



PLUS
Neuro Wellbeing

ACT Newsletter
February 2026

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

Meet Michelle – One of 2025’s Go for Gold Scholarship Winners

ACT local, Michelle always had a passion for volunteering, and when she retired from her full-time job, Michelle was so excited to finally have the time to volunteer within her community, but, in her own words: “My grand retirement plan of de-stressing, getting fit and giving back to my local community, was thrown a curve ball when I received my MS diagnosis the day after my 60th birthday.”



Michelle’s MS diagnosis initially came with heartbreak and tears, but she quickly found a new perspective and is now managing her MS symptoms through treatment, healthy habits, and exercise. “I refuse to be limited by pain, fatigue and wallow in self-pity, when there are things I can do to change my situation. I just need some help.”

The most debilitating of Michelle’s MS symptoms is fatigue, worsened by the heat, stress, or an injury; it has resulted in cancelled plans and heightened anxiety which takes a toll on her mental health. Michelle’s dream is to build up her strength and stamina to help

not get fatigued or injured so easily. Michelle needs a tailored program with an Exercise Physiologist to slowly and safely build the fitness and strength needed to fulfil various volunteer roles.

With the MS Go for Gold Scholarship, Michelle can help combat her MS symptoms to become a reliable, and capable volunteer within her community. She would love to continue her work supporting the people in her community who are experiencing homelessness, and others who are living with MS through MS Plus events such as the MS Walk Run + Roll and the MS Mega Challenge.

Lidcombe Respite

A welcoming place to help achieve your 2026 goals, Lidcombe Home respite accommodation offers a comfortable, highly accessible environment with personalised support.

Whether you need short-term accommodation and care, or you want to book in with a Neuro-specialist at the Lidcombe Wellbeing Centre next door, you’ll experience a welcoming community committed to your health and your personal goals.

[For more info](#)

Your perfect short-term stay at Lidcombe
A place to achieve your 2026 goals

Book your respite stay today

Registered NDIS Provider

what's on

The latest programs and updates from client engagement and wellbeing



February 2026

FACETS

Fatigue is a very common symptom of MS and can significantly impact your work, but there are strategies you can learn to help.

FACETS (Fatigue: Applying Cognitive behavioural and Energy Effectiveness Techniques to LifeStyle) is an evidence-based program designed for people living with MS to help manage fatigue using 'energy effectiveness' techniques and cognitive behavioural therapy strategies.

Developed by researchers from Bournemouth University and Poole Hospital in the UK, the group program is delivered by trained professionals with no more than 12 participants. The program involves weekly 90min sessions over 6 weeks.

Next programs start in February! This 6 week online course is \$150

We can help you manage your fatigue

Register for FACETS Fatigue Management Program



[Click to learn more](#)

STAY ACTIVE



Stay Active - Exercise Physiologist-led Online Group
6 Week Program
Starting Tuesday 17th February
12pm-12.45pm
&
6pm-6.45pm

Stay active, independent and confident with our Exercise Physiologist-led online group classes. Designed to support everyday movement, these sessions help you build strength and confidence for daily life, whether that's keeping up with the kids, enjoying your favourite activities or moving more comfortably at home. Regular exercise can also help manage fatigue and support pain management.

- 6 week program, maximum of four people per group
- NDIS eligible (Program of supports)
- Receipts can be provided for Health Insurance or Support at Home claims
- Suitable for people with any neurological condition impacting their activity

When: 6-week program starting Tuesday 17 February—Day and Evening sessions available

Times: 12.00–12.45pm or 6.00–6.45pm

Where: Online and live with an experienced exercise physiologist (EP)

[Register now](#)

Cost: \$334 (NDIS eligible)

TAKE CONTROL: BLADDER HEALTH & MS

Bladder challenges are very common in people with a neurological condition such as MS, however understanding the symptoms and early treatment are key to not only better outcomes, but can limit the physical, social or emotional impacts of bladder dysfunction.

Join us to learn about the strategies and resources available to proactively manager bladder health and improve quality of life.

This session is presented in partnership with Coloplast.

When: 25 March 2026

6:00pm - 7:00pm

Cost: Free

[Register here](#)

what's on ...



Navigate for people newly diagnosed, their friends and families

With the right information, tools and strategies you can live well with a diagnosis of MS. Specifically tailored for people newly diagnosed or for people supporting someone with MS. we'll cover topics such as: Understanding MS, health strategies, navigating the health system, building resilience and accessing support.



Navigate – Newly diagnosed (for people with MS)

Sessions: Two sessions - 60minutes each
Cost: Free
Date: 18 & 25 February 2026, 6:30pm —7:30pm

[Register now](#)

Navigate – Family & Friends (for anyone supporting someone with MS)

Session: One session — 60minutes
Cost: Free
Date: 1 week course with day & evening sessions available throughout the year

[Register now](#)

Art therapy guided group program – Supporting mental health, wellbeing and enhance mindfulness

This two part virtual group session, facilitated by a qualified art therapist, aims to provide opportunities to support mental health and wellbeing. Using creative expression and mindfulness, we can discover ways to ground ourselves, become attuned to our needs, and explore art making and materials to support pain management.

Cost: Free program (thanks to support by Rotary Moorabbin)



**Art Therapy
guided 2 part session**

[For more information](#)

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 free virtual programs:

Under 30s (February 20 26): Creating a safe space to discuss strategies with other young people including sessions on managing MS symptoms, diet and nutrition and stress management.

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 now](#)

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)

Cost: 10 classes for \$130.00

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 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 Helen will send you a Zoom link for the session every Friday. Carers and family also welcome!

Peer Support in the ACT

ACT have two Peer Support Groups available 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, 13 February 2026 **Venue:** Zoom Only

2. 12:30 to 2:00pm - Last Friday, 27 February 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: 10:00am, 3rd Saturday of each month

Venue: ACT Café, Canberra


Contact Plus Connect on 1800 042 138

Aged Care Volunteer Visitors Scheme—We can help end loneliness for an older person in your community


Do you know someone in aged care or living at home with a home care package who is at risk of social isolation or loneliness? MS Plus proudly delivers the Aged Care Volunteer Visitors Scheme, funded by the Australian Government. We have volunteer visitors in ACT ready to visit and bring a smile and some conversation over a cup of tea to someone in your community. If you know someone who may benefit from a visitor, contact us directly at ACVVSAdmin@msplus.org.au, or submit a referral yourself to msplus.org.au/aboutACVVS

MS Genetics Study - Help us decode multiple sclerosis

Researchers at the Menzies Institute for Medical Research need your help to advance our understanding of multiple sclerosis (MS) in an Australia-wide study.

 We urgently need:


- People diagnosed with MS
- People without MS (YOU can still contribute!)

 Why participate?

We're investigating the connection between the Epstein-Barr virus (EBV) and MS, and your contribution could lead to improved diagnosis, treatment, and prevention of MS. This study is recruiting a broad group of people with and without MS from across Australia to donate saliva samples. Your participation is critical to understanding how EBV impact the immune systems in MS development.

Participation is easy!

- Complete a brief questionnaire
- Provide three saliva samples (postal submissions are welcome!)
- Optionally, give a blood sample

 Ready to make a difference? Find out if you're eligible by completing our screening survey via this link: [Menzies- MS Genetics Study - Screening survey](#) Or via this QR code:



For more information contact:

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This study is approved by the University of Tasmania Human Research Ethics Committee, H0027273 (H-85821) and funded by the Australian Government, Medical Research Future Fund and National Health and Medical Research Council

Free Online Course: Deciding about Disease Modifying Therapies for MS

Deciding about Disease Modifying Therapies (DMTs) for MS is a free online course that explains what DMTs are and how they work. The course aims to help people communicate clearly about DMTs and help people living with MS make informed decisions about using them. Across three course modules you will hear from a range of MS experts, including people living with MS, neurologists and an MS nurse. The course was developed by the MS Research Flagship, Menzies Institute for Medical Research at the University of Tasmania in collaboration with the MS community.

Duration: Self-paced

Completion certificate: Yes

Effort: 1.5-2 hours per module

Cost: FREE



[Click to Enrol](#)