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Hi everyone!

Welcome to our first newsletter for 2018!

For some, it may seem discouraging to be ushering in another year of life with ME/CFS/FM, but it's a great opportunity to take stock of what's working and what isn't, and to explore the possibility of doing things differently in 2018 as you aim towards better health. (See Elizabeth's article on page 7)

Professor Warren Tate gave an excellent talk at the ANZMES AGM on November 11th last year. We include a summary of his talk, together with an overview of research being carried out in New Zealand currently. (See page 5)

Meanwhile here in the Bay of Plenty, we are gearing up for another busy year. Our next Towards Wellness programme begins on February 16th, awareness-raising activities are planned for Whakatane and Katikati next month (see page 2), and we are continuing to develop services in the Rotorua area.

We appreciate our members and volunteers that help us provide our services, and in this issue we feature an interview with our star fundraiser, Bradley Simmonds. (See page 3)

We hope you are finding ways to stay cool in the summer heat. (See our article about hydrosols on page 4)

As always, we hope you find this issue interesting, and we look forward to helping support you as you aim for improved health and wellbeing in 2018.

Tina and the CCI Support team



Remember to check the Group Monthly Meetings Calendar!



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

UPCOMING EVENTS

CCI Support Whakatane Information Day - Saturday 17th March

Complex Chronic Illness Support is holding an Open Day in Whakatane on Saturday 17th March from **10am**, at the Lyceum Club, cnr Domain & McGarvey Roads. The purpose of the event is to promote and inform the Eastern Bay of Plenty community of the support and services we offer, and to present an introduction to ME/CFS and Fibromyalgia.

We are very fortunate to have New Zealand's leading GP specialist on ME/CFS, **Dr Ros Vallings** MNZM as our guest speaker, and **Dr Sarah Dalziel** from Te Ngae Medical Centre attending. Our own Field Officers will also be giving a presentation on our ground-breaking Towards Wellness Programme, which is empowering those living with ME/CFS and FM.

We invite interested members of the public, doctors, healthcare professionals, alternative health practitioners, and especially those living with ME/CFS and Fibromyalgia, to this Information Day. We encourage all EBOP members and their families/whanau to attend if able; naturally, this invitation is extended to all of our members in the Bay of Plenty, should they wish to join us.

Light refreshments will be available. We look forward to seeing you on the day. For further information please contact **Elizabeth** on **021 838 217**

Katikati Health & Wellbeing Expo - Saturday 24th March

We will be exhibiting at the above Expo on Saturday 24th March from 10am – 3pm, in the Memorial Hall, Katikati.

This is a great opportunity for Complex Chronic Illness Support to raise awareness of our charity and the support services we offer to those suffering with ME/CFS and FM, within the wider BOP community.

Our focus for the day will be to inform and engage with the public in order to create a greater understanding of the illnesses ME/CFS and FM.

ANNUAL MEMBERSHIP SUBS – Receipts for 2017 & Invoices for 2018



It may only be February but the end of our membership year/financial year is fast approaching. This year we intend to have invoices for subscriptions posted/emailed out by mid-March, with payment due by 20th April. The cost of membership remains at **\$20.00** and covers the period from 1st April 2018 – 31st March 2019.

We appreciate that some members prefer to pay by smaller weekly instalments, which we are more than happy to accommodate. Please let us know if you wish to take advantage of this offer by emailing us at info@ccisupport.org.nz.

For those members who paid subs and/or gave donations in the 2017/18 financial year, we will be sending out receipts for these transactions at the beginning of April. A big THANK YOU for your generosity in supporting us over the past year.

Fantastic Support for November Heroes

In November 2017 our enterprising member Bradley Simmonds led an inspiring fundraiser whereby him and other 'heros' either grew a mo' or lost a kilo (or both!) to raise awareness and funds for ME/CFS. They actually raised \$2220.00 over the month of November!

Truly amazing!

Thank you so much to Bradley for organising this. Despite being largely housebound due to the limitations of CFS this is his third very successful round of fundraising! We hope you know how much we appreciate you, Bradley! Hip hip hooray for your momentous efforts!

The CCI Support Team



Bradley + mo

And exciting news from Bradley about his new book about to be released



Bradley is offering a downloadable version free (on amazon) to people who struggle with ME/CFS. This offer will be available for five days from the 30th January 2018.

To obtain a free copy you will need to click on the link below then follow the instructions:

https://www.amazon.com/dp/B07922363N/ref=nav_timeline_asin?_encoding=UTF8&psc=1

- 1 If you have a Kindle go to the above link and download onto your kindle as you normally would.
- 2 For mobile, PC and tablet users firstly download the free Kindle app, which can be found in the link above just under the picture of the books cover. Click it and download it. Or you can just search in the app store for "Kindle app" and get it there.
- 3 Go to the above link and download the book. You should then be able to see the book in the Library section of the Kindle app.

If you are still stuck head here:

<https://www.makeuseof.com/tag/how-to-download-completely-free-amazon-kindle-ebooks-to-your-pc/>

Gift-Wrapping Fund-raiser @ Bayfair

A big thank you to our amazing members and supporters who volunteered on a busy Friday 15th December for the Christmas gift-wrapping station at Bayfair.

What a success it was! Without your support and willingness to volunteer your precious time, it would not have been possible for us to take part in this fund-raising opportunity.



We made a total of **\$361.00** in the time we were gift-wrapping, and lots of fun, laughter and stories were shared whilst doing it!

Michelle

Results of Fundraising Raffle Draw

The raffle was drawn at our pre-Christmas morning tea at Christopher Street on the 13th December by our manager Michelle.



Congratulations to our prizewinners:

First prize: Green C 078 – **Yvonne Andrews**
Second prize: Green C 015 – **Elizabeth McGougan**
Third prize: Green C 057 – **Lisa Green**

Keeping Cool and Fresh in the Summer Heat

Those that are sensitive to chemicals, strong perfumes etc and/or need to be mindful of people with these sensitivities, may find this tip useful

1. Buy cheap misting/spray bottles (e.g. breath freshener size) from the \$2 shop.
2. Go to a Middle Eastern or Asian shop (some large supermarkets may stock as well) and purchase orange blossom water or rose water (most commonly used to flavour authentic Turkish delight).
3. Fill up your spray bottle and use as required

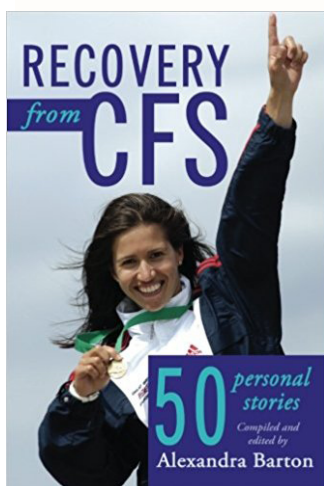


These waters are properly known as hydrosols. They are pure (read the label to make sure!).

They are the by-product of distilling pure essential oils. The steam is collected in this process, retaining a nice amount of scent as well as mild medicinal properties from the plants they come from. They are gentle and don't offend those with hypersensitivities. They can be used as a face/hair/body/room spritzer/toner and deodorant.

This handy tip was sent in by member Lisa

For those seeking inspiration for 2018, check this book out...



" Recovery from CFS – 50 Personal Stories " by Alexandra Barton

A collection of stories from people who have recovered from CFS/ME.

People from 6 different countries who were all diagnosed with CFS/ME and who were ill for between 2 and 25 years, have written their individual and very different accounts of their return to good health and a normal life. At the end of each account they have offered advice, suggested helpful books and websites, and many have even given contact details for readers needing support.

Available from **Book Depository** for approximately **\$32.00**

www.bookdepository.com

Professor Warren Tate Update

Professor Tate spoke at the ANZMES AGM on 11th November 2017. The following is an abridged version of a summary based on the slides Professor Tate used; the summary was sourced from ANZMES Meeting Place Issue 130, Summer 2017

Professor Tate's full presentation can be accessed at: <https://www.youtube.com/watch?v=ZZGIVJyAO4>

A Watershed Year for ME/CFS in Understanding the Biology Underpinning the Disease

My questions about ME/CFS when I started research on the illness in 2011

Onset: What body 'control centre' is affected to cause such severe and diverse symptoms? – 'energy', homeostasis, allergies to foods, cognitive function

Perpetuation: Why do the disease symptoms not resolve?

Relapse cycles: What triggers the frequent relapses?

Pregnancy: Why do the symptoms improve markedly?

How do you approach these questions?

This is what I saw when I reviewed the studies – puzzle pieces.



What has not worked!

- Narrow hypothesis and testing
- No clarity around the core deficits in ME/CFS

What might work!

- Collect lots of molecular data from well-characterized patients, and then try to formulate models and explanations
- Provide a sound framework for more informed hypotheses – providing definitive pieces of 'the jigsaw'

Can intense study of a small number of patients enable core features of ME/CFS to be resolved?

Our approach – precision medicine

- Previously known as 'personalised medicine' – targeted to the treatment of individual patients
- Combining and analysing information about our genome with clinical and diagnostic information to identify patterns and lead to better disease management
- Expanded to diagnosis and prognosis, particularly of cancers and rare diseases

Professor Tate was inspired by a study by Michael

Snyder, Head of Genetics at Stanford University, published in 'Cell' in 2012. Snyder performed a \$2 million study on himself over a period of 2 years, involving 20 blood samples. During this period he had 2 viral infections (a common cold and a cough!).

Whole genome sequencing, metabolomic analyses, autoantibody profiles, and many more molecular studies provided rich information about healthy and diseased phenotypes. For example, during the first viral infection they could track the up-regulation of approximately 2000 genes, and down-regulation of a further 2000.

Professor Tate hopes that by performing comprehensive molecular analyses of a small but well-characterized ME/CFS study group centred in Dunedin, a biological explanation for the debilitating symptoms of ME/CFS can be provided.

Three separate pre-clinical studies in NZ

In NZ, we have, or have had, 3 different studies:

- **Dunedin pilot study** – 10 ME/CFS and 10 controls. Extensive molecular data collected – being extended
- **Palmerston North exercise intolerance study** – 10 ME/CFS, 5 MS, 15 controls. Extensive data collected – being extended
- **Dunedin longitudinal study** – 3 ME/CFS patients and 3 controls. Sampling over 9 – 12 months through relapse / recovery cycles – new study

Dunedin pilot pre-clinical study -Eiren Sweetman, PhD student

Peripheral blood samples were taken from the study group, and plasma and lymphocyte cells isolated. Cytokine analysis, transcriptome analysis, lymphocyte proteome analysis, and other molecular analyses were carried out.

Many biological systems were identified as significantly changed in ME/CFS patients in the transcriptome and proteome studies:

Enhanced:

Immune, cytokine, inflammatory, apoptosis

Decreased:

Mitochondrial function, general metabolism, lipid/cholesterol metabolism

Conclusions – Dunedin study molecular analysis

- Identified possible disease biomarkers
- Study of a range of biologically important molecules within a small, well-characterized patient group gives significant insight into ME/CFS
- ME/CFS pathophysiology – significant dysregulation of immune and inflammatory pathways, and oxidative stress linked to the dysfunction of metabolic and mitochondrial pathways

By Eiren Sweetman, PhD student:

At the conclusion of my molecular analyses at the end of 2016, I attended an international ME/CFS

conference with Warren Tate and Alex Noble (Alex analysed the cytokines in this study as part of a Masters project), where we were able to present our work.

It was fantastic to attend and hear how our work linked closely with results being produced by other research groups – in particular a metabolome paper published just prior to the conference which showed abnormalities in 20 metabolic pathways.

Eighty per cent of the diagnostic metabolites were decreased, consistent with a hypometabolic syndrome (hibernation).

The results of a Norwegian group, published earlier in the year, were also presented at the conference. They showed defects in pyruvate dehydrogenase regulation and a switch to anaerobic metabolism.

These results support our own analyses which show increased metabolic dysregulation linked to immune and mitochondrial dysfunction.

Palmerston North study – Exercise intolerance – Alex Noble MSc

Incremental exercise test

Started at 15W and increased by 15W every minute

Measurements taken by Dr Lynette Hodges:

Oxygen consumption; carbon dioxide production; respiratory exchange ratio; heart rate; blood pressure; rate of perceived exertion; power output

Molecular measurements

Cytokines (ongoing)

Cardiac power output on day 1 compared with day 2 (measurements by Dr Hodges)

Cytokines before and after exercise

Cytokines trended upwards in ME/CFS patients after exercise in contrast to healthy controls. As expected, cytokine levels in the healthy controls dropped markedly.

Can the changes in cytokines between ME/CFS and controls be a predictor of ME/CFS?

What now? - the new studies

- ☐ Energy: Measure energy functions of patients' immune cells using Seahorse technology (a new \$300,000 instrument coming to Otago in 2018)
- ☐ DNA code: ME/CFS patients seem to have a different epigenetic code that makes their genes less active
- ☐ Relapse: What changes during a relapse?

Norwegians: Oystein Fluge & Olav Mella – Rituximab study

1) Stumbled upon Rituximab as a possible therapeutic drug for ME/CFS – promising, but not the answer. Trialling a generic immune system dampener used for transplants.

2) Set up a metabolic energy unit – found defects in energy metabolism



Cellular defect in delivering energy?

Our Dunedin study result also suggested dysfunctional mitochondrial energy delivery.

- ☐ Test this with live blood cells – measure their ability to deliver energy, and whether by the right pathway
- ☐ Measure the bioenergetic index of cells from ME/CFS patients compared with controls
- ☐ Treat the cells with MitoQ – a reduced CoQ10 that is delivered to mitochondria

A modern example of the new breed of international ME/CFS researcher:

Professor Ron Davis, Head of the Genomics Centre at Stanford University

- Has a son severely affected with ME/CFS
- Oversaw the 2016 metabolomics study

“the best piece of research on ME/CFS ever!”

Found 193 different molecular deficiencies in ME/CFS patients in 20 biochemical pathways – they were all low!

The results appear to suggest that somehow ME/CFS patients are going into a sort of hibernation.

Epigenetic code in the DNA of our genomes

- ☐ We have 4 bases in our DNA code (A, G, C, T) – does not change during our lifetime
- ☐ But there is an epigenetic code – and it can change

Are changes in the epigenetic code of the genomes (DNA) causing the hibernation?

Can we explain perpetuation and relapses in ME/CFS – a neurological model?

- ☐ Very few studies are focusing on the brain and neurological system today
- ☐ Yet in 1969 ME/CFS was classified as a neurological disease
- ☐ Our Dunedin study analysis comes up with the immune system as the key system affected
- ☐ Need complex brain imaging systems
- ☐ Could explain core symptoms – sleep and cognitive dysfunctions, pain, sensitivity to stress

What keeps the illness going? (A Russian doll problem)

- ☐ Fluctuating auto-inflammation in the brain, defective stress centre and HPA (hypothalamus/pituitary/adrenal) axis (Mackay and Tate)
- ☐ A long-lasting immune molecule and defective energy metabolism (Fluge and Mella)
- ☐ A molecule in the blood of ME/CFS patients that can affect healthy cells (Davis)

Eastern Rising

New Zealand may seem isolated from the rest of the world, but spare a thought for those of us who live lives of isolation due to ME/CFS/FM. We are separated from others because we cannot participate in 'normal' society and we cannot maintain physically, emotionally, and fiscally 'normal' attachments and relationships in this world.

It's a tough reality of chronic illness that we are squeezed out of polite society and into our bedrooms. Even those who can manage to work with ME/CFS/FM, find that their down time is spent trying to grow enough energy to make it through the next day, so they have nothing left over for family and friends. Often in the beginning, friends and family stick around, but as the years go by and turn to decades, they tend to fall away and we are left very much... alone.

I wish I had a magic pill for isolation, then I could inoculate not only myself but all members, but as life has shown us, magic does not come in the form of pills. Instead I offer proven ideas which can help stave off isolation, but which require a little work on our part.

Inform and educate: When friends wonder 'why are you not back to normal?', tell them about your condition or refer them to our public or other webpages. 'We don't know what we don't know'. It can be frustrating and tiring telling people about your illness and why you cannot do this or that, but if friends and family are not told 'why' then they cannot understand and support us fully.

Get a pet: If you don't have one already, try a low maintenance pet.



I talk constantly to my cat, and she often replies. They are non-judgemental and although not humans, they can offer much needed physical contact, friendship and emotional support. Some days when I have been very ill, the act of feeding and patting my cat gets me through. (Plus, she is here when no one else is -middle of night & early morning- and never cares if I have brushed my teeth!)

Keep in contact with those you love: No matter how difficult it is, do try to keep up some form of contact with those you love. There are many different ways to maintain contact with others. Try texting, emailing, messengering, facetime/skype or short phone calls.

Setting limits on phone calls or visits can make it more manageable to keep in contact.

Also consider going to part of an event, e.g. if invited to a party, just go for 30mins max. This can be hard to stick to, but making the effort to attend even for a little while can be rewarding not only for you but also for friends and family.

Instead of going out, I tend to invite people to my home and I try not to clean up before they arrive!

If possible, volunteer: Lots of organisations out there want volunteers and many are very flexible with time commitments. Volunteering only works if you are well enough, but it is such a great way to meet others and grow your confidence again. It can really give you a sense of community and self-worth.



I had lost so much confidence that when I applied to volunteer at the Citizens Advice Bureau I was sure they would turn me down. It has been great to meet new people and I have been very clear about what I can do, and they are very respectful of this.

Online communities: either in ME/CFS/FM circles or other specific interest groups.

The internet is alive with groups, and these can create very meaningful connections. But the drawback is that it is mostly via message boards which is not as close as physical people, but depending on your health this may be enough. Try our 'members only' Facebook page, Towards Wellness 'members only' Facebook page, Phoenix Rising forum, ME action etc.

Join a group: book clubs, gardening, embroidery, craft, classic cars... the list of special interest groups is massive. Most have meetings and most don't require too much of you.

I would go weekly to the Embroiderers' Guild and even though I had not learnt hand stitching before, I was able to learn with their help. It was a big undertaking for me physically, but it gave me people to talk to, something different to do and some purpose.

Get a boarder or flatmate: If you live alone, it can be great to have another person share your home with you. This can not only help with costs but can also mean you have a whole other person to talk to. Of course, this is solely dependent upon the type of person and the relationship you have - maybe consider short term boarders. I have had several young student boarders

and found them fun and interesting company, and not nearly as rowdy as I was at 22!

Go Out: Leave your home, if possible, even for a half hour and go and be in public.

Libraries are free and possess a great community feel, so get a newspaper or magazine and enjoy the change of scene. Additionally, having a coffee at the friendly local café can become part of a social routine. You don't even have to talk to people.

Sometimes it's enough to just be out in the presence of others.

Ask for help: If you feel too alone, too isolated, too unconfident, you need to ask for help.

Kira, Tina, Joanne, Michelle and I are all just at the end of a phone, email or text, so let us know what you are feeling. Simply just having the conversation can unwind a lot of those feelings, but I do know how hard it is to make that call.

Other options are:

Lifeline **0800 543 354**,

Depression hotline **0800 111 757**,

Anxiety Line **0800 ANXIETY (2694 389)**,

Samaritans **0800 726 666**

or raise the issue with your local GP.

Isolation can be as much a state of mind as a physical reality.

Sometimes we feel completely isolated in a room full of people. When I feel like this I try to be present in the moment, get some fresh air, take a seat and watch the wonder and mess that is humanity in all its fragile glory.

Best wishes from your Eastern Bay Field Officer,
Elizabeth

Words of Wisdom to Live by,

By Dr Mark Hyman, American physician, scholar and author.

Dr Hyman is Medical Director at Cleveland Clinic's Centre for Functional Medicine, and founder of the UltraWellness Centre.

He believes that the power of community to create health is far greater than any physician, clinic or hospital.

It can be hard to change your behavior when your friends and family aren't supportive. When everyone else is doing the wrong thing, it can become a challenge to do the right thing. For example, eating healthy can feel like a herculean task, AND then to have unsupportive people surrounding us, coaxing us to make poor dietary choices, makes it even more difficult.

Our social connections are more important than we imagine, considering that you literally become like the people you surround yourself with. Your social circle influences you to some degree; you are more likely to be overweight if your friend's friend is overweight than if your parents are overweight.

In other words, genetic threads that connect us may be less important than the social threads.

Our social connections and our ancient need to be part of a tribe may be a way out of our epidemic of chronic disease.

Some call this "sociogenomics" – how social networks influence health and disease and how social networks alter gene expression – which becomes

the overlooked area we need to find a solution for. In fact, there is now a field of social genomics that examines the way in which our social connections affect our gene expression. Our genes are eavesdropping on our relationships.

Sadly, most healthcare programs and doctors completely ignore this crucial connection between the people we surround ourselves with and their influence on our lifestyle choices. In other words, what we choose to eat can contribute to disease, and our friends and family help to determine our food choices.

Therefore social connection becomes the missing link for optimal health.



Everyone's way of forming social community will be different, but the important thing is that we make it happen. No effort is too small in what I truly believe becomes the missing link for optimal health and wellbeing: our relationships.

Have you ever considered whether the people you mix with are good for your health and wellbeing? Do you surround yourself with people who uplift you and help you to make healthier dietary and lifestyle choices?

Food for thought....:-)

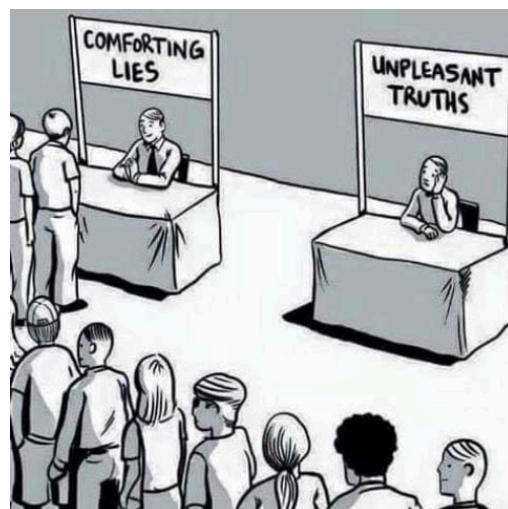
NORTH KOREA TO SEND MAN TO THE SUN BY 2028!

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 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 time!"

And his people responded with thunderous applause!



Food Talk

Ephraim's Banana 'Nice Cream'

This banana 'nice cream' is the perfect, healthy, delicious treat for those hot summer days. Super easy to modify to your own taste by throwing in any seasonal fresh fruit you have to hand. Chose your own perfect ingredients to add to your smoothie. For a banana flavour, combine:

2 large FROZEN bananas (peel & slice before freezing)

½ tsp cinnamon

1 tbsp pure maple syrup or manuka honey

Steps:

- 1) Add all ingredients to the food processor and blend until smooth (approx. 3 minutes)
- 2) Scoop into a bowl and enjoy immediately as a delicious soft serve.
- 3) For a firmer ice cream, freeze for at least 1 hour in an airtight container.

Source: Ephraim Health (E-Health) newsletter, January-February 2017
www.e-health.co.nz



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 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

February 2018	March 2018	April 2018
Monday February 5th Mount coffee morning at Bayswater Retirement Village, 60 Maranui Street, Mount Maunganui - 10.30am	Monday March 5 th Mount coffee morning at Bayswater Retirement Village, 60 Maranui Street, Mount Maunganui - 10.30am	Monday April 9th Mount coffee morning at Bayswater Retirement Village, 60 Maranui Street, Mount Maunganui - 10.30am
Wednesday February 14th Support meeting at 56 Christopher Street, 10.30am – 12.00pm Topic: New Year resolutions: friend or foe? Ph Tina: 027 625 4449	Wednesday March 14 th Support meeting at 56 Christopher Street, 10.30am – 12.00pm Topic: To be advised Ph Tina: 027 625 4449	Wednesday April 11th Support meeting at 56 Christopher Street 10.30am – 12.00pm Topic: To be advised Ph Tina: 027 625 4449
Wednesday February 14th Eastern Bay group - 1.30pm Topic: Pain Little Orchard Activity Room, Whakatane Library 49 Kakahoroa Drive, Whak. Ph Elizabeth: 021 838 217	Wednesday March 14 th Eastern Bay group - 1.30pm Topic: Brain Fog Little Orchard Activity Room Whakatane Library 49 Kakahoroa Drive, Whak. Ph Elizabeth: 021 838 217	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 February 21st Coffee morning 10:30am at Zest Café, Chadwick Rd, Greerton	Wednesday March 21st Coffee morning 10.30am at Zest Café, Chadwick Rd, Greerton	Wednesday April 18th Coffee morning 10.30am at Zest Café, Chadwick Rd, Greerton
Thursday February 15th Young members' meeting 56 Christopher Street at 1.00pm Ph Kira: 021 027 18127	Thursday March 15th Young members' meeting 56 Christopher Street at 1.00pm Ph Kira: 021 027 18127	Thursday April 19th Young members' meeting 56 Christopher Street at 1.00pm Ph Kira: 021 027 18127
Friday February 23rd Rotorua coffee morning 11.00am at Shadelands Café, Sala Street, Rotorua Ph Tina: 027 625 4449	Friday March 23rd Rotorua coffee morning 11.00am at Shadelands Café, Sala Street, Rotorua Ph Tina: 027 625 4449	Friday April 27 th Rotorua coffee morning 11.00am at Shadelands 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
Board Members Andrea McFarlane
Jacqui Bassett
Steve Napier
Pauline Pibworth

Staff

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



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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
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Please send receipt to:

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City: Post Code:.....

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