



## *Branch News*

We can't believe that the year is almost done and dusted. What a big year we have had, we farewelled Jackie and Ross and welcomed Lisa to the branch. Our fieldworkers have travelled the South Island from one end to the other and met with so many of you. Get ready for 2024 as we have an action packed year ahead, with a great fieldworker travel schedule planned along with activities, coffee groups and Roll 1K for MDA, so dust off those old roller skates and get some practise in over the break.

### Coffee Groups

We have held over 50 coffee groups across Te Waipounamu this year - Nelson, Blenheim, West Coast, Rangiora, Christchurch, Timaru, Oamaru, Dunedin, Gore and Invercargill. We need to pay special thanks to our fabulous coffee group volunteer facilitators for their commitment and time running these groups (Kevin Page, Bruce Dodd, Kim Russell and the late George Martin). We introduce Emma Checketts in Dunedin, Emma Shewin in Blenheim and Chanel Sluys on the West Coast as new coffee group facilitators. Welcome to the team, we are delighted to have you onboard. We also thank The Rehabilitation Welfare Trust, Blogg Charitable Trust and the MSD for covering the costs.

If you would like to facilitate a coffee group in your region please contact Vivienne on 022 304 6840 or email southern@mda.org.nz.

### Roll 1K for MDA

We ran a wonderful Roll 1K for MDA campaign and really want to thank everyone who participated especially our top fundraisers Mads Harrison \$4797.00, DMD Brothers (Fearnely Family) \$1630.00, Heather Anderson \$1485.00 and Jane Hazlett \$1102.00. What an amazing effort!

Thank you also to our South Island schools who took part. Fairlie Primary School \$343.00, Leithfield School—Te Kura o Kōwai \$371.00 and Little Oaks Preschool \$20.00.

The total raised for our branch was \$10,720.00.

### Christmas Office Closure

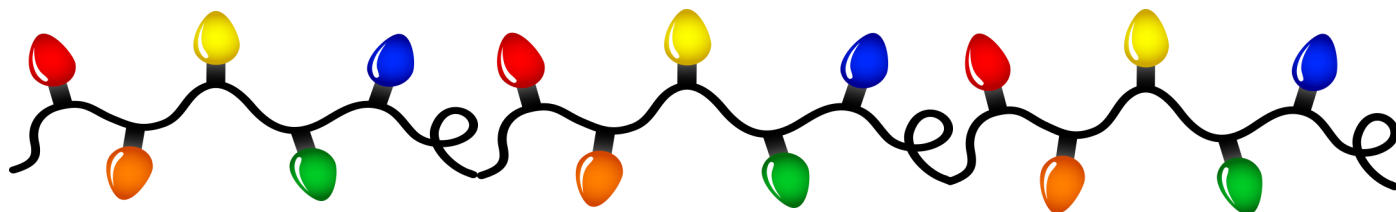
The office will be closed from Friday 22nd December 2023 and reopens Wednesday 3rd January 2024. Emails and messages left during this period will be responded to after the 3rd January 2024.

Jane will be away from Thursday 21st December 2023 and returns Monday 8th January 2024.

Lisa will be away from Friday 22nd December 2023 and returns Wednesday 3rd January 2024.

### Christmas Message

We have had a wonderful year spending time with you and learning about the many different conditions under our umbrella and about the experiences of those living with them. We look forward to seeing you in 2024 and wish you a very Merry Christmas and Happy New Year. We also want to thank Trevor Jenkin and the National Councillors for their support throughout the year. From Lisa, Jane and Vivienne at MDA South Island | Te Waipounamu.



## Donations

### What do your donations go towards?

Your donations go towards the running costs of your branch, events and the coffee groups. As we are not government funded, we rely on donations, charitable and gaming trusts to continue offering our services.

Donations can be paid into our account at Westpac—03-1704-0014923-000  
MDA South Island | Te Waipounamu

All donations over \$5 are tax deductible, please contact Vivienne for a receipt.

From the IRD Website  
33.33 cents

You can claim 33.33 cents for every dollar you donated to approved charities and organisations. You can only claim on donations that added up to the same amount or less than your taxable income during the tax year.

## Christmas Functions

### Christchurch Luncheon

Mona Vale by popular demand  
11.30am, Saturday 2nd December 2023  
Subsidised by \$20 per head by MDA  
Contact Vivienne for more information  
Ph/txt: 022 304 6840 or Email: southern@mda.org.nz  
RSVP by 23rd November — Limited numbers

### Nelson Luncheon

Thursday 14th December at 12.30pm  
Armadillo's. 183 Queens Street, Richmond  
Set menu (subsidised \$20 per head by MDA)  
Please contact Jane 027 205 5586 or Kevin 03 544 7586  
RSVP by 1st December

### Rangiora Luncheon

Final coffee group for 2023  
Wednesday 29th November at 12.30pm  
\$15 lunches at the RSA, RSVP by 20th November  
Subsidised \$20 per head by MDA  
Contact Bruce 027 449 9794 or email bruce.dodd3@gmail.com

### Blenheim

Tuesday 12th December at 6pm  
Venue to be confirmed  
Subsidised \$20 per head by MDA  
Contact Jane 027 205 5586 or Emma 021 246 4983  
RSVP by 1st December

### West Coast

Saturday 9th December at 12.30pm  
Subsidised by \$20 per head by MDA  
Armadillo's, 20 High Street, Greymouth  
Contact Jane 027 205 5586 or Chanel 027 213 0676  
RSVP by 1st December





Find us on Facebook and stay up to date on activities and information



## External Support Groups

CMT Support Group  
Contact Nathan Francis

Facebook Page:

[www.facebook.com/groups/1153510888101577](http://www.facebook.com/groups/1153510888101577)

Mobile: 027 386 9245

Email: [nathan-francis@outlook.co.nz](mailto:nathan-francis@outlook.co.nz)

FSH Facebook Page

[www.facebook.com/groups/fshdnz](http://www.facebook.com/groups/fshdnz)

<https://www.facebook.com/groups/nzmyotonic>

NZ Myotonic Dystrophy Support Group

[SMA NZ | Facebook](#) SMA NZ

Kiwi Kids with DMD

Private Facebook Group

[www.facebook.com/groups/26124950066102/](http://www.facebook.com/groups/26124950066102/)



## Coffee Groups

We still need coffee group facilitators for Invercargill and Timaru, please contact us if you are keen to help out.

### Papanui

Columbus Coffee House  
Mitre 10 Mega  
Harewood Road  
1st Saturday of the month  
10.00am—12.00pm  
Contact Viv 022 304 6840  
Email: [southern@mda.org.nz](mailto:southern@mda.org.nz)

### Rangiora

Rangiora RSA  
Last Wednesday of the month at 2.00pm  
Contact Bruce 027 449 9794  
Or email:  
[bruce.dodd3@gmail.com](mailto:bruce.dodd3@gmail.com)

### West Coast

Contact Chanel Sluys  
027 213 0676  
Or Jane: 027 205 5586  
Email:  
[jane.hazlett@mda.org.nz](mailto:jane.hazlett@mda.org.nz)  
Next Catch TBC.

### Riccarton

Moko Cafe  
Inside the Bush Inn Mall  
Cnr of Waimairi and Riccarton Roads  
2nd Saturday of the month  
10.00am - 12.00pm  
Contact Kim 021 102 1448  
Or email:  
[Garyandkim716@gmail.com](mailto:Garyandkim716@gmail.com)

### Nelson

Pic's Peanut Butter Café  
Contact Kevin 03 544 7586  
Or Jane 027 205 5586

### Dunedin

Nicholls Garden Café  
Contact Emma 027 331 7352

### Blenheim

Revival Café  
Contact Emma 021 246 4983





## Contact Us

Changed your address or email -  
Please let us know.



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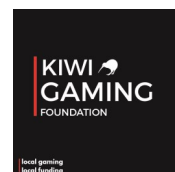
## The Bradley Jenkin Memorial Fund

The next Bradley Jenkin Memorial Fund closing date is the 31st January 2024. Application forms are on our website [www.mda.org.nz](http://www.mda.org.nz). Please send them to your fieldworker or Vivienne for endorsement.

## Free Counselling

Did you know that you are entitled to three free counselling session with RAISE annually as part of your membership. All you need is your membership number when booking appointments. This is 100% confidential, your details are not shared with MDA. To book, please follow this link. [Raise \(raisementalhealth.co.nz\)](http://Raise(raisementalhealth.co.nz))

## Thank you to our supporters



The Guy Anson Wadell Charitable Trust

The Rehabilitation Welfare Trust

The A & R Edgar Charitable Trust