

MEssenger

October 2018

Inside this issue:

Local Items of Interest:

- **Mindfulness Presentations**
- **Dr Lynette Hodges to present research results**
- **Attendees at a recent Mount coffee group**
- **'Spring Surprise' Raffle**
- **ANZMES Support Group Leaders' Conference – August 10th**
- **Handyman anyone?**
- **Dr Vallings in Tauranga for our ME/CFS Seminar**
- **Our October Volunteer Profile MATT APPLETON**
- **Corin Storkey, Seleno Health, Returns to Tauranga**
- **Eastern Bay Report: September 2018**

Articles:

- **Sex, Relationships & CFS/FM**
- **Research Roundup**
- **Food Talk**

Remember to check the Group Monthly Meetings Calendar!



Hi everyone!

The year is hurtling by rapidly and we're well into spring now! It's been a busy time since the previous MEssenger issue. On 10th August, Elizabeth, Kira and I attended the ANZMES conference for support group leaders (see page 3).

Our biennial ME/CFS seminar was held on 25th August, with Dr Vallings as guest speaker, reporting on the London Invest in ME Research conference (see page 4).

It's been a time of connecting with local Hauora. Elizabeth gave a presentation on ME/CFS/FM to Tuhoe Hauora, Taneatua, recently, while Kira and I visited Pirirakau Hauora in Te Puna. Our Towards Wellness (TW) workshops continue. In the past few weeks the team has also run TW refresher workshops (very popular!) as well as workshops for family, friends and supporters of those with ME/CFS. TW tutorials are also proposed. In addition, TW 'snapshots' are being delivered in Whakatane and Rotorua as an interim measure until we are able to provide the full TW programme in these areas. (I think some staff members need to be cloned!!)

For those who took part in Dr Lynette Hodges' exercise research project last year, you will be interested to know that she will be presenting her findings at our October support meeting (see page 2).

Phil Jones, Mindfulness trainer, is also returning in October to deliver a further two workshops (see page 2 for details).

As always, we endeavour to produce an interesting and varied newsletter. This issue includes an article about a new research initiative from the Cortene research group (see page 8), as well as an article on a topic that can easily become the 'elephant in the room', sex and ME/CFS (see page 7)

Happy reading!

Tina and the team at CCI Support 😊

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



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

Send a friend request...!

Local Items of Interest

Mindfulness presentations

Once again, we are grateful to Phil Jones for presenting an Introduction to Mindfulness workshop at our September support meeting.

Mindfulness has been described as 'a serene encounter with reality', with acceptance, equanimity, and without reaction. Phil explained how a regular Mindfulness practice can reduce suffering and increase happiness, as well as promote health and wellbeing. While the body needs movement, the mind needs stillness.

Everyone has the ability to control where they focus their attention. It may be difficult to keep our attention focussed but with practise, it becomes easier.

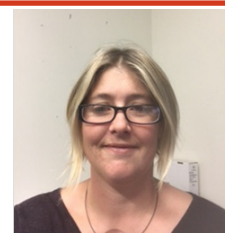
The only other thing we are able to control is our response to the things that happen around us. If we are miserable, the most likely cause is that we're trying to control all manner of things that are beyond our control! Food for thought!!



Put these dates in your diary: Phil is presenting the next 2 workshops in his Mindfulness series, 'Mindfulness & Self-Compassion', and 'Mindfulness of Emotion' on October 1st and October 24th respectively. Both will be held at Christopher Street, beginning at 10-30am.

Dr Lynette Hodges to present research results!

We are pleased to announce that Dr Lynette Hodges will be the guest speaker at our October support meeting, **Wednesday 10th at 10-30am** at Christopher Street. She will be presenting the results of her research study on Exercise and ME/CFS, a study that some of our members took part in during July 2017. We await the findings with interest!



Attendees at a recent Mount coffee group

Our Mount coffee group meets on the first Monday of each month at Bayswater Retirement Village, Mount Maunganui.

If you live in the Mount/Papamoa area and haven't attended a meeting there before, you are warmly invited to join us.

'Spring Surprise' Raffle

Look out for our latest raffle at our Christopher Street premises or at various coffee mornings. The prize consists of: a **seed raising tray**; small **watering can**; a **bucket**; **three packets of seeds** (2 x greens/1 x wildflowers); small **planter pot (with saucer)**; gardening **gloves**; **hand cream**; small **gardening trowel** and a colourful **hanging decoration** 'Love'.

Tickets are \$2 each or three for \$5. You can also order tickets from the comfort of your own home via phone/text/email and paying online.

This is the last raffle for the year and will be drawn on October 26th.
Be in to win !!

Phone Tina (027 625 4449) or Joanne (07 281 1481), or email 'info@ccisupport.org.nz'



ANZMES Support Group Leaders' Conference – August 10th

Kira, Elizabeth and I travelled to Auckland recently to attend the ANZMES Group Leaders' Conference at the Sudima Hotel on Friday 10th August. The day had been organised as a combined networking and educational opportunity.

Other groups represented at the conference were: ANZMES; ME Information and Support Service (MEISS), Dunedin; Wellington Region ME/CFS Support Group (WellMe); ME/CFS Waikato; Nelson Bays ME/CFS & FM Support Group; ME/CFS Auckland Support Group; East Coast ME Support (Gisborne); Millions Missing; Rest Assured Respite Charitable Trust.

Dr Nicola Swain, president of ANZMES, opened the meeting at 10am, welcoming attendees and acknowledging the groups represented. She said that research has shown that support groups can play a major role in helping people cope and live well with chronic illness.

The first speaker, health psychologist **Dr Anna Friis**, spoke about compassion as an antidote to chronic stress. She said that, working in our various roles, we would be familiar with responding in a compassionate way to others who are hurting. But what about compassion for ourselves? 78% of us treat others better than we treat ourselves. Food for thought!

Erin Holland, physiotherapist, spoke on the topic: *Is there a role for physiotherapy & exercise in ME/CFS?* She said that, while components of traditional physiotherapy are applicable to ME/CFS, the physiotherapist needs to have a good understanding of the condition.

She cited a 2016 study by **Dr Peter Rowe** on neuromuscular strain, which showed that there is neural irritability in ME patients and that attempting to move/exercise already highly sensitized structures leads to exacerbation. She recommended 'baby steps' with hands-on therapy, taking time to prepare the body for movement and de-sensitizing the neural structures – in effect retraining the nervous system.

Other speakers were ANZMES executive committee member, **George Connolly**, who facilitated a discussion on managing difficult behaviour in the support group setting, and **Dr Ros Vallings**, who presented a report on the London Invest in ME Research conference she attended in June.

We enjoyed the opportunity to network and learn, put faces to names, and share ideas.

Thank you ANZMES for organising this.

Tina Richards, field officer 😊



ANZMES Group Leaders with Dr Vallings



Our Field Officers Tina (L) and Kira (R) attended. We'll get you in the photo next time, Elizabeth!

Handyman anyone?

Does anyone know of a reliable handyman available to do small jobs for those with ME/CFS/FM at an affordable rate?

Please contact the office (07) 2811 481 if you know of anyone.



Dr Vallings in Tauranga for our ME/CFS Seminar

CCI Support's biennial ME/CFS seminar took place on August 25th at Otumoetai Baptist Church auditorium, with 90 people in attendance. People were able to enjoy a delicious morning tea before making their way into the auditorium to hear a brief introduction about our services and our Towards Wellness programme.

Our guest speaker, **Dr Ros Vallings**, NZ's medical expert on ME/CFS, then presented a report on the London Invest in ME 2018 research conference that she attended in June, along with her daughter, Rotorua GP Dr Sarah Dalziel. Dr Dalziel also attended our seminar. Important areas of research that were covered in the presentation included:

□ **The microbiota->gut->brain connection**

Viral intestinal infection leads to an altered microbiome, an imbalance of bowel bacteria. Our gut contents influence the way our immune system works. Impaired immune function affects brain function; microglia become inflamed - explanation for headaches?

□ **Some success with faecal microbiota transplantation (Peter Johnsen)**

90% ME patients have irritable bowel syndrome

(IBS); in an IBS faecal transplant trial, 56% participants improved at 3 months, but effects reduced slightly at 12 months. A trial with ME/CFS patients is now underway. A caution was issued around DIY transplant kits offered online.

□ **Metabolomics (Naviaux/Lipkin/Deth)**

Researchers describe a hypometabolomic state in ME/CFS similar to hibernation (dauer). The 'hibernation' state may be caused by hydrogen sulphide levels.

Naviaux's research measured 612 metabolites in 63 pathways – found abnormalities in 20 pathways.

□ **Immunology (Klimas/Staines/Montoya)**

Abnormal pro-inflammatory cytokines found in ME/CFS
Low NK (natural killer) cell count – low numbers correlate with severity of illness and age.



This is only a snippet of what was covered by Dr Vallings. We are unable to cover the entire presentation in this newsletter but a DVD will be available from our library in the near future.

In the meantime, if anyone would like a copy of Dr Vallings' power point, and an MP3 audio of her presentation, please contact Tina on 027 625 4449 or tina@ccisupport.org.nz

Our October Volunteer Profile MATT APPLETON

Readers may remember a recent article in the Weekend Sun on Matt Appleton, outlining his struggle with ME/CFS and other health issues. We are proud to have this same personable young man as a volunteer for CCI where he is proving to be invaluable helping to run the Youth programme.

Since completing the **Towards Wellness** programme (which he credits as virtually giving him his life back) he has become more and more involved - to the extent that most Sundays he puts on a Youth event at his own home...! Young people can meet there in a 'normal' social setting, yet feel safe, knowing they are with people who 'get' the condition that is ME/CFS. Members meet at 1-4pm for a social time, then generally watch a movie followed by a meal. (He has an enviable sound system and huge TV perfect for movietime!)

Along with the rest of the Leadership Team Matt has plans to expand this social connectivity in various ways to include the general membership also.. All this he sees as a way to give back to CCIS and the staff there who have been wonderful to him. He particularly gives a big thank you to **Youth Field Officer Kira, Tina and Michelle** for not giving up on him, for the wonderful programme they have developed, and the effort they all put in to members like him.



Corin Storkey, Seleno Health, Returns to Tauranga

In our June issue of MESSenger, we featured a report on a presentation by Dr Corin Storkey in Tauranga on 2nd May. For those that missed this presentation, Corin will be speaking in Tauranga again on Thursday 1st November.

As seating at the venue is limited, it is advisable to book a seat. It's cheapest to book via Eventbrite. <https://www.eventbrite.co.nz/e/beating-chronic-fatigue-cfs-and-other-auto-immune-conditions-tickets-49874012514>

or Facebook: <https://www.facebook.com/events/1408055039325287/>

Beating Chronic Fatigue (CFS) and other auto-immune conditions



Seleno Health



Cost: \$10 via Eventbrite
\$15 door sales

Where:

St George's Church,
1 Church St, Gate Pa
Tauranga

When:

6.00pm – 8.00pm
Thursday 1st November

RSVP:

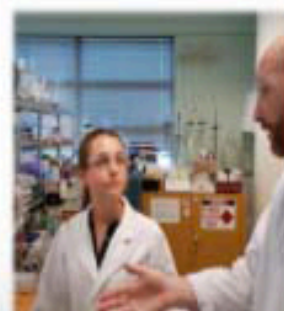
021 182 2839

Dr Corin Storkey – director of Seleno Health is one of New Zealand's leading experts on chronic fatigue syndrome (CFS), with over 8 years of clinic research experience, specializing in chronic inflammatory diseases. He himself has battled with and overcome chronic fatigue and promotes an integrated holistic approach to management, combining evidence based research with natural health solutions for healthy living. He has a systematic 9 point approach to managing and beating chronic fatigue based on his own life experiences, traditional Incan medicine and scientific research.

Come and learn about the latest research behind this complex health condition and what you can do to prevent, manage and overcome chronic fatigue and other stress-related disorders. Learn about the role of diet, food and lifestyle in the development of CFS and how to create your own health journey to achieve your health potential.

Topics Discussed:

- A journey through chronic fatigue diagnosis
- Chronic inflammation and stress
- The latest research into mechanisms of CFS
- Adrenal fatigue
- Leaky gut
- The glutathione system
- Endocannabinoids and their role in stress



" I am not what happened to me, I am what I choose to become " Carl Jung

Eastern Bay Report: September 2018

Practicing the art of pacing has been at the forefront of my mind for the last few months as I have been juggling an increasingly active Eastern Bay membership.

I was delighted to meet fellow ME/CFS field officers in Auckland at the ANZMES conference and hear the excellent speakers. It was also a privilege to attend **Dr Vallings'** seminar in Tauranga at the end of August.

I recently met with a group of support workers from **Tuhoe Hauora in Taneatua** who were very interested to increase their knowledge of ME/CFS/FM. We are very aware of a lack of awareness of our group and the conditions throughout the wider community, so I am starting with EBOP Hauora who run programmes across the age range for Maori and Pakeha alike. Raising awareness is a very important part of my role, both to help people find our services, and to raise awareness with our loved ones and supporters, health practitioners, and the general population.

We had a fabulous article in the Eastern Bay Life weekend paper in August about one of our members Mandy Dawes, and the **Towards Wellness** programme. I am so grateful to Mandy for taking part in the article; it's a very brave thing to do and it really does help others. After that we had an increase in enquiries and in membership, which is really encouraging.

Another contact was made with a local group which is starting up to support those who live with **Ehlers-Danlos Syndrome** - a group of genetic connective tissue disorders which cause loose/dislocated joints, stretchy skin, abnormal scarring, aortic dissection, scoliosis, chronic pain, fatigue, gut issues, cardiovascular issues etc. We have some similar symptoms and like us, management is their main treatment option. This autoimmune condition under the rheumatology & medical genetics umbrella is very often misdiagnosed. There is a very strong family genetic link, which makes the below post from the "Race to Solve ME" Facebook page interesting for ME/CFS/FM people:

*If you have been DIAGNOSED with a **connective tissue disorder** (such as EDS, Marfan or Loeys-Dietz syndrome), or have a family history of connective tissue disorders, please send*

*Fereshteh a brief email letting her know. Please include your ethnicity. Please specify in the subject line: **ME/CFS patient with CTD** Email address: **fjahania@stanford.edu***

****** For those who are not familiar with her, Fereshteh Jahaniani is one of the scientists on Ron Davis' team at Stanford. [Fereshteh Jahaniani, PhD](#), Research Associate, Stanford Center for Genomics and Personalized Medicine – multi-omics:

"I have noticed that a good percentage of CFS patients who participated in the "OMCIS study" have a family history of connective tissue disorder or autoimmune disorder. I would like to ask as many patients as possible to email me if they have a connective tissue disorder diagnosis themselves or a family history of connective tissue disorders. There has been a lot of talk about this, however, no one really has done an epidemiology study to address this for a big cohort of people. CTD is common among 3% of the population, so we can confirm it if we see >25% of our CFS patients have such history."

Fereshteh Jahaniani
<https://www.omf.ngo/collaborative-research-center-stanford/>

If you live with EDS and would be interested in speaking to the local group organiser, please email me.



As I sit here watching the gulls, who have come inland to get away from the incoming storm, I too am using my energy wisely and gradually working away at supporting those of us who live with ME/CFS/FM in the East and spreading the rainbow of CCIS hope wherever I wander.

Best wishes and aroha nui.
Elizabeth McGougan
Field Officer, Eastern Bay of Plenty.

Sex, Relationships & CFS/FM

With the growing epidemic of complex chronic illness, an increasing number of people want to discuss some of the sexual issues they're dealing with in their private lives. This is healthy! The alternative is that the topic of sex becomes '*the elephant in the room*'.

A couple may stop having sex (or have it less frequently) for a variety of reasons. When one person is chronically ill with a condition such as ME/CFS/FM, this is likely to have a significant effect on the couple's sex life.

Physical reasons for not engaging in sex include pain and lack of energy. Women may experience vaginal pain or dryness during intercourse; men may have trouble maintaining an erection. Endorphins released during orgasm may help relieve pain and improve mood but the physical exertion involved may be exhausting. There may be fear around exacerbation of symptoms as a result.

Sexual desire is commonly affected. The person with ME/CFS/FM may struggle to get out of bed, so finds it hard to feel enthusiastic about sexual activity. Furthermore, they may feel self-conscious about changes in their body due to their illness, or may worry about disappointing their partner. Also, some medications taken for ME/CFS/FM may influence sexual desire, lubrication, ability to maintain an erection, or achieve orgasm. If you suspect this could be a factor affecting you, it is important to discuss these concerns with your doctor.

Sometimes the healthy partner stops initiating sexual contact because he or she feels protective and doesn't want to cause any adverse effects for their partner. The healthy person may thus find themselves in the carer role, which changes the balance of power and therefore the sexual balance of the relationship.

People with ME/CFS/FM and their partners may experience a range of emotions about the change in their roles and the effect this has on the relationship, including guilt and resentment. Both partners may also feel angry that their formerly active sex life is yet one more thing they have lost to ME/CFS/FM.

In order for a couple to improve their relationship, it is important that they communicate openly about their fears and concerns. This in itself can

lead to acceptance and reassurance, and allow intimacy to be resumed. (It is important to remember that, as we age, some of these concerns naturally present themselves – even without the added complication of a chronic illness!)

If talking about these issues with your partner is too difficult, it may be helpful to talk to a counsellor or therapist, either individually or as a couple.



Pacing is a critical strategy in coping with ME/CFS/FM. Activities that are important to you and your partner need to be scheduled, including time for sexual activity! (After all, you would schedule in a trip to the supermarket; why not schedule a date afternoon or evening?) Time of day is another consideration. If pain and other symptoms are lower during certain hours of the day, schedule intimacy for those times, thus minimizing discomfort and increasing enjoyment.

It is important to note that the sexual needs and experiences of a person with ME/CFS/FM will differ according to whether they are in the early 'Crash' stage or the later 'Tired & Wired' or 'Reintegration' stages of the illness. They are unlikely to be interested in sex while in the 'Crash' stage, as they are usually in 'survival' mode, overwhelmed and trying to come to terms with their illness.

In the Tired & Wired stage, where a little energy is returning, there may be some interest in sex but it may be accompanied by fear that sexual activity could exacerbate symptoms. In this stage, a partner may feel protective (as referred to earlier) and adopt a carer role. Others may feel angry or resentful about the ongoing limitations caused by ME/CFS/FM.

In the reintegration stage a person with ME/CFS/FM may experience a renewed interest in sex. It is important for the couple to navigate their way out of any unhealthy patterns developed in earlier stages of the illness in order to enhance sexual intimacy. The person with ME/CFS/FM

can learn how to be a sexual being who is also unwell – these things are not mutually exclusive! Sex doesn't have to be a thing of the past just because you have ME/CFS/FM!

Source: *Sex, Relationships & CFS/FMS* by Patricia Fennell, MSW, LCSW-R:

www.youtube.com/watch?v=KkdYH9Jo-Zo

Readers may also be interested in the following

Toby Morrison video:

www.youtube.com/watch?v=C0nXIYfWEJk

We hope to have an article on Relationships, Sex & the Single PWC (Person with CFS) in a future issue.

I saw a sign on the side of the road the other day that said: “ **TIREDNESS CAN KILL** “. I didn't know that. Last Saturday I stayed up all night watching movies. I could have died.

Research Roundup

Cortene / CT38

Gerard Pereira and his company Cortene Inc. are testing a new drug, CT38, and believe it has the potential to be effective in treating the symptoms of ME/CFS.

Pereira believes that the initial insult in ME/CFS (e.g. infection, stress, etc) must have caused changes in some integral system, a system able to influence the immune and autonomic nervous systems, and ultimately even glucose metabolism.

The limbic system, our primitive brain, is a likely candidate. It determines our responses to stressors, e.g. infection, trauma, emotional distress. A change to the stress receptors in the limbic system governing those responses could happen very quickly and could explain ME/CFS.



These were the same stress receptors that CT38 was originally designed to work on. (The limbic system has been considered in ME/CFS for decades, but no-one has ever proposed a drug to modulate it).

It was initially proposed by other researchers approximately 10 years ago that a hypothalamus-pituitary-adrenal (HPA) axis reset – by dramatically lowering cortisol levels for a short period of time

– could cause the system to spontaneously reset. Pereira's hypothesis is that CT38 will be able to reset the limbic system almost as quickly as it was derailed in the first place – a couple of treatments might be enough. Watch this space!!

Source: www.healthrising.org/blog/2018/07/14/cortene-chronic-fatigue-syndrome-me-cfs-drug-trial-begins/

Dr David Systrom and iCPET

Dr David Systrom, a physician trained in pulmonology who directs a dyspnea (shortness of breath) clinic at Brigham & Women's Hospital in Boston, is at the forefront of using exercise for diagnostic and research applications. The clinic evaluates patients with fatigue and light-headedness, ME/CFS, fibromyalgia (FM), POTS, as well as those with dyspnea resulting from heart and lung disease.

Dr Systrom and his colleagues use a powerful approach to diagnose and research exercise intolerance: invasive cardiopulmonary exercise testing (iCPET). This testing has uncovered a pattern of vascular dysregulation (abnormal blood flow) during upright exercise in patients with ME/CFS and related conditions, such as POTS and FM.

According to Dr Systrom, non-invasive, or conventional, cardiopulmonary exercise testing is a reasonable screening test but it lacks specificity. The iCPET takes the determination of functional capacity and impairment a step further with the insertion of pulmonary artery and radial artery catheters before exercise. The catheters measure blood flow and filling pressures

of the heart, oxygen content and other factors, allowing for a more detailed and simultaneous assessment of cardiovascular, respiratory, and metabolic functions during exercise.

Researchers can thus determine if the problems with oxygen uptake are occurring in the lungs or in the muscles. The technique can also be used to diagnose mitochondrial issues.

Dr Systrom says that people with low anaerobic thresholds, i.e. people who quickly exhaust their ability to generate energy aerobically and

rapidly enter into anaerobic metabolism, have one of two problems: either the oxygen isn't getting to the mitochondria in their muscles, or the mitochondria aren't taking it up.

Expect to hear more about Dr Systrom's research....

Source: www.healthrising.org/blog/2017/08/16/invasive-exercise-tests-chronic-fatigue-fibromyalgia-autoimmunity/



VEGGIE TOAST SLICE

This little recipe from Justine laidlaw is hard to beat for its simplicity alone - only 4 ingredients! I've managed to make it, even through my brain fog. And it's not expensive either....!

Hankering for that healthy vegetable slice you can pop in your toaster and trick yourself into thinking it's bread? This little slice can fill that gap, and make your tummy happy at the same time! Just toast it for a while and smother in butter and the healthy fats of avocados!!!

Ingredients

- 3 cups crumbed broccoli (using a food processor or blender to blitz into crumbs)
- 3 tablespoons crushed linseeds or ground linseeds (also know as flaxseeds)
- 3 tablespoons coconut flour
- 5 eggs

Cooking Instructions:

- 1 Preheat oven to 200 C
- 2 Line a shallow baking tray with baking paper
- 3 Combine all ingredients and mix until smooth.
- 4 Pour into a lined tray so it is around 2 cm thick; smooth out using back of spoon
- 5 Place in hot oven and cook until golden brown. Approx 15-20 minutes
- 6 Cut into squares and store in the fridge or freezer.



Can eat fresh, or best straight out of toaster with your favorite toppings



JUSTINE LAIDLAW

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

October 2018	November 2018	December 2018
Monday October 1st Mount coffee group at Bayswater Retirement Village, 60 Maranui Street, Mount. *Note new time: 1.30pm	Monday November 5th Mount coffee group at Bayswater Retirement Village, 60 Maranui Street, Mount. *Note new time: 1.30pm	Monday December 3rd Mount coffee group at Bayswater Retirement Village, 60 Maranui Street, Mount. *Note new time: 1.30pm
Wednesday October 10th Support meeting at 56 Christopher Street, 10.30am – 12.00pm Dr Lynette Hodges Ph Tina: 027 625 4449	Wednesday November 14th Support meeting at 56 Christopher Street, 10.30am – 12.00pm Creating a Healthy Mindset Ph Tina: 027 625 4449	Wednesday December 12th Support meeting at 56 Christopher Street 10.30am – 12.00pm Pre-Xmas Celebration Ph Tina: 027 625 4449
Thursday* October 18th Eastern Bay group - 1.30pm Topic: Systems of the Body Little Orchard Activity Room, Whakatane Library *Note change of day Ph Elizabeth: 021 838 217	Wednesday November 14th Eastern Bay group - 1.30pm Stages of ME/CFS Little Orchard Activity Room Whakatane Library 49 Kakahoroa Drive, Whak. Ph Elizabeth: 021 838 217	Wednesday December 12th Eastern Bay group - 1.30pm Topic: Managing Events in Hot Weather Little Orchard Activity Room Whakatane Library Ph Elizabeth: 021 838 217
Wednesday October 17th Coffee morning 10:30am at Mitre 10 Mega Café , 1066 Cameron Rd, Gate Pa* *Please note new venue	Wednesday November 21st Coffee morning 10.30am at Mitre 10 Mega Café , 1066 Cameron Rd, Gate Pa	Wednesday December 19th Coffee morning 10.30am at Mitre 10 Mega Café , 1066 Cameron Rd, Gate Pa
Thursday October 18th Young members' meeting 56 Christopher Street at Midday 12pm Ph Kira: 021 027 18127	Thursday November 15th Young members' meeting 56 Christopher Street at Midday 12pm Ph Kira: 021 027 18127	Thursday December 20th Young members' meeting 56 Christopher Street at Midday 12pm Ph Kira: 021 027 18127
Friday October 19th Rotorua Towards Wellness meeting 11am, Parksyde, 7-9 Tarewa Place Ph Tina: 027 625 4449	Friday November 23rd Rotorua Towards Wellness meeting 1.00pm, Parksyde , 7-9 Tarewa Place, Rotorua Ph Tina: 027 625 4449	Friday December 7th Rotorua coffee morning 11am, Shadehouse Cafe , Palmers Garden Centre, Sala Street 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 & Administrator Joanne Palmer
Newsletter Jan Morrison

10% Discount Stores

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

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

Want to call in or write to us?

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

SUBSCRIPTIONS and DONATIONS

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

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

BEQUESTS

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



.....
Cut here if sending by post

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

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

Please find enclosed my annual subscription of \$20.00

☐

*Tick the boxes
which apply*

☐

Please send receipt to:

Name:

Address: Suburb:

City: Post Code:

...

Please post cheque to