



**PLUS**  
Neuro Wellbeing

**ACT Newsletter**  
April 2026

*Our Values - Empowerment, Community, Expertise, Creativity and Spirited*

## Join Us at the 2026 Canberra MS Walk, Run + Roll!

Want to give back to your local community and be part of something truly special? We'd love to have you!

The **2026 Canberra MS Walk, Run + Roll** is just around the corner, and we're looking for a few more friendly faces to join the team. Whether you're a seasoned volunteer or just want to help out for the day, your energy will help make the whole event shine.



**Date:** Sunday 3 May

**Location:** Rond Terrace, Parkes Way, Acton

[Click here to find out more](#)



**MS Plus  
Art Show**  
**Enter now!**

The MS Plus Virtual Art Show 2026, now in its 20th year, provides people living with neurological conditions an opportunity to express their creativity and their unique experience of MS through art.

We have a range of categories and prizes including painting, drawing/illustration, sculptural/craft artwork, and digital artwork and photography. There is also a category for carers and a new category for youth aged 17 years and under.

Applications open **Wednesday 25 March 2026**

Applications close **Friday 8 May 2026**

[For more Information](#)

## Join the Challenge to Leave MS where it belongs - Behind Us.

The **May 50K** is back, and registrations are now open!

Come join a community that's moving for a cause! We're asking you to take on a challenge to walk, run, or roll 50km (or as far as you like!) this May to support life-changing MS research. Every step helps fund research into treatments, prevention, and—one day—a cure.



Whether you want some "me time" solo, or want to team up with friends and colleagues, you can set your own pace and crush your fitness goals at the same time. Let's leave our limits behind this May and work together to leave MS where it belongs, behind us.

[Sign up free here](#)

## Achieve your 2026 goals at Lidcombe Home, NSW

For our MS community in ACT, achieving your health, social and wellbeing goals for 2026 could start with a stay at Lidcombe Home in NSW. Everything you need is in one convenient location – enjoy hotel-style respite accommodation, access allied health and wellbeing services at our onsite Wellbeing Centre, and connect with others through social activities and our brand-new café, all designed to support your independence and quality of life.



To make it easier for people from ACT to visit, MS Plus provides travel funding of up to \$2,000 for individuals who book a stay of at least three nights at Lidcombe Home. You can also pre-book access to our Wellbeing Centre, giving you practical strategies and support to take home and continue working towards your goals.

With expert staff onsite seven days a week and no waitlists, now is the perfect time to plan your stay and make 2026 your strongest year yet.

[Find out more](#)

# what's on

Exploring the latest programs and updates from client engagement and wellbeing



April 2026

## Peer Links – learning through shared experience

Peer Links create a collective learning environment that not only offers emotional support but also empowers individuals with new perspectives and solutions. Peer Links are facilitated by Katarina Moujalli over 3 weeks and internal and external guest speakers join throughout the program to share tips and strategies.

Upcoming programs:

**Working and Living with MS (April 2026):** For people actively working and looking for strategies to manage MS in the workplace including legal considerations

**Mums with MS (May 2026):** Join us for sessions on managing MS symptoms, exercise, and stress management.



[Book Here](#)

## Navigate MS

Navigate MS is a free, live online education series delivered by an MS Nurse to help people better understand MS.

Each session is interactive and includes time to ask questions in a supportive environment.

The series includes two programs:

1. **Navigate MS:** Living Well with a New Diagnosis of MS – a 2-part program

**When:** Tuesday 5th & 12th May 2026 6.30 - 7.30pm

**Where:** Online

**Cost:** Free but places are limited, so early registration is recommended

[Register Here](#)

2. **Navigate MS:** For Family & Friends – a single-session program

**When:** Wednesday 13th May 2026 6.30pm - 7.30pm

**Where:** Online

**Cost:** Free

[Register Here](#)



## Exercise Classes at Gloria McKerrow House



### Be Better Balanced

A combination of chair and circuit-based exercises designed for individuals who can still walk but have challenges with balance, stamina, and overall mobility. Classes are comprehensive and well-paced, ensuring they are enjoyable for everyone.

**When:** Tuesdays 9:30am — 10:30am, Thursdays 10.00am – 11.00am (online available)

### Wheels in Motion

A class designed for people in wheelchairs or who are having difficulty walking. In this class the focus is on upper body mobility as well as making use of a motorised exercise bike for those it suits. This is a small group and where possible individual work is done on each person to mobilise leg movement.

**When:** Thursdays 11.00am – 12.00pm

**Cost :** 10 classes for \$130.00

*Please call 1800 042 138 to register*



## Online Mindfulness Meditation

**...for people with MS and other neurological conditions.**

Join us every Friday afternoon, from 3:30pm - 4:30pm and experience the relaxing benefits of meditation.

Email Helen Woodbridge ([woodbridgehelen@hotmail.com](mailto:woodbridgehelen@hotmail.com)) and she'll send you a Zoom link for the session every Friday. Carers and family also welcome!

## Peer Support in the ACT

We have two Peer Support Groups available in the ACT, and new members are welcome at any time.

### 1. People with MS (PwMS) Taking Control Group

Our group meets twice a month and seeks to connect people living with MS in the Canberra region, for friendship and information sharing, with a focus on living well with MS.

**Meets:** 1. 12.30 to 2.00pm - 2nd Friday, 10 April 2026

**Venue:** Zoom only

2. 12.30 to 2.00pm - Last Friday, 24 April 2026

**Venue:** Gloria McKerrow House, Deakin

Contact Vanessa Fanning/Mary Webb at [pwmstcg@gmail.com](mailto:pwmstcg@gmail.com) to be added to our email list, and/or join our Facebook group 'Canberra Region MSers'. In line with privacy principles, you can unsubscribe at any time.

### 2. ACT Weekend MS Peer Support Group

**Meets:** 10am, 3<sup>rd</sup> Saturday of each month

**Venue:** ACT Café, Canberra

Contact Plus Connect on 1800 042 138

