

# MULTIPLES AOTEAROA

The official magazine of Multiples New Zealand

Te Takitini o Aotearoa



Winter · 2020

**multiplesnz**

Te Takitini o Aotearoa

**Rural & Remote  
Whānau**



## Rural and remote multiples from around New Zealand



Hagen & Emmett - Whangarei



John & Dean - Taranaki



Luna & Lily - Mokau



Jason & Jackson - Hinds



Ruby, Jorja, Bella & Kenzie, Paeroa



Xavier, Lilian, Mum & Ruby - Methven



Harry & Reeve - Hawera



Carter & Loki - Te Awamutu



# Multiples NZ

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## Membership

\$70 Associate Member  
\$50 Full Member  
\$30 Online Member

## Advertising

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## Magazine contributions

Multiple Matters is published quarterly by Multiples New Zealand, and we welcome submissions of articles and photos. These can be sent to magazine@multiples.org.nz

## Submission deadlines

Spring edition: 31 July 2020

Feature topic: Tweens, teens & young adults

## Disclaimer

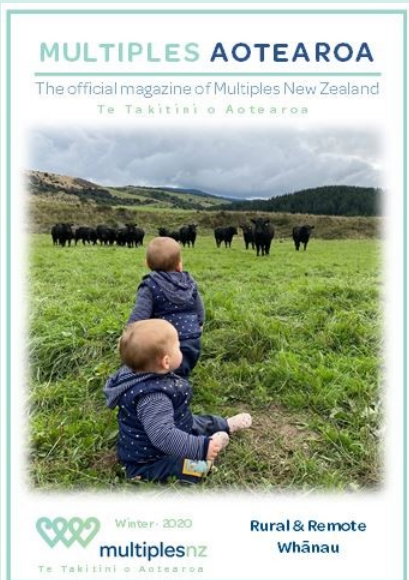
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## Printing

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## Cover photo

**Rural babies:** Isla and Ruby (1 one year old) love their moos—Geraldine, New Zealand.



DNA Diagnostics	3
Editorial	4
President's Report	5
Dairy Farming in Hawera	8
Loving Life in Queenstown	10
Happy in Haast	12
Volunteer of the Month	16
Higher Needs Multiples	18
Whānau Profile	20
New Ultrasound Guidelines	22
Multiples NZ Website	23
Te Wiki o te reo Māori	24
Sponsor: Huggies	25
2020 Executive	26
Volunteering as a Family	28
National Volunteering Week	30
Book Review	32
Multiples NZ Discounters	33
ICOMBO	34
Kids Corner	36
Club Contacts	38
Sponsor: Prestige Print	39

## Twin Zygosity Testing

*Find out if your multiples are identical*

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Please contact us to request your kit:  
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**Cost of twin zygosity testing: \$250**

Results are reported within seven days of receipt of payment and samples, and sent to you by email.

For more information please see our website: [www.dnadiagnostics.co.nz](http://www.dnadiagnostics.co.nz)

# DNA Diagnostics



# Multiples NZ

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## Editorial

# What just happened?

Kirsty Saxon (Multiples NZ Executive & Multiples Canterbury), Mummy to Xavier and Lilian (6), and Ruby (9).

## He waka eke noa

### We are all in this together

Literally translated, this whakatauki is the canoe which we are all in without exception. It refers to acting as a collective, working in unity and leaving no one behind. As a nation, we came together during a distressing crisis, and as families, we came together to look after each other. Who could have predicted we would spend over 50 days in isolation? For our family, it was a time of reconnection, slowing down, and enjoying the little things. To be honest, home learning wasn't that important to us—instead we concentrated on experiences like bike riding, baking, and art and craft. I hope this is what our children remember about this crazy time, the effort we put in to making them feel special and safe. That's all that really matters. Now we are slowly sinking back into a new normal, settling back into our routines, but trying to remember to slow down and enjoy the journey.

One casualty of the Covid-19 situation has been our annual National Training Forum which was to be held in Christchurch in October. At an Executive level we decided to concentrate our efforts on supporting our families during this time, and made the difficult decision to postpone the forum. Whilst we are extremely sad that we are unable to meet in person this year, we do believe our role of supporting families in our network is vital as we navigate these uncertain times and finding innovative ways to do this is our current focus.

We know this will be disappointing news for many, as it is always a highlight of our year as volunteers with Multiples NZ. Our Multiples NZ Annual General Meeting (AGM) will take place via ZOOM for 2020. One of the key features of the Gala Dinner each year is the announcement of the Multiples NZ Volunteer Awards. These will still be held however

this year they will be announced via Facebook Live.

## Dates for the 2020 Volunteer Awards are as follows:

### Nominations Open

Monday 22nd June

### Nominations Close

11pm Tuesday 1st September

### Winners Announced

Monday 5th October

This issue is all about rural and remote multiples, our families who are living out of our main cities. I can even count our family within this category, we moved last year to Methven, which is in Mid-Canterbury. We are an hour out of Christchurch, and our nearest town is Ashburton which has a population of 35,000. But good news! Apparently we are getting K-Mart there so that would be great!

As usual, we welcome submissions on any topic related to multiples or anything relevant to our families. Send me an email if you have an idea for a story you would like to write or co-write with a friend. We are also keen to get your pregnancy and birth stories, as I know we love reading about everyone's individual experiences. Next issue's theme is 'Tween, Teen & Older Multiples' so if you have any thing to contribute, please get in touch!

## Kirsty





# President's Report Winter 2020

Heather Ben (Multiples NZ Executive & Multiples Counties-Manukau) shares her Winter update.

## The Covid-19 Crisis

As I sit down to write this with NZ at Alert Level 2 and awaiting a Government Announcement to when we might move to Alert Level 1, the thoughts fly! The last time I wrote a report for our Magazine, Alert Levels didn't even exist and if you told me that I would become accustomed to tuning in to Ministry of Health and Government Press Conferences I would have laughed - no time for that in a busy world of running a business, running a busy household, volunteering, and raising multiples!

So I guess that brings us to - WOW, 2020 you certainly turned life upside down. The new things we have coped with I think on a whole in our community, and New Zealand in general has proven to be pretty amazing. For me personally, life has changed dramatically. I have found solace amongst the large number of things that I could not control, to have had the volunteer work I am used to and the amazing team of volunteers around me to keep me sane.

I would like to take this opportunity to thank the Multiples NZ Executive for their unwavering support, comradery, hard work and friendship. You guys have put in huge hours, juggled working from home, home schooling, personal life challenges and stepped up for Multiples NZ and our multiples community during a global pandemic - THANK YOU!

## Volunteer Awards 2020

On the topic of Volunteers, Multiples NZ will be launching our 2020 Volunteer Awards process during Volunteer Awareness Week. It will be the seventh year we have held them, but will be a bit different this year. Nominations open Monday, 22nd June 2020. Start thinking about nominees now! Information will be on the Multiples NZ Website and Facebook Pages. Your local clubs are run by teams of amazing volunteers who so often fly under the radar and just get on and do it. This is your opportunity to show them how valuable their work is, please do take the time to nominate someone or your club.

## National Training Forum

Back in March, Multiples NZ held an emergency Executive Meeting regarding our annual National Training Forum. Planning was already well underway, we had the venue booked and were working on content for this weekend that many of us look forward to from year to year - an opportunity to meet up with our clubs throughout the country, a chance for a kid free weekend! Networking, sharing, dreaming together. We made the tough decision to postpone our October 2020 Training Forum until 2021. There are some things that can't be postponed like our AGM - keep an eye out for details on this - it will be in a "virtual" format this year, and some things we don't want to postpone like our Volunteer Awards, which will also be very different and details around this will be announced

closer to the time. Whilst we are sad that we won't be coming together like we usually do, we are also excited for the opportunities this gives us to find new and innovative ways to connect.

## Wellbeing Workshops

During lockdown, we were pleased to be able to provide to the wider community Facebook Live events around sleep, mental health, nutrition and education. We will be looking to continue this type of opportunity and welcome feedback on other topics that may be of interest. We are also designing committee opportunities to have Zoom meetings for Presidents, Treasurers etc, these will be facilitated by Multiples NZ and provide the networking and working together opportunities to happen all the time rather than just once a year.





## President's Winter Report (continued)

### Support services for our whānau with premature babies

There are two key organisations that provide invaluable support for our whānau and their premature babies and this is a great opportunity to say thank you:

#### The Neonatal Trust

Operating over six regions with nationwide support, the Neonatal Trust makes a huge difference to the journey of families through Neonatal Intensive Care Units (NICU). For us, The Neonatal Trust has been instrumental in getting the Purple

Butterfly initiative off the ground and into the NICU's. The Neonatal Trust has also supported Multiples NZ as we update our prem resource.



#### Ronald McDonald House

Here in New Zealand we have three houses, three family rooms and a family retreat in Rotorua. The Ronald McDonald House charity is committed to

keeping families together. Our families often have extended stays in hospital when babies are born early, and for some, these stays are a long way from home. The Ronald McDonald house gives our families a home away from home and eases the burdens of premature birth.



Ronald McDonald House Charities®  
New Zealand

As always, you can contact me via email at: [president@multiples.org.nz](mailto:president@multiples.org.nz)—I would love to hear from you.

Heather is mum to seven year old twins—Cameron and Kaitlyn, as well as ten year old daughter Amelia. The family live in Karaka, Auckland.





# Introducing Penny Wallace-Patterson

Penny joins the Multiples NZ organisation in our new Administrator Role.

Originally from the UK, Penny is mum to Scarlett, 3, and Kitt, 9 months. Penny has a wealth of experience in programme coordination and project support, most recently in the international development and wildlife conservation sectors.

Penny is very excited to be joining the Multiples NZ team, using her skills in a new sector, supporting whānau/families with twins, triplets, quadruplets and more! Penny's work in the administration role will include:

- Providing administrative support to the Multiples NZ Executive to ensure that our strategic and operational goals are met
- Managing incoming communications and queries from stakeholders, discounters and members
- Membership management
- Providing administrative support for our monthly Executive meetings
- Working to budgets and applying for grants
- Project coordination for events including our annual National Training Forum

Penny is lucky enough to have worked on projects in many countries around the globe, including in Africa and Asia. She completed her Master of Science in Primate Conservation in

2012, and has worked for a wildlife rehabilitation centre in Cambodia. Here she helped to raise orphaned animals, including leopard cubs and a baby monkey!

You can contact Penny on: [info@multiples.org.nz](mailto:info@multiples.org.nz)



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## Dairy farming in Hawera

Sally Coombes (Multiples Taranaki & Executive) tells us about life on the farm in South Taranaki.

*I'm Sally and I'm married to Cameron. We have twin boys called Harry and Reeve who will be two in July. We live in South Taranaki on a dairy farm that we own, milking 400 cows. I work as an accountant, with a strong focus on agriculture.*

Apart from when I was in my first year of university, Cameron and I have always lived rurally, and couldn't imagine living anywhere else. We were both raised on dairy farms in Taranaki, and love that we can raise our boys in the countryside. The boys spend their days with us on the farm, in the tractor and with the cows and they absolutely love it.

We've both been successful in our chosen careers. Cameron progressed from his agriculture study, to being a farm worker, manager, share milker and now we are farm owners (as part of an equity partnership). I gained my degree, have become a Chartered Accountant and have progressed through to being a Senior Accountant, managing staff and consulting clients. We've had a lot of fun outside of work also, with plenty of travel around the world and lots of good times with family and friends.

Through all of our successes, we've had the same challenges most people face. We've had uncertainties with jobs, difficult financial times in the dairy in-

dustry, and the usual pressures that people have with parenting and trying to juggle raising kids and careers. Our lives are full and happy, however we're human and face the same pressures as most! Parenting twins has been an incredible journey, but also makes for some very busy times!

For us, the key to coping with our busy household and commitments is being organised. Small things such as meal planning, using the crockpot and keeping on top of washing help keep our household running as smoothly as possible. Early nights (mixed in with some Netflix watching!) and slow weekends help to balance out the Monday to Friday grind.







Cameron loves a beer or five at the pub after cricket on a Saturday, and I love taking the boys out visiting friends and to the park to burn off some steam. We try our best to have time out together when we can - seeing a movie, or going out for dinner. It's the little things that get us through!

Cameron's passionate about rugby and cricket, and while he's had to give up playing rug-

by (too many injuries and too old!), he still loves playing cricket. While my main interest is catching up with friends, and being involved in a couple of committees that keep me busy. We are really looking forward to when the boys are older and we can get involved in their sporting interests.

Like any parent, we want the best for our children and hope that they will be able to follow

whatever path they wish in the future. We hope that farming will feature in their future, but time will tell. Cameron hopes they share his love of sport. We see our future as being on our dairy farm, raising our boys and travelling more of the world.

Sally is a member of Multiples Taranaki, and lives in Hawera, South Taranaki with husband Cameron. They are parents to Harry and Reeve (2).





## Loving life in Queenstown

Leah White (Southland Multiples) shares life with three boys at the bottom of the South Island.

*We are a family of five. I'm from Australia, Dad Cameron is from Christchurch (we met skiing in Canada and decided to settle in Queenstown)... we have Ari who is four years old (turning five in August), and identical twin boys Joel and Connor who are three.*

We are a busy, active family. Cam is a carpenter building houses and I work with Airbnb holiday rentals. We love enjoying all the seasons outdoors. We spend winters up the ski fields, autumn hiking and biking in Arrowtown, and summers having dinner picnics on Lake Wakatipu. We have no immediate family in Queenstown, but love the community spirit and great friends we have - people we can truly rely on.

I found out at my seven week

scan that I was having twins. My first was only 16 months and still breastfed at the time - he was also a 33.4 week prem, so I had worries from the beginning. I was obviously familiar with NICU (Neonatal Intensive Care Unit) though. We quickly moved to a bigger house (and one not up a crazy steep drive) and got a bigger car.

On my 22 week scan my twin Joel, was diagnosed with a Congenital Diaphragmatic Hernia (CDA). I was then referred to Maternal Fetal Medicine in Christchurch where I needed to fly to for my fortnightly scans.

At 28 weeks on the day, my waters had a slow leak. I knew I was packing my bags that day and not coming home for a long time. After a long wait at the hospital where the Southland and Christchurch District Health Boards were deciding who was going to pay for my

chopper - I was flown to Christchurch Women's'. Fortunately for us - my mother in law lived locally and was able to take care of Ari. While my husband flew back to Queenstown for work.

The boys stayed inside till 33 weeks - till they emerged in a dramatic, but successful earth side entry. NICU was NICU - we had our ups and downs. Our Joel had a successful Congenital Diaphragmatic Hernia repair operation (scary as hell at the time). After 12 weeks in Christchurch it was time for us to transfer back to our local district health board. I was flown commercially and the twins flew via the Flying Doctors to Invercargill. Then within a week, we were back home in Queenstown - but only for two weeks before both boys got really sick and were back in NICU on CPAP (Continuous Positive Airway Pressure) for another two weeks.





This was the start of nearly two years of constant poor health, heart monitors, feeding tubes, doctors visits, hospitals trips, and daily medicine. With the twins almost three, all their poor health and our access to the needed Paediatric care seems like a lifetime ago ... but it was real and it was hard. We were so lucky to have our GP who got us through all the hard times.

Now I have three crazy, active boys, that thrive on a good routine and lots of exercise. During lockdown Joel had a severe kidney infection, which resulted in him having a Covid-19 test (so awful for a little one) and me crazily nagging all the doctors in town. I finally had success as my Paediatrician in Invercargill responded to my email and admitted him to our local hospital (health care really sucks rurally).

I love to be organised. I plan everything. All my meals are planned at the start of the week, I get everything ready the night before for kindy days. I get the kids all dressed before breakfast, and as I unpack the car I count all the winter clothing paraphernalia as I put it back - I absolutely hate losing the kids things. I do my best to keep fit. I find if I'm feeling good and fit, I can physically manage my busy boys better.

We have ski season passes, so this winter's weekends will be spent teaching all the kids to ski. I'm hoping Wednesday night skiing will be my mum time (with a rewarding alfresco mulled wine for after). I hope in the future we as a family manage a good balance of keeping fit, eating good food, and enjoying each other.

Life post Covid has definitely been slower for us, and I want to keep it that way. My boys were so good during lockdown, they all thrived. I think more than ever, we have appreciated living (semi) rurally. We have been able to go out and enjoy ourselves all while keeping our distance.

Leah and Cam live in Queenstown, and are parents to identical twin boys Joel and Connor (3), and big brother Ari (4).



## Happy in Haast

Caroline Cunninghame (Multiples Canterbury) shares her story about life on the West Coast.

Our family lives at the end of the West Coast, SH6 of the South Island, in a little town called Haast. The closest towns to our piece of paradise are Fox Glacier, one and a half hours north, and Wanaka, two hours south east. The Haast region encompasses a few small settlements spread out over the area with a total population of about 250 people. You would think this means we know everyone, but we have only met around half the local residents. There are many who are very happy to keep to themselves or in their own hamlet within the community.

Originally both from Canterbury, we moved here five years ago for my partner Scott's job as an helicopter pilot (he has been lucky enough to remain employed through the Covid-19 crisis). Early last year a psychic was passing through Haast and for a bit of fun, as entertainment is limited here, my friends and I organised to have readings done. The psychic told me I was going to have twin girls in my future, not knowing I was already four weeks pregnant. Two weeks later I was in Christchurch for a dating scan and there were my MCDA babies up on the screen. I had told Scott about the reading so he thought I was joking when I told him we were having identical twins. It took a few choice words and a photo before he believed me! Seven months later our girls Arabella, 5lbs 11oz, and Everleigh, 4lbs 11oz, were born via c-section at 36 weeks.

Being so rural created quite a few complications for my pregnancy. I was staying with my parents in Christchurch for a two week visit when horrendous morning sickness kicked in. I ended up staying ten weeks and was violently sick and bedridden every day. Those weeks are a blur to me now and I remember very little of what went on around me. I only have fleeting memories of going to the doctors a few times for IV fluids and meeting with my midwife and fetal medicine doctors. It was such a hard time for me and there were many times I wished I had never gotten pregnant. Also, with Scott still very busy at work he couldn't visit, so there was naturally a disconnect between what we were each experiencing. He was as supportive as possible but I think it was hard for him to understand what I was going through when he wasn't physically there to see and experience it happening. Thankfully my morning sickness eventually passed and I was able to resume living my life again.

For the next few weeks I spent my time travelling back and forth between Haast and Christchurch for all my specialist appointments. It's about an eight hour drive one way with two stops. My midwife was Christchurch based as it was impossible to get a midwife in Haast. I had two Haast friends pregnant at the same time as me and their midwives were based four hours away in Greymouth and Alexandra. This

was never an option for me. When we found out I was having MCDA twins we decided straight away I'd be birthing in a hospital as I have an underlying heart condition called Wolff-Parkinson-White syndrome. Christchurch made complete sense with my parents living there and the high chance my girls would need some NICU time. My lead obstetrician advised me I would need to be based permanently in Christchurch from 24 weeks onwards, so I ended up moving home while Scott stayed in Haast, working and saving up his annual leave. It did mean he missed out on a lot of appointments and the majority of the pregnancy, but it was too far to come very often and I made sure to include him as much as possible. It definitely would have been nice having him at my side for all my fetal medicine appointments as they were a roller coaster of emotions every week. I had a lot of support from both of our families and someone came with me to every appointment, even when they became weekly and then every few days.

I was booked to have my c-section at 36 weeks on 31st October 2019. Scott finished up at work a few days prior and moved over to Christchurch. I went into labour the morning my c-section was due, but everything continued to plan and our girls were delivered on Halloween morning. We had a month with them in NICU where the staff were just amazing and



so supportive. During this time we stayed at Ronald McDonald House (RMH) so we could be closer to the hospital. For those living outside the main centres RMH is a lifesaver. The people who work and volunteer there are the loveliest people you could ever meet and you instantly become part of the RMH family. Scott was lucky to have quite a bit of annual leave owing so he took another month off and we stayed in Christchurch for the Christmas holidays.

In January, when the girls were two months old, it was time to finally head south again. It took a campervan, truck and trailer and an SUV to fit all our newly acquired baby gear. The once eight-hour trip now took us two days with a stopover needed in Twizel. Home in Haast there were plenty of people who had been waiting to meet the girls. It's interesting to note that our girls are the fourth set of twins we know of and the second set of identical twins born while living in Haast. There are also

three people living here who are a twin themselves. Not bad for a town of 250!

There were heaps of great things about being back in Haast. Settling back into our own place and setting up the girls' nursery was so much fun, and something I didn't really get to do in Christchurch as our stay there was always temporary. Also not feeling my own pressure to achieve things while I was in town or to see everyone for coffee or lunch was nice too. It meant we could just relax into our own little nest and routine without too much interruption.

There were also lots of things I missed from being in Christchurch. A major stressor for me was not having access to a hospital or a doctor. I had some lasting trauma from seeing the girls in NICU for that month. All the machines and alarms, as well as a few dusky episodes (baby stops breathing and turns purple/blue), had left me feeling as if the girls were super fragile and I missed the safety net of having extensive medical help close by. I also really missed having the support of a Plunket nurse. We don't have Plunket available to us here and being a first-time mum I would've found a Plunket nurse checking on us so comforting. That's not to say we were in any way abandoned. We did have a local nurse visit us a couple of times but it was just to do a weight check to make sure the girls were growing well, which thankfully they were.

The location of Haast is sometimes an issue in itself. We get a lot of rain and more than a few times a year we get flooding and slips. Quite often this means roads in and out of Haast are closed for days at a time. This creates challenges getting food



## Happy in Haast (continued)

and necessities into the town and getting out by helicopter is not always an option. At least twice a year we are completely cut off. Haast also has its own power station rather than being connected to the national grid so usually when these events happen we lose power too. In 2019 we lost power for a week. It took many people from the community volunteering to help get the power station up and running again.

When it was just Scott and me living here none of this was a problem for us. We would just go with the flow of living in a remote location, but having babies changes all that. All of a sudden you have to think about how to keep your frozen milk supply stored or make sure you have stockpiled enough nap-

pies and formula. How to run your electric breast pump or how to clean and sanitise the bottles. Of course there are solutions to all of these things, it just requires us to be a bit more prepared and everything takes a lot longer when we don't have the conveniences of our usual daily lives.

You do get used to living like this and it certainly prepared us for the Covid-19 lockdown, but there are still challenges that pop up that we wouldn't face if we lived closer to a town. An example of this is that during the lockdown my milk supply suddenly and significantly decreased and I urgently needed to get some formula. Unfortunately the formula I'd already ordered was held up in the courier system. Thankfully I was

able to call the Haast courier, who lives in Wanaka, and ask her to go to the supermarket for us. This was not a problem to the courier, however, if we'd been in a town we'd have been able to go to the local shop ourselves. This did cause us quite a bit of stress until we managed to come up with that solution.

I also don't have the option of returning to work while we live here as childcare is not available. However, we do have a locally run playgroup that's held twice a week at the school and I can't wait to start going with the girls. The playgroup has 10 children ranging from six months to five years. Funnily enough this is higher than the number of children currently enrolled at Haast Primary School.

The people of Haast are wonderful and very community minded and the landscape and outdoor activities available to us are amazing. The girls will have so much fun and enrichment from being in this somewhat wild and remote environment. Our long term plan is to eventually move back to Canterbury. We love the West Coast but we would like the girls to grow up closer to our families, and Haast will always be a place we come back to. Once you have lived here and experienced life in the 'Haast Lane' you could never imagine leaving it forever.

Catherine is a member of Multiples Canterbury and married to Scott. Their girls are Arabella and Everleigh.







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## **Notice is hereby given of the 40th Annual General Meeting**

**Wednesday 11 November 2020**

**8pm - 10pm**

**Online via ZOOM**

### **Draft Agenda**

**Welcome**

**Roll call, apologies and proxy votes**

**Meeting procedures**

**Minutes of the previous AGM held on 20 October 2019 in Wellington**

**Matters arising from previous AGM held on 20 October 2019 in Wellington**

**ANNUAL REPORT (Summary) from Multiples NZ**

**FINANCIAL STATEMENT Multiples NZ**

**ANNUAL REPORTS (Summaries) from affiliated Multiples Clubs**

**ELECTION of Multiples NZ Executive**

**Remits**

**General Business**

**Any other Business**

**Close of Meeting**

**Date of next Multiples NZ AGM**

**All reports will be issued to clubs  
prior to the meeting for review.**



# Volunteer of the Month

Each month we celebrate one of the amazing volunteers from our Multiples NZ community.

Volunteers are the backbone of our Clubs and our community. We would like to acknowledge the hard work of our volunteers through our Volunteer of the Month Award. The Volunteer of the Month award is for volunteers who have provided exceptional service for the betterment of families with multiples within their local area or nationally. The winners of this monthly award will go into the running for the Multiples NZ Volunteer of the Year Award, which will be announced with the Multiples NZ Volunteer Awards.

**You can nominate a  
volunteer on our  
Multiples NZ website:**

[multiples.org.nz/volunteer-of-the-month/](https://multiples.org.nz/volunteer-of-the-month/)

### March 2020 Winner

**Jane Dempsey**  
**Multiples Auckland Central**

“Since coming on board, Jane has been in contact with our committee asking lots of questions and getting lots of advice. It is quite clear she has the drive and ambition needed to help get Multiples Auckland Central back on its feet. We are feeling the relationship between our two clubs becoming so much stronger, and this is largely due to Jane’s contribution alongside the rest of the AC committee. We would love to see her recognised for

her efforts so that she can be inspired to keep on going.”

**April 2020 Winner**  
**Lucie Brooks**  
**Multiples Bay of Plenty**

“During this stressful and uncertain time with lockdown in place, Lucie continues to be a steadfast, reliant and positive member of our committee team and community. She selflessly continues to carry out her role and responsibilities with such passion, dedication and precision, from helping community members with concerns and questions, supporting other committee members, during changes as well as completing the most comprehensive and professional accounts, budget and reports this club has seen. Her knowledge and skills are a real assist to our club and having her as a team member has impacted the manner in which I have been able to carry out my role as president in such a positive way. She has helped reduce the amount of time spent on end of year financial reports and data collection and budget creations. She is positively contributed to our recent grant applications in such a way it reduced the amount of time needed to complete these, whilst increasing the quality of information and documentation provided. Lucie is working very hard to make our accounting processes easier, seamless and automated, which will have such a great impact on the day to day running of our club. Lucie only took on this role less than a year ago and the impact she has had already is second to none. She completes all tasks to such a high quality, she goes above and beyond in all she does, we are so blessed to have her on our team, as is the community

to have her working so hard behind the scenes to make things run smoothly whilst making such great improvements along the way.”

**May 2020 Winner**  
**Tori Pinfold**  
**Multiples Bay of Plenty**

“Tori brings our club newsletter together each month by herself. I know she puts real thought and effort into what she thinks members would like to see and it isn’t always easy getting contributions from other people for these things. I’ve often spoken to other members who’ve commented on articles they’ve read in the newsletter and think Tori’s family profiles are one of the ways members know of each other (and the committee members), even if they haven’t yet met them, so it’s a nice way to bring people together or break the ice when they do meet. I myself have always enjoyed reading the newsletter. Of particular note was the thought Tori put into last month’s newsletter when we were all in lockdown – she was aware of the information overload a lot of people were experiencing and really tried to make the newsletter positive, useful and not too information heavy (obviously while juggling her own household in lockdown, a circumstance where I think everyone would have understood if she skipped the newsletter that month).”

The judges acknowledged that volunteering during Alert Level 4 and 3 lockdown wasn’t always the easiest and Ella’s Nomination made special mention of the time Tori gave to her community over this period and the positive impact it had.





# multiplesnz

## Facebook Support Groups

Along with our Multiples NZ Facebook page we also support the following specific needs groups:

- Multiples NZ
- Triplets Plus NZ
- School Aged Multiples NZ
- Special Needs Multiples NZ
- Multiples NZ Bereaved Whānau Group
- Multiples NZ Public Page
- Multiples NZ National Training Forum Event Page

### We support these externally administrated groups:

- Single Parents of Multiples
- Dads of Multiples
- Twins NZ Buy & Sell
- Multiple Birth PND Support NZ
- NZ NICU, SCBU and NNU Parents Support Group

### We support our committees through these specific groups:

- Multiples NZ for Committees
- Multiples NZ Presidents Only
- Multiples NZ Newsletter Editors
- Multiples NZ Discount Coordinators
- Multiples NZ Treasurers Only



**Multiples NZ**



**@multiplesnz**



**@multiplesnz**

## High Needs Multiples in Lockdown

Desiree Morgan (Multiples Counties-Manukau) shares her lockdown journey with her family of six.

*Hi everyone, I am Desiree. My partner Damien and I have four amazing children. Our eldest, Cheyenne, is sixteen. After a rather large gap we had our duo, Dante and Roxas, who are five, and we also have our surprise baby, Vincent, who is two.*

I was trying to think about what to write about, then it hit me. The most obvious choice is our experience with parenting high needs multiples over lockdown. The 25<sup>th</sup> of March 2020 led us into a time that most of us have never experienced before. For our family, it was a great learning experience.

Our little (or not so little really) family, entered the lockdown period with a healthy dose of trepidation. The day the lockdown was announced, we had just started the medication trial for Dante that we had been waiting on since November last year. I feared that the trial would be called off because of the lockdown, to-

gether with the inability of the kindy teachers to fill out their portion of the trial paperwork. Thankfully they allowed the trial to go ahead, so then we had to deal with our worries about the laundry list of side effects to look out for (as there is with any new meds), and whether it would even help him.

While we were nervous about the trial, we also got the call that I'm sure many of the families with high needs multiples got. That Paediatrician visits and the 'non urgent' tests that we were waiting on for Roxas to have had been postponed, as well as the ones for our singletons. I'm sure that like most families with high needs kiddos, we simultaneously were happy that we didn't have to go to public places; and the kids would be home safe and not risking being exposed to COVID-19 unless it was necessary. However we balanced that with also having the worry that our children may not get all the support needed, or that we are used to having. In our case, we don't actually have much in the way of practical support but do have a lot of Ministry of Education help and involvement. Missing that was a bit disconcerting, also waiting a wee while longer to get answers on some things

with Roxas that are a little concerning.

During lockdown, we found out quite near the end that we could use our carer support days for items that could be a distraction for the boys, to give a couple of minutes respite in lieu of having a support person look after them. We found that an amazing idea and did actually purchase a few items to keep the boys amused. Since we rarely get a chance to use our days, it was great to finally use some. And let's face it, we can only build so many volcanoes, bake so many items, and make so much playdough before the activities mum and dad come up with have lost their shine.

Damien and I went into lockdown with a clear plan of what we wanted to accomplish with all the children. We were going to work on learning the alphabet, work on learning colours, and their numbers. Roxas would be toilet trained. They would join in with online Kindy, and engage with the early learning programmes on television and make everything we could a teachable moment. \*Insert laughter here!\* Of course, as with all best laid plans - next to none of that happened. Online Kindy and engaging with the early childhood television programmes... yeah I think we got two days where I could even get a slight interest shown. The numbers and the alphabet, we kind of thought we would get somewhere with that, but seemed not to be until Roxas belted out half the alphabet one day close to the end of lockdown. So small successes are still successes! We gave up on the toilet training, clearly too stressful for him with all the changes that went on at that time. What did happen is that we ended up having a much better lockdown experience than we expected.







I feel pretty guilty saying that, as I know our experience was not the same as everyone else's lockdown experience. I had friends with singletons with needs who had huge struggles, so I know adding multiples and that dynamic on top must have been incredibly hard for some. That lack of having their usual support network must have been so taxing! For us it was eye opening with both Damien and I being at home, versus me being a stay at home mum and him working. I was much less exhausted, and the boys reacted to the changes in their routine really well. The first week was a bit unsettled, but after that they were amazing.

Oh believe me though, it was by no means perfect! We had a lot of challenges – particularly around the new medication causing Dante to have quite bad anxiety. Mummy wasn't allowed to be far from his sight, or he got a bit stressed and the early days were full of lots of tears and reassurance for the little man. Thank goodness, by the time the Level Two restrictions came in, the anxiety had eased a lot for the most part and it looks like the medication trial has been a success \*woo woo\*. He says he feels happier, and for me, that was the mark of success. Helping him be able to pay attention more was moot if he still was getting sad a lot of the time.

We found a few interesting changes over the period that we are hoping to

learn from and carry into our new normal. We all know that work and school and everything will go back to normal soon, a new normal for a while, but normal. We found with being home and having us be more truly present how happy and engaged the kids were with us and letting them take the lead. Usually we are trying to manage behaviours. We went from fairly frequent meltdowns, to dramatically reduced ones, and when they did happen – their duration was a lot shorter than what is typical as well.

We learnt that the more time we had where we could split time between the children, the more we got to sit with them and have time singing nursery rhymes and dancing and finding out more about these little people. We learnt new triggers that we had been missing. We also learnt that it's actually okay to tap out sometimes as a parent, and say I need some time out. This one is a huge one for me as I run our household, and in general don't hand over the reins with the children to anyone. So I learnt the value of allowing dad to step in and allow me to take a break, even just for 10 minutes.

So, my family and this lockdown have taught me so much. I do hope that for those like me that learnt a lot, that we remember to breathe and carry it through, and for those that found this lockdown hard and

really struggled that you now are able to access the support you need. Because parenting has its tough moments and we all need our village. On that note, I believe I have rambled on long enough!

*If there's anything specific you'd like me to write about in future articles or any questions you'd like me to answer, feel free to email me at: [specialneeds@multiples.org.nz](mailto:specialneeds@multiples.org.nz)*

Desiree lives in Golflands (East Auckland), and is current president of Multiples Counties Manukau and the Special Needs Coordinator for Multiples NZ.



**Did you know there is a Special Needs Multiples Facebook Group?**

<https://bit.ly/37JxjHn>

## Renee & Pravin

Renee Vaz (Kapi-Mana Multiples) shares her pregnancy and birth story. *(Previously published in the Kapi-Mana Multiples Newsletter—1 June 2020.)*

*Hi there, my name is Renee Vaz. I'm 25 years old and living in Waikanae with my husband Pravin, toddler Quinn, and identical twin boys Micah and Ezra.*

Our first son Quinn came along as a decent sized guy born 3.6 kilograms at 38 weeks. I thought we were rocking our first year of

parenting. Our life was pretty great. Then when our little man was just ten months old, we found out that I was pregnant. It was a major shock as I didn't even realise I was pregnant. I was almost ten weeks pregnant at my first scan. I went along by myself, Quinn asleep in the pram next to me, and Pravin was at work. Due to some early issues, my doctor thought it had been a possible miscarriage. So

when the sonographer told me there were two babies in there I didn't know whether to laugh or cry.

Once the initial reaction wore off, we became more excited and nervous as we prepared for two babies. We celebrated Quinn's first birthday while I was three months pregnant.





I was blessed to have a smooth pregnancy with no issues. My twin B continued to do flips but A remained head down the whole pregnancy. Since twin A was head down and there were no other complications, I was allowed to try for a vaginal birth. Two weeks before the twins were born, my mother in law came over from India to live with us. She would be staying with us for six months to help out. I'm grateful for that time because it meant Quinn was able to build a strong relationship with her and she completely took over his routine.

I naturally went into labour at 33 weeks which started with contractions. It all happened very quickly but both boys were born safely, vaginally, 18 minutes apart, and at healthy weights just over two kilograms. Micah was born first, and was the smaller twin. Once he came out, Ezra kindly flipped head down and even got delayed cord clamping. They were whisked off to NICU (Neonatal Intensive Care Unit) while I got stitched up. I was able to visit them for the first time a few hours later.

Our NICU journey, like many, was tough. It was hard to see the light at the end of the tunnel not knowing when we would be able to bring our boys home. For me, the hardest part was the travel. I drove there and back every day from Waikanae. I spent two - four hours a day with the twins and then tried to get home to also spend time with Quinn.

At one week old, our little Micah was diagnosed with a stage three brain bleed, also known as IVH (intraventricular haemorrhage). Before being diagnosed,



I knew nothing about it but there is a 50% chance of premature babies being diagnosed, and an even higher chance for twins. With it being stage three, Micah needed a bit more monitoring and took a bit longer for him to learn to feed. It meant he would most likely have some developmental delays. Luckily he had a steady growth, and after 32 days in NICU both boys were able to come home together.

We had continued monitoring for Micah and his development. Thanks to coming home from NICU on a three hour feeding schedule, the boys were in a good routine which made life easier for us. Being only 17 months apart, I worried how Quinn would react to the babies. We talked about it a lot with him and he was able to visit twice in NICU.

I think the most proud moment of my parenting journey will be how well Quinn adapted to his new life. From an only child, to both parents suddenly being away during the day, and then having two babies come home

and getting a lot of the attention, he completely blew my mind with how caring and understanding he was at such a young age.

Fast forwarding to where we are now, Quinn will be two years old in June and the twins are six months old. Life with three under two has definitely had its challenges, but there were way more blessings. Micah has developed amazingly and you wouldn't even know he had IVH. I am very blessed to be on our sixth month of breastfeeding. Both boys are starting to learn to roll, have started solids, and interact with each other as well as their older brother. Being a twin mum is the best adventure ever!

**Renee and Pravin** are parents to toddler Quinn (2) and twins Micah and Ezra (8 months). They live in Waikanae, Kapiti Coast; and are members of Kapi-Mana Multiples.

# New Zealand Obstetric Ultrasound Guidelines

The New Zealand Ministry of Health has released new obstetric ultrasound guidelines in December 2019.

## A Note from the Editor

*Please note these guidelines mainly refer to singleton pregnancies, however there are parts of the guidelines which are still relevant for a multiples pregnancy. If you look at the guideline online please refer to pages 102-108.*

## Background

In 2017 the National Maternity Monitoring Group endorsed the recommendations of the Maternity Ultrasound Advisory Group (MUAG) to improve the quality and accessibility of primary maternity ultrasounds.

The New Zealand Obstetric Ultrasound Guidelines (the Guideline) have been developed by a working group of expert clinicians with support from the Ministry. There has also been consultation with the sector with feedback consolidated into the final document.

The Guideline has been designed for use by health professionals such as radiographers/sonographers, radiologists, obstetric doctors, midwives and

general practitioners.

The remaining MUAG recommendations will be implemented through the Whole of Maternity System Action Plan 2019–2023.

## Key dates:

The following screening examinations are part of routine primary maternity care in New Zealand and should be offered to all women:

- 12–13-week scan
- 19+ week anatomy scan

## Key points from the guidelines

- Routine ultrasound should not be offered or requested to confirm an ongoing early pregnancy in the absence of any clinical concerns, symptoms or specific indications.
- The first ultrasound of the pregnancy should ideally be offered when the gestational age is thought to be between 12 and 13+6-weeks' gestation, for optimal assessment of fetal anatomy and nuchal translucency (NT). The purpose of this scan is to con-

firm viability and the number of fetuses, accurately establish gestational age, evaluate gross fetal anatomy and if requested, assess the NT as part of the risk assessment for aneuploidy.

- The second trimester anatomy scan is a routine screening examination, which should be offered to all women. Dating should be based on earlier scans, if available. The pregnancy should not be dated at the anatomy scan unless this is the first scan or there is no information available.
- Specific clinical indications for examination other than the two screening scans listed above require an appropriate clinical code.
- Unless clinically determined, growth scans in the third trimester are not usually required.
- Any ultrasound scan that a woman is referred for should clearly note the appropriate clinical code and clinical indication. Ultrasound for the purpose of obtaining souvenir images of the fetus is not appropriate and is not funded publicly.

*Please speak to your General Practitioner or Midwife in the first instance if you have questions about your ultrasounds.*



## Read more at:

<https://www.health.govt.nz/publication/new-zealand-obstetric-ultrasound-guidelines>



# National Training Forum Announcement

## National Training Forum 2020 Postponed

Only a short time ago we remained optimistic that October was far enough away to confidently proceed with NTF 2020. However, the evolving situation with Covid-19, and the subsequent lockdown and recovery made it impossible. We can not predict what will happen within the next few months, so we have made the difficult decision to postpone our event. Whilst we are extremely sad that we are unable to meet in person this year, we do believe our role of supporting families in our network is vital as we navigate these uncertain times and finding innovative ways to do this is our current focus.

We are aware that in preparation for NTF, clubs were needing to apply for grants, make bookings, and organise their delegates to attend. We do not wish to place unnecessary pressure on our volunteers at this time, given that it is possible the event will not take place. This includes stakeholders in the event such as our venue, guest speakers and Multiples Canterbury who were helping with our event. We know this will be disappointing news for many, as it is always a highlight of our year as volunteers with Multiples NZ. One of the key features of the Gala Dinner each year is the announcement of the Multiples NZ Volunteer Awards. These will still be held however this year they will be announced via Facebook Live. Multiples NZ Annual General Meeting will take place via ZOOM for 2020.

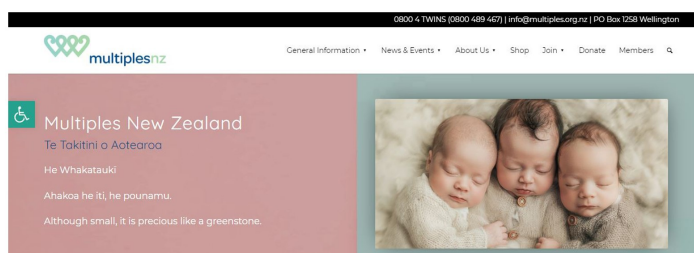
We had planned to have a 40th Birthday Celebration for Multiples NZ at this year's NTF, we are looking at ideas to do this within our network and COVID-19 restrictions, and welcome any ideas you may have. If you have any further questions, please feel free to email our President, Heather Ben.



**multiplesnz**

## Website Login - Members only area

**Did you know that Multiples NZ is specifically designed to help you on your journey to raising multiples? It is bursting with information from the early stages of pregnancy to parenting teenagers and beyond. Through our affiliated membership with Multiples NZ you are able to access and download our quarterly magazine, and browse our wide range of nationwide discounts via this login.**



**Please ask your local club for your login details.**

# Te Wiki o te reo Māori

**Kirsty Saxon** (Editor, Multiples Canterbury) shares some ideas to incorporate Te Wiki o te reo Māori into your club for 2020 and beyond.

**14–20 Mahuru 2020**  
(September)

**Theme: to be announced**

Māori Language week has been celebrated each year from 1975. Māori Language Day is September 14 and commemorates the presentation of the 1972 Māori language petition to parliament.

Mahuru Māori is an initiative begun in 2017 to promote the use of te reo Māori throughout the month of September. Why a week? Why not a year? Why not a decade? A century? Because New Zealand is revitalising the Māori language and a part of that is celebration of our success and promoting te reo Māori. Māori Language Week is an opportunity for concentrated celebration, promotion and encouragement. And every minute of every hour of every day is a Māori language minute – we can choose to use te reo – every time we do, even just a 'Kia ora!' contributes to revitalisation.



Te Wiki o te reo Māori is becoming a major fixture on the national calendar providing an opportunity for concentrated promotion, raising awareness and giving an opportunity for expert and advanced speakers to encourage others on their te reo Māori journey. Sometimes it's not how much time you spend, but the quality of the time.

- Learn a little, use a little
- Learn more, and use what you know
- Keep improving your language, and share what you know

## Goals of Māori Language Week

- Create a positive environment for the use of Māori language.
- Promote Māori language initiatives and events.
- Encourage non-Māori speaking New Zealanders to use te reo Māori.
- Encourage speakers of Māori to support others who are just starting out.
- Encourage community, business, government and media organisations to participate.
- Promote resources to make Māori language more accessible.
- Contribute to awareness of the Crown Māori Language Strategy and the Māori and iwi strategy that work together for revitalisation.

## Everyone can contribute to te reo Māori revitalisation:

- Make te reo welcome at work and in the community
- Encourage others to use and learn te reo Māori; welcome Māori language into your life
- Pronounce Māori words correctly when speaking English

## Resources

The Māori Language Commission have an enormous amount of resources available for helping organisations to assess their use of Te Reo, and resources to help create a language development plan.

This includes thinking around:

- Strategic links to language planning
- Organisational buy-in
- Monitoring and evaluation
- Overcoming barriers
- Organisation capacity and capability
- Client profile



## Read more at:

- [www.tewikiotereomaori.co.nz/](http://www.tewikiotereomaori.co.nz/)
- [tetaurawhiri.govt.nz/mahere-reo/](http://tetaurawhiri.govt.nz/mahere-reo/)





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double the *hugs,*  
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# Multiples NZ Executive 2020

Introducing some of our Executive members from around New Zealand.

**President  
Heather Ben**

**Multiples Counties Manukau**



In October 2019 I stepped into the President role after being the Treasurer for Multiples NZ for the previous year. I am married to Kora, our eldest daughter Amelia is 10 and our twins Kaitlyn and Cameron are seven. Life is busy with school and sport and in my paid work I run an Export Company sending a variety of products through to the Pacific Islands.

When we first found out we were having twins one of the first things I did was join our local club - Multiples Counties Manukau. The support and friendships gained led me to volunteer at club level for a number of years before moving onto the Executive.

**Vice President  
Michelle Kitney**

**Wellington Multiples**



I stepped into the Vice President Role after being the Marketing and Promotions office for Multiples NZ for the past three years. I am married to Andy Jackson and our eldest son Thomas is 12 and our fraternal boy twins Alexander and William are nine. Life is busy for us as I work full time leading Volunteering New Zealand, as does my husband.

When we first found out we were having twins one of the first things my husband did was join Wellington Multiples. Our twin pregnancy journey was really rough and the responsive support we received from the club at what was a torrid time in our lives, led me to volunteer at club level for a number of years. During that time I made some great and inspiring friends and followed them onto the Executive team of Multiples NZ.

**Immediate Past President  
Ainslee Jacobson**

**Wellington Multiples**



Ainslee is to mum to ten year old twin boys (Hunter and Cameron) and has been involved with the Multiples NZ community for many years. During her time she has undertaken many roles. Her current roles are as MNZ Immediate Past President, and the Communications lead for Wellington Multiples. She has also worked closely alongside and developing relationships with Emma Parry, Neonatal Trust NZ, Purple Butterfly Initiative, SANDS, Ministry of Health, and PADA.

In her current employment - she travels around the country dropping MNZ brochures everywhere and making sure that support services know about MNZ. This is helping to form connections, promoting our organisation, looking for better outcomes for our babies.



# Multiples NZ Executive 2020

Introducing some of our Executive members from around New Zealand.

**Treasurer**  
**Sally Coombe**

**Taranaki Multiples**



I have recently come on board as Treasurer of Multiples NZ. Married to Cameron, we have identical twin boys called Harry & Reeve, who will soon be two.

I have had a long association with Multiples Clubs - as a toddler, my twin brother and I attended playgroups run by our local club. When I found out I was pregnant with twins, I joined Taranaki Multiples and have found it to be a fantastic support network, and have made some great friends. After becoming Treasurer for our local club, the opportunity came up to become Treasurer at a national level and I'm enjoying the challenge of learning this role.

We own a dairy farm, and I work as a Chartered Accountant, specialising in Agri-accounting.

**Marketing**  
**Amy Dean**

**Kapi-Mana Multiples**



I have been volunteering with KapiMana Multiples for four years, in a variety of roles. I started working on the new branding of KapiMana and then joined the committee in the Newsletter editor role. I have also been in the following roles; Vice President, Marketing, Promotions, and Webmaster.

Over the last year I have been working on the updated Multiples NZ feeding resource and am now on the executive committee in the Marketing role.

My husband and I have two children, Joshua and Claire who are almost five and full of energy. I have enjoyed going back to work part time as a graphic designer, now that the kids are at kindergarten four days a week.

**Magazine Editor**  
**Kirsty Saxon**

**Multiples Canterbury**



I have been the magazine editor for almost four years now, and contributor for several years previously. I am married to Jack, and we have three children - Ruby (nine) and twinnies Lilian and Xavier (six).

I am a teacher and freelance photographer. I have been a member of Multiples Canterbury (Nelson/Marlborough Satellite), and then the Far North contact for Multiples NZ when we lived on 90 Mile Beach.

We have just moved to Canterbury after five years in Northland, and my husband is the new Principal at Mount Hutt College. This year I am really looking forward to making connections with Mid-Canterbury multiples families.

# Volunteering as a family

Courtney Smith (Exult NZ) shares ideas about volunteering as a family. (Previously published Tonic Club E-Letter #330, April 14 2020).

*“Unless someone like you cares a whole awful lot, nothing is going to get better. It’s not.” – Dr. Seuss*

I love this quote from Dr. Seuss. You can find it in his book 'The Lorax'. I think it speaks to the heart of volunteering and packages it in a way that a child can understand.

We volunteer (well, most of us) because we care. If we care, the impossible becomes possible. Volunteering as a family is a fantastic way to foster the nature of care in the hearts of your little ones (and big ones!). There is something special about giving and I invite you to journey with your family through this.

## Three awesome benefits of volunteering as a family

There are loads of benefits when it comes to volunteering as a family but I have highlighted just three below:

### ♥ Strengthens Relationships

Volunteering as a family first and foremost encourages you to spend time together. Through this time opportunities are available to talk, laugh, problem solve, work as a team - the list is endless. Each opportunity adding value to your relationships.

### ♥ Establishes Relationships

While volunteering as a family strengthens your relationships, it also provides opportunities to establish relationships with those in your community. You might even connect

with people you otherwise wouldn't have met.

### ♥ Fosters a Servant Heart

Volunteering at any age fosters a servant heart and encourages those involved to see the value in giving. This encourages growth and you may even see a shift in your family dynamic. For example, you may see your children voluntarily lending a hand a bit more, just because they want to.

## Volunteer Centres Near You

Volunteer Centres are independently governed and managed organisations. There are centres right across the country. They are a fantastic source of information and provide opportunities to volunteer in your neck of the woods.

## 20 WAYS TO VOLUNTEER AS A FAMILY

- “Grandfriend”**  
Regularly visit elderly in your community. Build connections.
- Spend Time with Animals**  
SPCA and Rescue Centres are always looking for a helping hand.
- Theatre Hands**  
Spend time building sets, promoting shows, selling tickets.
- Plant a Tree**  
There are a few organisations out there that plant trees for good. Get involved.
- Beautification**  
Look around you ... what can you do?
- Pet Sitting**  
There are a range of opportunities that come along with pet sitting. From dog walking to making sure cats are fed. Easy to do as a family.
- OP Shopping**  
Ask your local OP Shop if they need a hand sorting, cleaning and filling their shelves.
- Arts & Crafts**  
Ask around for what people need. Get creative and get inspired. Maybe whip up a few reusable shopping bags?
- Grow and Give**  
Have space in your backyard to grow fruit and veg? Grow a little extra for your community.
- Clean and Green Walk**  
Go on a walk and pick up the rubbish/recycling you see. Dispose of it accordingly. A clean and green way to volunteer.
- SMILE**  
A smile goes a long way!
- Participate**  
Participate in an event or campaign held by an organisation. This can be done locally, nationally or globally!
- Camp Leaders**  
There are loads of children's camps right across the country. Offer to spend time as leaders and an extra set of hands.
- Fundraise**  
Get creative and fundraise for a cause close to you.
- It's the Little Things**  
Pick up groceries, send mail, mow the lawns, weed the garden for someone in need.
- Food Bank**  
Delivering food parcels and/or cooking is a great way to involve kids. In fact, you don't even have to go through an organisation. Look for someone in need in your community.
- Storytime**  
Collect children's books and donate them to hospitals, foster homes, any child in need.
- Providing the Necessities**  
Collect things such as warm clothing, sleeping bags and personal care items. Donate them to your local homeless shelter (or anyone in need!).
- Bake and Give**  
Spread a little kindness (and yummy goodness) around. Deliver baked goods to other hardworking volunteers and staff.
- Visit a Refugee Camp**  
Spend time building connections. Play games with the children, share stories, teach them skills.



# Become a family that volunteers

Doing Good Together (United States) shares ideas about volunteering as a family. (Previously published online [www.doinggoodtogether.org](http://www.doinggoodtogether.org)).

## Tips to Start a Habit of Service

1. Encourage all your would-be volunteers to get involved in selecting the volunteer opportunity. The more engaged everyone is in the selection process, the more committed all of you will be to the project.
2. Consider different ways you can weave service into your family's life. Set aside a "Doing Good Together" time each week or each month. You can do in-house projects, random acts of kindness or choose a project.
3. Choose one ongoing project for your family. You might deliver meals to the homebound, cook at a homeless shelter or make a monthly visit to your local nursing home.
4. Start holiday traditions of service. On your child's birthday create a no-sew fleece blanket to donate to the hospital where he or she was born or put together a birthday bag for a local food shelf. On Valentine's Day make cards for your local firehouse.
5. Try "episodic" volunteering – a series of "one-time" projects. You and your family can occasionally walk for charity, clean up a local wilderness area, or take part in a collection drive.
6. Consider your children's ages. Families can design volunteer participation for any age child. Even babies can take part in nursing home visits or charity walks. But be certain that the project you choose is appropriate for your child's maturity level.
7. Think about your family's talents, personalities, interests, and the issues that are important. Consider too what you'd like to learn from the experience.
8. Don't necessarily limit yourself to more traditional volunteer jobs. Your family can become environmental activists, work for human rights or help get out the vote. You can host a fundraiser, organize a collection or start a neighbourhood garden.
9. Remember that service to others doesn't have to involve strangers. Consider starting with familiar people and places. Lend a hand to your neighbours by watering, sweeping, pulling weeds or walking their dog. Carry a small trash bag on your neighbourhood walks to collect rubbish. Whenever your family bakes a batch of cookies, muffins or bars, wrap a few to share with neighbours or friends.
10. Consider an organization carefully before you and your children decide to volunteer there. Find out the group's goal or mission, how it's funded and exactly what your job will be. If possible, ask a current or past volunteer about the pros and cons of working there.
11. Before beginning the volunteer job, explain to your children what will happen, how they're expected to behave, and why the job is important. Once you get started, be patient with their efforts and let them know how they're making a difference.
12. Reflect on the experience with your family, including the disappointments and challenges of the work. Educate your kids about any issues that arise, explain the benefits to the people you're serving and discuss what all of you are learning from the experience.
13. Have fun! Show enthusiasm for the project, go out for lunch afterward, or invite your children's friends to come along. The more all of you enjoy the time you spend volunteering together, the more often you'll make it a priority.

### Read more at:

[www.doinggoodtogether.org/bhf/family-volunteering-tips](http://www.doinggoodtogether.org/bhf/family-volunteering-tips)



**Xavier, Ruby & Lilian Saxon**  
get involved with Clean up NZ Week.

# National Volunteer Week

Volunteering NZ share their plans for National Volunteer Week for 2020.



**Te Hua o te Mahi Tahī**  
The benefit of working together

[nationalvolunteerweek.nz](http://nationalvolunteerweek.nz) | [#NVW2020](https://twitter.com/NVW2020)

National Volunteer Week celebrates the collective contribution of the 1.2 million volunteers who enrich Aotearoa New Zealand. National Volunteer Week 2020 will run from June 21-27 2020.

The theme for 2020 is Te Hua o te Mahi Tahī—The benefit of working together.

National Volunteer Week 2020 is an opportunity for our 1 million volunteers to be recognised and celebrated! Volunteers contribute to 159 million volunteer hours per year, the value of this volunteer labour is estimated at \$4 billion.

The power and potential of volunteering, Mahi Aroha and social action shines through at times when our communities are stretched and challenged. New Zealand's COVID-19 response has highlighted courage and kindness in uniting together.

Working collaboratively as we come out of COVID-19 will make our communities stronger and

volunteers will continue to play an integral role in this.

Now more than ever, as a volunteering community we commit to manaakitanga and whakawhanaungatanga. National Volunteer Week 2020 is an opportunity for everyone to recognise all volunteers: whether volunteering for an essential service, virtual volunteering, people thinking about volunteering or those that normally volunteer but have stayed home to save lives – every volunteer is valued and contributes to strengthening our communities.

Join us this National Volunteer Week to celebrate how our communities are stronger when working together. Volunteers help shape the world we want to live in, now and into the future!

**Share your experiences online using the hashtag #NVW2020.**

**Waiho i te toipoto, kaua i te toiroa**

**Let us keep close together, not wide apart**

This whakatauki speaks to the importance of keeping connected, of maintaining relationships and dialogue so that we can keep moving forward together. It could be used when sharing information about community events or projects that bring people together

**Find resources and read more at:**

<https://nationalvolunteerweek.nz/>



## 15 ways to celebrate National Volunteer Week 2020

These ideas have been inspired by national and international National Volunteer Week campaigns, as well as some new ideas for this year! Pick and choose the ones that resonate with you.

### NVW2020

Firstly, check out nationalvolunteerweek.nz for everything you need to know about NVW2020. You can download all NVW copy and resources there. Don't forget to use #NVW2020 in your promotion!

### Te Hua o te Mahi Tahi - The benefit of working together

Wherever possible, use the NVW2020 theme as the basis for all your activities and celebrations.

### Collaborate

Connect with local community groups to create a combined NVW2020 campaign (shared effort, more impact!).

### Virtual morning tea

Share the same cupcake recipe with your team, so you can all share the same morning tea! Try for coloured icing in the NVW2020 branding.

### Thank you cards for your volunteers

Even better if they're handmade.

### Be the chalk of the town

Create NVW hearts and quotes all over the pavements. You could ask your volunteers for quotes about why they volunteer and who they

volunteer for – help inspire others to consider volunteering!

### NVW hearts over your windows

Print the NVW hearts and stick them all over your windows at home, so people can see them from the street. You can download the hearts on the NVW website.

### Certificate of recognition

Use NVW as an opportunity to formally acknowledge your volunteers.

### Create thank you videos for your volunteers

Interview people online in your community and ask them to share what your volunteers mean to them and the impact they've had.

### Poems for volunteers

Create virtual poems acknowledging their impact! We were inspired by this whakatauki: 'He aroha whakatō, He aroha puta mai' 'If kindness is sown, then kindness you shall receive.'

### Good news stories

Contact local and national media with stories about your

volunteers (even better when they're told from the perspective of your volunteers).

### Ask your volunteers

If you want to really do something your volunteers will appreciate, give volunteers options to choose from regarding how they'd like to be acknowledged.

### Share your volunteer stories with VNZ

VNZ love receiving good news stories about volunteers and they can be shared on social media, VNZ's blog or volunteering stories page.

### Contact your local Volunteer Centre

Your local Volunteer Centre is the best place to start for learning about what online events and activities are happening in your region for NVW2020.

### Use NVW2020 to encourage regular interactions between your whole team

If you're a volunteer involving organisation, consider how regular team interactions between volunteers and paid-staff help strengthen relationships. Create a team to enter online quiz nights or other community activities.



## Is It Bedtime Yet?

Emily Writes (New Zealand) has written/edited a new book on parenting in New Zealand.



*A collection of writing on being a parent in Aotearoa - from hilarious to heart-breaking.*

The experience of parenthood is different for everyone. And every day can be different too. Read a hilarious and moving collection of perspectives from the well-loved Emily Writes and her friends. Some of them are experienced writers, others have put pen to paper for the first time. If it takes a village to raise a child, then this writing comes from the whole village. Yet every experience is a real one, and you will feel the joy, the horror, the love and the heart-ache as you read about birthday parties, vasectomies, hugs, hospitals and, of course, sleepless nights.

The short story format of 'Is It Bedtime Yet?' means that you

can pick it up for a five minute perusal during your three-times-reheated cup of coffee or you can snuggle under the duvet for a more in depth read whilst the little ones are tucked up in their beds.

Emily Writes is a popular kiwi blogger and writer. Her hilarious, common sense approach to parenting has made her a hit with parents around New Zealand. I think what makes her writing endearing to kiwi parents is her brutal honesty, and her ability to translate her experiences of parenthood to all.

A couple of bits of advice which really made me smile, I will repeat here for the benefit and wellbeing of our entire Multiples community:

*"I bribe my child to behave in public so often that we've worked out how to do it through hand squeezes. Three hand squeezes means 'Shut up, you'll get a McFlurry on the way home.' It's perfect because people think I'm squeezing her hand to be reassuring and because I'm a loving, devoted mother. Someone once picked up on it and I said it stood for 'I love you.' She genuinely thought my love for my child calmed her down."*

*"When they are little and won't eat something, give them the illusion of choice. When my son refuses food, instead of offering*

*him one piece, I will present him with three of the same pieces of food and he picks one and eats it."*

*We are going to do a giveaway of this book in the Multiples NZ Facebook group in July. Keep an eye out.*

Emily is a young mother of two small boys. Her first blog post in March 2015 went viral, reaching more than one million people in a few days. Emily has been the parenting columnist for the *New Zealand Herald* and the *New Zealand Woman's Weekly* and has also written for *Metro* magazine. She is currently editor of *The Spinoff Parents*.

**This book is available from Whitcoulls for \$34.99.**







**multiplesnz**

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**[www.multiples.org.nz](http://www.multiples.org.nz)**

# Better outcomes for families

Carolyn Lister (ICOMBO & Multiples Canterbury) shares what is happening internationally.

## 40 Years of ICOMBO

Did you know this year we celebrate 40 years of The International Council of Multiple Birth Organisations ICOMBO (formerly COMBO) was formed at the 1980 ISTS (International Society for Twin Studies) Congress, held in Jerusalem. Between 1980 to 1986 international liaison between COMBO members developed including exchange of newsletters, resources, and research.

A new management structure for COMBO was approved at the 1998 Congress in Helsinki, and COMBO was ratified as a working group of International Society for Twin Studies (ISTS).

During the 2010 Congress in Seoul Korea, COMBO formally changed their name to the International Council of Multiple Birth Organisations (ICOMBO) to better reflect their global reach. Watch out later in the year as we mark this milestone.



## Multiple Birth Awareness Week 2020

International Multiple Birth Awareness Week (IMBAW) 2020 will take place from 9<sup>th</sup>-15<sup>th</sup> November. The theme for this year is 'Building a Global Community: Championing the rights of multiples'. This theme fits nicely with talking about evolution of ICOMBO and the development and promotion of the declaration of rights. Even though we had no idea when we chose the theme of building a global community it fits well with the Covid-19 situation. There are many ways that our member organisation organisations have built communities this year in slightly different ways than normal. It will be great to share these stories.

At the 1992 ISTS Congress in Japan, multiple-birth organisations worked together to begin compiling a Declaration of Rights and Statement of Needs for Twins and Higher Order Multiples. This declaration was formally adopted at the 1995 ISTS Congress, held in Richmond, VA. We have recently updated the declaration to modernise it and bring in line with recent research and thinking. This updated declaration will be promoted during IMBAW to raise awareness of the issues. There are seven rights so each day during IMBAW we will focus on one of these which cover:

- Freedom from discrimination of any kind

- Full information around fertility treatment and chances of multiples
- Zygotosity
- Research with multiples
- Appropriate care
- Importance of the twin bond
- Recognition of individuality

Watch out over the next few months as we share more information and ask for your stories that we will share during the week. If you have any ideas feel free to email me via the address on page 35.

## ICOMBO School Placement of Multiples Study

Whether to put multiples together or to separate them in school is a thorny issue – one which many families don't have enough information about or have enough support when dealing with their multiples' school. In 2019 school placement of multiples was the focus of a Survey Monkey questionnaire conducted by ICOMBO. These results of this survey have now been written up and will be released publicly in July. Hopefully the findings and the associated resources we will be made available via our website (<http://icombo.org/>) and will help those yet to or still navigating the school years.





# SITUATION VACANT

## ICOMBO Graphic Designer Needed

Do you or anyone in your club have graphic design skills and have some time to volunteer to help us out? We are looking for someone, or even a number of people, that can help with creating materials for ICOMBO. This will include infographics to communicate the results of our school and research surveys (these will be needed over the next couple of months). It would also be great to have some new banners for our Facebook page – we have a selection of photos that we have permission to use.

In an ideal world we would also love to have someone create some memes or some other

interesting graphics to use during Awareness Week in November. If you think you can help us out with any of these please contact me.



## ICOMBO Public Facebook Page

Have you checked out and liked the ICOMBO public page on Facebook? We are getting close to 2,500 followers so please help us get there. To entertain everyone as well as educate people during lockdown I have been creating a series of trivia questions, all relating to multiples. It has created some increased traffic for our page, in particular the amount of commenting. Feel free to share any or all of these on your club Facebook pages too. If you have any ideas for multiples related trivia questions or other content please email me.

Contact Carolyn at:  
[carolyn@icombo.org](mailto:carolyn@icombo.org)



Carolyn is mum to Rose and Finn (14), a past president of MNZ and current research director for ICOMBO. She works at Plant & Food Research, and lives in Christchurch.

# KIDS

# CORNER



## Winter WORDFIND

Can you read & understand all the words? WATCH OUT, the words in this word find go forwards, backwards & diagonally!

F	A	R	M	I	N	G	I	W	Q	E
C	R	N	E	W	Y	E	A	R	D	G
M	O	O	J	E	R	L	G	I	P	N
A	K	M	S	U	A	U	S	D	E	I
T	Z	B	M	T	A	Y	R	S	C	Z
A	E	Y	V	U	R	W	O	A	X	E
R	K	Q	S	T	N	R	U	T	L	E
I	O	D	N	P	W	I	N	T	E	R
K	T	U	O	I	N	K	T	G	O	F
I	O	E	W	H	C	M	F	Y	J	L
C	H	A	L	A	M	B	I	N	G	B

WINTER	COUNTRYSIDE	SNOW	LAMBING
HŌTOKE	FARMING	FROST	MATARIKI
RURAL	COMMUNITY	FREEZING	NEW YEAR



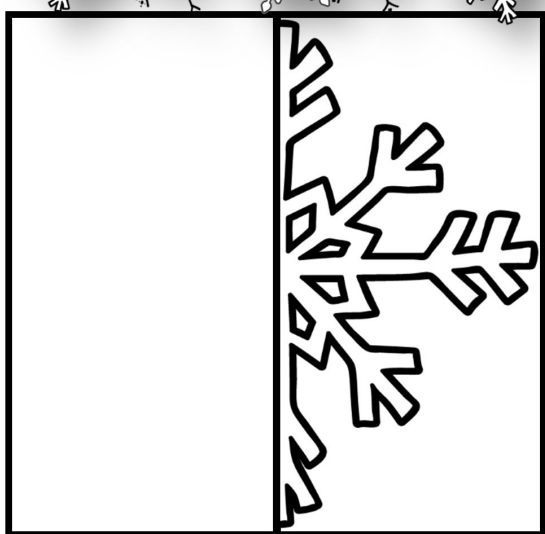
## 10 Winter Challenges!

How many can you tick off?

- 1 Did you know that multiple births can be more common in some farm animals than with humans? Ask a local farmer to share their experiences.
- 2 Go on a wintery nature walk & collect some treasures.
- 3 What does your local community have planned for Matariki? (Māori new year)
- 4 Where & when does the Matariki constellation rise this year? Find out, then get up early for some star gazing.
- 5 What do you think the best thing about living in a rural or isolated area might be? What would be the best thing about living in the city?
- 6 Do you have friends or family overseas? What season is it where they live? Call them & find out!
- 7 What's your favourite (hot) winter pudding? Find out & cook dessert for your family.
- 8 Get your gumboots on & head out for some puddle jumping!
- 9 How cold does it get (in the middle of winter) in your area?
- 10 Freeze coloured water into a variety of different shaped containers. Build an ice sculpture & watch it melt.



Brrrrr... its cold! Help Kiwi warm up by drawing the following clothing items onto the picture:



Did you know that snowflakes are always six-sided? This means that not only are they symmetrical, but they have six-fold symmetry! Complete the other side of this shape to show a symmetrical snowflake.

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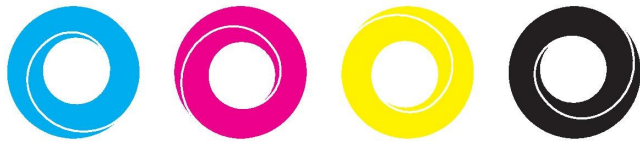
# WINTER

Affiliated Clubs
<p><b>NORTHLAND</b></p> <p><b>Northland &amp; Whangarei</b>                      Contact: Rosie Ponifasio-Hughes                      021 165 3885 •                      northland@multiplesaucklandnorth.org.nz</p> <p>Multiples Whangarei is a satellite club of Multiples Auckland North.</p>
<p><b>AUCKLAND</b></p> <p><b>Multiples Auckland Central*</b>                      President: Anna Winn                      president@multiples-ac.org.nz                      www.multiples-ac.org.nz</p> <p><b>Multiples Counties Manukau*</b>                      President: Desiree Morgan                      021 077 8062                      president.multiplescm@gmail.com                      www.multiplescm.org</p> <p><b>Multiples Auckland North*</b>                      Co-President: Kim Metahysa                      Co-President: Thérèse Ellitts                      021 046 2398                      president@multiplesaucklandnorth.org.nz                      www.multiplesaucklandnorth.org.nz</p> <p><b>Waitakere</b>                      Refer to Auckland Central &amp; North Shore Clubs</p>
<p><b>WAIKATO</b></p> <p><b>Hamilton Multiple Birth Club*</b>                      Co-President: Michelle Ericksen                      (07) 855 0373                      michelleericksen@xtra.co.nz                      Co-President: Fiona Stokes-Rouse                      (07) 856 3330 • www.hamiltonmbc.co.nz                      hamiltonmultiplebirthclub@gmail.com •</p> <p><b>Matamata, Piako (Hamilton Club)</b></p>
<p><b>BAY OF PLENTY</b></p> <p><b>Multiples Bay of Plenty*</b>                      Jo Carswell                      president@multiplesbop.org                      www.multiplesbop.org.nz</p> <p><b>Rotorua Part of Multiples BOP</b>  <b>Taupo Part of Multiples BOP</b></p>
<p><b>HAWKES BAY</b></p> <p><b>Multiples Hawkes Bay *</b>                      Katherine Russ                      president@multipleshb.org.nz                      www.multipleshb.org.nz  <b>Gisborne Part of Multiples Hawkes Bay</b></p>
<p><b>TARANAKI</b></p> <p><b>Multiples Taranaki *</b>                      President: Anne Llewellyn                      021 059 7512 •                      multiplestaranaki@gmail.com</p>

<p><b>MANAWATU-WANGANUI</b></p> <p><b>Manawatu Multiples*</b>                      Zelia Boyd                      manawatu.multiples@gmail.com                      Manawatutwins.org.nz</p> <p><b>Wanganui Part of the Manawatu Club</b></p>
<p><b>WELLINGTON</b></p> <p><b>Multiples Hutt Valley*</b>                      Claire Sumner Lawry                      hvmbcpresident@gmail.com</p> <p><b>Kapi-Mana Multiples*</b>                      President: Stacey Petkov                      president@kapimanamultiples.org.nz                      www.kapimanamultiples.org.nz</p> <p><b>Wellington Multiples*</b>                      President: Georgie Manning                      president@wellingtonmultiples.org.nz                      www.wmbc.org.nz</p>
<p><b>NELSON</b></p> <p><i>Part of Multiples Canterbury</i></p>
<p><b>MARLBOROUGH</b></p> <p><i>Part of Multiples Canterbury</i></p>
<p><b>WEST COAST</b></p> <p><i>Part of Multiples Canterbury</i></p>
<p><b>CANTERBURY</b></p> <p><b>Multiples Canterbury*</b>                      (also covers Nelson, Marlborough &amp; Canterbury)                      Co-President : Sophie McInnes                      Co-President : Meredith MacDonald                      president@multiplescanterbury.org.nz</p> <p><b>Ashburton Part of Multiples Canterbury</b></p> <p><b>Kaikoura Part of Multiples Canterbury</b></p> <p><b>South Canterbury Region (Timaru)</b>  <i>Part of Multiples Canterbury</i>                      Local contact: Kelly Stockwell                      southcanterbury@                      multiplescanterbury.org.nz</p>
<p><b>OTAGO</b></p> <p><b>Multiples Otago*</b>                      Liz Campbell                      treasurer.multiplesotago@gmail.com                      www.multiplesotago.org.nz</p> <p><b>North Otago/Oamaru Region</b>  <i>Part of Multiples Otago</i>                      Contact person: Anna Jameson</p>

<p><b>OTAGO contd.</b></p> <p><b>Central Otago/Wanaka Region</b>  <i>Part of Multiples Otago</i>                      Contact person: Gwen Hendry                      021 147 7380                      gwendolooony@hotmail.com</p> <p><b>South Otago/Balclutha Region</b>  <i>Part of Multiples Otago</i>                      Contact person: Shelly Smith                      (03) 418 2285 • soss@slingshot.co.nz</p>
<p><b>SOUTHLAND</b></p> <p><b>Southland Multiples</b>                      Co-President: Lizzie Stephenson                      Co-President: Sarah Miller                      southlandmbc@gmail.com                      www.southlandmultiples.org.nz</p>
<p><b>Triplets Plus</b></p> <p>Contact: tripletsplus@multiples.org.nz                      Contact: Heather Ben                      027 484 1526</p>
<p><b>0800 Regional Contact People</b></p> <p><b>North Island</b>                      Ainslee Jacobson                      0277275523                      cjacobson@gmail.com</p> <p><b>South Island</b>                      (All of South Island—all 03 numbers)                      Jacqui Newell                      021 154 3141                      0800Sthls@multiples.org.nz</p>
<p style="text-align: center;">                       Supporting parents of multiples                      0800 4 TWINS etc                 </p>
<p><i>Our free phone number 0800 4 TWINS ETC (0800 489 467) is provided by Multiples NZ to assist people to contact their local multiples club. Manned by volunteers throughout the country, this number prevents clubs needing to reissue all their flyers when committee members move on. It is your number for your clubs, so please use it as often as you like!</i></p>





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## Multiples NZ Mission Statement

To address the diverse needs of families with multiples through networking, education, support and advocacy. Working in partnership with local Multiple Clubs, community groups, health care providers and educators to ensure our values are upheld.

**Te Takitini o Aotearoa**  
PO Box 1258, Wellington  
0800 4 TWINS ETC (0800 489 467)  
[www.multiples.org.nz](http://www.multiples.org.nz)

**Holly Levi, husband Gerhard, and six year old twins Taua and Niko, had a great time filing in their days during lockdown in Te Atatu, Auckland.**



**Supporting families of multiples since 1980**