

MEssenger December 2018



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Remember to check the Group Monthly Meetings Calendar!



Tina and the team at CCI Support 😊

Hi everyone!

Christmas and the holiday season are fast approaching! We will close on **Friday 21st December** for a well-earned rest, reopening on **15th January 2019**.

We realise that the holiday season can be a source of pleasure for many, but it can also be a challenge when you have a chronic illness. We share some tips for coping on page 5, together with contact details for support services, should you require additional support during the time our offices are closed for the holidays.

There have been a few changes at CCI Support recently. Following on from manager Michelle's resignation (see page 2), the CCI Support Board are taking the opportunity to review roles and responsibilities with the aim of streamlining our operations and services (see page 3).

Dr Ros Vallings spoke at a Rotorua members' meeting on November 2nd. As well as giving a research update, she spoke on the benefits of B12 supplementation for those with ME/CFS – report on page 6.

Field officer Elizabeth updates us on what has been happening in the Eastern Bay (page 7), and has written a great article entitled 'Sex, Singledom and Myalgic Encephalomyelitis' (page 8) to follow on from our article 'Sex, Relationships & CFS/FM' in the October MEssenger.

We have enjoyed sharing your journey towards wellness with you this year and look forward to continuing in the New Year. We wish you and your family/whanau a happy, safe, and relaxing Christmas and holiday season. See you in 2019

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



Office Closing Dates over the Holiday Period

The CCI Support offices will be closing at midday on **Friday 21st December 2018**, for the Christmas / New Year holiday period.

We will re-open on **Tuesday 15th January 2019** at 10.00am and look forward to another busy year supporting our members, their families & whanau.

Wishing you all a Merry Christmas and safe New Year with your loved ones.

See you all in 2019 ! *The team at CCI Support*

Farewell Michelle

On a sad note, we said farewell to manager Michelle Fraser recently due to family commitments.

Several staff and board members gathered for a small farewell lunch at Delicacy Café on 24th October. We will miss her contribution to CCI Support, but understand that family comes first.

We wish Michelle all the best for the future and hope to see her around from time to time!



Thank you!!

We would like to acknowledge our guest presenters at Towards Wellness and support meetings throughout 2018 :

Orielle Fox with her inspiring journey towards recovery; **Claire Schumacher** on Myofascial Release; **Rosemary Stewart** on Restorative Yoga; **Justine Laidlaw** on Nutrition & Gut Health; **Phil Jones** on Mindfulness; **Dr Lynette Hodges** on Exercise & ME/CFS; **Shenae Taylor** on Migraines & ME/CFS; **Ineke Riley-Stol** on Physiotherapy & ME/CFS; and **Dr Heath Sumpton** on A GP's Perspective on Complex Chronic Illness.



thank you!

We would also like to say a big thank you to our many volunteers who help keep the wheels of CCI Support turning – helping with news-

THANK YOU
Volunteers!
We couldn't do it without you

letter mailouts; offering support to members; organising social events; managing facebook, Instagram etc.

We couldn't do what we do without you!!

To Our Members

As previously advised, Michelle Fraser has resigned as the Operations Manager of **CCI Support Inc.**

At this stage, the Board have decided to put on hold the appointment of a new manager, leading into the end of the year.

Jacqui Bassett will take responsibility for grant funding applications in a voluntary capacity, with the Board providing managerial oversight in the interim.

At our recent CCI Support Board Meeting on 12th November 2018, the following changes occurred:

- **Barbara Whitton** has resigned as President, while remaining on the Board
- **Jean Scoullar**, our Vice-President and Treasurer has resigned from the Board. We wish Jean well in her retirement from the CCIS Board and are very grateful for her tireless service for 10 years in various capacities - as Board President, Vice-President and Treasurer.
- **Jacqui Bassett** has been appointed as Acting President until the 2019 AGM
- **Matt Appleton** has been appointed as Acting Vice-President until the 2019 AGM
- **Keith Appleton**, Chartered Accountant, has agreed to, and has been appointed to the Board as Treasurer

Jacqui Bassett (Acting President)

E: operations@ccisupport.org.nz

Christopher Street Support Meeting – change of date to Friday 14th December

We have had a change of date for our last Christopher Street support group meeting this year. It will now be held on **Friday 14th December** from 10.30am in the lounge.

Come along for a final catch-up before we take a break and welcome in 2019. We look forward to seeing you there and sharing some Christmas goodies with you.

change
of date

Christmas Gift-Wrapping at Bayfair



We are thrilled that we have been chosen once again by Bayfair management as a worthy charitable organisation to take part in their annual Christmas gift-wrapping fundraiser.

Bayfair provides the wrapping paper, sellotape, etc and customers pay a gold coin donation to have their gifts wrapped, with all proceeds going to the organisation doing the wrapping. Thanks to all who have volunteered to fill a one-hour slot on **Wednesday 19th December**, and to Joanne who has prepared the roster for the day. We will report on the outcome in our next issue.

again by
organisation to

and
wrapped,

for the day.

Greeting cards

If you are looking for that little gift for someone this Christmas, consider giving a pack of the beautiful greeting cards based on the original artwork of Nicola Evans. Blank inside for your personalized message.... with choice of 3 pictorial themes.

Contact info@ccisupport.org.nz



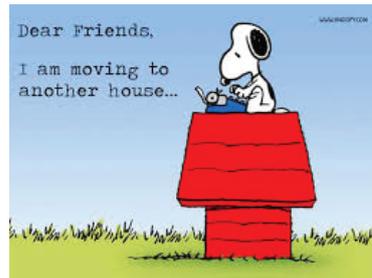
Raffle draw

Our spring gardening themed raffle was drawn on October 26th by **Dr Heath Sumpton**. The winning ticket was RED C52 owned by **Carol Macintyre**.

For those of you not affected too badly by brain fog, perhaps you recognise the name?

Yes, Carol was also the winner of our first raffle of the year, drawn at the Rialto in May!!

Moving house? If so please advise your new contact details



....so we can keep in touch

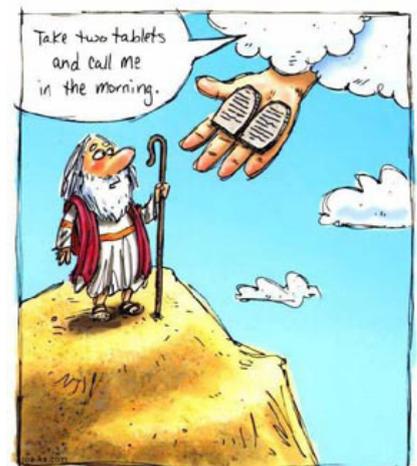


Q: Who hides in the bakery at Christmas? A: A Mince Spy....!

Q: How much did Santa pay for his sleigh? A: Nothing, it was on the house!



'T WAS THE NIGHT BEFORE CHRISTMAS, AND ALL THROUGH THE HOUSE, NOT A CREATURE WAS STRIRING, NOT EVEN A ...



Coping with Christmas

There's a "damned if you do and damned if you don't" feel about Christmas with ME, but by sticking to your priorities within your limitations it should be possible to have a meaningful (if somewhat streamlined) Christmas without giving yourself a setback.

1. Send a "round robin" letter updating friends and family on what kind of year you've had. It's a good way of keeping in touch and explaining things simply and clearly.
2. Start writing cards as early as you can (if you still send cards). Do them in stages – when else do you write to everyone you know in one month?
3. Buy presents from catalogues or the internet and wrap and label as you buy. I have got a lot of pleasure from making things for people, but don't leave it till the last minute. Lower your expectations. Keep it simple. It's the thought that counts.
4. Compromise. Use ready-made food. Put dinners in the freezer ready for after Christmas when you will be extra tired. Decide which traditions and aspects of Christmas are a priority for you and let everything else go.
5. Accept your financial limitations. If you need to put a limit on the cost of mutual gifts or just send cards, explain this to family and friends in advance.
6. If you can't visit someone, arrange to see them in February or March. Maybe they can visit you instead. Accept your limits and be clear. "I may not be well enough. How much notice do you need for me to cancel / arrive?"
7. Don't skip your naps –it's your life which will suffer, but explain things to relatives so they know what to expect. If you stay at home, concentrate on one or two things to make the days special in between rests.
8. If you have a special diet, consider giving yourself a break – but if you can't, explain your dietary requirements in advance or take along your own food/snacks. People go to a lot of trouble at Christmas and it's important not to appear ungrateful. Go carefully with alcohol which can mask symptoms that might otherwise warn you when it's time to slow down.

9. Make sure you have medications, etc for all eventualities to save stress over finding a doctor / chemist when shops are closed.
10. Use a telephone counselling service if necessary (see p 6). You don't need to be suicidal. Friends with ME have also been a real comfort to me in recent years because no explaining is needed and they can really empathise.
11. If you are unlucky enough not to have improved this year, remember that life never stands still. So deal with this Christmas and hopefully next year you will either be feeling stronger or have better coping strategies.

Source: *Interaction*, quarterly magazine of UK charity Action for ME, Issue 42 (Oct 2002)(Article has been slightly amended to make it relevant to our readers).

PS: See also the additional useful links to coping with Christmas and the holidays at the end of Elizabeth's Eastern Bay report (page 7)

More on Christmas...

The approach of the holiday season can elicit a range of emotions – from excitement to anxiety – depending on a number of factors including but not limited to:

- Your socio-economic status. It can be an expensive time of year, with pressure to spend money on gifts etc
- The severity of your illness. There may be expectations that you take part in family events, holiday outings, etc. The busyness of the holiday season can therefore be especially tiring for those with ME/CFS/FM.
- Whether you have family support or live alone. If the latter, you may feel more isolated at Christmas-time if friends are busy with family activities.

If you find yourself going through an especially rough patch with no support close at hand, contact one of the helplines on the following page





Support Service Contact Numbers

- Lifeline (open 24/7) 0800 543 354
- Depression Helpline (open 24/7) 0800 111 757
- Healthline (open 24/7) 0800 611 116
- Samaritans (open 24/7) 0800 726 666
- Suicide Crisis Helpline (open 24/7) 0508 828 865 (0508 TAUTOKO) - a service for people who may be thinking about suicide, or those who are concerned about family or friends.
- Youthline (open 24/7) 0800 376 633 You can also text 234, for free, between 8am and midnight, or email talk@youthline.co.nz

The Importance of B12

Dr Ros Vallings spoke to Rotorua members recently about recent research findings from the **2018 Invest in ME Conference** she attended in London in June. She also spoke about the importance of vitamin B12 for those who suffer from ME/CFS.

We have a DVD of her report on the London conference available in the CCI Support library for anyone to borrow.



Dr Vallings states that giving vitamin B12 as a supplement is nothing new as she recalls it being prescribed to “*tired old ladies*” when she was training at medical school. It is a vitamin that people require, and supplementation is very safe. Researcher **Bjorn Regland** has studied vitamin B12 levels in the cerebrospinal fluid of those with ME/CFS since 1997. He found that when levels of homocysteine were high, vitamin B12 levels were low. Both substances seem to balance each other out - high B12/low homocysteine. Low vitamin B12 levels = neurodegeneration + fatigue. When neurodegeneration starts to occur people can notice numbness in their toes and feet and also pain and cramps. High levels of homocysteine have been found to correlate with dementia.

Sometimes low levels of vitamin B12 can be related to diet. Vitamin B12 is naturally found in animal products and generally not found in plant foods. Fish, meat, poultry, eggs and dairy products are excellent sources; vegetarians and vegans are therefore often at risk of deficiency as a result and require supplementation.

Low levels can also relate to malabsorption. To

be effectively adsorbed, vitamin B12 requires ‘intrinsic factor’, a protein in the stomach lining that is part of the absorption process and absorbs the required amount of vitamin B12 your body needs. This is determined by the levels in the blood. If levels of vitamin B12 are normal to high then the intrinsic factor will absorb lower amounts, regardless of the levels that exist in the cerebrospinal fluid.

A further study completed by Regland found that it is important to combine folic acid with vitamin B12. When vitamin B12 levels are high, folic acid drops away, so it is important that they are both balanced. He found that most people had a good response to vitamin B12 except for those who were taking pregabalin, duloxetine and opioids. Interestingly however, it was also found that those taking a thyroid hormone also had good results. Other research has shown that vitamin B12 is also a modulator of melatonin so can lead to more efficient and effective sleep. **Hydroxocobalamin** has been found to be the best form of vitamin B12 in an injectable form for those with ME/CFS and Dr Vallings generally recommends 1000mcg per week for six weeks as a trial, and then a monthly booster if required. She also recommends this be combined with 5mg of folic acid daily. She states that it can take 3-4 weeks to take effect. Approximately 70% of people will experience a beneficial effect but some do not respond at all.

Some American doctors have received great results with administering daily injections. Sublingual doses of vitamin B12 can be effective to maintain B12 levels once adequate levels have been achieved, however sublingual forms of B12 do not raise the blood levels as effectively as the injectable form.

Dr Vallings explained that some doctors are reluctant to recommend vitamin B12 injections when blood results show normal to high levels. However, she explained that a high level in the blood is required to cause higher levels in the cerebrospinal fluid, which is where it is needed most for those with ME/CFS.

In the many decades that vitamin B12 has been used, there have been no documented reports of overdose, so Dr Vallings considers it relatively

safe to use when blood levels are normal to high. She further explains that both vitamin B12 and folic acid are water soluble vitamins, therefore they do not build up in the system like some supplements can. Side effects of vitamin B12 seem to be minimal and can include rash, nausea, anxiety, itching and bruising.

This article has been amended slightly for our members and came with kind permission from Tracey at MS Waikato

Eastern Bay Activity November 2018

During the last few months we have seen an increase in new members to our Eastern Bay group. They each bring with them new ideas and enthusiasm which is always welcomed by our membership.

We have added another meeting to our monthly schedule so now have a casual coffee catch up at 10.30am on the fourth Tuesday of the month, along with our usual monthly meeting in the Whakatane Library the second Wednesday of each month. For me it is really encouraging to see the group develop and I am learning so much about ME/CFS, life and laughter from this fabulous team.

In September my niece and I saw our first Christmas decorations in the supermarket. We both ran away from them! For me I often feel exhausted just thinking about the festive season; all the food, people, noise, gifts, cost and that undercurrent of excitement. Yet it does not have to be overwhelming for us. It does take a little more thought and we can enjoy this time of year. What I have learnt is that I need to **Plan, Manage** and **Be Cool!**

Planning is about understanding where you are physically, and **PACING** your Christmas so you can make the most of friends and family - not at the expense of health. Make sure you know what gifts you are buying, then shop early or online. If you are going to cook, make it easy, and if you are going away, build in rest time and make sure you are not in a tent on the ground with 7 kids!

Manage your own expectations of how your health is at the time. You need to be clear with yourself and others about how much activity you can cope with in a day and talk about daily plans, so you can pick and choose your socializing and activities. I try to think of each day

as just a normal day, and use my usual pacing, I also add in a bit of extra rest. I know that I WILL miss out on some things, but I would rather miss a late night BBQ than go to bed for the whole of January. Meditation, yoga, a swim, walking can help to calm the mind and body of the FOMO (fear of missing out) tension. Be chilled.

Finally, work on **keeping cool**. The heat can be very fatiguing so keep hydrated (no, that is not beer for most of us). Have a wheat pack or ice pack in the freezer, use the fan, get a paddling pool, and plan more rest to make up for the broken or late nights. You can always get in the car and drive to Ohope, look at pohutukawa trees or Christmas lights in town.

Best wishes for the festive season and see you in the New Year ☺

<https://www.healthrising.org/blog/2013/11/26/surviving-holidays-chronic-fatigue-syndrome-fibromyalgia-how/>

<https://solvecfs.org/surviving-the-holidays-resources-for-you/>



Sex, Singledom and Myalgic Encephalomyelitis...

Sex - we all need it. It is part of being a normal adult human - but when we add ME/CFS to the mix it can change the nature of our sex lives, especially if we are single!

When I was first diagnosed, I was attempting to maintain a long-distance relationship. I promptly dropped that dear man, as my brain and body turned to survival mode rather than trying to support a partner living in a different time zone. Part of the human survival instinct when we become very unwell or in a dangerous situation is to turn off the sexual drive, which is unnecessary in a fight or flight situation. The body has more important systems to support. But as I have started to heal and recover from the condition, it has become abundantly clear that a switch has been flicked in my brain, and what once was unnecessary has become necessary.



The sign of an increased sexual appetite is really positive. It shows that the body is in fact healing; it's no longer in a stressed state.

Yet in discussions with members, it is clear that these sexual, emotional and physical needs are often an annoyance or frustration, especially when you are single. Forming new relationships of any type is really hard when you live with ME/CFS and trying to find an understanding sexual partner can seem impossible.

Masturbation is often seen as the domain of teenage boys, but it can be very helpful for anyone who needs sexual fulfilment. The body releases oxytocin, endorphins, prolactin & adrenaline/noradrenaline, cortisol, plasma LH and testosterone on orgasm or sexual pleasure. Some of these can help with dulling pain, increasing a feeling of wellbeing, not to mention toning the pelvic floor. The pros of masturbation are that if you tire, you can have a little nap - you don't have to accommodate a partner's sexual needs, and it is all about YOU. The negatives are that you miss out on the touch of another person, emotional connection and for some, it can become a little addictive and therefore fatiguing.

Pornography may be a great option for those at home and interested in sex. There is a plethora of free online porn, but many may find

just as much fantasy in television, films or books. Follow your nose and see what interests you or tickles your fancy.

The internet has changed the way that single people meet each other and find sexual partners. You can tick the appropriate boxes, load a great photo and see what happens. But this has many risks that you must be cautious of. Personal and sexual safety are extremely important, as is your sexual health. Also, these apps often work on proximity and if you are at home in bed at 8pm then the chance of making a new friend may be slim.

Findsomeone, Tinder, Bumble, Elite Singles, Table for Eight, Speed dating, Blind dates or taking up the offer to meet your friend's 3rd cousin could all be just the ticket to finding a partner, but make sure you have the emotional strength to deal with possible rejection. I remember being told: "I won't date you because of the disease thing, but I will have sex with you!" Needless to say, I deleted his number pretty fast!

For me, I am always upfront about the fact I live with ME/CFS but many people choose to omit this information until they know someone better. Telling your potential sexual partner about your condition means they will be able to support you better during sex, as we often have to manage pain and fatigue as part of the condition. Sharing this in an open and honest way will help to deepen your connection and create a trusting relationship which will go both ways. I really love the story of the young couple from the US who both live with ME/CFS. They simply spend time resting together in bed as both of them are very unwell, but they both feel this is the strongest emotional connection they have ever experienced.

However you find your sexual fulfilment, it is important to remember that listening to your body should be your priority. Try not to push to make yourself more appealing or "normal" to partners, or over-stimulate your body. It's okay and normal to want sex; it's normal to experience desire, to have a crush on somebody, or to want some physical contact. And it's normal too to feel that you are unsure of what to do in those situations, especially if you have been isolated from society for a period of time. The best thing is to talk about it, be open and honest, but try not to rely upon others for your sexual or emotional happiness.

" every morning is the dawn of a new error " anon

We all deserve good sex, and maybe one day we will find it. Follow these links for more information on the topic ☺
Elizabeth McGougan

<https://www.quora.com/What-chemicals-are-released-during-female-masturbation>

<https://www.practo.com/health-wiki/male-masturbation-side-effects-and-benefits/70/article#benefits>

Toby Morrison CFS Health Sex and CFS; <https://www.youtube.com/watch?v=C0nXIYfWEJk>

https://www.prohealth.com/library/evergreen_pages/personal-relationships-and-chronic-fatigue-syndrome-myalgic-encephalomyelitis

<https://www.youtube.com/watch?v=oqyW35EMLuM>

<https://www.bustle.com/p/9-sex-positions-for-when-youre-exhausted-56529>

<https://batemanhornecenter.org/art-good-enough-sex-good-enough-days/>

<https://www.bookdepository.com/Ultimate-Guide-Sex-Disability-Miriam-Kaufman/9781573443043>

<http://www.sexualityanddisability.org/>



MERRY CHRISTMAS!



Food Talk

...and we have for you here an interesting take on Christmas muffins from Field Officer Tina Richards

Christmas Celebration Muffins

These delicious muffins are a treat to share....

- 2 cups flour
- 4 tsp baking powder
- 2 tbsp brown sugar
- 60g melted butter
- 1 cup orange or apple juice
- ¼ cup yoghurt or milk
- 1 cup Christmas fruit mince
- 1 egg



- Measure dry ingredients into a bowl and stir to combine.
- Stir all the liquid ingredients to combine.
- Stir into dry ingredients and mix until just moist.
- Spoon mixture into prepared muffin tins and bake at 190 degrees C for 15-20 minutes, depending on size.

Enjoy!!



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/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
 Tauranga Coffee Group meets 3rd Wed of the month **10:30am** contact Tina 027 625 4449
 Young Members meetings held 3rd Thurs of the month **12pm** contact Kira 021 027 18127
 Rotorua meetings held monthly on a Friday @ **11am or 1pm** contact Tina 027 625 4449

December 2018	January 2019	February 2019
Monday December 3rd 10:30am this month only Mount coffee group at Bayswater Retirement Village, 60 Maranui Street, Mount.	No meetings	Monday February 4th 1.30 - 3.00pm Mount coffee group at Bayswater Retirement Village, 60 Maranui Street, Mount.
Friday December 14th* Support meeting at 56 Christopher Street, 10.30am – 12.00pm Pre-Xmas morning tea *Note change of day/date	No meetings	Wednesday February 13th Support meeting at 56 Christopher Street 10.30am – 12.00pm Topic to be advised Ph Tina: 027 625 4449
Wednesday December 12th Eastern Bay group - 1.30pm Topic: Events in hot weather Little Orchard Activity Room, Whakatane Library Ph Elizabeth: 021 838 217	No meetings	Wednesday February 13th Eastern Bay group - 1.30pm Topic: Types of tiredness Little Orchard Activity Room Whakatane Library Ph Elizabeth: 021 838 217
Wednesday December 19th Coffee morning 10:30am at Mitre 10 Mega Café, 1066 Cameron Rd, Gate Pa	No meetings	Wednesday February 20th Coffee morning 10.30am at Mitre 10 Mega Café, 1066 Cameron Rd, Gate Pa
Thursday December 20th Young members' meeting 56 Christopher Street at Midday 12pm Ph Kira: 021 027 18127	No meetings	Thursday February 21st Young members' meeting 56 Christopher Street at Midday 12pm Ph Kira: 021 027 18127
Friday December 7th Rotorua coffee morning 11am, Shadehouse Café, Palmers Garden Centre Ph Tina: 027 625 4449	No meetings	Friday February 8th Rotorua coffee morning 11am, Shadehouse Cafe, Palmers Garden Centre 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 (acting) Jacqui Bassett
 Vice-President (acting) Matt Appleton
 Treasurer Keith Appleton
 Board Members Barbara Whitton
 Steve Napier

Staff

Senior Field Officer Tina Richards
 WBoP Field Officer Kira Follas
 Service Leader TWP 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

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