NUMBER: 67 MARCH 2026

Scleroderma

New Zealand support group

Autumn 2026

Greetings to you all…

Welcome to the Autumn edition of our Scleroderma Newsletter

Kia ora koutou, we hope everyone is well and looking after themselves.

This is our first newsletter for 2026 and we are already into the month of March. Summer has been and gone, and we are now into the autumn season. It's time to start thinking about getting our warmer clothes (gloves, hats, scarves and thermals) out of storage and plan for our flu injection and Covid injections, in readiness for the winter season.

First, we have our President's report from Jenny Andrews. Jenny keeps us up to date with what's happening in our Scleroderma community around New Zealand.

If you have recently been diagnosed with Scleroderma or have just joined our community, welcome. We have quite a few new members so we wish you well on your Scleroderma Journey. We hope that you will find some useful information in our newsletter and we can be of some support to you and your family.

We have our regular Members News and Updates from our different support groups.

Don't forget **Daylight saving ends** on **Sunday 5th April** this year and **Easter Sunday** is on the same day.

Please feel free to send us any news, stories, jokes, tips or anything you would like to share with us at any time. Our contacts are listed on the last page of this newsletter.

Remember, this newsletter is for you and there will be other members in similar situations who would like to hear about your experiences or activities.

Take care everyone.

Tina and **Jenny**

Presidents Report:

Happy New Year to you all.

I hope you had the opportunity over the Christmas and New Year period to spend some quality time with family and friends. As we move into 2026, many of you will now be returning to your usual routines.

Firstly, I would like to acknowledge those who have been affected by the recent weather events across the country. It has been very difficult to see the impact these events have had on many communities. Our thoughts are with you, and we wish you all the very best as you navigate these challenging circumstances.

I have recently updated our membership list, and wish to share that we welcomed **21 new members in 2025**. That is 21 more individuals who can now connect with and benefit from the support of Scleroderma New Zealand following their diagnosis. We extend a very warm welcome to each of you. Everyone approaches their diagnosis differently—some people engage actively in support groups, while others prefer to process things more privately. Whatever your approach, please know that support is here when you need it.

Last week, Tina and I had the privilege of attending the **launch of the** *"Impact of Living with Rare Disorders in Aotearoa New Zealand 2025"* **white paper at Parliament**, hosted by Rare Disorders NZ. We were unsure what to expect, but it proved to be a very positive and encouraging experience. Rare Disorders NZ continues to do outstanding work advocating for people living with rare conditions.

The event provided an opportunity to connect with others living with rare disorders, representatives from Pharmac and pharmaceutical organisations, government officials, and the dedicated team from Rare Disorders NZ. The programme included a series of speeches, followed by a group photo of attending leaders. Afterwards, there was time for further networking over refreshments.

The following morning we were also invited to attend a **Leaders' Morning Tea** at the Rare Disorders NZ office. It was a wonderful opportunity to continue conversations and connect with leaders from other rare disorder organisations, strengthening the relationships and shared advocacy that support our communities.

I would like to take this opportunity to sincerely thank our Committee for their ongoing dedication and commitment to the work we do. Their time, effort, and support behind the scenes play an essential role in ensuring that Scleroderma New Zealand continues to provide guidance, advocacy, and connection for our community.

I would also like to acknowledge and thank our Support Group Leaders for the invaluable role they play. Your willingness to support others, share your experiences, and create safe spaces for people to connect makes a meaningful difference in the lives of many.

Finally, I would like to thank all of our members. You are the reason we do what we do. Your strength, resilience, and willingness to be part of this community are what continue to drive the work of Scleroderma New Zealand. Together we are building a supportive network where no one has to face this journey alone.

Thank you all for being part of our community.

Take care all. **Jenny**

Members Stories:

Jessica-Rose Matthews….

When Your Body Changes Overnight: Living with Scleroderma at 39

Nobody ever really thinks they're going to become disabled. We think about death in abstract ways. We worry about cancer, heart attacks, accidents, the big, dramatic things. But disabled? That feels like something that happens to other people. Older people. Unlucky people. Not us.

Yet at 39, when my hands began to swell and gradually stopped working the way they always had, I had to confront a reality I had never planned for: my body was changing, and not in a temporary way.

At first it was subtle. Rings felt tighter. My hands were puffy in the mornings. I struggled with fine motor tasks. Then came the stiffness. The aching. The sense that something just wasn't right. As someone who relies on my hands daily, as a teacher, as a musician, as a human being navigating ordinary life, it was unsettling in a way that's hard to describe.

Thankfully, the diagnostic process was relatively swift. Within six months of speaking to my GP, I had an answer: scleroderma. It's one of those conditions people struggle to pronounce. There's an old joke in the community, "Hard to say, harder to live with." I understood that very quickly.

Scleroderma is an autoimmune disease that causes the body to produce excess collagen. Collagen is something most people associate with beauty creams and youthful skin. In reality, too much of it, laid down in the wrong way, can cause thickening, tightening, and hardening of the skin and connective tissues. In more serious cases, it can affect internal organs.

Early on, I thought I might have the limited (CREST) form of the disease, as my symptoms were confined to my hands. But further testing told a different story. My extended antibody panel came back positive for Anti-RNA polymerase III (ARA) antibodies. That result placed me in the diffuse cutaneous systemic sclerosis category.

It was not the news I wanted.

Over time, I began noticing more changes. My arms lost flexibility. My hips became painful. My hands started to curl inward. Simple things, like swallowing, became noticeably harder. Tasks that once took seconds now took minutes, sometimes hours. I often joke that certain jobs take "three business days," but behind the humour is a real shift in daily functioning.

One of the strangest adjustments has been needing adaptive equipment for basic activities. Opening bottles. Putting on socks. Gripping small objects. These are not things most 39-year-olds expect to need assistance with. Yet learning to adapt has become part of my routine.

There is, however, real hope in early intervention.

My rheumatologist at Counties Manukau District Health Board quickly put a management plan in place. Medication became part of daily life, and like many people with chronic illness, I've developed a kind of pragmatic acceptance of the "small pharmacy" that now accompanies me everywhere. (I've even given it a theme song. Occupational hazard of being a music teacher.)

But one of the most powerful tools in my management plan has been hand therapy.

Once a month, I see my hand therapist, my "angel in sports shoes." She guides me through targeted exercises, stretches, and massage techniques designed to maintain flexibility and slow the tightening process. These sessions are practical and empowering. They give me something tangible I can do, rather than simply waiting for progression.

In scleroderma, collagen can form in a disorganised, chaotic pattern if left unchecked – what I often describe as "higgledy-piggledy" beneath the skin. That disorganisation leads to hardness and loss of movement. However, through consistent massage and compression, it is possible to encourage more organised collagen alignment.

Compression gloves, similar to those used in burn care, have become part of my daily wardrobe. I have several pairs provided by the CMDHB team. They apply steady pressure, helping to reduce swelling and discourage excessive tissue buildup. Combined with regular self-massage (always working toward the heart to support fluid movement), these strategies aim to preserve as much function as possible.

Being diagnosed early has been a significant advantage. It has allowed me to intervene while there is still flexibility to preserve.

Living with scleroderma is not something I would wish on anyone. It brings unpredictability, fatigue, and physical limitations that can be confronting. But it has also forced me to become more intentional. More proactive. More appreciative of small victories.

There are lighter moments too. Accessible parking has its perks. Humour helps. Perspective helps.

Most importantly, knowledge helps.

If you are newly diagnosed, or if something doesn't feel right in your body, advocate for yourself. Ask questions. Seek referrals. Hand therapy and compression garments are not always discussed immediately, but they can make a meaningful difference. Early management matters.

Scleroderma is not currently curable. But it is manageable. And with the right support team, practical tools, and a willingness to adapt, it is possible to maintain function, independence, and quality of life.

Disability is not something most of us imagine for ourselves. But when it arrives, it does not mean the end of capability, purpose, or contribution. It simply means learning to do things differently, one step, one stretch, one "three-business-day" task at a time.

Members Stories:

Erena shares a member's experience of searching for quality of life….

I write briefly about someone who has been profound in finding a way to have a quality of life for what is left in her life. At a tender age of 79years heavily burdened with gastric issues, severe constipation, joint pain, 2 hip/2 knee replacements severe migraines, arthritis, various emotional battles being widowed, it was inevitable the amount of medication that was being scribed, hospital visit biannually were weeks on end. Of course, the outpatient clinic appointments and physio appointments, day to day management was intense and never ending.

In January this year she made an announcement there was a Natural Lifestyle Clinic in India that she was going to attend. After getting over the what ifs and pointing out considerations, her mind had been made up she had to go and now in February the doctors in India confirmed season in March was too arduous and returning to NZ before then was ideal. The background is her brother had gone just over a year before and he was to travel with her as well as her sister. Therefore, plans were fast forwarded, passport application, Evisa, medical letters, insurance, Travel agent visits, research regarding the Clinic and requirements. The clinic offered the Naturopathy therapy, Hot and Cold treatment, Yoga, massage, a 24/7 therapists to monitor and support the ease of symptoms through Naturopathy.

Over the month many things happened that discouraged the departure date of February 17th. Firstly, both siblings pulled out. Travel agent had to work hard to acquire travel plans flights were booked (busy time in India). Evisa confirmation was pushed through before confirmation of flight departure. GP was in disbelief gratefully signed off, Pharmacy ensured medication was properly arranged for the 17 hour flight and 5 hour lay over. Then the money known as Rupees, limited to only 2500.00 rupees equivalent to 506NZ dollars was so limited in funds, not enough time to go through the use of a wise card for overseas travel. On contact with she had no Credit card. Bank confirmed a debit card would work though.

Couple of days to go before departure an intense conversation about safety, with International Airport assistant in place and Airline assistance on all flights and how they work in place, bags packed and prayer service night before she was going to India on her own having only travelled to Australia once with family.

Flight departure was 6.30am, therefore departure from her place was 3.30am. Uneventful enroute and at airport it became a waiting game for the next 12 days until return to NZ soil.

Having returned the other day from a life experience the energy levels are pulsing, having detoxed and had the treatment 24/7, 6 hours a day every day with people who were attentive, respectful of an elderly person and understood the process it is clear to see it has been a great decision for her. She only eats vegetables, fruit and fish drinks water. The long term ideal is to come off medication and to eliminate the need for them as it also brings on other side effects that were difficult to manage.

Not only did she endure the travel, kept open minded to the treatment particularly at the regularity of some procedures in order to cleanse, but also manage the emotional rollar coaster that plagues in a different culture, time zone, different language, different environment quite inspirational how she overcame the experience and even enjoyed her time there (a safety plan was not to leave the clinic without a trusted clinic guide, so she didn't).

I am very proud and grateful of my mum who has again shown courage, determination and te Mana o te Wahine.

I guess I offer this as a testament to human nature and the spirit of which simplicity, mindfulness and faith can provide a way of life.

Neira ra te mihi nunui kia koutou kia kaha kia U e hoa ma.

Erena

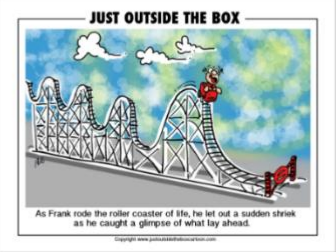
Members Stories:

The life and times of Perry…

Are you in the game or are you watching from the sidelines…

Health Update #23: Push Play

December 21, 2025 by Perry



The past couple of months have been a tad hectic with all sorts of stuff going on for our family.

Firstly, as noted in my Spiramentum Ministries latest blog posts exploring the lesser known Christmas Carols / Songs contained within The Salvation Army Songbook, I mentioned about Annette losing her father to his battle with cancer and the subsequent celebration of life service in Geraldine which was held this week.

In between his passing and the service we travelled down to Invercargill for the week to support our eldest daughter as she's had some relationship stuff going on, that culminated in us supporting her at a Family Court hearing.

Then you add my health into the mix which has been a bit up and down of late, as I've been battling a viral chest infection that keeps on coming and going. The antibiotics seem to have gotten me over the worst of it, but I've had this nagging niggly phlegmy cough that just about clears and then starts returning just to remind me that it's there lurking deep down in my lungs. Every now and again I also develop a croaky voice if I've been talking too much or singing that takes a while to come right.

Anyhow, a couple of weeks ago in amongst all the travelling up and down the country that we've been doing, I had an appointment at Christchurch Hospital to get my infusion done. They checked all my vitals and did my bloods as I hadn't been able to get them done the day before and everything was looking good, at least for the most part, so they hooked me up.

However, just prior to them starting the infusion the croakiness in my voice started and I had a few decent phlegmy coughs (although it wasn't enough to get a sputum sample) so the nurse that was looking after me was not prepared to push play* 😒

You see, she was concerned that due to the fact that I had not long finished a course of antibiotics, and I had this persistent cough and the croakiness in my voice, I could potentially have a rebound episode of the viral chest infection after receiving the Tocilizumab

What's more my bloods (especially the neutrophils and the white blood count were still quite high) based on the previous results (I wrote about having Neutrophilia in my last health update).

So, for my best interests they decided that it'd be prudent to put the infusion off for a couple of weeks to play it safe.

It's not as if I'd have wanted to have another stay in hospital this side of Christmas with a bad case of Neutropenia, or Neutrophilia that's for sure.

Anyhow, this week I got to go back in to have my infusion done at Christchurch Hospital (two months after my last one) even though my bloods were still out of whack due to the neutrophilia (which have only come down slightly from the previous blood tests). They checked my vitals, gave me the all clear, hooked me up and this time they got to push play*.

Although our grandson Jack wasn't very happy leaving me behind at the hospital, balling his eyes out as he got back into the car.

As I start typing this I'm being offered a light lunch to see me through. My usual appointment time is mid-afternoon so I think I might have to get them to reschedule my next appointment so that I can get lunch again 🤪

In amongst all the not so good stuff that has been going on we have also had some kool things happening, as we traded in our old car for a new one although we've put a few kilometers on it in just a couple of weeks.

As the old adage goes 'life goes on' and we can't linger too long or else other exciting (hopefully) stuff will pass us by. We certainly don't want any other bad things to be a happening.

We now have only a few days to go 'til Christmas and this year the family is gathering at our place ☺

So we'd better get on with some Christmas shopping and thankfully our children have already been told that they will be organising all of the food (well, a fair chunk of it) to help give their mum a break, as she managed to crack a couple of ribs (as noted on this post) while down in Invercargill ☹

Anyhow, from my family to yours I pray that you have a fantabulous Christmas and New Years and that nothing untoward happens that dampens the spirit of the festive season.

Blessings 'til next time ☺

Members Stories:

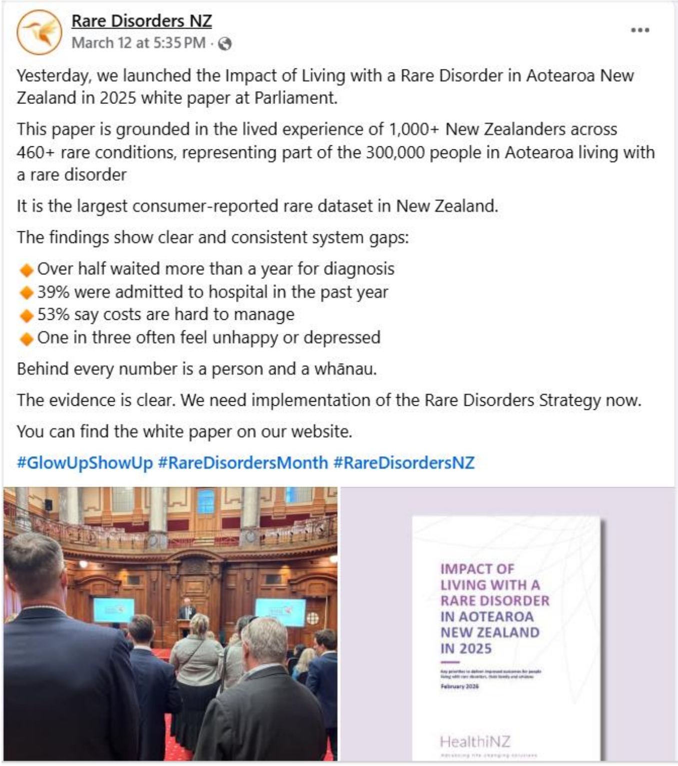
Jenny Andrews and **Tina McLean …**

Rare Disorders NZ launch of the "*Impact of Living with Rare Disorders in New Zealand 2025*" white paper at Parliament…

Jenny Andrews, President and Vice President, Tina McLean of Scleroderma New Zealand Inc, represented Scleroderma New Zealand at the launch of the "Impact of Living with a Rare Disorder in Aotearoa New Zealand in 2025" white paper on the 11th March at Parliament where Hon **Simeon Brown**, Minister of Health was in attendance.

Some photos taken in front of the Beehive and in Parliament before we attended the launch in Parliament

From Rare Disorder NZ Facebook page:



Rare Disorders NZ
March 12 at 5:35 PM ·

Yesterday, we launched the Impact of Living with a Rare Disorder in Aotearoa New Zealand in 2025 white paper at Parliament.

This paper is grounded in the lived experience of 1,000+ New Zealanders across 460+ rare conditions, representing part of the 300,000 people in Aotearoa living with a rare disorder

It is the largest consumer-reported rare dataset in New Zealand.

The findings show clear and consistent system gaps:

🔸Over half waited more than a year for diagnosis
🔸39% were admitted to hospital in the past year
🔸53% say costs are hard to manage
🔸One in three often feel unhappy or depressed

Behind every number is a person and a whānau.

The evidence is clear. We need implementation of the Rare Disorders Strategy now.

You can find the white paper on our website.

#GlowUpShowUp #RareDisordersMonth #RareDisordersNZ

You can find the white paper here:
Impact of Living with a rare disorder in Aotearoa New Zealand in 2025 - Rare Disorders New Zealand

Link to download the white paper below:
https://raredisorders.org.nz/media/pages/file/25/impact-of-living-with-a-rare-disorder-feb-2026-web.pdf

Summary: Launch of the Impact of Living with Rare Disorders in New Zealand 2025 White Paper

The event marked the launch of the **"Impact of Living with Rare Disorders in Aotearoa New Zealand 2025"** white paper, which presents findings from a national survey of people living with rare disorders and their carers. The launch brought together government representatives, Members of Parliament, healthcare professionals, researchers, advocates, and members of the rare disorders community.

Speakers acknowledged the significant impact of rare disorders on New Zealanders, noting that although individual conditions are uncommon, together they affect around 300,000 people in New Zealand. Many rare disorders begin in childhood, are lifelong, and patients often face long diagnostic journeys, misdiagnoses, and fragmented healthcare support.

The white paper is based on survey responses from over 1,000 New Zealanders living with or caring for someone with a rare disorder. It highlights key challenges including:

- Long delays in receiving an accurate diagnosis
- Difficulty accessing treatments and medicines
- Fragmented healthcare services
- Financial, emotional, and social burdens on families

A personal story shared by **Olivia Worthington**, who lives with a rare genetic disorder, illustrated the human impact behind the statistics. After years of misdiagnosis and unnecessary surgery, she was eventually correctly diagnosed and later became one of the first people in the world to receive a **CRISPR gene-editing treatment**, which transformed her life. Her story emphasized both the challenges patients face and the promise of emerging medical technologies.

Health Minister **Simeon Brown** acknowledged the issues raised in the report and discussed progress being made through the **New Zealand Rare Disorders Strategy** (launched in 2024). The government aims to improve:

- Access to medicines
- Faster and more accurate diagnosis (including genomic testing)
- Coordination between health agencies
- Support for patients and families

The event concluded with a call for continued action to ensure that people living with rare disorders receive timely diagnosis, effective treatments, and a healthcare system that better supports their needs.

Summary of Simeon Brown's Speech

New Zealand's Minister of Health, Simeon Brown, spoke about the challenges faced by people living with rare disorders and the steps the government is taking to improve support, diagnosis, and access to treatment.

He began by acknowledging the rare disorders community, including patients, families, carers, clinicians, and advocates, and thanked the organisers and contributors to the white paper. He emphasised that while individual rare disorders affect small numbers of people, collectively they impact **around 300,000 New Zealanders**, many of them children.

The Minister noted that the white paper highlights several ongoing challenges faced by people with rare disorders, including **long delays in diagnosis, fragmented care, difficulty accessing medicines, and significant pressure on families and caregivers**. He recognised that these issues often result in financial, emotional, and practical burdens for those affected.

Brown referred to the introduction of the **New Zealand Rare Disorders Strategy**, which established a national framework for improving outcomes for people living with rare disorders. He stated that the current focus is on implementing the strategy through stronger coordination between health agencies, clearer accountability, and greater engagement with the rare disorders community.

He also highlighted progress being made in **access to medicines**, including funding and expanded access to treatments for some rare conditions. Brown explained that improvements in medicine access can significantly improve health outcomes and reduce pressure on the health system by enabling earlier and more effective treatment.

Another priority he discussed was improving **diagnosis through genomic testing**. He announced that **Health New Zealand** is progressing a pilot programme in Canterbury laboratories to evaluate access to **whole genome sequencing** for patients with rare disorders. This initiative aims to reduce reliance on overseas testing, speed up diagnosis, and strengthen New Zealand's genomic capability.

Brown also acknowledged that families often carry a heavy burden when the health system is slow or fragmented. Survey results cited in the report showed that many families experience **financial strain, difficulty maintaining employment, and significant emotional stress** while caring for someone with a rare disorder.

In closing, the Minister stated that people living with rare disorders should not have to struggle to be diagnosed, treated, and supported. He acknowledged that while **progress has been made**, there is still more work to do. The government's goal, he said, is to continue improving medicine access, strengthen diagnostic pathways, and ensure the health system delivers meaningful improvements for people living with rare disorders in New Zealand.

Tour Aotearoa for Scleroderma awareness

Fundraising for Scleroderma New Zealand Incorporated

A huge thank you and support for Tony Davenport who is cycling the length of NZ to raise awareness for Scleroderma…

A fundraising initiative by Tony Davenport. Starting February 28th, Tony will be biking the length of New Zealand, from Cape Reinga to Bluff. Tony is undertaking this ride in memory of his sister, Megan, who passed away in December 2024 after a long battle with Scleroderma.

Below is a copy of Tony's Givealittle page with links to donate and you can track his cycling journey:

Tour Aotearoa for scleroderma awareness

Fundraising for Scleroderma New Zealand Incorporated

Auckland

Hi Welcome to my page!

In the next month I'll be taking on a personal challenge that means a great deal to me — cycling the length of New Zealand.

You can follow my journey here: https://ta26.maprogress.com/?bib=TD1

I'm doing this ride in memory of my sister, who sadly passed away 13 months ago after living with the rare and poorly understood autoimmune disease called Scleroderma.

Through this ride, I hope to raise awareness and support for people living with it across New Zealand. All funds raised will go directly to Scleroderma NZ Inc. The money will be used to update their Understanding and Managing Scleroderma booklet and to provide financial support to attract expert guest speakers — resources that are incredibly valuable for sufferers, families, and carers navigating this condition.

If you're able to contribute, any donation will be gratefully received and truly appreciated.

For more information refer:

https://scleroderma.org.nz/about-us/

My company, Accumulus (Quantity Surveying Practice), is generously supporting the challenge by covering the cost of all equipment needed for this epic ride, ensuring that every dollar donated goes straight to the cause.

Other page links

www.accumulus.nz

If you would like to support Tony or share his journey, the links are below. The second link is a tracker so we can follow his progress; Tony noted that if the dot stops moving for a while, he might just be taking a nap under a tree!

Fundraising Link:

https://givealittle.co.nz/fundraiser/tour-aotearoa-for-scleroderma-awareness

Tracker Link:

https://ta26.maprogress.com/?bib=TD1

You can click on Tony Davenport's name and you will see where he is.

We wish Tony all the best.

Members Update:

Podiatrists and Fingernail cutting

Please see below a list of Podiatrists who also work with our finger nails.

Jessica Dobbs Podiatry, Hamilton
Clinic is a Hamilton based Podiatry clinic in Flagstaff, Hamilton and also specialize in mobile podiatry across the Waikato.
Our Podiatrist are trained in fingernail cutting and are happy to assist your members
2 Endeavour Avenue, Flagstaff, Hamilton 3210.
Mobile: 0274 242 442

Dr Althea Page-Carruth, Central Otago
Dr Carruth does this only as part of general foot care.
To get in touch with her, her contact details are:
Mobile: 020 41785262
Clinics are in Cromwell and Alexandra

Elaine Yelland, Kapiti Coast
Podiatrist & Business Owner
Foot Focus Podiatry Ltd, Kapiti Coast
Mobile: 021 578 601

Saf Kear, Tauranga
Write: hello@thegoodpodiatrist.co.nz
Phone: (07) 219 7811, Mobile: 021 121 0435

Simon Speight, Auckland
www.speightspodiatry.co.nz
https://www.facebook.com/Speights-Podiatry
https://www.instagram.com/speightspodiatry
2nd floor, 43 High Street, Auckland Central
Phone: (09) 306 4006, Mobile: 021-535511

Greig Price, Home Visits from Takaka to Blenheim
Email info@mobilepod.nz
Mobile: 022 419 0205

Catie Rowe Podiatry, Timaru
17 Dee St, Seaview, Timaru
Phone: (03) 683-1448, Mobile: 027 6882036

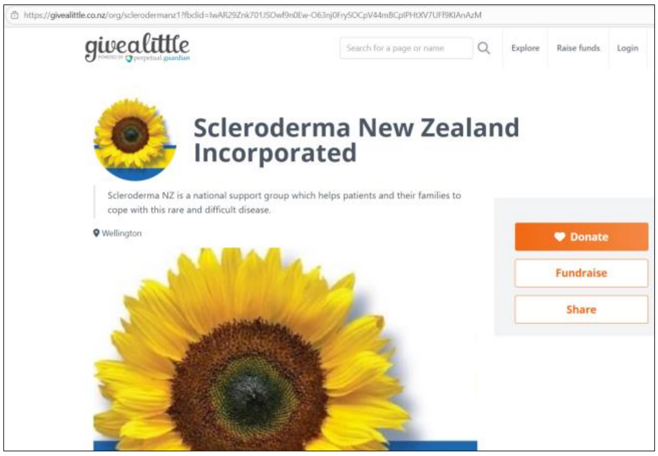
Give a little: Scleroderma NZ Inc.

From Scleroderma New Zealand Incorporated - Givealittle


Scleroderma New Zealand Incorporated
Scleroderma NZ is a national support group which helps patients and their families to cope with this rare and difficult disease.

An example of what our give a little website page is shown below:

Scleroderma New Zealand Incorporated - Givealittle



Scleroderma New Zealand Incorporated
Scleroderma NZ is a national support group which helps patients and their families to cope with this rare and difficult disease.
Wellington

Our give a little URL link address is shown below: -

https://givealittle.co.nz/org/sclerodermanz1?fbclid=IwAR29Znk701JSOwf9n0Ew-O63nj0FrySOCpV44mBCpIPHtXV7UFf9KIAnAzM

And can also be shown like this (the URL address within):
Scleroderma New Zealand Incorporated - Givealittle

If you are donating or you are circulating the givealittle link, please make sure you use the above address link, thank you.

Many General Practitioners have not had experience with this disease and Scleroderma NZ aims to help promote knowledge among our medical professionals and patients, by supplying them with educational booklets and hospital checklists for special requirements.

Events Happening:

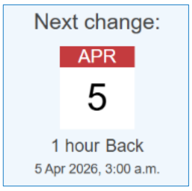
Rare Disorders Month: March 2026

Glow Up & Show Up for Rare

This March, fundraise to show up for people and families living with rare disorders across Aotearoa

Daylight Saving Time Ends: 5 Apr 2026

When local daylight time is about to reach


Next change:
APR
5
1 hour Back
5 Apr 2026, 3:00 a.m.

Sunday, 5 April 2026, 3:00:00 a.m. clocks are turned **backward 1 hour** to:

Sunday, 5 April 2026, **2:00:00** a.m. local standard time instead.

Sunrise and sunset will be about 1 hour earlier on 5 Apr 2026 than the day before. There will be more light in the morning and less light in the evening.

Easter Weekend - Public Holidays:

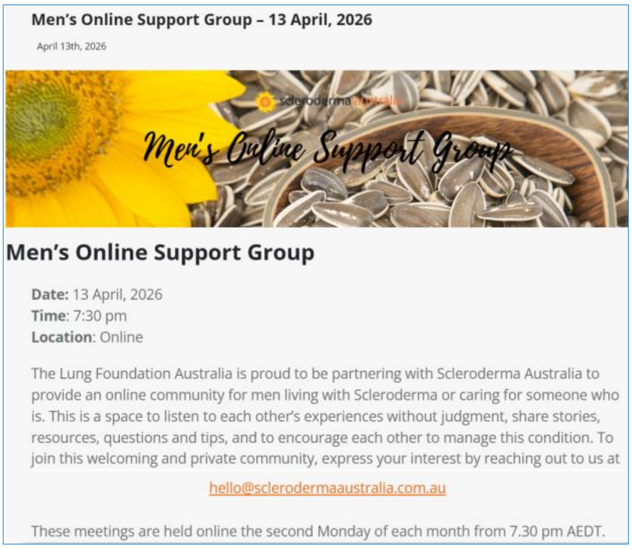

Good Friday: April 3, 2026
Easter Sunday: April 5, 2026
Easter Monday: April 6, 2026

ANZAC Day - Public Holiday:


Sat, 25 Apr 2026

Public holiday: Mon, 27 Apr 2026

Men's Online Support: 13 April 2026


Men's Online Support Group – 13 April, 2026

April 13th, 2026

Men's Online Support Group

Date: 13 April, 2026
Time: 7:30 pm
Location: Online

The Lung Foundation Australia is proud to be partnering with Scleroderma Australia to provide an online community for men living with Scleroderma or caring for someone who is. This is a space to listen to each other's experiences without judgment, share stories, resources, questions and tips, and to encourage each other to manage this condition. To join this welcoming and private community, express your interest by reaching out to us at

hello@sclerodermaaustralia.com.au

These meetings are held online the second Monday of each month from 7.30 pm AEDT.

Our next Scleroderma Zoom meeting:

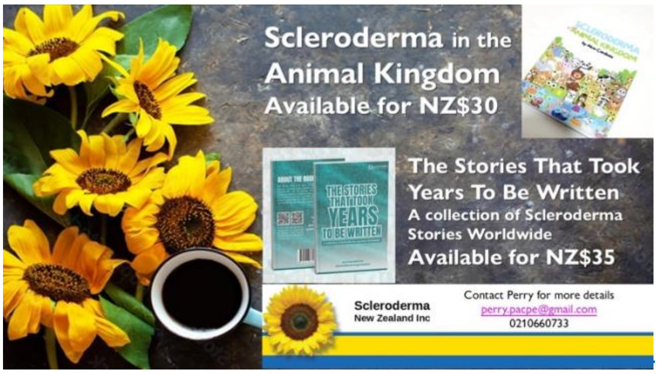
Dear Members,

All welcome to the next online Scleroderma NZ support group meeting on the 2nd of May

A great opportunity to have a great catch up with our Scleroderma friends.

The link for this will be put up on the Facebook page or feel free to contact Perry at
perry.pacpe@gmail.com
Look forward to seeing you then. **Perry Bray**

Perry Bray has been in communication with Alvin Cardinez, a young man from the Philippines who wrote a children's book Scleroderma in the Animal Kingdom. If you would like to purchase one, get in touch with Perry.


Scleroderma in the Animal Kingdom
Available for NZ$30

The Stories That Took Years To Be Written
A collection of Scleroderma Stories Worldwide
Available for NZ$35

Scleroderma New Zealand Inc

Contact Perry for more details
perry.pacpe@gmail.com
0210660733

Tips: Heated Gloves, Jacket & Vest

In our lunch group meeting, one of our members suggested using these heated gloves – great for cold fingers or if you suffer from Raynauds.

These Gloves work very well and doesn't interfere while you're working with your hands, also great for when you are outside in the cold. Can be bought online for about **$50.95** with free shipping.
Link to the website below:

[USB Rechargeable Heated Gloves for Female Male Battery Powered Winter Warm Gloves for Outdoor Skiing Mountain Climbing A L | Fruugo NZ]

Another member mentioned gloves from **Toasty Touch**.

Can be bought online for **$225**
Not bulky - quite fine - more like a fine sock thickness. 3 heating settings. Their website mentions: "***The thinnest heated gloves on the Internet***". Link to the website below:

[Toasty Touch Ultra-Thin Heated Gloves - Toasty Touch]

Toasty Touch Ultra Thin Heated Gloves come with:

- A pair of 7.4V 2200 mAh lithium rechargeable batteries.
- One U.S. or Australia/NZ dual battery charger (100–240V).
- User manual.
- **Touch screen compatible on 3 fingers instead of the usual 2 (index, middle, thumb).*
- **The gloves can be machine washed and dried.*

Battery settings:

- Red: warmest- batteries last 2 to 2.5 hours.
- White: medium- batteries last 3 to 3.5 hours.
- Blue: low- batteries last 6 to 6.5 hours.

Members also discussed about heated jackets that some have bought. Heated jackets can be bought from various places, of different brands and come in both Men's and Ladies sizes. There are also heated vest.

You will need to read the descriptions thoroughly as the price range varies from **$145** to **$329** depending what type your are buying and from which retail you are buying from. Note: some jackets state batteries are sold seperately and some jackets are machine washable as the batteries can be taken out before washing.

From Toolshed: at $299:

Machine washable
The jacket will operate for around 2.8 hours on high, 4.2 hours on medium and 8.5 hours on low. Full battery recharge time is 5 hours.
Comes complete with Li-Ion battery and mains powered charger that can be put onto charge at any time as there is no memory effect.
These amazing fully-lined jackets and are fitted with 5 heating elements located on the upper back and the left and right chest plus the 2 cuffs.
They have two pockets on the sides and a zipped pocket upper left ideal for a pad/pen or smart phone etc.
The jacket is machine washable, please make sure you remove the battery before washing and air dry only.
For more info:
[ToolShed Heated Jacket Mens w/ Battery]

From Repco: at $145

Specifications:
Platform: REDLITHIUM
USBVoltage 4V Heat Zones Chest
Heat Zones: Chest / Upper Back
Modes: High / Low
Runtime (hours): 1.5 (High) / 3 (Low) - L4B3
Material: Midweight

What's included:

- 1 x REDLITHIUM™ USB Heated Base Layer Black [L4HBLBLACK-301]
- 1 x REDLITHIUM USB 3.0AH Battery [L4B3]
- 1 x USB Charger/Controller
- 1 x Heavy Duty Cord & Adaptor

[Milwaukee Redlithium USB Heated Base Layer Black S - L4HBLBLACK301S - Milwaukee | Repco New Zealand]

"The trees are about to show us how lovely it is to change."

Tips: Heated Gloves, Jacket & Vest

From Bunnings: at $329

Features

- Machine Washable*, waterproof & windproof
- On/Off heat controller with LED indicator
- 11.5W Heating value

5 heat zones: Left/Right chest, Left/Right shoulders, Middle of back

3 heat settings: (High, Medium, Low) for comfortable heating control

Up to 14hrs run time on low using a 4.0Ah battery

Compatible with CXT & LXT batteries (adaptor required. sold separately)

*Soft wash in water less than 30°C, Battery & Holder must be removed.

Link to website below:

[Makita Heated Jacket Skin XXL - Bunnings New Zealand]

From Bunnings: Heated Vest at $269

Features:

- Integrated USB Port - Provides easy charging for USB powered devices
- Consistent Body Core Warmth with Simultaneous Maximum Freedom of Movement
- Three-zone Heating and Three Heat Levels - For perfect heat distribution and long-lasting warmth

The GHV 12+18V XA heated vest is the ideal choice for everybody who desires consistent warmth of the body core without having to forgo maximum freedom of movement. Its smart design keeps the body warm and enables intensive physical work, especially with the arms, at the same time. This vest's three-zone heating makes for perfect heat distribution to keep the body core warm all day. With three heat levels, powered with Bosch's 12 V batteries, long-lasting warmth is always taken care of. For added convenience, USB-powered devices are easily charged via the battery adapter's integrated port.

***Battery not included**

Link to website below:

[Bosch Professional Large Heated Vest 06188000EC - Skin Only - Bunnings New Zealand]

Tips: Hemp Balm for sore joints

One of our members also suggested the use of Hemp Balm to rub on the surface of your skin where there is pain or on the sore joints.

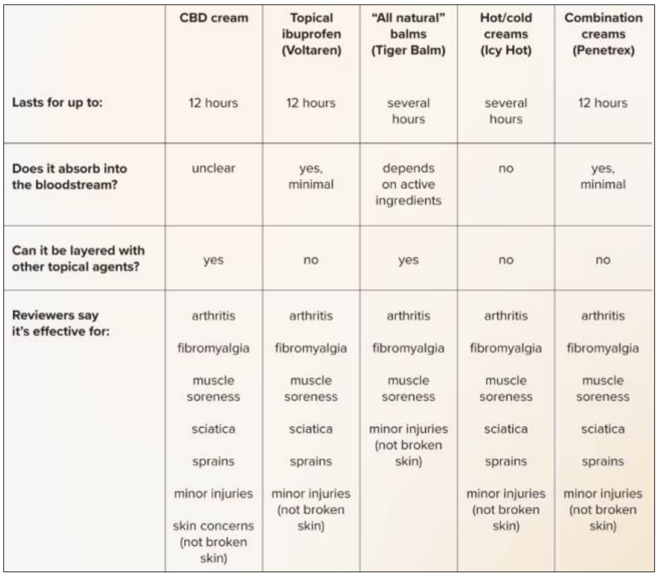
Does CBD cream help with pain?

Although many people use it as a natural pain management tool, there is not enough research that looks at whether CBD offers effective pain relief. However, so far, there's some evidence that topical CBD products, like creams, may help with a variety of pain sensations, including:

- **Arthritis pain:** A 2015 study in ratsTrusted Source suggested that topical CBD may help with arthritis-related pain and swelling. More recently, an anonymous, questionnaire-based 2022 studyTrusted Source suggested that CBD use is linked with a perceived decrease in arthritis symptoms, especially joint pain. Additionally, a 2023 study in miceTrusted Source suggested that cannabinoids like CBD and cannabichromene may help reduce inflammation, a common arthritis symptom.
- **Nerve pain:** A small 2020 study examined the effects of topical CBD oils on pain. Many participants, all of whom had nerve damage, reported experiencing reduced pain levels. They described a dip in sharp, intense, cold, and itchy pain sensations.
- **Jaw pain:** A small 2019 studyTrusted Source investigated the potential of topical CBD to provide relief from a specific type of facial pain that primarily affects the jaw. The researchers found that people who applied topical CBD twice a day experienced significantly less pain after two weeks.

Another 2020 study found that some people in palliative care us THC or CBD regularly and that topical products, in particular, help reduce pain.

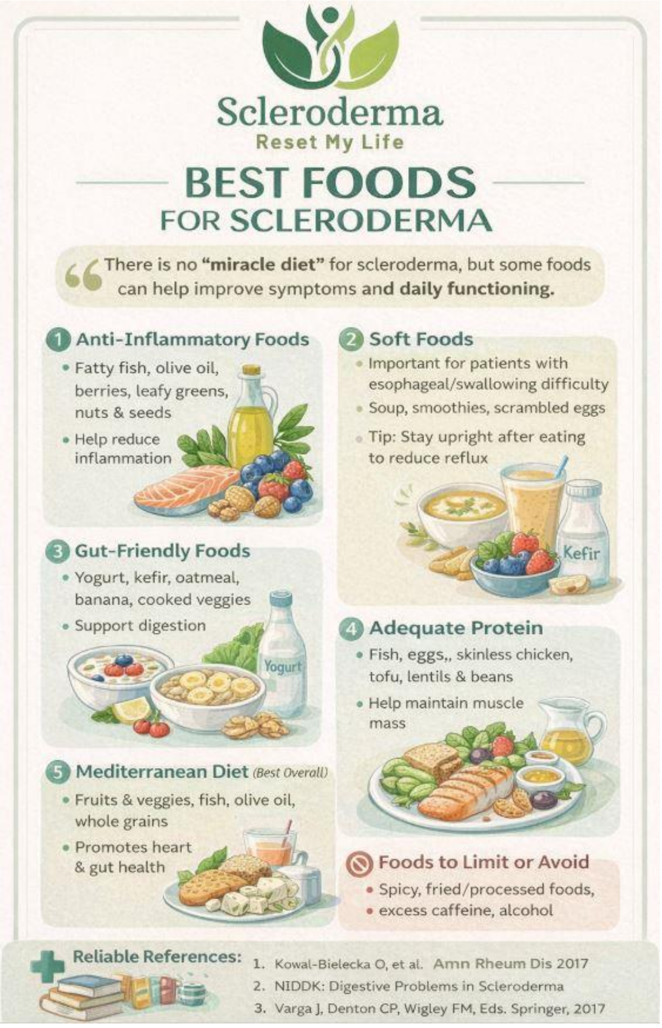
CBD creams vs. other topical pain relievers



	CBD cream	Topical ibuprofen (Voltaren)	"All natural" balms (Tiger Balm)	Hot/cold creams (Icy Hot)	Combination creams (Penetrex)
Lasts for up to:	12 hours	12 hours	several hours	several hours	12 hours
Does it absorb into the bloodstream?	unclear	yes, minimal	depends on active ingredients	no	yes, minimal
Can it be layered with other topical agents?	yes	no	yes	no	no
Reviewers say it's effective for:	arthritis fibromyalgia muscle soreness sciatica sprains minor injuries skin concerns (not broken skin)	arthritis fibromyalgia muscle soreness sciatica sprains minor injuries (not broken skin)	arthritis fibromyalgia muscle soreness minor injuries (not broken skin)	arthritis fibromyalgia muscle soreness sciatica sprains minor injuries (not broken skin)	arthritis fibromyalgia muscle soreness sciatica sprains minor injuries (not broken skin)

Remember that the most reputable CBD brands are transparent about their products, including providing clear descriptions on their websites of where products are grown and how they're processed. Talk with a doctor or another healthcare professional before trying CBD.

Source:https://www.healthline.com/cbd/best-cbd-cream-for-pain#cbd-vs-other-pain-relievers



Scleroderma
Reset My Life

BEST FOODS
FOR SCLERODERMA

“There is no **“miracle diet”** for scleroderma, but some foods can help improve symptoms **and daily functioning.**

① Anti-Inflammatory Foods
- Fatty fish, olive oil, berries, leafy greens, nuts & seeds
- Help reduce inflammation

② Soft Foods
- Important for patients with esophageal/swallowing difficulty
- Soup, smoothies, scrambled eggs
- Tip: Stay upright after eating to reduce reflux

③ Gut-Friendly Foods
- Yogurt, kefir, oatmeal, banana, cooked veggies
- Support digestion

④ Adequate Protein
- Fish, eggs,, skinless chicken, tofu, lentils & beans
- Help maintain muscle mass

⑤ Mediterranean Diet *(Best Overall)*
- Fruits & veggies, fish, olive oil, whole grains
- Promotes heart & gut health

Foods to Limit or Avoid
- Spicy, fried/processed foods,
- excess caffeine, alcohol

Reliable References:

1. Kowal-Bielecka O, et al. Amn Rheum Dis 2017
2. NIDDK: Digestive Problems in Scleroderma
3. Varga J, Denton CP, Wigley FM, Eds. Springer, 2017

Scleroderma
Reset My Life

Foods to Avoid for Scleroderma
To reduce reflux, inflammation & swallowing issues

Acidic & Reflux Foods
Citrus, Tomatoes, Coffee, Soda

Fried & Fatty Foods
Fast Food, Bacon, Creamy Sauces

Ultra-Processed Foods
Processed Meats, Sugary Snacks

High Salt Foods
Salty Snacks, Canned Soups

Alcohol
Irritates Esophagus, Worsens Reflux

Hard & Dry Foods
Tough Meats, Dry Crackers

Helpful Tips:
- Eat Small, Frequent Meals
- Stay Upright After Eating
- Choose Soft, Moist Foods

Reliable References:

- EULAR - Ann Rheum Dis 2017
- Johns Hopkins Scleroderma Center
- NIH & Cleveland Clinic
- UpToDate

“Autumn teaches us that change can be beautiful.”

New Year 2026 Resolution
For Every Scleroderma Warrior

I am not my disease.
I am strength.
I am resilience.

I choose to listen to my body
Rest is not weakness — it is survival.

I choose self-care without guilt
Healing looks different for everyone.

I choose to keep fighting
Even when the battle is silent and unseen.

I choose hope, one day at a time
Progress is still progress, no matter how small.

Still here. Still fighting. Still powerful.

Welcome 2026.

Scleroderma – Reset My Life

“Like the leaves, we are meant to grow, change, and let go.”

Members News

Wanaka Scleroderma Group

The Wanaka Group are up and running and meeting regularly. It is wonderful to see them meeting up and having coffee together and enjoying each other's company.

Southland Scleroderma Group

We had our Southland Scleroderma lunch in Invercargill on Sunday, 15 February at Buster Crabb. A wonderful turn out of 24 of us.

It was great meeting members from Southland, Sandra from Lake Hawea, Helen and Roger from Auckland, Emma from Dunedin and Liz from the North Island. We welcomed new member Sandra along with her supportive husband and sister.

Discussions covered topics like a recent SSc-ILD diagnosis of one of our members, Glenys's upcoming glamourous sounding plastic surgery (removing infected calcinosis from her finger) and other non-scleroderma subjects such as British passports and shared acquaintances.

Thanks again, Jenny—I always enjoy connecting with our group.

Heather Milligan

Bay of Plenty Scleroderma Group

On 14 February, seven of us gathered at Torri Eatery for what turned out to be a truly uplifting afternoon. The atmosphere was warm and open from the start, and conversations flowed easily over coffee and food.

One of the most meaningful parts of the meetup was recognising both our similarities and differences. While we all live with scleroderma, the way it shows up in each of our lives varies significantly. Hearing about these different impacts—physical, emotional, and practical—was eye-opening and validating at the same time. There was comfort in knowing we are not alone, and strength in seeing how each person navigates their own version of this condition.

The mood was noticeably buoyant. There was laughter, honest sharing, and a sense of solidarity that lingered well beyond the table. Thank you to everyone who came along and contributed to such a positive and supportive gathering. We look forward to seeing even more members at future meetups.

Learning from Waipapa group, we also have a Whatsapp group so that everyone can get updates and reminders of the meetups. It has been very effective.

If you would like to join the Bay of Plenty group get in touch with Alumie Nguyen: alumie.uow@gmail.com

Members News continued.

Hawkes Bay Scleroderma Group

The Hawkes Bay monthly meeting on Saturday 21 March went well. We had a new member join us so we spent a lot of time discussing symptoms, specialists and diagnosis. We had six members present and one supporter. Our two members who have had bone marrow transplants are both through the worst. One is back in the Bay and the other one is out of hospital and waiting to be released to return. We spent so much time talking we forgot to take a photo. Better luck next time. Regards, Frances

Christchurch Scleroderma Group

If you would like to attend the Christchurch Support Group please get in contact with **Nicky Moore:** **nicky.moore@xtra.co.nz**

Palmerston North Scleroderma Group

If you would like to join in with the Palmerston North group please get in contact with:
Anne Allan: anneallan95@gmail.com

Otago Scleroderma Group

If you would like to join in with the Otago group please contact Gaynor: gaymeddings@gmail.com

New Plymouth Scleroderma Group

If you would like to attend the New Plymouth Support Group please get in contact with **Kelsi Tidswell:** **kelsitidswell@gmail.com**

Waipa and Waikato Scleroderma Group

Teenaa koutou e hoa ma, (Greetings Friends)

Ko te wahanga o Ngahuru, ahua makariri i te timata o te raa pai i waenganui (ahua wera) ahua makariri i te mutunga o te raa ke. E mihi atu kia koutou ma e mauiui ana te te wahanaga o te tau. Kia Maia kia U. kia tatou kiatau mihi tonu ki te hapai o nga hoa maa e hoha, e mauiui, e pouri hoki.
At this time of the year where Autumn has kicked in and the days start quite cold often warm or even quite hot in the afternoons to again chilly later on, Greetings to you all. Greetings to those who are feeling unwell at this time we are challenged to find a bigger cause to see through the pain and symptoms that can pull at our emotional intelligence. Faith is kind and the Universe has wonderous pathways that can give us guidance, those of us who are well let us be that comfort to others with Scleroderma who are sad, feeling down, or poorly.

Our coffee groups are one way we can do this. Waipa has date Saturday 21st March, 10am at Fresca Cafe Hamilton (78 Alison Street Hamilton). Nau Mai Haere mai all are welcome, generally we have a catch up, eat, and share resources, treatments anything else that's relevant.

Please contact **Erena Bruce** if you wish to join them. bruceerena@gmail.com

Scleroderma Zoom Meeting

Perry organises these at different times throughout the year. The next dates at this stage are
May 2nd, August 15th and December 15th. The Meeting details will be confirmed closer to the dates.

Members News continued.

Wellington / Kapiti and Wairarapa Scleroderma Group

On Saturday 21 February our Wellington / Kapiti and Wairarapa support group met for lunch at Boulcotts Farm café in Lower Hutt. It was lovley to catch up with everyone, meeting with our regular members, meeting new members and also meeting some members we hadn't seen in a while. There was a total of 15 of us, so we went round the table and did a re-introducing of ourselves and talked about how we were all doing. It was good to catch up and support each other, share good food and have a good time.

If you would like to join in with our group, get in touch with:

Dianne Purdie: diannepurdie@xtra.co.nz
Cushla Marsters: cushlam@outlook.com
Tina McLean: tinaoaisamclean@outlook.com

Auckland Scleroderma Group

We meet up regularly and our small group is growing nicely. Feel free to join in with us.

Helen Parsons
helenparsons@artcardsandposters.co.nz
021 248 3869

Frances Tod and Lynley McDonald

Two Supportive Husbands

Kelly Donnelly

Northland/Auckland Scleroderma Group

This new group is to make it easier for the Northern Folks to join in with our group. It is a very warm, friendly, and informative catchup.

Helen Parsons
helenparsons@artcardsandposters.co.nz
021 248 3869

Group Meetings Dates 2026: Regional

Wellington/Kapiti/Wairarapa support group meets:

We welcome any new members to come along. If you would like to join us, please contact:

Cushla Marsters: cushlam@outlook.com
Tina McLean: tinaoaisamclean@outlook.com
Dianne Purdie: diannepurdie@xtra.co.nz

Date and Time:	Venue:
Sat 18th April **@ 12:30pm**	**The Farm Café & Bar** 33 Military Road, Boulcott, **Lower Hutt**
Sat 18th July **@ 12:30pm**	**The Fisherman's Table** TBC Mid-year winter lunch
Sat 19th September **@ 12:30pm**	**The Farm Café & Bar** **TBC -**
Sat 21st November **@ 12:30pm**	**The Farm Café & Bar** 33 Military Road, Boulcott, **Lower Hutt**

Palmerston North support group:

We welcome any new members to come along. If you would like to join us, please contact
Anne Allan: anneallan95@gmail.com

Christchurch support group meets:

We welcome any new members to come along.
Please contact **Nicky Moore** if you would like to join in:
nicky.moore@xtra.co.nz **Phone: 021 110 6123**

Date and Time:	Venue:
Sat 18th April **@ 2.00pm – 4.00pm**	**Portstone Garden Cafe** Ferry Road, **Chch**
Sat 18th July **@ 12.00pm**	**Koji Japanese Buffet Restaurant** Mid-year winter lunch
Sat 19th September **@ 2.00pm – 4.00pm**	**Urban Eatery** Barrington Oderings Garden Centre, **Chch**
Sat 21st November **@ 2.00pm – 4.00pm**	**Portstone Garden Cafe** Ferry Road, **Chch**

Waimate/Oamaru support group:

We have members meeting up in these areas so if you are interested in joining them please get in touch with

Helene Sunitsch at: hkjsunitsch@gmail.com

Otago support group:

Please contact **Gaynor** if you wish to join us.
gaymeddings@gmail.com

Bay of Plenty support group meets:

Come join us for more informative discussions and good company! Can't wait to see you there!
Please contact one of us for information.
Jane: janepuckey99@gmail.com
Mary: marybestrd3@gmail.com
Alumie: alumie.uow@gmail.com

The Next 3 Upcoming Meetup Dates (First Saturday Every Two Months):Location and Time to be confirmed depending on who can make it (minimum of 2 to go ahead) so that we can optimise our travelling time.

Date and Time	Venue
Saturday 11th April @ TBC *(Adjusted from 4 April to avoid Easter Weekend)*	**TBC**
Saturday 6th June @ TBC	**TBC**
Saturday 1st August @ TBC	**TBC**

New Plymouth support group:

If you would like to attend the New Plymouth Support Group please get in contact with **Kelsi Tidswell: -**
kelsitidswell@gmail.com

Date and Time:	Venue:
Saturday 7th March **@ 11.00am**	**Coffee Windsor, Inglewood** New Plymouth

Waikato/Waipa support group meets:

If you would like to join in with the Waikato/Waipa Group, please contact: -
Erena Bruce, Mobile: **021 186 9680**

Date and Time:	Venue:
Saturday 21st March **@ 10.00am**	**Fresca Cafe,** 78 Alison Street, Hamilton

Hawkes Bay support group meets:

If you would like to join in with the Hawkes Bay Group, please get in touch with Frances.
Frances Tod: frantod47@gmail.com

Date and Time:	Venue:
Third Saturday of the month **@ 11:30am**	**Serendipity Café** **1412 Pakowhai Road, Hastings**

Group Meetings Dates 2026: Regional

Southland support group meets:

Please contact **Heather** if you wish to join us.
milliganseeds@xtra.co.nz

Date and Time	Venue
Sunday 17th May @ 12:00pm	**Croydon Lodge, Gore**
Sunday 16th August @ 12:00pm	**Main Street Cafe, Invercargill**
Sunday 22nd November @ 12:00pm	**Croydon Lodge, Gore**

Auckland support group meets:

We welcome any new members to come along. Also, do contact me if you would us to meet at another time, day, or place. Please contact **Helen Parsons:**
HelenParsons@artcardsandposters.co.nz
021 248 3869

Date and Time:	Venue:
Monday 6th April @ 10.00am	**Daily Bread, Kings Plant Barn** 11 Porana Road, Takapuna, **Auckland, 0627** *This is Easter Monday. Maybe people who are normally at work will be able to join us.*
Monday 4th May @ 10.00am	**Daily Bread, Kings Plant Barn** 11 Porana Road, Takapuna, **Auckland, 0627**
Monday 1st June @ 10.00am	**Daily Bread, Kings Plant Barn** 11 Porana Road, Takapuna, **Auckland, 0627**

Northland/Auckland support group meets:

We welcome any new members to come along. Also, do contact me if you would us to meet at another time, day, or place. Please contact **Helen Parsons:**
HelenParsons@artcardsandposters.co.nz
021 248 3869

Date and Time:	Venue:
Wednesday 15th April @ 10.30am	**Columbus Café,** 35 Colin Chester Drive, Silverdale, **Auckland 0932** (in Mitre 10)
Wednesday 6th May @ 10.30am	**Columbus Café,** 35 Colin Chester Drive, Silverdale, **Auckland 0932** (in Mitre 10)
Wednesday 10th June @ 10.30am	**Columbus Café,** 35 Colin Chester Drive, Silverdale, **Auckland 0932** (in Mitre 10)

How you can find the Auckland and Northland/Auckland Groups

Do come. Brings friends and family. We're a small friendly group. Contact: Helen Parsons
HelenParsons@artcardsandposters.co.nz
Mobile: 021 248 3869
We always have our sunflowers on the table and I will always wear my badge. See photo's below.

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/

Welcome to Scleroderma New Zealand

We're a nonprofit New Zealand based support group dedicated to helping

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

Scleroderma New Zealand

824 followers • 21 following

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

Community

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

Scleroderma Auckland Branch of Scleroderma New Zealand

Private group · 141 members

Scleroderma New Zealand

President:	**Jenny Andrews** sclerodermanz@gmail.com
Vice President:	**Tina McLean** tinaoaisamclean@outlook.com
Secretary:	**Jane Sainsbury** jsainsbury@xtra.co.nz
Treasurer:	**Gordon Purdie** gordon.purdie@xtra.co.nz
Newsletter:	**Tina McLean** tinaoaisamclean@outlook.com **Jenny Andrews** jennyred@xtra.co.nz

Committee Members:

Alumie Nguyen, Cushla Marsters, Dianne Purdie, Erena Bruce, Frances Tod, Heather Milligan, Helen Parsons, Helene Sunitsch, Perry Bray and Rachel Burgoyne

Contacts:

Find a Scleroderma a Support Group near You:

Auckland/Northland:	**Helen Parsons,** Email: helenparsons@artcardsandposters.co.nz
Bay of Plenty:	**Alumie Nguyen**, Email: alumie.uow@gmail.com
Waikato / Waipa:	**Erena Bruce,** Email: bruceerena@gmail.com
Hawkes Bay:	**Frances Tod,** Email: frantod47@gmail.com
New Plymouth:	**Kelsi Tidswell,** Email: kelsitidswell@gmail.com
Wellington:	**Cushla Marsters,** Email: cushlam@outlook.com
Christchurch:	**Nicky Moore,** Email: Nicky.moore@xtra.co.nz
Palmerston North:	**Anne Allan,** Email: anneallan95@gmail.com
Waimate / Oamaru:	**Helene Sunitsch,** Email hkjsunitsch@gmail.com
Otago:	**Gaynor Meddings,** Email: gaymeddings@gmail.com
Southland:	**Heather Milligan,** Email: milliganseeds@xtra.co.nz
Wanaka	**Sue Neale, Email:** suenealenz@gmail.com
NZ Online Zoom Support:	**Perry Bray,** Email: perry.pacpe@gmail.com