

Kia ora

Welcome to our May newsletter. It's been a couple of very busy months with numerous public talks and press articles raising awareness of neurological conditions and research into these devastating diseases. This month our focus is on raising funds to support that research. Music Meets Art is one of our major fundraising events of the year. We'd love to see you there!

Do you love music from Carmen, Chess and Les Misérables?

Want to support a great cause?

Or, looking for a great gift for your Mother?

Mother's Day is just one week away!

Raising funds for brain research in Canterbury

MUSIC MEETS ART 

Friends of the
New Zealand
Brain Research
Institute

Saturday 8th May 7pm
*This is a must-see event for lovers of
fine wine, art and music!*



The Friends of the New Zealand Brain Research Institute invite you to a special evening of **Music Meets Art** on **Saturday 8th May, 7pm**. This popular event is back in a new location with a night of fabulous entertainment. The Piano on Armagh Street is a purpose-built concert hall with state-of-the-art acoustics, providing you with an exceptional musical experience.

The First Half is a fabulous selection of popular opera performed by members of "The Opera Club" with special guest James Harrison, baritone from NZ

Opera. If you love Carmen, and music from Chess, Les Misérables and Carousel then this is the night for you.

The Second Half will feature some of Christchurch's most talented young musicians from "SOLE Music Academy" and the "Burnside High School Jazz Band" who will perform a selection of contemporary and jazz music.

The evening will also feature an amazing Art Auction, raising funds for brain research in Canterbury.

Ticket price, \$79, includes Pegasus Bay wine, sumptuous canapés prepared by Lizzie's Cuisine, entertainment and a chance to own a beautiful piece of art. Best of all, you will be helping to support the work of our researchers, helping patients and families suffering the devastating effects of neurological conditions such as Alzheimer's and Parkinson's disease, dementia and MS, amongst many others.

BOOK TICKETS

Did you know that modifiable factors are responsible for about one third of all Alzheimer's and dementia?

They are:

- Level of education
- Cognitive activity
- Physical activity
- Social interactions
- Some aspects of diet
- Diabetes, hypertension, smoking, alcohol cardiovascular risk factors including obesity and lack of physical activity
- Depression/mood
- Sensory loss.



So, what is good for your heart is good for your brain.

Keep active - mentally, physically and socially - and eat well.

April was Parkinson's Awareness Month

If you missed our free public education talk in April, you can now watch it online.

Parkinson's in New Zealand Today was the nationwide release of current numbers of how many people have Parkinson's disease in New Zealand, and how this has been changing over the past 15 years. Dr Daniel Myall described how people with Parkinson's are distributed by age, gender, and geography, and what this potentially tells us about the disease process and the implications for future research. Dr Michael MacAskill talked about the top breakthroughs in Parkinson's research worldwide over the past 20 years. [Watch here](#)

Dr Michael MacAskill was interviewed live on Radio New Zealand on Thursday 8th April about Parkinson's research and some of the risk and protective factors. [Listen here](#)

Dr Toni Pitcher was interviewed live on Radio New Zealand on Friday 9th April in the build up to Parkinson's Awareness Day on the 11th April. [Listen here](#)

The New Zealand Brain Research Institute was initially founded by a generous donation from local businessman, Cas Van der Veer. The Institute receives no direct government funding and relies on the continued generous support from the community through donations and fundraising events.

[Donate Now](#)

For more information about our work or how to support us, contact us at:

Website: www.nzbri.org

Or email: info@nzbri.org

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Stay safe

Ngā mihi

The New Zealand Brain Research Institute Team





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