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# Scleroderma

## New Zealand support group

## Spring 2021

Greetings to you all.

### Welcome to our Spring edition of the Scleroderma Newsletter...

We hope everyone is keeping well, keeping warm and safe and during this current Delta Covid Lockdown. We are thinking of our Auckland neighbours who are still in level 3 lockdown. Kia Kara, stay strong. We thank you for staying home and hope you will soon be able to come and join the rest of the country at level 2.



Well, we have passed the halfway mark for the year and now we are quickly heading towards the end of the year. Time is flying by so fast, I'm sure the older I get, the faster the months go by.

I would like to congratulate **Jenny Andrews** for accepting the role as President of Scleroderma New Zealand Inc. Thank you Jenny for taking on this role.

In this newsletter, we hear first from **Jenny** with the Presidents report. Jenny gives us good advice and keeps us up to date with what's going on around New Zealand.

We have:

- Covid 19 update information
- We look at Mental Health Awareness week.
- Members stories from **Tonia Maguire**
- Members News from all our groups around the country and I share some photos of my 50<sup>th</sup> Birthday Party.
- Upcoming events of what is happening.

Members are encouraged to submit any stories, jokes, recipes and items of interest they would like to share to keep the newsletter fresh and interesting.

We hope you enjoy reading this issue of the newsletter. Keep warm and safe everyone.

Warmest regards,

**Tina and Jenny**



# Presidents Report:

## October 2021



Hi all, I'm so excited to see the weather improving as Spring is upon us. I love the fact that I can get into my garden and just potter around. Last year I came up with the grand idea of extending my garden, this is going to look lovely in a

couple of years, but is a little harder to get around it all. Certainly, makes me feel good to be able to achieve it all. But as we all know the key to a healthy lifestyle is to pace ourselves. This can be challenging in itself when you are on a roll. But just remember to book an easy day for the next day so your body can have that recovery time.

There has been a lot happening in the background lately and I'm pleased to say we will have the second edition of our Understanding & Managing Scleroderma booklet which was created by Dianne and Gordon Purdie out very soon as it is at the printers. To any of you who does not have a copy of this booklet, please feel free to get in touch with me and we can get one sent out to you.

We also have the calendars at the printers and have finally got all the artwork and information in for that. The calendars are our fundraising project to raise the funds to pay for the booklet reprint. A huge thank you to everyone who submitted artwork/photography for this. They will be sold at \$20 each and will be going out to the different support groups for you. To anyone who is not involved with a support group but wants a calendar, please get in touch and we can send one out to you. A big thank you to Angela Nicholson for designing the artists page for the back of the calendar. Looks fantastic.

We are also working on our new "Helping each other" pamphlet which will be available in the next

month or so. Thank you so much to Tina McLean for all your hard work on this.

We are very sorry to see Allan Edmondson leave. Allan has been a very big advocate for Scleroderma New Zealand for years, with his late wife Sandy. Allan is a former Vice President and Committee member. A huge Thank you to Allan for his support and knowledge in PAH. Wishing Allan well in his new move to Australia.

It is good to see the COVID 19 vaccination rate rising every day. Hopefully you have all had your two jabs and are feeling more confident in the new normal that bestows us. Unfortunately, a lot of our support group meetings had to be cancelled in the last couple of months but we need to remember there is always the option of zoom meetings to keep in touch.

It is so great to see so many people involved in their support groups, with groups in Waikato, Hawkes Bay, Waipa, New Plymouth, Palmerston North, Wellington, Nelson, Christchurch & Southland. If there is anyone out there who is feeling isolated and alone, not knowing of anyone else with Scleroderma in their area, please feel free to get in touch with me and we will see what we can do to ease things for you. It is very helpful to have someone to talk to who will have an idea of exactly what you are going through. The challenges we face can be very overwhelming at times, so remember "Challenges are what make life interesting and overcoming them is what makes life meaningful".

We have two seminars coming up in the next six months. The first one being in Cambridge on November 27<sup>th</sup> 2021, and the second in Invercargill on the 26<sup>th</sup> March 2022. These are a fantastic way to meet new people and learn lots about taking care of ourselves. For more information read on.

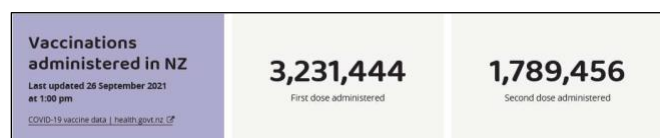
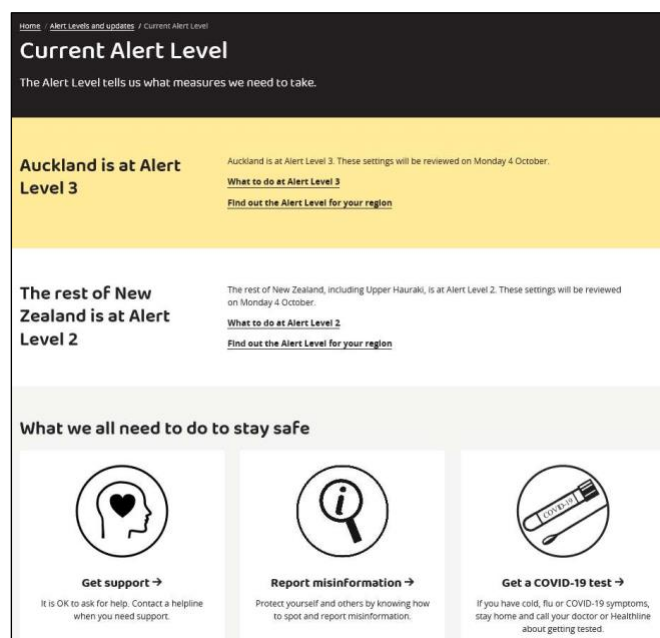
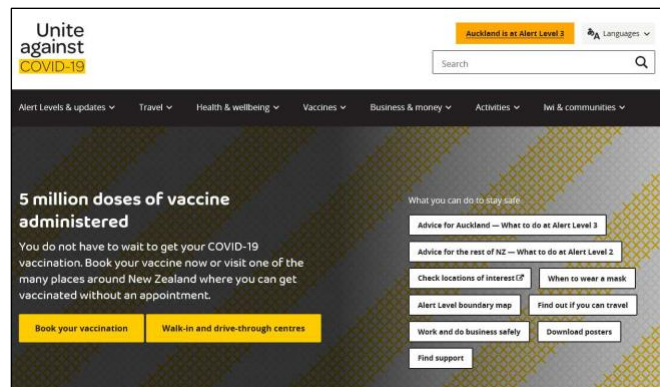
Keep well and warm and wishing you all the very best of health over the coming months.

Jenny



# Covid 19 update:

As of 26th September 2021, here is a quick summary of some useful information from the Covid 19 website we have collected for easy reference:



New rules for alert level two for the rest of the country and alert level 3 for Auckland:

## When you are leaving your home

In general, face coverings should be worn whenever you can. The Delta variant is more transmissible by droplets, so face coverings are a way we can protect ourselves and each other.

## Alert Level 2, 3 and 4

We encourage you to wear a face covering and keep 2 metres distance from others when leaving your home. If you are around people you do not know, it is a good idea to wear a face covering. Our movements at Alert Level 3 and 4 are restricted, so some of these locations and services may not be open or operating at higher Alert Levels.

## You must wear a face covering when:

- on public transport and at arrival and departure points, for example airports, train stations and bus stops
- on ferry services carrying passengers between the North and South Islands
- on flights
- in taxis or ride share vehicles
- visiting a healthcare or aged care facility
- inside a retail business, for example supermarkets, pharmacies, petrol stations, shopping malls, indoor marketplaces, takeaway food stores
- inside a vet clinic
- inside public venues, such as museums and libraries, but not swimming pools
- visiting the public areas within courts, tribunals, local and central government agencies, and social service providers
- in an indoor settings at a high school in Alert Level 3, for example a classroom and assemblies. This includes students in Years 9 to 13 and staff.



Source: <https://covid19.govt.nz/>





# Mental Health Awareness Week:

Mental Health Awareness Week (MHAW) starts on 27 September 2021 and runs through to 3 October 2021.

This is a great time to reflect on our own mental health and wellbeing, and how we can nurture and improve that. Take a look at the **MHAW website**: - <https://www.mhaw.nz/>

There's a great **MHAW Guide** to download link below. <https://mentalhealth.org.nz/resources/resource/mhaw-2021-guide>



Think about, take action and set a wellbeing focus during the week. This year's MHAW is about connecting with people in our lives and creating space for conversations about mental health and wellbeing.

Whether it's checking in with a mate, having a kōrero over some kai or saying hello to a stranger, a little chat can go a long way. This is a great time to reflect on our own mental health and wellbeing, and how we can nurture it.

Some information from the MHAW guide include:

## What is mental health and wellbeing?

We all have mental health. It's a taonga/treasure, something to look after so we can lead our best and most fulfilling lives.

The World Health Organisation defines wellbeing as 'a state in which every individual realises their own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to their community.'

One in five Kiwis experience a mental illness each year and it's important to remember that with the right tautoko/support many people can and do live well with mental illness. Wellbeing isn't just for people who have not experienced mental illness – it's for everyone.

This Mental Health Awareness Week we're asking Kiwis across Aotearoa to take time to kōrero. We've chosen this theme because the little, everyday conversations we have are surprisingly important – and they make a big difference to our mental health – so we want you to take notice of the kōrero that makes you feel good and do it more often. Over time, these small chats create

meaningful connections, help us understand each other better and ensure we have people we can count on when times are tough.

Head here for further information on the **Five Ways to Wellbeing**:

<https://mentalhealth.org.nz/five-ways-to-wellbeing>



## Where to Turn for Support / Help:

For some people, this week might have brought up some sadness or distress. If you've had a kōrero with someone and you think they need further tautoko/support, or if you're worried about yourself, it's okay, there is help available – no one should go through a tough time alone.

The best first point of contact is to visit your GP or tākuta or offer to go to a GP/ tākuta with your friend or whānau member. They can help assess what further support might be needed.

Below is a list of some of the services available in New Zealand that offer support, information and help. All services are available 24 hours a day, seven days a week unless otherwise specified.

## In crisis:

If you or someone you know is in immediate danger, call **111**.

## National helplines:

**Need to talk?** Free call or text **1737** any time for support from a trained counsellor

**Lifeline:** **0800 543 354** (0800 LIFELINE) or free text **4357** (HELP)

**Depression and Anxiety Helpline — 0800 111 757** or free text **4202** to talk to a trained counsellor about how you are feeling or to ask any questions.

**Remember** it's okay to get support for yourself when you're supporting someone you care about. Yellow Brick Road provides support for the loved ones of people experiencing mental distress/illness throughout Aotearoa: <https://yellowbrickroad.org.nz/>



# Fighting Chronic Illness with a Positive Mindset:

by [Lisa Weber](#) | September 10, 2021

The machine monitoring my vitals beeps annoyingly to alert the nurses that my blood pressure has dropped again. My limbs ache from the frigid air conditioning, and my body is sore from being held hostage in the hospital bed. Fear, loneliness, and pain begin to consume my thoughts once again, and my top lip begins to quiver.

Tears flood my eyes, and a warm rush of blood flushes my face. I suck in as much air as I can and slowly release it, trying to calm myself. "Don't go there!" I silently urge myself.

## **Pessimistic thoughts make things worse**

Being chronically ill, I have many reasons to complain. Things like crippling pain, disability, and repeatedly having to cancel plans are emotionally overwhelming. Therefore, I often find myself standing on the edge of a slippery slope. Pessimism likes to grab a hold of me, and when it does, it pulls me down to a [very dark place](#).

Unfortunately, once I'm underneath all that negativity, it's a struggle to get back up. And there's no joy inside pessimistic thoughts.

## **Time to Add a Splash of Positive to My Half-Empty Glass**

### **Choosing to stay positive**

While hospitalized, I had so many reasons to start bawling my eyes out and throwing childlike tantrums. But after I calmed my emotions with intentional deep breaths, I reminded myself that I would never get that day back. I repeated something I say often: "It can always be worse, so enjoy this moment." Luckily for the nurses, I didn't throw my lunch tray across the room and scream. Instead, I surrendered to my situation and began looking for something to watch on the TV as a distraction. While skimming through the free movies, I recognized the title "Little Women." Suddenly, I allowed myself to become excited about finally having the opportunity to watch an adaptation of one of my favourite books. Until a cure for scleroderma is found, I have two choices. Option one is throwing myself angry pity parties. (I certainly have enough material to host one of those shindigs every day of the year.) Option two is finding the silver lining hidden among the destruction.

For me, a life filled with optimism is a life worth living, so I'll always strive for the latter.

### **Positivity leads to more positivity**

A movie seems like such a minuscule thing compared with everything I was battling at that moment. Yet, it helped me step back from the ledge I was about to hurl myself over. The small joy I found hidden within a massive pile of gloom created more cheer through a ripple effect. It cleared my head so I could enjoy my video chat with my children. That tiny morsel of happiness also opened my heart so I could pray for the patient crying out in pain in the room next to me. My sense of hope was restored by finding one good thing to focus on.

### **Optimism helps me fight illness**

Maintaining an [optimistic mentality](#) is one way I fight back against scleroderma. New, painful symptoms and disabilities manifest themselves regularly, and it makes me feel like I have a monster living inside me. I feel that demon trying to pull me down and destroy the life I've worked so hard to build. While I cannot stop the physical damage from happening, I do have the ability to overcome the mental destruction.

Searching for the positive aspects of chronic illness, despite all its negative effects, is a choice. And it is without a doubt the more difficult option. Laughing despite pain is a choice. Enjoying what my body can still do for me is a choice. It's a continuous struggle, but I work hard to live a happy life by reminding myself to find the silver linings.

The other day, I was out of breath from walking across a field to where my daughter was playing soccer. For a moment, I was upset that [my lungs are no longer thriving](#). But I fought back and overpowered that negativity by reminding myself how fortunate I was to be healthy enough to watch my child play. Back to reality — it can always be worse!

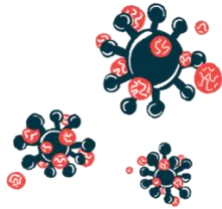
### **Look for the silver linings**

A disease that destroys the body creates the perfect invitation for negative thoughts. It is possible (and worth it) to find the positives hidden under so much pain and suffering. Challenge yourself to say something encouraging every morning when you wake up. At every meal, think of one thing you're grateful for. Praise yourself for every little victory. It gets easier the more you practice focusing on the good. We are given only one life to live, so for all those with chronic conditions, let's make each day count by attacking our illness with an optimistic mindset.



# Trial of COVID-19 Booster Vaccine Opens in Autoimmune Diseases

by [Marisa Wexler MS](#) | August 31, 2021



An enrolling clinical trial is assessing whether a “booster shot” of a COVID-19 vaccine can improve the immune response in people with [scleroderma](#) and other autoimmune diseases who did not respond, at all or optimally, to their original COVID-19 vaccine regimen.

The study also will test whether temporarily stopping medications that suppress the immune system improves the body’s response to an extra dose of COVID-19 vaccine among these individuals.

Autoimmune diseases are marked by the immune system erroneously launching an inflammatory attack on healthy tissue. About 8% of Americans are thought to be living with autoimmune diseases, including a disproportionate amount of people in minority communities that have been hit hardest in the ongoing pandemic.

Treatment of scleroderma and other autoimmune diseases often involves [immunosuppressants](#), medications that lower the activity of the immune system. Since vaccines work by “teaching” the immune system how to fight an infectious invader — like the SARS-CoV-2 virus that causes COVID-19 — an immune system weakened by immunosuppressants may be less able to effectively respond to a vaccine.

Recent data suggest that an extra dose of COVID-19 vaccine can enhance the immune response in organ transplant recipients, who are given immunosuppressants to lessen the chance of transplant rejection.

The U.S. Food and Drug Administration recently [amended](#) the emergency authorizations of both the Moderna and the Pfizer-BioNTech COVID-19 vaccines to allow an extra dose to be given to organ

transplant patients and others with severely weakened immune systems.

“Many people who have an autoimmune disease that requires immunosuppressive therapy have had a poor immune response to the authorized and approved COVID-19 vaccines, placing these individuals at high risk for the disease,” Anthony Fauci, MD, said in a [press release](#). Fauci is director of the National Institute of Allergy and Infectious Diseases (NIAID), part of the National Institutes of Health (NIH), which is funding the clinical trial.

The trial ([NCT05000216](#)), called COVID-19 Booster Vaccine in Autoimmune Disease Non-Responders, aims to enrol about 600 adults with autoimmune diseases at 15–20 clinical sites in the U.S. [Study contacts and site information](#) is available; some sites have begun recruiting participants.

In addition to scleroderma, the trial will enrol people with [multiple sclerosis](#), pemphigus, rheumatoid arthritis, or systemic lupus erythematosus.

In order to be eligible, participants must have had a sub-optimal immune response to one of the COVID-19 vaccines currently approved or authorized in the U.S. That means either two doses of the Moderna vaccine, two doses of the Pfizer-BioNTech vaccine, or one dose of the Johnson & Johnson vaccine.

They also must be taking one of three immunosuppressant regimes: mycophenolate mofetil (MMF) or mycophenolic acid (MPA); [methotrexate](#) (MTX); or B-cell-depleting medicines.

All enrolled will be given an extra dose of the same COVID-19 vaccine that they had originally received. Participants on MMF/MPA or MTX will be randomly assigned to either continue with treatment as normal, or to briefly discontinue treatment prior to and following the extra dose. All those on B-cell-depleting therapies will continue taking those therapies consistently.

The study’s main goal is to determine the proportion of patients with a significantly better immune response





four weeks after receiving the booster shot than was seen following the original vaccinations. Immune response will be evaluated by testing for antibodies against the SARS-CoV-2 virus.

Study participants will be followed for a total of 13 months, with regular evaluations. Preliminary results are expected in November.

"We are determined to find ways to elicit a protective immune response to the vaccines in this population," Fauci said. "This new study is an important step in that direction."



## Joke of the day:

### Ian's - Cheese Jokes:

1. What did the block of Cheese say when it looked in the mirror ?
2. What did the police find when the Cheese factory blew up ?
3. What Cheese do you use to get a bear out of the tree ?

### Answers:

1. *Haloumi*
2. *There was nothing left but de Brie*
3. *Camembert*



## SEMINARS COMING UP

### Waikato/Waipā

Waikato and Waipā groups are running a joint seminar in Cambridge on the 27<sup>th</sup> November 2021

Time will be approx. 9.15am to 12.30  
There will be a \$15 registration fee  
Raffles tickets will be available to purchase at \$2 per ticket

Venue:  
Cambridge Community Health Centre  
22a Taylor Street  
Cambridge

From Waikato Hospital Rheumatology department they will have Dr Solanki and Registrar attending and speaking.

As with everything at the moment this will be Covid-19 pending.

An email will go out nearer the time to confirm everything .

For any enquiries, please get in touch with:-

Linda Bell – linda.bell@hotmail.com



### Southland

Southland Support Group will be running a seminar in Invercargill on the 26<sup>th</sup> March 2022

This will be from 9am – 3pm with afternoon tea afterwards.

There will be a charge of \$25 registration which will include morning and afternoon tea and lunch.

There will be raffles available to purchase.

Venue: Southland Hospital  
Kew Road  
Invercargill

There will be speakers from the Rheumatology Department from the Southern DHB.

For any enquires and to register, please contact:-

Jenny Andrews

0273166124

jennyred@xtra.co.nz





# Members Stories:

## Tonia Maguire – NOT – “taking it Sitting Down”....



Tonia Maguire

August, 2021

NOT – “Taking it Sitting Down”

Her words were reverberating in my ears.....“*people with Sclerodermas suffer limb amputations just as often as people with type 2 diabetes....*”

It was October 2018 and I was participating in a session at the **Scleroderma Support Group – Waikato** seminar organised by Linda Bell. As I sat there listening to the Physiotherapist, guest speaker articulating these words, I stared at the painful blackening toe on my right foot propped up on a stool in front of me. I thought “is it possible I am going to lose my toe?!” My heart sank!

The journey of losing my leg began there culminating eighteen months later with the amputation of my lower right leg after undergoing several hospital admissions for leg-saving procedures of Angiograms, Iloprost infusions and District Nursing follow-ups. It became obvious quickly that the ulcer on my toe was not going to heal despite these interventions. The doctors at Waikato Hospital told me that there was probably nothing I could have done in my earlier life to have prevented the C.R.E.S.T Syndrome from progressing to this stage.

The shock that I was probably going to become partially disabled was overtaken by the need to start planning and organising a life with a prosthesis and wheelchair if I wanted to continue

to live in my home on my own. Not a relishing thought as I was entering my septuagenarian decade. Blessed with the forewarning I set about investigating how this could be possible, starting by attending a session organised by Age Concern on “*Life without a Car*” and I found out what services there are in the community for assistance. Next, I signed up for a **Total Mobility** card which would give me access to half price taxis, I enrolled with the **Library Homebound Delivery** service and I visited **Matangi Motors** in Matangi Waikato to enquire about having my car converted to a left foot throttle drive application. I studied the outlay of my own home with a view to negotiating living room, passageways and bathroom in a wheelchair and was satisfied that it would be spacious enough, and being on one level able to accommodate a wheelchair with reasonable ease. But I also visited a number of establishments offering supported living apartments in case I would have to give up my home.

By this time, my toe was severely infected with intense pain and in late March 2020 I was admitted to Waikato Hospital six days into Covid 19 Lock-down four and underwent amputation surgery to remove the poisoned foot. Specialists did discuss with me prior, the option of attempting to just try taking toes first of all, but sensibly recommended against that and I did not hesitate over this advice. My Faith teaches Hope! I drew on this strongly in the following months and determined to return to as much of an active and full life as possible; due to the scleroderma and my age, wound healing was slow and it was six months before I began walking again with a prosthesis but this was timed exactly to when my car was converted and I tentatively began learning to walk and drive again. What a joy to be able to get myself to shops, hairdresser and church. Throughout my convalescing time at home, I had all the outside help from the Waikato DHB that I needed despite this being the period of Covid19 lock-down and those wonderful helpers became my “Bubble Buddies”.

Today I am independent in my own home, back at the gym, having coffee outings (including the Scleroderma Support Group), engaged in Secretarial jobs, transporting other needy people



## Tonia Maguire – NOT – “taking it Sitting Down” continued....

for shopping or outings, working my sewing machine with my left foot, getting out of town to further-afield destination's and (when the weather allows) doing a little gardening. There is very little that I cannot do – (riding escalators is one of them), and I do accept a couple of hours help per week from a Care Agency. I can only walk short distances without resting and cold weather sets me back as it does to most Scleroderma sufferers. Because my disease is progressive, the future is uncertain, but for the meantime I celebrate the gifts that have been granted, especially good cheer, caring friends and family and I am encouraged by others who stoically brave their way through daily adversity and discomfort.

Perhaps there are others facing an amputation due to disease; you may not have to take it “sitting down”. I have a fellow “C.R.E.S.T –arian” friend who, at the same time as me lost her leg for the same reason; her story includes needing to have second surgery to amputate above the knee. Despite her advanced age at 90 years, she refused to accept advice that she would not be able to cope with an above-the-knee prosthesis. This lady has stoically battled on achieving her aim to walk again despite all odds. Bless her. She has inspired me and I hope that sharing my experience will help and encourage others too.

What they say is true: “If there's a will - there's a way.”

*Tonia Maguire - Hamilton*



## Members News:

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### Wellington Scleroderma Group

Wellington Scleroderma Group Meeting August 14th.

It was a sunny but cool and windy day when we met for lunch at the Boulcott Farm Cafe for lunch on August the 14th. It was lovely to see everyone again, it had been a long time since we had seen some of our lovely members and a big welcome to three new members. A lunch out was something we all needed just to sit back and relax and enjoy catching up.

We will be sure to go there again, the company and food was terrific and especially the setting it over looked the golf course where we all enjoyed the view, pretty good for us city dwellers!

Our other venue at Hardwick Smith lounge was being worked on by the Hutt City council because of some water damage which had caused toxic mould, so we were pleased go somewhere different.

We have to decide what we will be doing for our next meeting, possibilities are many.





# Members News:

## Wellington Scleroderma Group

The Wellington group met for an enjoyable lunch at the Boulcott Golf club in August. It was a good turn out of members on a wonderful sunny winter's day. We welcomed two new members to our group who joined our group. Lovely to see some members who we hadn't seen for a while, Sharon and Barbara. Thank you Dianne for organising this and Cushla for taking all the photos.



## My 50th Birthday Celebration on 8th August

I was very lucky to get to celebrate my 50<sup>th</sup> Birthday celebrations with good friends just before the level 4 Delta lockdown, which occurred the following week. Thank you to my husband Alastair who organised it all at the Ponoke Club rooms with 50 friends and their children. Thank you also to all my Wellington Scleroderma family who were able to make it out on such a cold and wet wintery night and join us in the celebration. Take care, **Tina McLean**





# Members News

## Waikato Scleroderma Group

Linda Bell's group had a catch up, and a farewell for Allan Edmondson

The Waikato Coffee Group met recently and had a lovely time together.



Below is Allan Edmondson, former Vice President and committee member. Allan left New Zealand at the end of August for Brisbane, Australia to be nearer his family. The Waikato coffee group wish Allan a safe journey and all the best for the future.



## New Plymouth Scleroderma Group

The New Plymouth Group are getting together for friendship and support.

Elle Bray and Jenny Johansen look like they are having a lovely catch up together. This will become a regular thing for the New Plymouth area. If you want to join in with them, feel free to get in touch with Elle.

*Jenny & Elle have their first catch*



## FOR SALE

### 2022 CALENDARS

ARTWORK AND PHOTOGRAPHY BY OUR  
WONDERFUL MEMBERS

\$20 EACH

ALL FUNDS GO TOWARDS REPRINTING OF OUR  
BOOKLET

CONTACT YOUR SUPPORT GROUP LEADER FOR  
YOUR COPY NOW

OR CONTACT JENNY ANDREWS

0273166124

[jennyred@xtra.co.nz](mailto:jennyred@xtra.co.nz)



# Pet Corner:

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## Lynne Waterhouse — Matilda

*Member Lynne Waterhouse talks about her Registered Assistance dog.... Matilda*

This is a photo of my registered assistance dog named Matilda.

She also does tasks for me even though she is small she can pick up things and shut lower doors of cupboards. Our association had dogs of different breeds and tasks and people with all types of disabilities.

She has been in this role under physical disability association and also as a medical alert dog. With her I have been able to travel Australia.

She was Ms January 2021 in our RAD (Revolutionary Assistance Dogs) assistance dog calendar. Hope this photo brings a smile to your members.

It was such a cold windy day so she has that "I'm a bit over this photo shoot" look.

Lynne Waterhouse

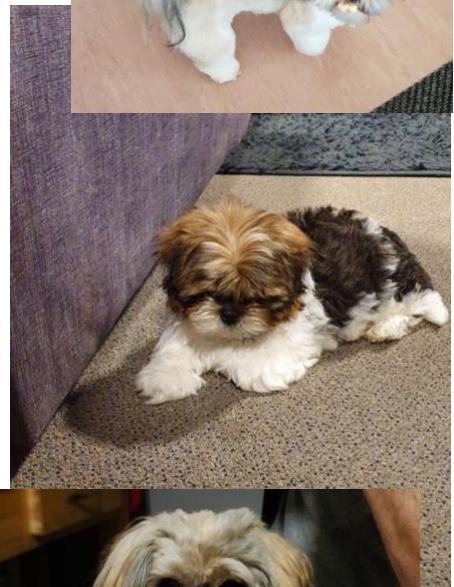


## Pam Glozier — Oscar

*Member Pam Glozier talks about her love for Oscar*

This is Oscar. I bought him when I was off work for 6 months with my hip and it was the best purchase I've ever made, he just brings so much joy to myself and Tony he's so clever and keeps us on our toes. We don't know what life would be like without him now. When I feel down he just seems to do something to make me laugh. Everyone should have an Oscar!

All the best guys  
Pam Glozier



# Noticeboard:

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## Wellington support group meets:

Saturday 20th Nov 2021 1.30pm to 4.00pm

### Venue:

**Hardwick Smith Lounge**, Belmont Domain, Lower Hutt.  
New members welcome, please contact **Dianne Purdie** if you would like to join in;  
[diannepurdie@xtra.co.nz](mailto:diannepurdie@xtra.co.nz),

## Christchurch support group meets:

Saturday 27th Nov 2021 2:00pm to 4:00pm

### Venue:

**Café, ground floor at Burwood Hospital**

We welcome any new members to come along too. Please contact Carolyn Barkhausen if you would like to join in;  
[carolynbarkhausen@gmail.com](mailto:carolynbarkhausen@gmail.com)

## Southland support group meets:

Sunday 28th Nov 2021 1.30pm onwards

### Venue:

**Jenny's Place 22 Hodges Drive, Winton**

Pot luck afternoon tea. If you are in the Otago /Southland area you are more than welcome to join us. Please contact either Heather.  
[milliganseeds@xtra.co.nz](mailto:milliganseeds@xtra.co.nz)

## Waikato support group meets:

Date: Either 5<sup>th</sup> or the 12<sup>th</sup> October 2021  
10.00am

### Venue:

**Robert Harris Café, Chartwell Hamilton.**

We normally meet every second month. If you would like to join in with the Waikato Group, please contact Linda Bell.

[linda.bell@hotmail.co.nz](mailto:linda.bell@hotmail.co.nz)

Phone: **07 8535434**

Mobile: **027 548 1214**

## Waipa support group:

If you live in Cambridge, Te Awamutu or even Morrinsville you are welcome to come and join us. Let's endeavour to support each other as best we can. Please contact **Erena Bruce**, all welcome.

Mobile: **021 186 9680**

## Palmerston North support group:

If you wish to join in with the Palmerston North Group please get in contact with Martine Fremaux  
[curios@xtra.co.nz](mailto:curios@xtra.co.nz)

## New Plymouth support group:

To attend the New Plymouth Support Group contact Elle Bray.

[1elle@xtra.co.nz](mailto:1elle@xtra.co.nz)

## Blenheim/Nelson support group:

Jen Soane is organising the Blenheim/Nelson support group so if you would like to attend please get in touch with Jen.

[jennasoane@gmail.com](mailto:jennasoane@gmail.com)

## Hawkes Bay support group:

To join in with the Hawkes Bay Support group get in touch with Jane Sainsbury

[jsainsbury@xtra.co.nz](mailto:jsainsbury@xtra.co.nz)

## New Support Groups:

If you would like a support group in your area please contact: Jenny Andrews **0273 166124** or email [jennyred@xtra.co.nz](mailto:jennyred@xtra.co.nz) and she will be happy to help you set one up.

# Contacts:

## Find a Scleroderma a Support Group near You:

### Waikato:

Linda Bell, Email:

[linda.bell@hotmail.co.nz](mailto:linda.bell@hotmail.co.nz)

### Hawkes Bay:

Jane Sainsbury, Email:

[jsainsbury@xtra.co.nz](mailto:jsainsbury@xtra.co.nz)

### Waipa:

Erena Bruce, Email:

[glenanderena@xtra.co.nz](mailto:glenanderena@xtra.co.nz)

### Palmerston North:

Martine Fremaux, Email:

[curios@xtra.co.nz](mailto:curios@xtra.co.nz)

### New Plymouth:

Elle Bray, Email:

[1elle@xtra.co.nz](mailto:1elle@xtra.co.nz)

### Wellington:

Dianne Purdie, Email:

[diannepurdie@xtra.co.nz](mailto:diannepurdie@xtra.co.nz)

### Blenheim/Nelson:

Jen Soane, Email:

[jennasoane@gmail.com](mailto:jennasoane@gmail.com)

### Christchurch:

Carolyn Barkhausen, Email:

[carolynbarkhausen@gmail.com](mailto:carolynbarkhausen@gmail.com)

### Southland:

Heather Milligan, Email:

[milliganseeds@xtra.co.nz](mailto:milliganseeds@xtra.co.nz)





# Welcome to Scleroderma New Zealand Inc.

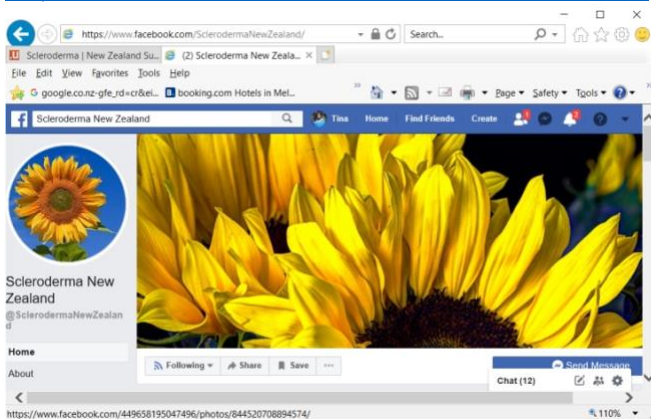
To all our new members, who have recently joined us – Welcome....

Scleroderma New Zealand Inc. is for people with scleroderma and their families and friends. As there are not too many of us, we would like to be able to provide support, friendship, exchange of ideas & information.

Link to our Website address below: -  
<http://scleroderma.org.nz/>



Link to our Scleroderma NZ Facebook page: -  
<https://www.facebook.com/SclerodermaNewZealand/>



Link to our Auckland Facebook page: -  
<https://www.facebook.com/groups/sclero.akl/>



## Scleroderma New Zealand

President:	Jenny Andrews <a href="mailto:jennyred@xtra.co.nz">jennyred@xtra.co.nz</a>
Vice President:	Tina McLean <a href="mailto:altinamclean@xtra.co.nz">altinamclean@xtra.co.nz</a>
Secretary:	Jane Sainsbury <a href="mailto:jsainsbury@xtra.co.nz">jsainsbury@xtra.co.nz</a>
Treasurer:	Gordon Purdie <a href="mailto:gordon.purdie@xtra.co.nz">gordon.purdie@xtra.co.nz</a>
Newsletter:	Tina McLean <a href="mailto:altinamclean@xtra.co.nz">altinamclean@xtra.co.nz</a> Jenny Andrews <a href="mailto:jennyred@xtra.co.nz">jennyred@xtra.co.nz</a>

## Thought for the day:

