

Messenger

November 2020



A note from the Operations Coordinator

Welcome to the November MESSenger. It's been a busy couple months in the office. Charlotte and I met with Jan Tinetti and Todd Muller prior to the election. We have appointed a new Field Officer in Rotorua - Tabitha and also now have a Funding Officer in Tauranga Office, Catherine. We are very lucky to have both of them join our team. Merger talks with Waikato are continuing and it's all about to become very real.

We have a big couple months coming up. We have a BBQ fundraising at Bunnings on the 28th November. The Christmas picnic in Tauranga is going to be a blast, you don't have to live in Tauranga to be a part of it. If you'd like to join us at Memorial park on Saturday 12th December... please come on down.

Tauranga Office Hours over the Christmas Break.

We will be closing the offices on Friday 18th at midday and re opening 9am on the 5th January. Please be aware, if you need support during this time, your GP and other health services will be available.

Miranda Whitwell - Operations Coordinator.

53 FRASER ST, TAURANGA

Hours: Tuesday to Friday

9am till 2.30pm

operations@ccisupport.org.nz

07 281 1481 or 022 658 0251



It's important for planning, it's important for funding and it's important we get the service right for you. Please fill in the annual members survey attached and return to CCIS.

Thanks so much!! The team at CCI Support.



INSIDE THIS ISSUE

Staff Reports	2
Networking.....	6
Uncovering the Secrets.....	7
Meeting Schedule	8-9
Community Noticeboard	10
Christmas.....	14

From Charlottes desk in the Western Bay of Plenty



Charlotte Kelp

Field Officer

Phone or Txt:
027 625 4449

Office Hours
Tuesday to Friday
9am till 3pm

charlotte@ccisupport.org.nz

These last few months have been very busy out in the community networking. Miranda and I met with Todd Muller and Jan Tinetti to raise awareness of the conditions we support, the challenges and barriers faced by those living with an invisible illness and the systemic lack of understanding, education, therapeutic and social support. It was a worthwhile endeavour to be having these conversations at a political level.

I also attended two half day workshops on the issues of violence against disabled people, identifying key issues and developing joint community actions. Those living with a disability are at higher risk of violence. We often think of vio-

lence as being physical but, it can be carried out in a number of ways including verbal, emotional, financial, neglect to name a few. It can be perpetrated by those close to us and in some cases those in the role of a support worker. If you are or think you may be living with violence or would like more information, please reach out. Contacts have been included in this Newsletter.

In the new year there will be new social groups in Bethlehem and Katikati / Waihi... watch this space. I will be attending social groups this month and really look forward to seeing you there or at our monthly members meeting. Only two to go before Christmas!

Lakes District—ROTORUA region

My name is Tabitha Ramsay, I started at CCIS at the very end of September, in the role of Lakes Field Officer.

I am a wife and mother to 3 boys (19,17,7), I'm about to become a grandmother. We have lived in Rotorua for 5 years now and have finally found our feet in the community. I have a diverse background with 12-years in the Royal New Zealand Air Force, various roles. Over the last few years, while studying, I have worked as a Sign Writer, Laser Engraver, a Drink safe consultant and a creative facilitator. I have a degree in Psychology, a Certificate in the Art of Wellbeing, and I am a few months off the completion of a Post Graduate Certificate in Anthroposophical Artistic Therapy. My hobbies/ interests are towards artistic endeavours, my family, and enjoying the beautiful forest walks

2 available in Rotorua.

I have always had an interest in people and love helping people towards their own wellness. I have spent the last 22 years learning to manage my own autoimmune disease (Ankylosing Spondylitis) at times struggling to function, I would feel blessed if I could help other people in some way to manage their own chronic illness, as the battle is long and hard alone.

It has been an interesting month, learning about CCIS and conversing with a few members. I am very excited for the challenges and growth this role will bring. I look forward to meeting and working with more CCIS Members in the near future.

Tabitha Ramsay FO

Phone or Txt: 020 401 79091

lakes@ccisupport.org.nz

Greetings from the East.

It has been really encouraging to see more members at monthly meetings, reaching out for support or information and sharing their experience of our services with others. For this sharing I was invited to a Health Professional Huddle at a local GP's practice and was able to present information on the condition and on how we try to support our members. It's a delight to meet with others in this sector and share knowledge and ideas. I have also been working with our main Eastern Bay of Plenty funder Disability Community Trust, along with other agencies help to develop more connection and education for Field Officers in the East. All this background work helps us to deliver better services to you and deepens our connection within the community.

Elizabeth McGougan FO

National Members Report

It has been great to connect with so many of our national members over Zoom these past months. I know it is not the same as being there, but seeing your faces is wonderful and I am grateful that we are able to access and use this platform. If you are unsure of using it or have not been to one of our online monthly meetings, please let me know and I can help you with set up. Remember that if you are too unwell to be up and dressed etc. in time for the meeting, you don't need to turn on the camera! I have been known to skillfully place a scarf over my PJ's. I am hopeful that we can also connect our out of area members, where possible, with local ME/CFS/FM support groups. So, if I have not sent you a contact, please remind me.

Elizabeth McGougan FO



Elizabeth McGougan
Field Officer

Phone or Txt:
020 401 7909 2

Office Hours
Tuesday to Friday
9am - 2.30pm

elizabeth@ccisupport.org.nz

Funding Report

Hello!

I am delighted to join CCI Support as the Funding Officer and look forward to supporting the team and all the wonderful work they do.

A little bit about me - I have a varied background working in communications and marketing, as a writer and editor, and as a medical writer. I bring my research and writing skills to the role of Funding Officer, along with an enthusiasm for making connections and building relationships. I have been working in the social sector for several years now and enjoy engaging with people who are passionate about helping others and making positive changes in the community.

My family and I (husband, two teenage boys, and one dog) live in Matua, enjoying living and working in a such a beautiful city.

Thank you for the warm welcome!

Catherine



RESEARCH: LONG COVID POST-VIRAL SYNDROME / ME/CFS

You will have seen in the media and online this new phenomenon called "Long Covid". Dr Rosamund Vallings has seen many viral conditions cause post-viral syndrome - a prolonged post viral phase which can lead to the development of ME/CFS in some people. Clinicians and researchers in the ME/CFS field were expecting that there may be a post-viral outbreak after COVID-19, but they have been surprised by the number of people who are experiencing what is commonly termed Long Covid. Currently it looks like approximately 10% (1 in 10) of people who contract COVID-19 may go on to experience this condition.

With this foresight; organisations like the Open Medical Foundation (OMF) initiated research with Professor Ron Davies and others at Stanford University, Harvard University, Canada and the Sweden research station.

They are collecting samples from people with COVID-19 and continuing long-term health monitoring of them for 2 years. It is the hope that they will be able to see the genomic (genes), metabolic (chemical reactions) and proteomic (proteins) analysis that will show the roots of ME/CFS in the body. From this we will begin to understand all the system changes like the inflammation response, the overactivity of the immune system and the changes happen in the brain body connection. We will see in real time what happens to make us stay unwell after a viral episode.

In Australia there is a year long study underway through Saint Vincent's Hospital and they are interested in the mild cases of COVID-19 and those long-term effects. They are specifically interested in seeing the post-viral response, like exercise intolerance, neuro-cognitive function etc. At the University of California in San Francisco they're doing another long-term longitudinal study designed to investigate post infectious illnesses, they are focusing on people's immune response to Long Covid via people's T-cell response, and to understand the antibody re-

sponse as well.

Currently there is not a huge amount of research on PVS or ME/CFS's origin in our bodies, Long Covid is thrusting this deficit into the lime-light because clinicians, researchers and patients are demanding more. In the UK they are developing treatment portals for people with Long Covid, as there are large online groups who are calling for more support and better access to care. Many of the nurses and GP's who have contracted Long Covid have been vocal about the lack of support and information.

The hope is that this attention on Long Covid will create more research to help us, as you cannot look to treat Long Covid without treating all people with a post-viral condition. But let's not get our hopes up too high, as we need to remember how long good research takes. It may take many years for proper clinical research to evolve.

We need to continue to take care of ourselves, practice good self-care, good hygiene, get your influenza immunisation if that is something that you regularly do and accept that COVID-19 is here in the world for the foreseeable future.

Please see the attached website links if you would like to do more research. There is a lot of information in the media which is not always accurate, so please practice self-care in your interactions with media sources and take a good pinch of salt with it.

Elizabeth EBOP and National FO.

<https://www.bmj.com/content/370/bmj.m2815.short>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7320866/>
<https://www.omf.ngo/2020/05/19/omf-funded-study-covid-19-and-me-cfs/>
<https://solvecfs.org/me-cfs-and-covid-19-long-haulers-read-our-op-ed-in-the-guardian/>
<https://www.statnews.com/2020/09/11/persistent-symptoms-after-covid19-hard-to-study/>
<https://www.nzherald.co.nz/world/covid-19-coronavirus-researchers-warn-of-long-term-virus-after-effects/EBFETQOM36EW2M3EOL7KV6FZ7Y/>
<https://ucop.edu/research-initiatives/programs/initiatives-spfunds/covid-19.html>
<https://blogs.bmj.com/bmj/2020/06/23/paul-garner-covid-19-at-14-weeks-phantom-speed-cameras-unknown-limits-and-harsh-penalties/>

Many people living with ME/CFS and FM want to find a way to work, for many of us if we have developed these conditions in the "working" years of our life, we still have the drive and desire to work. Also, many of us have financial obligations which mean that we need to work.

For years I fought hard to get back to work. Every time I did it in a way which meant that I ended up becoming more symptomatic again – often for years. It was through the Towards Wellness programme that I finally worked out how to approach employment, paid or unpaid, while living with ME/CFS/FM.

Here's a little of what I have learnt and what others have taught me;

Stable health – if you want to work you need to be "stable" and that means not in a Crash phase or in the Tired and Wired phase. I usually was in tired and wired when going back to work, and this did not support my body or brain. I have found that its helpful to have sleep, nutrition, pain management, restorative movement, and stress management under control before you try to engage in work. If not, especially the last, may trip you up. This does not mean you have no pain or perfect sleep, but it means that you can manage the pain and lack of sleep and still function with the work hours without it causing more symptoms like Post Exertion Malaise.

Being in the Healing State is optimum. For me this meant not working for a while to get to the healing state then starting to bounce boundaries and create endurance by doing volunteer work slowly baby stepping into paid work with increased hours.

**"Life is a balance
between holding on
and letting go."**

- Rumi

THIRTEENTHOUGHTS.COM

If you would like to learn more about these stages, please contact your Field Officer for more information about our Towards Wellness Course.

The right job – for me I needed a role that helped me to feel good about myself, that I was doing something helpful – it needs to fill your cup. Working members often say that they find the work fulfilling, empowering and a reason for them to get out of bed each day, they love the work. This means that it gives you an endorphin hit when you achieve and helps you engage even on the days when you feel more symptomatic.

Responsive employer – working with your employer to make sure they see your unique skills and talents along with your restrictions. Most employers will go out of their way to hire and support a good employee, being as open and honest as you feel is appropriate can help to create open communication to get you the space you need to work well.

"It's not what you do but how you do it" – Alex Howard hit the nail on the head for me with this quote. I was approaching work from a stressed state and therefore was becoming more stressed while doing it. I now aim to feel calm and open when working, for me that means open to how I am feeling symptomatically also. Being in touch with your symptoms means you can change your working to suit your body and mind, we all need low key days to enable us to do the higher energy ones.

For me working and having a career is still very important, but I am aware that I always need to put my health first so that I can continue to enjoy the work I do.

Elizabeth McGougan - National and EBOP FO



Meeting with Election Candidates: During this election time CCIS approached all of the local electoral candidates with a message "A not so rare disease", explaining the work we do and asked if they would like to meet with us. Out of all the EBOP and WBOP candidates we approached, we only heard back from a couple of them, [Todd Muller MP](#) and [Jan Tinetti MP](#), both taking the time from their very hectic schedules to meet with us. Charlotte and I (Miranda) went and had a sit down with them and Charlotte shared her amazing journey towards wellness and I shared the struggles we have with funding outside the 'disability' label and the barriers we encounter. It was encouraging to be heard from representatives of these parties and both have said they will take the matter of community and illness related funding to the 'powers that be', knowing that the discussion had to be had moving forward. We are not unrealistic, but hopefully the seed has been planted, to be remembered by these candidates at the right time. As well as these encounters, both Charlotte and I have been to other 'meet the candidate' forums too. We feel it's important to look toward the bigger picture, for the best interests for our members.

St Johns Meeting - Fran and Debbie

We held a St John special event at 53 Fraser Street. For those that were not able to come on the day here is a short article on what we covered. If you have any further questions or would like any more information please contact Charlotte on charlotte@ccisupport.org.nz or 027 625 4449

Some of the items covered:

- What to expect when you call an ambulance
- Supporters scheme – ambulance service
- Great gift for a loved one
- First aid training
- Medical alarms
- Keeping people independent in their home for longer
- Demo of equipment - home health representative can help
- How devices can be worn 24/7
- Alarms are cellular reaching everywhere on the property
- St John key boxes so paramedics can access property
- Medical information given to dispatcher
- Free Health Shuttle for appointments e.g. asthma clinic, opticians
- Caring Caller Service
- Caller matched to client



St John

Uncovering the secrets of neuroinflammation

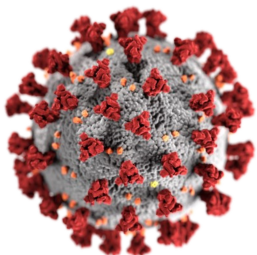
This month Elizabeth and I attended an evening event hosted by the Neurological Foundation with speaker Dr Joanne Lin who shared her research on detecting neuroinflammation in the brain. Recent research suggests that inflammation in the brain may play a role in many neurological disorders including ME/CFS. Dr Lin graduated with a Bachelor of Pharmacy before completing her PHD investigating the detrimental use of methamphetamine on the brain. Teaming with Associate Professor Jarred Younger, Dr Lin went onto researching the effects of recreational drug use on the brain at Stanford University, before returning to New Zealand on a Neurological Repatriation Fellowship in 2018. Joanne is now investigating MRI (magnetic resonance imaging) techniques to measure inflammation in the brain of human participants. "We hope these techniques can be applied across many conditions where inflammation is involved, and provide objectively measurable biomarkers that can help us further understand the underlying causes and ultimately help in the diagnosis and monitoring of diseases, and identification of new targets for treatment." (Lin, J. 2020)

Joanne and her team are using a safe vaccine to create an immune response in 20 healthy participants. This is a placebo controlled double blind cross over design, using the vaccine vs the placebo control one week apart. The vaccine causes an immune response, and the MRI will be able to confirm whether this is a good technique for measuring brain inflammation. Due to Covid the research was halted but is now back up and running again and Joanne and her team expect to have the results and analysis of the study next year. We wish Joanne the best of luck for this and thank the Neurological Foundation for holding this informative event.

Charlotte (WBOP FO)

References and Images

Lin, J. (2020, Winter). Uncovering the secrets of neuroinflammation. *Headlines National Newsletter*, 128(4-5)



Due to Covid

Please use hand sanitiser provided upon entry to the building, scan the QR code and sign into the ipad on your left.

A staff member can help you with this.

Many thanks in advance for your cooperation with this



Headlines
EVENT

We are so excited to be bringing you this event later in October! To learn more about this event and to register please visit neurological.org.nz/events or call our RSVP hotline at 0508 272 467 ext 3.

Date: 22 October 2020
Time: 5.30pm - 7.30pm
Location: Trustpower Arena
(Suites 1 & 2), 81 Truman Lane,
Mount Maunganui, Tauranga

Uncovering the secrets
of neuroinflammation

Monthly Members Meetings.

Tea and coffee are available and we encourage self-management of time, comfort and different modes of seating.

Tauranga

53 Fraser St

Thursdays 10.30 - 12pm or 1 - 2.30pm

November 12th - Nutrition

December 10th - Relationships

Whakatane

November 11th - Nutrition

Whakatane Library 1.30 - 3.30pm

December 9th - Christmas Lunch & Relationship discussion

Julian's Berry farm 11.30 - 1.30pm



Rotorua

November 24th 10.30 - 11.30 - Meet and Greet

The Arts Village 1240 Hinemaru Street, Rotorua

(Plenty of parking at the back of the Arts village with easy access)

Feel free to join the online group for November & December topic discussions on Nutrition and Relationships.

Online Members Meeting

Is for all our members who live outside the Bay of Plenty or those who want to attend a monthly meeting but do not have the extra energy to leave their homes. If you haven't already, please register HERE: [Registration](#)

1.30 - 2.30pm

November 13th - Nutrition

December 11th - Relationships

Young Persons ONLINE Group

Second Tuesday of each month at 1:00 pm – 2:30 pm.

It is on Zoom and run by a volunteer member who will cover CCIS monthly meeting content but will do it in a youth focused way.

The group is open to **all members aged between 12 - 25 years**

Please email elizabeth@ccisupport.org.nz to be added to the list.

November 10th - Nutrition

December 8th - Relationships

Towards Wellness Programme

[Registrations now open for Feb 2021 Intake.](#)

Cost \$200.00 for TWP1 ten two hour workshops held fortnightly, TWP2 is \$100.

We also take part payments too if that is needed.

To register for the Towards Wellness Courses, please contact your Field Officer

Social Groups.

These are casual meetings with no set subject or discussion points and are essentially member run. The Kaupapa of the groups are to empower connections with each other, learning helpful information for management, sharing, laughing and appropriate friendships. Finding friends who experiences what you experience is so very important. It is difficult to keep your friends when you live with a condition that means you can't go to social events when you want to. So, finding a person who understands and "gets it" can be so empowering and helpful.

Greerton Coffee Group

Venue: Greerton Mitre 10 Mega (3rd Wed of each month) 10.30am

November 18th

December 16th

Papamoa Coffee Group

Venue: Double Teaspoons, Papamoa Plaza, 10.30am

November 4th

December 2nd

Young at Hearts Social Group

Venue: CCIS Offices, 53 Frasers Street, Tauranga

(1pm - 2.30pm 4th Tuesday of each month)

November 24th

EBOP Coffee Catchup

4th Tuesday of the month at 10.30am

October 27th - Whitehouse café – 8b Thornton Rd WHK

November 24th - Quay café – 22 Pohutukawa Ave OHP

New Social Groups starting soon in Rotorua, Tauranga, Bethlehem and Katikati

Watch this space

Counselling service in Tauranga 2021

Elma, our 2nd year counselling student is continuing in 2021 and has some spaces available. Elma is highly recommended and provides a high quality service. This counselling will be offered for all ages and it will be provided in a strictly confidential environment. Please contact [Charlotte](#) by email or Phone or Txt: 027 625 4449 if you would like to participate in this.

Please note:

- Some of our members are sensitive to chemicals. Please refrain from using perfumes/strong deodorants before the member meetings. Thank you for understanding.
- Suggested cafes can be changed by membership at any time. These are casual meetings with no set subject or discussion points and are essentially member run.

Important Calendar Dates

November - Nutrition

December - Relationships

4th December - Volunteers Day

12th December - Christmas Picnic



The Community Noticeboard

This is a space we have created in our newsletter to give locals and members the opportunity to share notices. Please email or call a Field Officer to add your notice for our next bimonthly newsletter.

Baywide Community Law

Funded by the Ministry of Justice to provide free legal information, advice and assistance on a wide range of legal issues such as consumer, financial, tenancy, Māori land, neighbourhood, criminal and employment disputes. Clients need to meet certain financial criteria as stipulated by the Ministry of Justice.



Anyone with a legal question can contact our office to make an appointment or can drop into our housing clinic on Tuesdays between 5:30 and 7:00pm or our general legal advice clinic on Wednesdays between 5.00pm and 6.30pm. Outreach clinics are also available at Waihi, Katikati, Te Puke, Kawerau and Opotiki one day per fortnight. For more info see the [website](#), or [email](#).



Hearing Support Bay of Plenty – Tinnitus Talk

Thursday, November 12, 2020 at 1 PM

Pressies@ Whakatane 83 Domain Road Whakatane

Tinnitus Talk presented by

Associate Professor Grant Searchfield (Audiology Section, Auckland University)

Tickets \$5.00 from Knox Church office or SpecSavers, Whakatane.

Citizens Advice Bureau

"We provide free, confidential, independent information and advice to anyone. We help people know what their rights are and how to access services they need. We use insights from our clients' experiences to show when policies and laws and/or their implementation are having a negative impact on people."

Phoning your local CAB or calling free on 0800 FOR CAB (0800 367 222

Visit – you don't need an appointment

www.cab.org.nz for your nearest CAB.



Let's end Loneliness

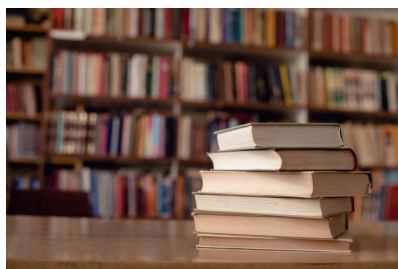
A website to help you reconnect. If you are feeling lonely and the social groups aren't meeting your needs, there are others that can also help. Check out <https://letsendloneliness.co.nz/>

"If you want to go quickly, go alone. If you want to go far, go together." African Proverb

Music Lessons

Lesley is offering free music lessons to our members. She teaches the flute, recorder and Ukulele and can do this online with members. If interested please email stroppyoldbag@gmail.com





LIBRARY UPDATE

The Library Catalogue is now online or just drop in after the members meeting and have a look at the treasures on offer.

The CCIS Library is online, which means you will be able to browse through our library book titles from the comfort of your home. If you spot a title you would like to read, we can reserve it for you until you stop by and collect it. If you are interested in reading one of our many treasures, please stop by and check out a book, we have lots to choose from! We also aim to provide short book reviews to give you a quick synopsis of the books content for your online perusal. If you would like to support this mammoth bookworm task, we would love your short book review for our library. If you have any book recommendations to add to our library, relevant to the conditions we support, please contact your Field Officer to make a request. If you have borrowed a book that has passed its **4 week** return date, please could it be returned to the office ASAP. Please do not pass on books to other members of CCIS, they need to be returned and checked out by that person, you are responsible for any books checked out under your name. Thank you



FACEBOOK: Just a reminder, for paid members, we have an online members [Facebook page](#). Keep up with the latest research, make friends and support each other.

Contact your Field Officer for more details.

Food is important; its part of our culture, whanau, celebration, so only make changes to your diet that work for your whole life – holistic choices.



DONATIONS: We want to thank all those people who donate time and/or money to CCIS, on top of their annual subs. As a charitable organisation, we rely solely on donations, grants and subscriptions in order to provide the support for our clients. So every \$ counts. We are registered with IRD as being for charitable purposes, so donations are tax deductible. In April, you will receive a tax receipt for all donations made during the financial year. Thank you for supporting us.

Bone Broth

1-2 kg of chicken bones or beef bones
1 Tbsp cider vinegar
1 tsp salt
1 medium onion, peeled and halved
2 ribs/sticks of celery (cut into thirds, with leaves attached)
2 medium carrots, peeled and halved
2 smashed garlic cloves
1 bay leaf, optional, but nice
Filtered Water – to cover bones (approx. stockpot: 16 cups, Slow Cooker: 12 cups)



You can roast the meatier bones in the oven to brown the meat.
Add all the ingredients and bring to boil on the stove, then turn down low and simmer until the meat and cartilage have broken down. Can be done over night or in a slow cooker. Can take about 8 hours or more depending on the meat. You may like to skim off any additional fat from the top of the broth with a spoon or paper towel. You can freeze the broth.
Uses for Bone Broth – as a hot drink, as a base for soup, risotto, stew etc.
It is very good for lining and helping to repair a damaged gut.



Fundraising opportunity

YES!!! We have got a place at Bunnings to fundraise.

They've only just opened up again after covid restrictions and we were offered a place. If you'd like to help us cook or sell sausages and drinks please contact

Miranda operations@ccisupport.org.nz or 022 658 0251

**Date: November 28th
9am - 4pm**



The team at CCI Support invites you to:

A Christmas Picnic

December 12th
Memorial Park, Tauranga
from 12pm



- * BBQ & Refreshments
- * Children's Activities
- * Relaxing Atmosphere

If you'd like to come, please let us know.

We are looking forward to seeing you!



CCI Support Christmas Closure

Just a reminder that over the Christmas Period the offices will be closed, we are closing from midday on the 18th December and will be reopening on Tuesday 5th January. However, the Facebook group will still be active. Just a reminder that we are not an emergency service, so if you do need urgent help, please contact your GP or Health Professional. Here is also a list of external organisations that can also be of assistance.

- **Need to talk?** 1737 or text 1737 for support from a trained counsellor
- **The Depression Helpline:** 0800 111 757 or free text 4202
- **Healthline:** 0800 611 116
- **Lifeline:** 0800 543 354
- **Samaritans:** 0800 726 666

Youthline: 0800 376 633 or free text 234 (8am-12am), or email talk@youthline.co.nz

The Lowdown: thelowdown.co.nz or free text 5626

- **Kidsline** (ages 5–18 years): 0800 543 754
- **OUTline NZ:** 0800 688 5463 for confidential telephone support for the LGBTIQI+ family, as well as their friends and families
- **Alcohol Drug Helpline:** 0800 787 797 or free text 8681
- **Gambling Helpline:** 0800 654 655 or free text 8006

What's Up? whatsup.co.nz (for 5–18 year olds). Phone counselling is available Monday to Friday, 1pm–10pm and weekends, 3pm–10pm. Online chat is available 7pm–10pm daily.

[Women's Refuge](http://Women'sRefuge.org.nz): 0800 733 843

[Shine domestic abuse services](http://Shine.org.nz) free call: 0508 744 633 (9am and 11pm)

[Hey Bro helpline](http://HeyBro.org.nz) - supporting men to be free from violence 0800 HeyBro (439 276)

[Family violence information line](http://FamilyViolenceInformationLine.org.nz) to find out about local services or how to help someone else: 0800 456 450

- Shakti - for migrant and refugee women - 0800 742 584 - 24 hours
- Elder Abuse Helpline 0800 32 668 65 - 24 hours

Lets End Loneliness: <https://letsendloneliness.co.nz/>

COMPLEX CHRONIC ILLNESS SUPPORT

Complex Chronic Illness Support Inc. is a charitable organisation that was set up in 1981 in the Bay of Plenty region to support, connect, advocate and educate people diagnosed with Complex Chronic Illnesses to improve the quality of their lives. We provide this service across the Bay of Plenty including Tauranga, Whakatane and Rotorua.

THANK YOU TO OUR AMAZING SPONSORS AND DONORS



BOARD OF MANAGEMENT:

Keith Appleton: President and Treasurer

Matt Appleton: Vice President

Sarah Davey: Board Member

David Harris: Board Member

Karen Moulton: Board Member

Complex Chronic Illness Support
53 Fraser St
Tauranga South
TAURANGA 3112
NEW ZEALAND

Phone: 07 281 1481

Cell: 022 658 0251

E-mail: info@ccisupport.org.nz

Charity Number: CC20874

