



PLUS
Neuro Wellbeing

ACT Region Newsletter
August 2026

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

MS Mega Swim Canberra 1-2 August

Join us at the Australian Institute of Sport on Saturday 1 August, for the 2026 Canberra MS Mega Swim and make a life-changing impact for people living with multiple sclerosis.

There are over 37,000 people living with MS in Australia and everyone's experience is unique. Living with MS is complex and unpredictable with varied symptoms that range from mild to severe. They may flare up once in a while, or last for long periods of time.

Funds raised contribute to the MS Go for Gold Scholarships the Plus Financial Assistance Program and provide services to directly benefit people living with multiple sclerosis.

Make a splash this August in the 2026 Canberra MS Mega Swim!

ARE YOU WITH US?

Register today!!

Great news for Australians living with MS.



MS Plus welcomes the announcement that Ocrevus (ocrelizumab) and Kesimpta (ofatumumab) will remain available through the Pharmaceutical Benefits Scheme (PBS).

As an organisation that provides support and services to people living with MS and other neurological conditions, we know how important access to effective and affordable treatment options is for our community.

MS Plus, through MS Australia's advocacy, has been strongly advocating to protect access to these high-efficacy therapies, which help many people with MS manage their condition and maintain their health, independence and quality of life.

This announcement brings welcome reassurance for people living with MS, their families, carers and healthcare teams, while supporting continued access to a broad range of treatment options so treatment decisions can remain personalised to each individual's needs.

[Click here to read the full media release from MS Australia](#)

MS Go for Gold Scholarships: Applications now open!

There are 25 MS Go for Gold Scholarships available each year, valued up to \$2,000 each, in the following categories:

- Personal expression
- Learning
- Living your best life

No dream is too big or too small!

Whether you have a passion you'd like to explore, a skill you'd like to develop, or a goal you've always wanted to achieve, an MS Go for Gold Scholarship could help make it happen.



[Apply today](#)

MS Readathon coming 1 August

This August, thousands of readers across Australia will take part in MS Readathon, a month-long challenge that encourages children, families and adults to discover the joy of reading while supporting families impacted by MS and neurological conditions.

It's easy to get involved:

- Sign up for free
- Set a reading goal for August
- Ask friends and family to support your challenge through fundraising

Plus, every registered reader receives a free welcome pack and access to fun tools and resources to help keep them motivated throughout the month.

[Sign up now](#)



From hospital to home: Christine's story



"When I first came here, it was a very good day."

After a prolonged hospital stay, Christine moved into MS Plus supported accommodation at Lidcombe Home. Since then, she's settled in well – feeling safe and at home, reconnecting with the activities she enjoys and approaching life with renewed confidence and independence.

Supported accommodation isn't just about housing, it's about creating opportunities for people to live with greater confidence, wellbeing and connection.

[Read Christine's story](#)

what's on

The latest programs and updates from
client engagement and wellbeing



August 2026

Book your free chat with an MS Nurse today

Living with MS can come with a lot of questions, especially after a new diagnosis, during a relapse or when symptoms change unexpectedly.

MS Plus Nurses provide free one-on-one advice and guidance to help people living with MS navigate treatment, symptom management, side effects and everyday challenges with more confidence and clarity.

Whether you're newly diagnosed, supporting a loved one, or simply looking for trusted advice, our MS Nurses are here to listen and help.

Call 1800 042 138 to book a free chat with an MS Nurse today or to learn more.



Peer Links: learning through shared experience - OPEN TO ALL STATES

Sharing experiences with peers in similar situations can bring about a deep sense of understanding and connection that's hard to find elsewhere. Gain practical insights and strategies from those who truly understand your challenges. 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 online facilitated 3 week programs and guest speakers join throughout the program to share tips and strategies. If clients are interested they can register via this link: <https://www.trybooking.com/CUJNM>.

Upcoming programs

- *Working and Living with MS (September 2026)*: For people actively working and looking for strategies to manage MS in the workplace including legal considerations.
- *Men with MS (October 2026)*: Join us for sessions on managing MS symptoms, exercise, and emotional wellbeing.



Peer Support Groups – Interactive map on MS Plus website

For clients who are not aware of the [interactive map](#) on the [Peer Support page](#) on our website, the interactive map pins all the peer support face to face groups that meet across all MS Plus states and jurisdictions. For clients wanting to link in to their local group they can contact Plus Connect on 1800 042 138 or connect@msplus.org.au.

Calendar of programs



Program	Date
Navigate MS: Living well with a New Diagnosis of MS – Free More info. https://www.trybooking.com/events/landing/1270995	28 Jul & 4 Aug, 6.30pm
Peer Links: Over 65s – Free More info. https://www.trybooking.com/events/landing/1271906?	From 28 Jul
Stay Active (Evening) - \$323.98 NDIS or \$333.98 – 6 weeks More info. https://www.trybooking.com/events/landing/1460310	From 4 Aug
Navigate MS : Family & Friends – Free More info. https://www.trybooking.com/events/landing/1458664	5 Aug
Stay Active (Day) - \$323.98 NDIS or \$333.98 – 6 weeks More info. https://www.trybooking.com/events/landing/1460310	From 5 Aug
Art Therapy Booked out	7 & 14 Aug
FACETS \$150 – 6 weekly sessions More info. https://www.trybooking.com/events/landing/1274264	From 18 Aug
Peer Links: Working and Living with MS – Free More info. https://www.trybooking.com/events/	From 2 Sep
Eat Smart \$367.98 More info. https://www.trybooking.com/events/landing/1502830	From 29 Sep
Peer Links: Men with MS – Free More info. https://www.trybooking.com/events/	From 23 Oct
Navigate MS: Living well with a New Diagnosis of MS – Free Details and booking link will be available next month	Late October
Navigate MS : Family & Friends – Free Details and booking link will be available next month	Late October



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

Please call 1800 042 138 to register



Online Mindfulness Meditation

...for people with Multiple Sclerosis 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) and she'll send you a Zoom link for the session every Friday. Carers and family also welcome!

Peer Support

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

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, 14 August 2026 **Venue:** Zoom only

2. 12.30 to 2.00pm - Last Friday, 28 August 2026 **Venue:** Gloria McKerrow House, Deakin

Contact Vanessa Fanning/Mary Webb at 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.

ACT Weekend MS Peer Support Group

Meets: 10am, 3rd Saturday of each month

Venue: ACT Café, Canberra

Contact Plus Connect on 1800 042 138

