



**MUSCULAR
DYSTROPHY**
Association of New Zealand Inc.

Te Ropu Mate Horokiwa o Aotearoa

Southern Region

Charities commission registration CC33429

Summer 2015-11-03

Hello to all members and welcome to new members who have recently joined our branch. We have had no activities over winter but now we are into summer some activities are planned. We hope that you will be able to attend some and meet other members.

AUT University MD – PREV Research Study.

The MD Prevalence Study is a study of the prevalence and Impact of genetic muscle disorders in New Zealand. The aim is to find out numbers of people affected, the impact on individuals and extended family. A Meeting is on Tuesday 17 November 7pm at the M/S Rooms 8 Baker St; Caversham Dunedin The speaker is Roseanna Smither. Supper provided

BRONZ Otago.

The Vincent Motor Cycle Rally is on Saturday 6 February 2016. We need volunteers to help on the gate 12md until 6pm. Any amount of time you can give would be appreciated. Each year BRONZ make a generous donation to our branch and this is how we support BRONZ.

This year BRONZ are presenting a donation to the Southern Branch at the annual toy run on 5 December at 2.45pm in the Octagon Dunedin. If any members can attend let me know. See contact details end of newsletter.



Equipment available.

A beach wheel Chair and manual wheelchair are available for members to use from the Branch free of charge. Just contact us if you would like to borrow any of this equipment.

MDA Counselling Programme.

This is a national service provided free of charge. The MDA has partnered with EAPworks to provide up to three free sessions per year to eligible MDA members . To access MDA counselling Programme freephone 0800selfhelp (735343) give your name and membership number. If you do not know your membership number contact national Office on 0800 800 337 or email info@mda.org.nz

Southern Region Branch Field support service

The branch committee have had some discussions on providing a Field work service. The branch committee would like member's ideas and suggestions as to what type of service would be beneficial. Maybe a Physio advisor service, we are open to any suggestions. Contact us via the details at the end of the newsletter.

At present field officer assistance via Service Co-ordinators is available to members in the Southern Region from CCS Disability Action. You can contact direct yourself or be referred by your G.P. Practice Nurse or MDA . www.includingallpeople.org.nz or freephone 0800 227 2255.

Pneumococcal Vaccine

This is not a free vaccine but if your Doctor or Practice Nurse recommend you have this vaccine. The Southern Branch will fund this vaccine for you.

Parent Workshop

A workshop for parents of young children age range preschoolers through to approx twelve years of age is being planned for 2016 to be held in Invercargill. If you have any suggestions on what you would like included in the programme please let us know.

See the attached notice about our Christmas Lunch on Saturday 28 November at 12 midday.

Southern Region Contacts.

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Merry Christmas and a happy New Year to all
