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For immediate release

Young business graduate receives AdviceFirst Regional Scholarship

Young business graduate, Alana Scott is the regional recipient of the AdviceFirst Auckland Regional Scholarship, receiving \$5000 to help make the daunting Low FODMAP diet simple and tasty for Irritable Bowel Syndrome (IBS) sufferers.

At just 23 years of age, Alana was selected from 39 other applicants across Auckland to receive an AdviceFirst Auckland Regional Scholarship.

Alana has been awarded one of 12 Regional Scholarships across the country. Each Regional Scholarship recipient is awarded \$5000 to 'do their thing', and AMP will provide an additional top up of up to \$5,000 to one of the Regional Scholarship recipients at the AMP Scholarships National Awards evening on 4 December.

Mark Ennis, Chief Executive Officer at AdviceFirst, says: "Alana is a very driven and inspirational young lady who wants to go that extra mile to help those suffering from IBS, to improve their quality of life."

"I'm so thrilled to be awarded an AdviceFirst Auckland Regional Scholarship. I suffer from IBS and understand first hand the problems it causes. Through my online business, A Little Bit Yummy, I want to help others that have the condition, by making the Low FODMAP diet more simple and delicious for people to enjoy and follow," says Alana.

"One in five New Zealanders suffer from gastrointestinal problems and research shows the Low FODMAP diet works – helping 70% of IBS sufferers symptoms' disappear. Unfortunately it's incredibly complex and makes remaining on it feel impossible."

"A Little Bit Yummy aims to help IBS sufferers control their symptoms of discomfort, pain and in some cases, depression, by removing the stress from the Low FODMAP diet, so they can simply follow and enjoy the tasty recipes featured."

"The Scholarship will help fund improvements to the A Little Bit Yummy website, so that I can provide customers with meal planning services, an online shop, Low FODMAP friendly supplies, and within the next year, a door to door food delivery system."

Ennis concludes: "We're delighted the \$5000 AdviceFirst Auckland Regional Scholarship will be put to good use with a person whose values of passion, hard-work and determination aligns with that of our team."

AdviceFirst Auckland is the local office of the successful firm of Financial Advisers who believe New Zealanders deserve quality financial advice to help them stay on track through life. Formed by four leading financial advice firms in 2008, AdviceFirst has become the largest financial advice

business of its type in New Zealand, with branches in Auckland, Waikato, Bay of Plenty, Manawatu, Kapiti, Wellington, Nelson, Canterbury and Otago. AdviceFirst focuses on financial planning advice, insurances of all types, KiwiSaver, investments and home loans. AdviceFirst's cornerstone shareholder is AMP, who have operated in NZ for over 160 years.

For more information, visit doyourthing.co.nz or www.advicefirst.co.nz.

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Prepared on behalf of AMP 'Do Your Thing' Scholarships programme by the pr shop. For more information or images, please contact Lindsay Stanley on lindsay@theprshop.co.nz or 09 360 0385.

Notes to Editor:

About AMP:

- AMP is a leading wealth management and insurance provider in the New Zealand marketplace and has been supporting the financial welfare of customers for 160 years
- Our customers hold more than 870,000 investment, savings and insurance products
- AMP has one of the largest networks of advisers in New Zealand
- AMP is the only default KiwiSaver provider with both a 'silver' rating from Morningstar and a 5 Star Canstar Award
- AMP has approximately 260,000 KiwiSaver Scheme members and more than \$3 billion funds under management, equating to around 14% market share
- We've awarded more than \$1.8 million in the last 16 years through our AMP Foundation
- In 2013 we:
 - helped more than 1,800 kiwis buy their first home through KiwiSaver
 - paid out \$46.75 million in general insurance claims
 - supported approximately 73,000 New Zealanders who were unable to work because of an injury or illness by paying out nearly \$9 million in income protection insurance
 - wrote \$644 million in new mortgages, and
 - provided advice over the phone to more than 150,000 New Zealanders – more than 400 people per day.

About 'Do Your Thing':

- **AMP National Scholarships:** 11 National Scholarships are available each consisting of one payment of up to a maximum of \$10,000. Recipients will be invited to the AMP Scholarships National Awards evening on 4 December
- **AMP Regional Scholarships:** 12 Regional Scholarships are being offered by 11 Adviser Businesses in the AMP Financial Adviser Network. Each will award a scholarship of up to \$5,000 to help someone in their region do their thing. AMP will select and provide a top up of up to \$5,000 to one of the Regional Scholarship recipients
- **Study Start Scholarship:** is for a Year 12 or 13 student who is aiming to make a positive difference in New Zealand through their field of study or training. The scholarship is worth up to a maximum of \$10,000
- **People's Choice Scholarship:** People's Choice gives you the opportunity to tell friends, family and colleagues about 'your thing' and win their support by getting them to vote through Facebook. The scholarship is worth up to **\$10,000**
- **AMP People Scholarship:** is for AMP employees and Advisers in the AMP Financial Adviser Network who want to do their thing. The scholarship is worth up to \$5,000.
- Full terms & conditions can be found on www.doyourthing.co.nz