ACOUSTIC NEUROMA
NEWSLETTER
November 2026

Acoustic Neuroma Association
of New Zealand Inc

FROM THE PRESIDENT

A note from Chrissie

For those I haven't met yet, I'm Chrissie Whitfield, the incoming President of ANANZ. Like many members, my connection with the association began through my own experience of living with an acoustic neuroma. My treatment included radiotherapy, and I now live with complete hearing loss on my left side, tinnitus and some ongoing balance issues.

That experience has given me a personal understanding of how valuable, reliable information and support from people who understand the journey can be.

I bring more than 30 years' experience across senior management, governance, organisational leadership and coaching. My coaching work includes supporting people through transition and change, including adjustment to vision loss.

As President, I want ANANZ to remain useful, practical, supportive and accessible to everyone affected by acoustic neuroma, whatever their age, location or stage of the journey. I look forward to hearing what you value and what you'd like to see in future.

I'd also like to acknowledge Marilyn Cryer and thank her for everything she has, and continues to, contribute to ANANZ.



Chrissie Whitfield
Incoming President

IN THIS ISSUE

WHAT'S AHEAD

ANANZ Annual General Meeting

Hold the date – 10th April 2027
A great opportunity to meet other members, hear from our speakers and take part in the association.

RESEARCH

Very small vestibular schwannomas

Sydney based research on tumours 5mm or less

MEMBER VOICES

Your story matters

Share your journey in writing or by interview. Short stories or audio can help others feel less alone. Resource and topic suggestions are welcome too.

DID YOU KNOW?

The brain can still respond to some sounds during sleep

A small study in young children found that their brains could recognise words heard during a nap. That doesn't mean we consciously hear every sound around us, but it shows some sound processing can continue while we sleep.

Source: Acoustical Society of America

MEET • CONNECT • TAKE PART

AGM and community

ANNUAL GENERAL MEETING

A good chance to meet other members, hear from our speakers and take part in the association

We're still working through the programme and will share further details when they're confirmed. Please treat this newsletter information as a **save-the-date notice**. A calendar invitation with online details will be sent in due course, and you'll be able to RSVP then.

DATE & TIME	VENUE	ONLINE
Saturday 10th April 2027 **10am - 2pm**	**Aldersgate – Wananga Room** **309 Durham Street North, Christchurch.**	**Online attendance available, joining details to follow**

FEATURED SPEAKER AND SUPPORT

SPEAKER FEATURE

Associate Professor Phil Bird

Professor Bird is an otolaryngologist with specialist interests in otology and neurotology, an Associate Professor at the University of Otago, Christchurch, and a surgeon with the Southern Cochlear Implant Programme. His clinical work includes acoustic neuroma and other complex ear conditions. Read more here > Professor Bird's work



SPEAKER FEATURE

Adam Mace

Adam is a Christchurch-based hearing therapist with Your Way | Kia Roha and has offered to speak about hearing loss support and management. Your Way | Kia Roha provides free, government-funded support around New Zealand, including help with tinnitus, communication and hearing technology Read more here > yourwaykiaroha.nz/hearing



MEMBERSHIP AND TAKING PART

MEMBERSHIP

$25 per year

Thank you to everyone who has paid this year. If you have not yet paid, or would like to join ANANZ, the annual subscription remains $25. It has stayed the same for many years.

PAYMENT OR PARTICIPATION DETAILS

Westpac account
03-0426-0147202-000

Please include your name as the payment reference. Under ANANZ's new constitution, payment of an annual subscription is required to remain a member.

STORIES • EVIDENCE • CONNECTION

ANANZ news and research

WHAT'S AHEAD

Building on ANANZ

Our new logo has been designed and selected. Over the coming year, we'll look at how ANANZ presents itself and shares information, including through the website and written resources. We want these to be useful, practical and accessible.

I'm also keen to explore what information and support could help people after diagnosis, including resources about understanding and managing grief, and information for family, friends and other support people. Do reach out to me directly with any ideas you may have.

RECENT RESEARCH

Very small vestibular schwannomas

A Sydney research team studied tumours 5 mm or less. Among 74 people followed, 27 tumours grew and 9 people went on to have surgery or radiotherapy. The researchers concluded these small tumours should continue to be followed with MRI

27 of 74 grew	**9 of 74** later treated

Study summary: PubMed

STAY CONNECTED

Our Facebook group helps people affected by acoustic neuroma connect and support one another. You're welcome to join or share it with someone who might find it useful.

Join the ANANZ Facebook group

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YOUR STORY COULD HELP SOMEONE

We'd love to share members' journeys in future newsletters, as short written stories or audio recordings. You don't need to write anything yourself. I'm happy to interview you and help shape your story. Nothing will be shared without your approval.

A useful resource, topic or idea for a future newsletter is welcome too.

If you'd like to share your story or suggest something, give me a call or email me

CONTACT ANANZ

We'd be pleased to hear from you

POST 82 Queen Charlotte Drive, Porirua 5024

PHONE (021) 769 826

EMAIL president@anana.nz

WEB www.acousticneuroma.org.nz

FACEBOOK ANANZ support group

KEEP IN TOUCH

Contacts and community

Your committee for 2026/2027

President	Secretary
Chrissie Whitfield Phone: (021) 769 826 Email: president@anana.nz	Allan Marsh Phone: (027) 672 2226 Email: secretary@ananz.nz
Vice President	**Treasurer**
George Meredith Phone: (022) 497 2745 Email: Contact@ananz.nz	Gerard Gunn Phone: (06) 844 8258 Email: treasurer@ananz.nz

Committee Members:

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A THANK YOU FROM MARILYN AND RUSSELL CRYER

We would like to thank both committee and members for the kind gifts we were given when we retired from the President and Secretary positions earlier this year. Also, we would like to wish Chrissie and Allan well as they take over these positions.

A LITTLE LIGHT RELIEF

What do you call an old man who has his hearing aids turned off? Anything you want, because he can't hear you!

NEWSLETTERS VIA EMAIL

All members will receive the newsletter via email unless you don't have email, or have specifically requested a printed copy.

If you wish to change how you receive your ANANZ newsletter, please advise us via email at newsletter@acousticneuroma.org.nz, or phone/message Allan Marsh on (027) 672 2226

Acoustic Neuroma Association of New Zealand Inc

Supporting people affected by acoustic neuroma through information, connection and shared experience

ABOUT THIS NEWSLETTER

Opinions in this newsletter do not necessarily represent those of ANANZ. Please seek advice from your doctor about your own medical condition or treatment.