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Hi everyone!



It's been a busy but exciting year for us here at CCI Support. Earlier in the year we farewelled manager Jessie Hines, and welcomed new manager **Michelle Fraser** to the team a few weeks later.

**Elizabeth McGougan** was appointed Eastern Bay field officer and has been busy injecting fresh energy into our support services in that area.

Kira and I added another two workshops to our Towards Wellness programme - that makes 17 workshops per programme! The additional workshops were designed for carers and loved ones of those with complex chronic illnesses such as ME/CFS and fibromyalgia.

And as we end the year CCI Support has undertaken to provide support services to those with ME/CFS/FM in the Rotorua area. We extend a warm welcome to our new Rotorua members (see page 4).

Christmas is almost upon us. While some find this time of year exciting, many find it challenging (see article page 5).

We hope you have a relaxing and enjoyable festive and holiday season, and we look forward to supporting you to move towards wellness in 2018.

Tina and the team at CCI Support 😊



Remember to check the Group Monthly Meetings Calendar!




### CCI Support :

56 Christopher St

Tauranga 3112

Office: (07) 2811 481

Email: [info@ccisupport.org.nz](mailto:info@ccisupport.org.nz)

Website: [www.ccisupport.org.nz](http://www.ccisupport.org.nz)



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

Send a friend request...!

# Local Items of Interest

## Office Hours Over The Holiday Season

Please note everyone: We close for Christmas on **Wednesday 20th December**, and re-open **Tuesday 16th January 2018**.



## Christmas Gift-Wrapping Fundraiser

Christmas is coming...ho, ho, ho!!



Once again, we have been selected by Bayfair Shopping Centre as one of the local charities to take part in the Christmas Gift-Wrapping fundraiser.

Last year was loads of fun with some amazing volunteers. It's a great opportunity for us to do some fundraising, where shoppers pay a gold-coin donation for their gifts to be wrapped and the charity receives the full donation amount.

We have had a good response from members offering their time to help again this year, however we need a few more people to put their hand up; or family members/friends, if they can help.

If you can spare 45 minutes of your time on Friday 15th December between 9am - 3pm, please get in touch with **Joanne** on 07 281 1481 or email [info@ccisupport.org.nz](mailto:info@ccisupport.org.nz) by the 8th of December.

Come along and enjoy the Christmas cheer...

## Fundraising Raffle

Prizes kindly donated by M. Blackstock (Tauranga artist)

**\$2.00 = 1 ticket**

**\$5.00 = 3 tickets**



**1st Prize**

Hand-painted Framed Canvas



**2nd Prize**

Assorted blank gift cards:  
5 original artworks & envelopes  
plus 3 small gift cards



**3rd Prize**

Assorted gift cards  
5 photo prints & envelopes

**Tickets are still available for sale - please contact Tina on 027 625 4449 or [tina@ccisupport.org.nz](mailto:tina@ccisupport.org.nz)**

**Raffle will be drawn on Wednesday 13th December 2017**

## A Word from the Manager

On 11th October I travelled to Whakatane to attend a support/coffee group led by our field officer, **Elizabeth McGougan**.

Elizabeth holds a monthly meeting for our members at **Te Koputu Library**. I enjoyed meeting some of the members in person and seeing how everyone supported each other in a safe and comfortable environment. Elizabeth provided the group with valuable information on nutrition and diet.



L - R : Elizabeth (EBoP Field Officer), Anna, Sue, Kay and Margaret.

It was lovely to be a part of the meeting and see the valuable contribution our field officers are making in supporting members with complex chronic illness.

I look forward to meeting more members in the future.

Michelle Fraser, manager

## Are These Groups worth Joining?!

### Jesting @ Zest

*Yes, they certainly are!*

Not only are there CCI Support gatherings in Whakatane, we have two coffee meetings every month in Tauranga.

On the right are some of the CCI Support Coffee Morning group members that met in October at the **Zest Cafe** in **Greerton**. (see P11 for details).



Numbers vary of course, but there is usually a good sized group. No doubt the caring nature and lively discussion of the members at the table has something to do with that. Anyone out there living with an ME-related illness who feels somewhat isolated, would be warmly received here and assured of quality support. As usual, topics of discussion were broad and interesting, useful in picking up tips on anything from coping with relationships to grappling with the challenges of modern technology.

This is a wonderful group where struggles and experiences are shared in an understanding, compassionate, safe environment, where helpful hints are jotted down in notebooks - particularly by me - and friendships are forged. It is also where we learn about the latest updates on medical research and other relevant news from our Field officer Tina. It's no surprise members look forward to it. Come along and see for yourself.  
- Ed.

**And we'd like to thank those who have helped to raise funds for us during the year:**

**Bradley Simmonds** - for various fundraising initiatives  
**Myra Blackstock** - for generously donating our current raffle prize of her artwork

And those who make regular donations to the cause .....





## Local Heroes

This week's Local Heroes are the team at **Complex Chronic Illness Support**. The organisation provides field officer support and regular meetings for its 400 members who have complex chronic illnesses.



These include Chronic Fatigue Syndrome – also known as ME – fibromyalgia and POTS (Postural Orthostatic Tachycardia Syndrome). Spokesperson and field officer **Kira Follas** says one of the organisation's key services is the Towards Wellness Programme which is designed to empower people.

She says it's really tough for people experiencing these conditions. Often they have been busy, productive members of society and it feels like someone's pulled the plug out and they can barely move. Kira says people can suddenly find themselves struggling to basically move from their bed to the toilet. She has personal experience, having recovered from "ten years down" with the illness herself.

People who have one of these illnesses often end up sitting in confusion, says Kira, and they don't have the same kind of support from the medical fraternity as others. A stress response can then happen that just feeds and fuels the illness. She urges anyone experiencing these illnesses to make contact with them. Kira says the Towards Wellness Programme gives people information to help them make sense of what's happened to their bodies and then they can start to support themselves to move through it. She and fellow field officer **Tina Richards** both find it hugely rewarding to see the change and movement happening in their membership from the guidance and support they provide.



Complex Chronic Illness Support's manager, **Michelle Fraser**, says it's a privilege for the team to be recognized as **Local Heroes**. Mark and Jolene from Tauranga's **Local Breeze Breakfast** presented them with a fresh fruit box from The Fresh Market and a certificate to recognise their efforts.

## A warm welcome to our new Rotorua members!

In recent months discussions have taken place between **ME/CFS Charitable Trust (Rotorua)** and **Complex Chronic Illness Support** around the winding up of the Rotorua Trust. A unanimous decision was reached for CCI Support to extend our services to members in the Rotorua area. Although there are some formalities to complete, I would like to offer a warm welcome to these members.



Further to this, I travelled to the Bainbridge Centre, Rotorua, on 3<sup>rd</sup> November to hear **Dr Ros Vallings** present a summary of the Invest in ME conference she attended in London earlier this year.

Dr Vallings' full conference report can be accessed at [www.investinme.eu/IMEC12.shtml](http://www.investinme.eu/IMEC12.shtml)

ME/CFS Charitable Trust chairperson, **Terry Lemon**, thanked Dr Vallings for her presentations to the group over the years, and presented her with a twin koru-like garden ornament symbolising the new relationship between Rotorua ME/CFS Charitable Trust's current members and CCI Support.

Dr Vallings acknowledged the gift and assured Rotorua members of CCI Support's commitment to supporting those with ME/CFS and fibromyalgia. She commended CCI Support for their innovative Towards Wellness programme, and their services for young members. She spoke of the importance of support groups for those with illnesses such as ME/CFS and FM, and noted that it was sad to see groups in some areas close down.

After Dr Vallings' presentation, there was an opportunity to meet a few people over a cuppa. I look forward to getting to know other Rotorua members over the coming months.

Our thanks to Ann and Sue for setting up the meeting venue, and to Terry for sorting out the technology.

Tina

P.S. See article on Page 7 on Dr Vallings and her achievements

## Christmas

By the time you read this newsletter it will be obvious that Christmas is not too far away! This can elicit a range of emotions – from excitement to anxiety, depending on a number of factors including but not limited to:

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

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



### Support Service Contact Numbers

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

Mike walks into a bar with a newt on his shoulder. The barmaid looks at the creature and asks the man what he calls it.

'Tiny', answers Mike. 'Why's that?' enquires the barmaid.

Reply: 'Because he's my newt'



### Overdue Annual Membership Subs

As the end of the year is fast approaching, we have been surprised by the number of members who still have NOT paid their annual subs for the 2017-18 year (1 April 2017 - 31 March 2018).

For those members on email, in coming days we will be forwarding a copy of your invoice (for your reference) via our MYOB accounting system to your email address. Payment of your membership subs is required by **20 December 2017**. (Note - Members who receive newsletters by post were reminded in October)

If you are unable to pay the full amount at once, we are happy for you to set-up an instalment plan. Should you wish to take advantage of this offer or have any questions regarding the above, please contact the office on [info@ccisupport.org.nz](mailto:info@ccisupport.org.nz) or phone **07 281 1481**.

Thank you.

## Nicola Evans' - Art Legacy

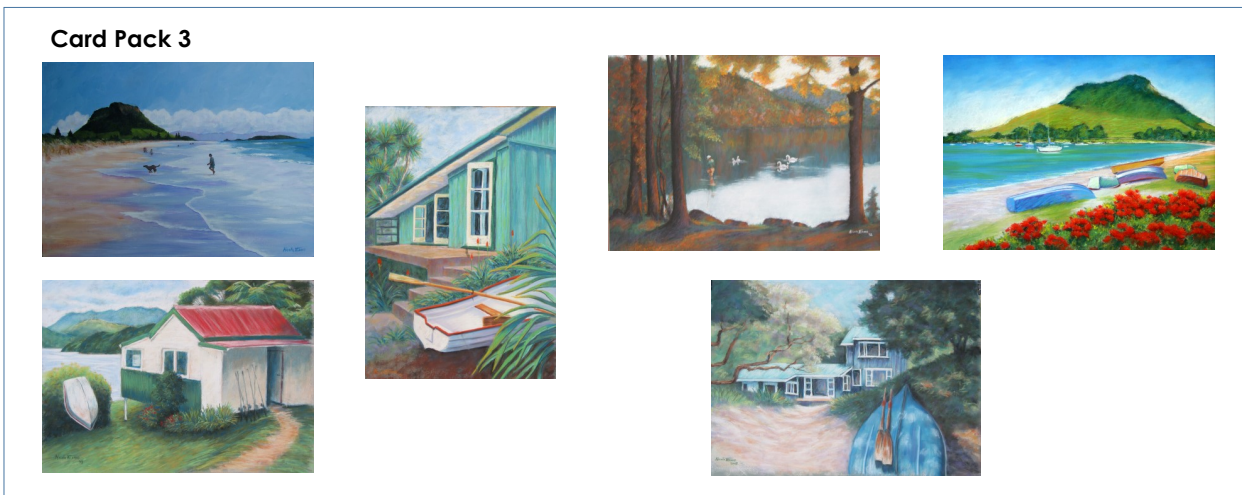
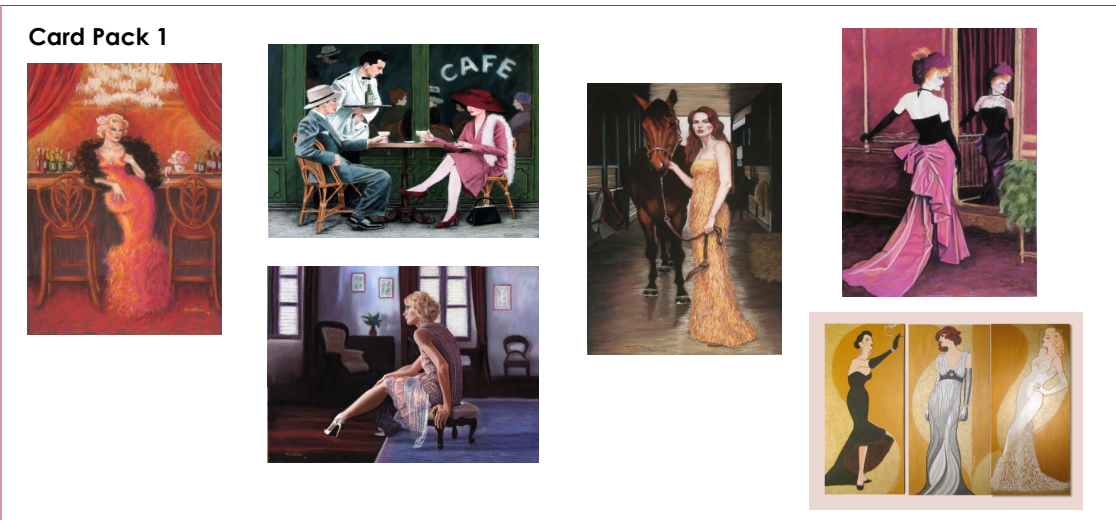
In loving memory of talented artist Nicola Evans, and with the kind permission of the Evans family, a selection of Nicola's artworks have been reproduced into gift cards.

There are three distinct sets of gift cards, each with six different prints (as shown below). The cards are blank on the inside for your own personal message and will be available for sale from mid-December.

Tina has worked closely with the Evans family on the production of these gift cards and CCI Support feels honoured to have been part of this journey with them.

It was Nicola's wish to leave an ongoing legacy to CCI Support through her artwork, with all sales proceeds being donated to the organisation.

Gift card packs will be priced at \$15.00 each & can be purchased by contacting us on 07 281 1481 or [info@ccisupport.org.nz](mailto:info@ccisupport.org.nz). The packs will also be available via our website - [www.ccisupport.org.nz](http://www.ccisupport.org.nz).





# Understanding Chronic Fatigue Syndrome

September 25, 2017

Dr Rosamund Vallings



*Myalgic Encephalomyelitis or Chronic Fatigue Syndrome (known as ME/CFS) is a complex acquired condition. Sufferers experience a range of debilitating symptoms, including fatigue, and problems with pain, gut function, brain function, immune, cardiac and endocrine systems. Dr Rosamund Vallings has been treating and researching ME/CFS for over 25 years. Here she describes what drew her to this work, and where the research is heading.*

I qualified in medicine from the London Hospital Medical College in 1961. This was followed by house surgeon appointments in Plymouth, Devon and the London Hospital. I then set off to New Zealand as a Ship's Doctor with Port Line, spending some time in NZ, before returning again as Ship's Doctor to England to marry one of the officers.

We settled in England for 2 years and during that time I worked in Family Planning developing an interest in Women's Health. Then it was back to NZ with our first 2 babies. We settled in NZ, had a third child, and I initially continued to work in Family Planning and built up a small General Practice focusing on female hormone disorders.

I quite incidentally became involved in some research with one of the rheumatologists from Middlemore Hospital, who was interested in ME/CFS.

We assessed a number of patients over several weeks, all of whom were suffering from ME/CFS. I had learnt about this illness in London as a student, as at the London Hospital we were close to the Royal Free Hospital, where there had been a serious flu epidemic (affecting many of the nursing and medical staff) leaving many people chronically ill for months. This became known as Royal Free disease – one of the many names coined for this serious condition. So that, plus my foray into research led me to develop a growing interest in ME/CFS.

The patients who had been involved in the study were at a loss to find a sympathetic doctor, and also did not want to lose contact with each other. They soon became regular patients at my surgery, and word got around that I actually knew something about this illness. And so my practice grew. What did I know? I knew that this was a real physical illness and not just "all in the head" or "hysteria" as had been proposed by some psychiatrists following the Royal Free epidemic.

At this time the government provided funding for doctors in general practice to provide educational seminars for patients. With this I was able to set up programmes for my ME/CFS patients on a wide range of relevant topics. These programmes were well received and many patients attended over the following 25 years. Running a wide range of seminars to various age groups and levels of chronicity meant that I had to embark on a lot of study in order to follow the research, and provide interest and variety at all levels. I had never excelled in biochemistry at university, and I suddenly found myself having to be an instant biochemist/immunologist!

Since those early beginnings, I have attended and spoken at a number of overseas ME/CFS conferences and became involved as Medical Advisor to the NZ ME association, which included a spell as their president. My interest continued to grow as the research into the illness became more established. I was often invited to talk to GP groups, hospital doctors and government officials, and as a result became passionate about providing accurate information about this much misunderstood illness. I have written a number of articles at all levels for patients and health professionals, and published in medical journals. In particular I have been involved with international groups in writing an ME/CFS Primer for Physicians and another for Paediatricians.

Over the last 5 years I have also published 3 informative self-help books about the illness, with one focussing on young teens. This illness affects people of all age groups, and teenagers in particular do need understanding and support.

I continue to see patients with ME/CFS from all over NZ, and I am now really excited by the current research which is finally unravelling the complex underlying biochemical, genomic and immunological dysfunction. Recent Australian research has shown very real and consistent abnormalities in the immune system. The teams at Stanford University and Otago University have revealed many complexities in biochemical pathways. Others, working in the field of gastroenterology, link an abnormal microbiome to brain and immunological changes. Cognition is affected by poor brain blood flow, which is linked to a tendency to low blood pressure and orthostatic intolerance in many patients. A team from Norway is looking at auto-immune drugs, which do show promise.

Meanwhile we continue to manage and support patients with this illness to the best of our knowledge, giving them a chance of possibly making a spontaneous recovery, or at least the ability to live a reasonably normal life within the boundaries of their illness.

There is as yet no test to reliably diagnose this illness and no specific "cure". But the research is slowly but surely leading us in these directions, and it is gratifying to now see so many leading

international researchers and clinicians involved. Over the years these people have become close friends, and I also look on the many patients I continue to see as my friends and best mentors.

Dr Rosamund Vallings has a medical practice in Auckland, NZ, and specialises in treating with ME/CFS patients. In 2008, Dr Vallings was awarded Membership of the NZ Order of Merit for services to ME/CFS, and in 2016 was awarded the **Nelson Gantz Outstanding Clinician Award** by the International Association for ME/CFS at their

biennial conference.

Here is a link to the **Paediatric Primer** that Dr Vallings mentions:

<http://journal.frontiersin.org/article/10.3389/fped.2017.00121/full>

and the link to **Calico Publishing**, where people can order her books if they wish to:

[calicopublishing.co.nz](http://calicopublishing.co.nz)

## Ways To Expand Your Identity When You're Chronically Ill

By Liza Karle

Source: MEISS (Otago and Southland) Inc newsletter, September 2017

Sometimes it's easy to get engulfed by all of the symptoms and limitations of a chronic illness. It can seem as if we are the illness. But I believe that it's crucial for our mental health and future recovery to find ways to expand our identities to a wider definition than just 'being ill'. Connecting with things outside our illness can keep our minds open to possibilities and help us feel less trapped by our present limitations. The challenge is to find ways to do this without going outside our 'energy envelope' or holding ourselves to unrealistic goals.

### I have ME/Chronic Fatigue Syndrome.

In a bad patch, it can render me housebound, and sometimes bedbound. Recently, when I had to rest for hours per day, I had to find positive ways to distract myself and also remind myself that there was more to my existence than my illness. I refused to accept just being an ill person!

I started slowly. Using a smart phone from my bed, I began to participate in studies from universities across the world who needed data on many different topics (\*1). I have done studies on everything from decision-making, mental health, immigration, to maths quizzes. It kept me engaged and occupied in short bursts – perfect for my short concentration span.

Similarly, I also gave my opinion on You Gov (\*2), a website that focuses on political polls and current events. At election time, my opinion helped gauge the national voting mood in real time. My feedback on Teresa May and my confidence in the future of the world was logged, analysed and used in articles and news reports. I am an International Pundit!

Something else I can do when I am well enough to rise from my bed is to be a Google 'local guide.' (\*3).

I take pictures of local haunts and review pretty much everywhere I visit, from a local rural post office to nearby cinemas. Now, I don't have the energy to go far, but it turns out that the rural venues often aren't covered in the Google guides, so my information and reviews are valuable. It's an activity that is low-energy and a nudge to get out into the world again.

A step on from this is to do mystery shopping work locally, where you test and review services and products in your local areas (\*4). They can be short, simple jobs that you can apply for as and when you feel up to it. It's exciting to be secretly testing customer service and know that your feedback will help improve these services.



These short tasks provide a vital boost to my self-esteem and keep me learning new things and interacting with people. I should add that all these activities I've talked about produce a small income. That makes me a 'worker' too. All of these opportunities to expand my identity give me something other than my illness to talk about with people, and provide an answer to that dreaded question, 'What do you do for a living?'. People do seem obsessed with that question, and it can be depressing to explain that you do nothing because you're ill. I can now pick and choose which of my modest activities to talk about, and have something to contribute to the conversation.

These labels of 'studies participant', 'local guide', 'mystery shopper', have helped me see hope for the future. I also know I could cope with another bad patch, and that by engaging in online studies and surveys, I will find it much easier to segue into a period of increased activity, mentally and physically, when it passes.

These small ways I have found to connect with the world outside of the illness, have not only helped me break free from the limiting label of 'ill person', but have also set me on the road to a more hopeful recovery.





## Chocolate Holiday Bark <http://www.health.com/>

Sweet and crunchy, every bite of this festive low cholesterol, low sodium and interesting treat is loaded with heart - healthy dried cranberries and antioxidant-rich almonds. Using unsweetened coconut instead of sweetened versions saves a few calories while adding delicious flavor and an extra bit of fibre. Try replacing the cranberries with dried cherries - which are high in beta-carotene and help protect against heart disease. You can change the topping to any variety of your own favourite nuts or seeds or dried fruit etc.

Prep: 15 minutes; Chill: 30 minutes

### Ingredients

- 1 cup sliced almonds
- 1/4 cup unsweetened coconut
- 1 cup oven-toasted rice cereal (eg Kellogg's Gluten-Free Rice Krispies)
- 1 cup dried cranberries
- \*700gms good-quality white chocolate, chopped
- 2 teaspoons oil of choice, coconut oil if possible



### How to Make It

#### Step 1

Preheat the oven to 180°. Line an oven tray with baking paper and set aside.

#### Step 2

Spread the sliced almonds and the unsweetened coconut in an even layer on the oven tray. Toast 5-8 minutes or until coconut just begins to brown. Remove from the oven, and let cool.

#### Step 3

In a large bowl, combine almonds, coconut, rice cereal, and dried cranberries. Reserve about 1/4 cup of the mixture, and set aside.

#### Step 4

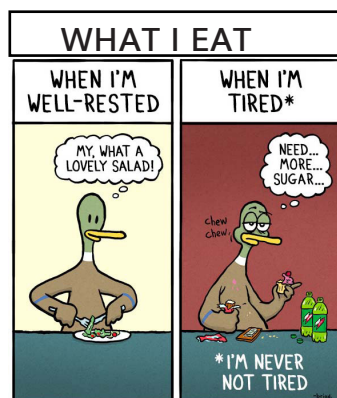
Place chopped white chocolate and 2 teaspoons vegetable oil in a large heatproof bowl, and set over a medium saucepan of simmering water. Stir with a spatula until the chocolate is completely melted.

#### Step 5

Remove the chocolate from heat, and fold in the almond mixture. Spread mixture evenly on the baking paper-lined tray. Sprinkle on the reserved 1/4 cup topping. Refrigerate for about 30 minutes or until the chocolate has completely set. Break the bark into small pieces, and serve.



*Merry Christmas, Everyone...!*



## Library

Please feel free to come in and browse through our library collection at our Christopher St offices. Check that Tina or Joanne are in before you come. If you are on the internet you can access the titles from our website [www.ccisupport.org.nz](http://www.ccisupport.org.nz).

## Can We Email Your Newsletter?

Costs are always a major consideration to us. If you are currently receiving your Messenger by normal post, and you have email available to you (ideally broadband), we ask that you consider receiving it in future by email. This will help us to keep our mailing costs as low as possible. So, if you are prepared to change, please email the office at [info@ccisupport.org.nz](mailto:info@ccisupport.org.nz) with your details.

## Mt Maunganui, Katikati/Waihi and Te Puke 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

**CCI Support meetings** held **2<sup>nd</sup> Wed** of the month 10.30am ..... contact Tina 027 625 4449

**Mount Coffee Group** meets the **1st Mon** 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

December 2017	January 2018	February 2018
<b>Monday December 4th</b> Mount coffee morning at Bayswater Retirement Village, 60 Maranui Street, Mount Maunganui, 10.30am	NB: <b>No meetings in January</b>	<b>Monday February 5th</b> Mount coffee morning at Bayswater Retirement Village, 60 Maranui Street, Mount Maunganui, 10.30am
<b>Wednesday Dec 13th</b> Eastern Bay group, 1.30pm Topic: <b>Heat</b> Little Orchard Activity Room Whakatane Library 49 Kakahoroa Drive, Whak. Ph Elizabeth: 021 838 217	<b>No meetings in January</b>	<b>Wednesday Feb 14th</b> Eastern Bay group, 1.30pm Topic: <b>Pain</b> Little Orchard Activity Room Whakatane Library 49 Kakahoroa Drive, Whak. Ph Elizabeth: 021 838 217
<b>Wednesday Dec 13th</b> Pre-Xmas morning tea at 56 Christopher Street, 10.30am – 12pm Please bring a small plate of finger food to share Ph Tina 027 625 4449	<b>No meetings in January</b>	<b>Wednesday Feb 14th</b> Support meeting/coffee morning at 56 Christopher Street, 10.30am – 12pm Topic: <b>To be advised</b>  Ph Tina 027 625 4449
<b>Wednesday Dec 20th</b> Coffee morning 10:30am at Zest Café, Chadwick Rd, Greerton	<b>No meetings in January</b>	<b>Wednesday Feb 21st</b> <b>Coffee</b> morning 10.30am at Zest Café, Chadwick Rd, Greerton
<b>No young members' meeting</b> at Christopher St in December Ph Kira 021 027 18127	<b>No meetings in January</b>	<b>Thursday Feb 15<sup>th</sup></b> Young Members' meeting 1pm at 56 Christopher St Ph Kira 021 027 18127

### 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

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**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](mailto:info@ccisupport.org.nz)  
 Website: [www.ccisupport.org.nz](http://www.ccisupport.org.nz)

## SUBSCRIPTIONS and DONATIONS

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

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

### BEQUESTS

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



.....  
 Cut here if sending by post

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

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

Please find enclosed my annual subscription of \$20.00 .....

Tick the boxes  
 which apply

### Please send receipt to:

Name: .....

Address: .....Suburb.....

City: ..... Post Code:.....

Please post cheque to .....