

# Zest for Life

## Community Group Fund



**Top of the South**  
COMMUNITY FOUNDATION  
*Tē Tauīhu*



**Zest for Life has established a Community Group Fund with the Top of the South Community Foundation to support people living with complex chronic illness in our community for generations to come.**

Zest for Life was created in memory of Zascha Mann, a young Nelson adventurer who died in 2021 after a long struggle with Myalgic Encephalomyelitis/Chronic Fatigue Syndrome (ME/CFS), a serious and little-understood disease with limited research and funding.

Zascha's love of life inspired the trust's name. An estimated 25,000 people in Aotearoa New Zealand live with this condition.

Zest for Life also supports people living with Long Covid and other conditions which may cause severe functional impairment.

People with these conditions often face overwhelmingly difficult daily lives and may hesitate to ask for help.

Working in collaboration with Complex Chronic Illness Support (CCI Support), the Zest for Life Fund provides small grants for practical support such as transport to appointments, help with housework, meals, advocacy, and respite care.

***Inspired by Zascha Mann's zest for life - supporting others living with complex chronic illness in our community.***





## Zest for Life Fund

The Zest for Life Fund has been established with the Top of the South Community Foundation to support long-term funding needs. When you donate, your gift is professionally invested by the Foundation, with the income generated going directly to Zest for Life to support people living with ME/CFS, Long Covid and other conditions which may cause severe functional impairment in Nelson-Tasman.

Every gift counts. As the fund grows, so does the practical support available to people living with complex chronic illnesses in Nelson-Tasman.

## About Top of the South Community Foundation

The Top of the South Community Foundation exists to strengthen the long-term wellbeing of Te Taihū by ensuring generosity given here continues to serve the community for generations.

We partner with generous donors who want to give back to the place and people they care about most. Every donation is respected, protected, and carried forward with care and integrity.

Community Foundations are local, independent, and not-for-profit - following a well-established model of giving that has grown worldwide for more than 100 years, now present in 18 regions across New Zealand.

## How to donate

1. Online visit [topsouthfoundation.org.nz](https://topsouthfoundation.org.nz) and click Donate Now - follow the prompts to give to the Zest for Life Fund.
2. Bank Transfer Deposit to account 03-1354-0602011-00, reference your name and ZFL( Zest for Life). Then email [info@topsouthfoundation.org.nz](mailto:info@topsouthfoundation.org.nz) with your name and address so we can send your tax receipt.
3. To discuss your giving in confidence, please speak with Chelsea - details below.

**All donations are fully tax deductible, and a tax receipt will be sent following your generous donation.**

***"Talk to us about how your donation can bring zest back to the lives of people living with complex chronic illnesses in Nelson-Tasman for generations to come." -Chelsea Routhan***

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