with the way yoga was practised originally – a style ideally suited to those with complex chronic health conditions.

Attendees at the meeting were able to experience a condensed version of a holistic yoga session comprising some gentle movement, a breathing practice, and a guided meditation. These could be done lying down or seated, as preferred by attendees.

Regular practise of this type of yoga is known to be an effective way to switch from the body's sympathetic nervous system response to the 'rest and digest' parasympathetic response.

Rosemary runs term-length yoga courses from her Welcome Bay home and is also available for one-on-one yoga tuition. To find out more, contact Rosemary at **0274 489 326** [rosemaryguidedwellness@gmail.com](mailto:rosemaryguidedwellness@gmail.com)

### August 8<sup>th</sup>:

Please note that the August meeting topic differs from that advertised in the June newsletter. The meeting will focus on Pain Management strategies and will include a demonstration on Myofascial Release, a technique said to help relieve pain in Fibromyalgia.

.....

On the subject of **restorative movement / pain management**, we know that gentle movement is beneficial when you have ME/CFS/FM.

It encourages blood circulation and lymphatic drainage and helps to ease pain and stiffness.

In fact, a recent study showed that the practice of Tai Chi was an effective intervention for pain



relief in fibromyalgia. (*Effect of tai chi versus aerobic exercise for fibromyalgia – Wang et al*). Of 226 adults with FM, 151 were randomly assigned to one of four Tai Chi groups (once or twice weekly; 12 or 24 weeks duration), and 75 to an aerobic exercise group (24 weeks, twice weekly).

Participants had completed the FIQR (fibromyalgia impact questionnaire) at baseline. On completion of the FIQR at 24 weeks, all 5 treatment groups showed improvement, but the combined Tai Chi groups improved statistically significantly more than the aerobic exercise group.

Details of the study can be found at: <https://www.bmj.com/content/360/bmj.k851>

### More on Pain Management...

It is known that the most powerful medical treatments currently on offer for pain relief typically reduce pain by no more than 40%, so we need to find alternative ways to manage pain that can complement any medical treatment we may be receiving.

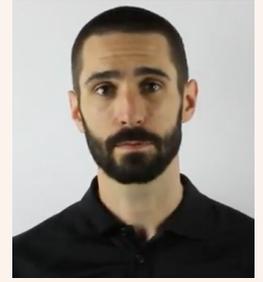
We are gathering details of practitioners offering modalities which may be helpful in ME/CFS/FM, such as massage for relaxation and pain relief; lymphatic drainage massage; physiotherapy; myofascial release etc  
Contact the office for more information.

## Instagram Page Coming

Here at CCI Support we try to keep up with the times, as expertise and resources allow!!

Member Orielle has volunteered to set up an Instagram page for us. (Some of you will have heard Orielle's inspiring ME/CFS story when she spoke at our March support meeting, or read it in our June newsletter). So watch this space!!

## Rethink P.A.I.N



I recently attended a FREE 2-hour workshop on ideas of how to manage pain.

Funded by the BOPDHB, the workshop has been developed by **Danyel Degenhardt**, a young Canadian physiotherapist who has a specific interest in pain. He lives with a rare degenerative condition that causes him a great deal of pain, so this spurred his interest in the field. Also, professionally he is asked to help people learn to manage their own pain and he wanted to be able to offer them more options than what his physiotherapist background provided.

Over 2 years he developed the Rethink P.A.I.N. workshops, utilizing research from the fields of Neuroplasticity, Hypnosis, Mindfulness, Breathing, and even Laughter. He has created a fun and very easy-to-understand P.A.I.N. Game which suggests thinking about, and then reacting to, pain in a different way than before.

Danyel has worked with people with all types of pain, be it from accidents to chronic pain. He has had several people living with ME/CFS/FM take part in the workshop. After the workshop he directs you to his Rethink P.A.I.N. website which encourages you to continue to participate in an online forum with other workshop graduates. This helps to reinforce the material and share experiences.

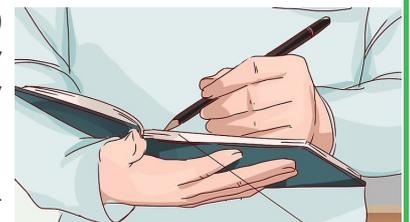
The workshops run every month and are held in Whakatane at the **Disability Resource Centre, 141 King Street**. Just call **07 307 1447** to book in. They have so far been held on the first Tuesday of the month from 9.45 am till 12pm. For more information, check out [www.rethinkpainworkshop.com](http://www.rethinkpainworkshop.com) or email [info@rethinkpainworkshop.com](mailto:info@rethinkpainworkshop.com)

I would recommend this if you are curious about a non-invasive, non-drug option for learning to understand your pain. So far, it's just for people who live in the Eastern Bay, but in the future, it may be offered in the wider Bay of Plenty, and . . . . . did I mention it was free?!

*Elizabeth McGougan, Eastern Bay Field Officer*

### Stress-Busting Tips

Studies show that, on average, we have between 30,000 and 70,000 thoughts a day, 70 to 80% of which are negative! This explains how easy it can be to become stuck in a stressfully repetitive loop of anxiety and insecurity.



Mindfulness expert **Vidyamala Burch\*** says one key to managing long-term stress is to:

- Prioritise pleasurable activities that give your life meaning (your sustainers)
- Do what you can to stop boring, depleting, painful activities (your drainers)

She suggests writing a list of all the things that sustain you and give you pleasure and energy, and ask yourself what's stopping you doing these things more often.

Now write down all the things that drain you - endless emails? A never-dwindling to-do list? – and ask yourself if you can delete some of those drainers, or do something to reduce their impact.

*Source: People's Friend magazine, UK, January 2018*

*\* We have Vidyamala Burch's book 'Living Well With Pain & Illness' in our CCI Support library*

## Research Roundup

Source: <https://www.actionforme.org.uk/news/latest-research-standing-unaided,-rituximab-effects-and-more/>

**Latest research:** The following studies were published online between 17 March and 16 May 2018.

### Standing unaided

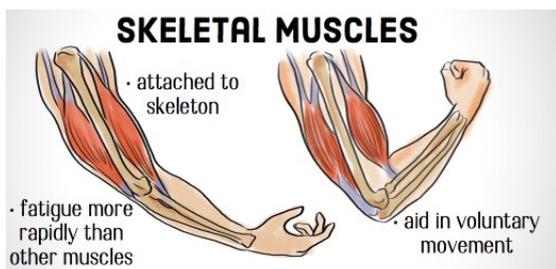
A study in the Journal of Translational Medicine looked at the length of time someone with ME/CFS could stand up, and their observed standing difficulty compared with controls. Combining these 2 measures to give a weighted standing time, the results were in keeping with illness severity and the pathology seen in the participants' blood tests, including cytokine activin B, used as a marker of immune system activity.

The authors conclude that weighted standing time could be used as a simple test alongside other criteria for ME/CFS diagnosis and establishing symptom severity for tailored treatments.

### Glucose and muscle cells

A study published in Bioscience Reports built on a 2015 study by the same group of researchers – including an Action for ME medical advisor, Professor Julia Newton – and part-funded by the charity. It showed glucose uptake by muscle cells from people with ME/CFS is reduced, due to impairment of AMPK receptors.

These receptors play a part in energy metabolism, and allow glucose to enter cells to be used for energy. The current study used diabetes drugs metformin and compound 991, known to activate AMPK receptors. These drugs improved glucose uptake by the muscle cells, revealing more about the pathology of the illness.



The experiment took place with muscle cells *in vitro* (removed from patients and placed

in a petri dish), rather than *in vivo* (within ME/CFS patients). Therefore, further studies are needed to discover whether using diabetes



drugs to activate the receptors would lead to an improvement in symptoms in people with the illness.

### Unwanted effects of rituximab

Natural Killer (NK) cells are a type of white blood cell in the immune system responsible for locating and attacking viruses and cancerous cells. Previous research has found reduced NK function in CFS/ME patients. A study published in BMC Pharmacology and Toxicology examined the effect of the drug rituximab on NK cells taken from CFS/ME patients and non-fatigued controls. Rituximab is currently being trialled as a treatment to suppress production of autoimmunity antibodies by B cells in the immune system.

In this new study, the drug was also found to be toxic to NK cells, impeding their functioning further. The authors warn that the drug could have no effect on symptoms, and even cause adverse outcomes for CFS/ME patients.

### Blood sample analysis

A study in the Journal of Extracellular Vesicles compared the extracellular vesicles (EVs) in blood of people with CFS/ME and healthy controls. EVs are pinched off from cell membranes and contain some proteins, fats and genetic material from the cell.

Analysis revealed that, compared with healthy controls, EVs from patients were smaller, there were more of them, and they contained a higher proportion of proteins. The authors comment that this could be a useful avenue for research, and potentially be used as a biomarker.

*PS: For those interested in the latest research in the field of ME/CFS/FM, come along to our biennial seminar on August 25<sup>th</sup> to hear Dr Ros Vallings' report on the 13<sup>th</sup> Invest in ME Research Conference, London, June 2018 (details on page 2).*

## Dr Heath Sumpton on the Subject of Moving Towards Wellness

*One of the highlights of our Towards Wellness programme is having Dr Heath Sumpton come along to share his views on the things that are important when it comes to improving our health when we have a complex chronic condition such as ME/CFS, fibromyalgia, or similar.*

Dr Heath joined us on May 18<sup>th</sup> and, as usual, gave an interesting and thought-provoking talk. He began by outlining how our brain evolved, describing it as essentially a defensive brain, primed to look for danger – from the primitive/limbic 'fight or flight' brain, to the thalamus/emotional brain, which gave us the capacity to process emotions such as fear, sadness, happiness etc. Humans next developed the cortex/thinking brain, giving us the capacity for planning and reasoning.

Dr Heath emphasised the importance of a holistic approach, saying 'Your mental health is everything' and stated that a worthwhile mind/body goal is rewiring the brain through positive empowerment strategies. He told attendees, 'I can't fix you – only you can do that'.



Positive empowerment strategies are particularly important in conditions such as ME/CFS/FM where there is a great deal of stress, and high levels of cortisol and inflammation in the body.

Dr Heath identified some core components of a wellness plan – movement, breathing and food. He recommended keeping a diary to document food intake, sleep patterns and daily activities. In this way a person can more easily see whether any patterns emerge, correlating with their symptoms improving or worsening. He cautioned against making drastic changes as these are a shock to the system and rarely sustainable.

### Sleep

On the subject of sleep, Dr Heath said that insomnia is a learned behaviour, and therefore the body may need retraining. Sleep disturbance is more common in modern times as we have moved away from the natural light/dark cycles of day and night. The brain is confused and we may no longer be releasing the hormones

serotonin and melatonin at the appropriate times to keep our circadian rhythms aligned with nature. Dr Heath suggested spending time in morning sunlight if possible. This stimulates the release of serotonin, our 'happy' hormone, which in turn boosts night-time levels of melatonin, leading to better sleep.

In keeping with good sleep hygiene practice, the bedroom must be dark to give the brain the message that it's time for sleep. Remove sources of light – no screens, devices, digital clocks, etc. Your bedroom should also be a sanctuary – a pleasant, relaxing place associated with rest and sleep. Dr Heath mentioned that antidepressants can negatively affect sleep by boosting your system's serotonin levels. He advised limiting your intake of chemicals if possible, and added that it's good practice to question what your GP prescribes for you.

Given that we are all a product of our environment, it is important for each of us to decide what matters most in our lives – both in a broad sense, and in deciding what to focus our energy on day by day. Dr Heath recommended that we tackle the most important things in the morning, when we have maximum willpower; he said our willpower is 'used up' by the end of the day. He also recommended some physical activity each day, preferably outdoors if possible.

### Mindfulness

Adopting a mindful approach to breathing, eating, movement, etc is beneficial for our health. The brain's pre-frontal cortex, which is responsible for awareness and self-regulation, grows through practices such as mindfulness, meditation and compassion. This in turn increases the levels of happiness we experience.



### Food

Dr Heath believes that the quality of our food can be variable, and that our toxic load in New Zealand is huge, especially in the Bay of Plenty, with its widespread use of horticultural sprays. He is not an advocate of extreme diets but says that, in general, we should eat less carbohydrates and more good quality fats and proteins, as in the Mediterranean diet. He believes that we eat too many grains, which has an inflammatory effect on the body. Dr Heath's dietary recommendations include eating fish regularly; taking 2 – 4 gms fish oil per day;

vitamin D supplementation. These all have anti-inflammatory benefits.

### Social Supports

Social support networks are critical for everyone. People with a chronic illness can easily feel lonely and isolated. They then are at greater risk of illnesses such as cancer and heart disease. Dr Heath explained that, historically, we

gathered in groups for safety and survival. He believes that today's groups (such as facebook) may be enormous but they are dysfunctional, and don't offer the same sort of support (except for CCI Support's facebook of course!!).

*We are grateful to Dr Heath for taking the time to be an important part of our Towards Wellness programme.*

Our Winter Warmer raffle was drawn at the Rotorua coffee morning on 27th July. The lucky winner was **Anna Pickett** of Waihi!!



## A Pathway to Better Health

By Kira Follas

For those of you who are new to our membership, my name is **Kira** and I am a field officer with CCI Support, as well as Service Leader of the **Towards Wellness** programme.



After a decade of having ME/CFS, losing both my job and my ability to parent, I am now able to enjoy a meaningful life again. However, my life is barely recognisable from how it was prior to ME as I have learned over time to create a lifestyle that sustains rather than depletes me.

I see people with ME as setting an example of what we actually need more of in our society. What our lifestyles come to reflect, as a natural by-product of managing this condition, is exactly what our culture so desperately needs – slowing down, resting when we need to, taking in regular nourishment, and reconnecting with ourselves in a kind and compassionate way.

It is from this state – what we call the 'healing state' in the Towards Wellness programme – that we can begin to think, feel and act from a state of flow, rather than a state of force and pressure. Pressure creates a stress response in the body, leading to an exacerbation of the very symptoms we long to get rid of.

We can gauge whether we are in a stressed state by our shallow breathing patterns, contracted muscles, and racing mind. A stressed state is the

opposite to the state we need to be in for repair and healing to occur. And it is very normal to be in a stressed state when we have a complex chronic condition like ME/CFS. The inexplicable symptoms coming at us from left, right and centre, and leaving even specialists confused, are enough to send anyone into a stressed state!

It was by looking at every facet of my life and rearranging it slowly over time, that I began to create my own path towards wellness and discover ways to increase my energy levels. Aside from seeking treatment for the underlying physical issues affecting me, I connected with myself at a deep level, discovering for the first time what was truly important to me. In retrospect, it has been a very difficult, yet transformational process.

We need to remember that the majority of people with ME/CFS do get better. We may not return 100% to our former glory but we are often restored to a degree of health and wellbeing that allows us to create meaningful, quality lives, as long as we make the necessary changes to assist our bodies back to wellness.

So with the energy you do have (even if it is miniscule), please ensure that your environment, activities, diet, relationships and mindset replenish your energy reserves, rather than drain them. And if that feels impossible (because it did for me in the earlier years!), please connect with someone who can support you to discover your next steps towards wellness.

Contact Tina (027 625 4449) for information about the next Towards Wellness programme or details of support meetings coming up in the next few months.

## Housewife Blues....

Housewife to a friend: " It's tough when you're married. The house is a mess, the kids are screaming all the time..... and the other night my husband got really fed up and stormed off to the pub!!



I was livid! I said: " What the blazes are you doing here? You're supposed to be looking after the kids!! "

## Food Talk

### GET OFF THE ANTIBIOTICS AND START USING NATURAL MEDICINES . . . . .

#### Winter Sore Throat Tea

Make sure you have some of this ready. This is a great recipe for sore throats and chest colds . . . .  
.. makes about 2 cups.

- 1 Two lemons thoroughly cleaned and sliced
- 2 Two piece of ginger about the size of your pointer and middle finger together sliced into coin size pieces
- 3 Honey (about 1 cup or to preference)
- 4 Optional - 1 tsp ground cinnamon



#### The Process

- In a 12-16 oz. jar combine lemon slices and sliced ginger.
- Pour honey (organic is best) over it slowly. This may take a little time to let the honey sink down and around the lemon and ginger slices. Make sure when the honey has filled in all the voids, there is enough to cover the top of the lemon slices.
- Close jar and put it in the fridge, it will form into a "jelly".

**To serve:** Spoon jelly into mug and pour boiling water over it.

Store in the fridge 2-3 months.

[www.facebook.com/JayTeetoo](http://www.facebook.com/JayTeetoo)

**And, while we are on the subject of keeping well during the winter, here are some alternative natural remedies to help keep your immune system up and the flus and colds at bay, and if you go online you will find many more:**

- 1 Throat infection? Gargle with salt water. Salt is known to have amazing anti-bacterial properties
- 2 Drink turmeric milk, also known as a natural antibiotic, with a dash of black pepper which apparently enhances the bioavailability of turmeric and has its own benefits.
- 3 Drink herbal teas
- 4 Make honey drinks with whatever citrus is at hand
- 5 Add 1 teaspoon of apple cider vinegar to your herbal tea or use the same to gargle with. It is acidic in nature and can kill the bacteria in the throat.
- 6 Suck on garlic

[www.food.ndtv.com](http://www.food.ndtv.com)

## 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](http://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](mailto: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/CFS Group (Canterbury)

MEISS (Dunedin)

ME Association, UK

DR Ros Vallings

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 **1.30pm** ..... 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 **12pm** ..... contact Kira 021 027 18127  
 Rotorua coffee mornings held monthly on a Friday @ **11am** ..... contact Tina 027 625 4449

August 2018	September 2018	October 2018
<b>Monday August 6th</b> Mount coffee group at Bayswater Retirement Village, 60 Maranui Street, Mount. <b>*Note new time: 1.30pm</b>	<b>Monday September 3rd</b> Mount coffee group at Bayswater Retirement Village, 60 Maranui Street, Mount. <b>*Note new time: 1.30pm</b>	<b>Monday October 1st</b> Mount coffee group at Bayswater Retirement Village, 60 Maranui Street, Mount. <b>*Note new time: 1.30pm</b>
<b>Wednesday August 8th</b> Support meeting at 56 Christopher Street, <b>10.30am – 12.00pm</b> Topic: <b>Pain Management</b> Ph Tina: 027 625 4449	<b>Wednesday September 12th</b> Support meeting at 56 Christopher Street, <b>10.30am – 12.00pm</b> <b>Phil Jones: Mindfulness</b> Ph Tina: 027 625 4449	<b>Wednesday October 10th</b> Support meeting at 56 Christopher Street <b>10.30am – 12.00pm</b> <b>Creating a Healthy Mindset</b> Ph Tina: 027 625 4449
<b>Wednesday August 8th</b> Eastern Bay group - <b>1.30pm</b> Topic: <b>The Stress Response</b> Little Orchard Activity Room, Whakatane Library 49 Kakahoroa Drive, Whak. Ph Elizabeth: 021 838 217	<b>Wednesday September 12th</b> Eastern Bay group - <b>1.30pm</b> <b>Understanding ME/CFS/FM</b> Little Orchard Activity Room Whakatane Library 49 Kakahoroa Drive, Whak. Ph Elizabeth: 021 838 217	<b>Thursday* October 18th</b> Eastern Bay group - <b>1.30pm</b> Topic: <b>Systems of the Body</b> Little Orchard Activity Room Whakatane Library <b>*Note change of day</b> Ph Elizabeth: 021 838 217
<b>Wednesday August 15th</b> Coffee morning <b>10:30am</b> at <b>Mitre 10 Mega Café,</b> 1066 Cameron Rd, Gate Pa* <b>*Please note new venue</b>	<b>Wednesday September 19th</b> Coffee morning <b>10.30am</b> at <b>Mitre 10 Mega Café,</b> 1066 Cameron Rd, Gate Pa	<b>Wednesday October 17th</b> Coffee morning <b>10.30am</b> at <b>Mitre 10 Mega Café,</b> 1066 Cameron Rd, Gate Pa
<b>Thursday August 16th</b> Young members' meeting 56 Christopher Street at <b>Midday 12pm</b> Ph Kira: 021 027 18127	<b>Thursday September 20th</b> Young members' meeting 56 Christopher Street at <b>Midday 12pm</b> Ph Kira: 021 027 18127	<b>Thursday October 18th</b> Young members' meeting 56 Christopher Street at <b>Midday 12pm</b> Ph Kira: 021 027 18127
<b>Friday August 24th</b> Rotorua Towards Wellness meeting <b>1pm*, Parksyde, Tarewa Road</b> <b>*Note changed time</b> Ph Tina: 027 625 4449	<b>Friday September 21st</b> Rotorua Towards Wellness meeting <b>11.00am, Parksyde,</b> 7-9 Tarewa Place, Rotorua Ph Tina: 027 625 4449	<b>Friday October 19th</b> Rotorua Towards Wellness meeting. <b>11.00am, Parksyde</b> 7-9 Tarewa Place, 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  
 Board Members Andrea McFarlane  
 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 & Admin 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](http://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](http://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 .....