



**PLUS**  
Neuro Wellbeing

**ACT Newsletter**  
July 2026

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

## Registrations are now open!

**2026 MS Mega Swim Canberra** Join us on **1–2 August** at the Australian Institute of Sport as we take on the ultimate 24-hour swimming challenge to support people living with multiple sclerosis.

Whether you're returning with your team or diving in for the first time, now is the time to secure your spot and help make this our biggest Canberra Mega Swim yet.

[Register today](#)



## MS Go for Gold Scholarships: Turning goals into reality



For 70 years, MS Plus has supported Australians living with MS to live well and achieve their goals. The MS Go for Gold Scholarships continue that legacy by helping people living with MS or neurological conditions turn dreams into reality.

Each year, 25 grants worth up to \$2,000 support goals in education, creativity, wellbeing and everyday life. Whether it's getting active, exploring travel, studying something new, or launching a passion project, no dream is too big or too small.

Funded through MS Mega Challenge events, these scholarships also power vital financial assistance programs across Australia. **Applications open Tuesday 14 July 2026, with expressions of interest now available.**

[Find out more](#)

## Online Art Therapy Program

This two-session guided community group program, facilitated by an Art Therapist, aims to provide opportunities to support mental health and wellbeing, whilst incorporating themes such as: Strength; Change; Acceptance and Hope. 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.

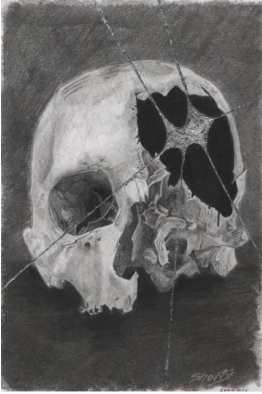
Fridays: 7 & 14 August 10.30am - 12pm

Cost: Free program (thanks to the support of Rotary Moorabbin)



[Register today](#)

## The winners of the 2026 MS Plus Virtual Art Show



Congratulations to the winners of our MS Virtual Art Show for 2026. This year we received an incredible 268 submissions from 132 talented artists, including 10 artists from the ACT. Each piece reminded us of the many ways art can inspire, connect and move us.

We're especially proud to celebrate ACT artist Georgina Haig, who took home the prestigious Barry Allen Art Award. Who else was recognised, including the recipient of our first ever Youth Award? View the winners gallery to find out.

Thank you to everyone who entered and helped make this year's exhibition such a success.

[Click here to view the full Virtual Art Show Gallery](#)

## Share your MS story

Every MS journey is unique and your experience could help others in our community feel informed, supported and connected.

We are looking for people living with MS to share their stories for our website and social media channels. Your story can be about any aspect of life with MS, including employment support, allied health services, diagnosis and treatment, family life, support networks, personal achievements, challenges or lessons learned along the way.

By sharing your experience, you can help others better understand life with MS and benefit from the insights, advice and encouragement that only lived experience can provide.

The process is simple. We will interview you, write up your story and work with you to ensure you are comfortable with the final version before it is published.

If you would like to share your story or learn more about what's involved, we'd love to hear from you. Send us an email at [marketingcommunications@msplus.org.au](mailto:marketingcommunications@msplus.org.au) and one of our friendly team will get back to you.

## New look. New updates. Same trusted MS course — launching 1 July 2026

Menzies Institute for Medical Research is excited to introduce the refreshed *Understanding Multiple Sclerosis* — a **free online course** designed for anyone wanting to learn more about MS.

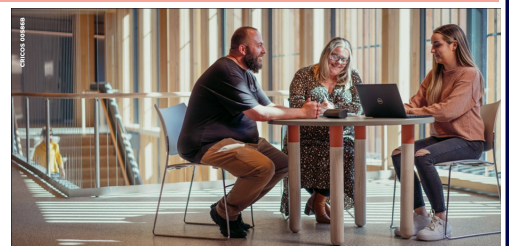
### What's new?

- Updated with the latest McDonald diagnostic criteria
- Now always open — learn at your own pace, whenever it suits you

### What hasn't changed?

- Open to everyone interested in MS
- Engaging learning through videos, interactive activities, quizzes and more
- Insights from people living with MS, researchers, neurologists and health professionals
- Still completely free

Enrol: <https://ms.mooc.utas.edu.au/i/msep>



### Understanding Multiple Sclerosis

Free online course, start any time



# what's on

Exploring the latest programs and updates from client engagement and wellbeing



JULY 2026

## ACT - ALLIED HEALTH PROGRAMS

PROGRAM	LOCATION	DIAGNOSES	DETAILS
<p><b>Eat Smart</b></p> <p>Discover how simple, everyday food choices can help you feel more energised, improve digestion and become part of your routine.</p>	Online	Neurological	<p><b>Day Program</b></p> <p>Commences: Tue 16 July 2026 Time: 12.00pm Duration: 4 weeks Facilitator: Julie Orr (Dietitian) Cost: \$284</p> <p><b>Booking Page</b> <a href="https://www.trybooking.com/events/landing/1502830">https://www.trybooking.com/events/landing/1502830</a></p>
<p><b>FACETS Fatigue Management Course</b></p> <p>An evidence-based program for people with MS to manage fatigue. It uses energy effectiveness techniques and cognitive behavioural therapy strategies.</p>	Online	MS Only	<p><b>Evening Program</b></p> <p>Commences: Wed 18 August 2026 Time: 6.30pm Duration: 6 weeks Facilitator: Jack Wong (Physiotherapist) Cost: \$150</p> <p><b>Booking Page:</b> <a href="https://www.trybooking.com/events/landing/1274264">https://www.trybooking.com/events/landing/1274264</a></p>
<p><b>Pilates at Home</b></p>	Online	Neurological	<p><b>Register interest:</b> <a href="https://www.trybooking.com/events/landing/1542498">https://www.trybooking.com/events/landing/1542498</a></p>

## ACT - EDUCATION PROGRAMS

<p><b>Navigate MS – Living Well with a new diagnosis of MS</b></p> <p>Navigate MS is a free, live online education series led by an MS Nurse to help people build their understanding of MS. Each interactive session includes time for questions in a supportive environment</p>	Online	Neurological	<p><b>Evening Program</b></p> <p>Dates: Tue 28<sup>th</sup> July 2026 &amp; Tue 4<sup>th</sup> August 2026 Time: 6.30 – 7.30pm Duration: 2 weeks Facilitator: Cost: FREE</p> <p><b>Booking Page</b> <a href="https://www.trybooking.com/events/landing/1270995">https://www.trybooking.com/events/landing/1270995</a></p>
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## ACT - EDUCATION PROGRAMS

PROGRAM	LOCATION	DIAGNOSES	DETAILS
<p><b>Navigate MS Family &amp; Friends – Supporting someone with MS</b></p> <p>This program covers:</p> <ul style="list-style-type: none"> <li>- Understanding MS, including symptoms, medications and common terminology</li> <li>- Navigating the health system</li> </ul> <p>Practical ways to support and communicate with someone living with MS</p> <ul style="list-style-type: none"> <li>- Where to find help and support</li> </ul>	Online	Neurological	<p><b>Evening Program</b></p> <p>Dates: Wed 5<sup>th</sup> August 2026</p> <p>Time: 6.30pm – 7.30pm</p> <p>Duration: 1hr</p> <p>Facilitator: MS Nurse</p> <p>Cost: FREE</p> <p><b>Booking Page</b>  <a href="https://www.trybooking.com/events/landing/1458664">https://www.trybooking.com/events/landing/1458664</a></p>

## ACT - PEER SUPPORT & PEER LINKS

<p><b>Over 65's</b></p> <p>Join us for sessions on managing symptoms, diet and emotional wellbeing</p>	Online	Neurological	<p>Starts: Tue 28<sup>th</sup> July 2026</p> <p>Time: 10:30am – 12pm</p> <p>Duration: 3 weeks</p> <p>Facilitator: TBC</p> <p>Cost: FREE</p> <p><b>Booking Page</b>  <a href="https://www.trybooking.com/events/landing/1271906?">https://www.trybooking.com/events/landing/1271906?</a></p>
<p><b>Working and Living with MS</b></p> <p>For people actively working and looking for strategies to manage MS in the workplace including legal considerations.</p>	Online	Neurological	<p>Starts: Wed 2<sup>nd</sup> Sep 2026</p> <p>Time: 6.30pm – 8.30pm</p> <p>Duration: 3 weeks</p> <p>Facilitator: TBC</p> <p>Cost: FREE</p> <p><b>Booking Page</b>  <a href="https://www.trybooking.com/events/landing/1271906?">https://www.trybooking.com/events/landing/1271906?</a></p>
<p><b>Men with MS</b></p> <p>Join us for sessions on managing MS symptoms, exercise and emotional wellbeing</p>	Online	Neurological	<p>Starts: Fri 23<sup>rd</sup> Oct 2026</p> <p>Time: 12pm – 1.30pm</p> <p>Duration: 3 weeks</p> <p>Facilitator: TBC</p> <p>Cost: FREE</p> <p><b>Booking Page</b>  <a href="https://www.trybooking.com/events/landing/1271906?">https://www.trybooking.com/events/landing/1271906?</a></p>
<p><b>Peer Support Groups</b></p> <p>Contact Vanessa Fanning/Mary Webb at <a href="mailto:pwmstcg@gmail.com">pwmstcg@gmail.com</a> to be added to our email list, and/or join our Facebook group 'Canberra Region MSers'.</p>	Face to Face	Neurological	<p>Online: Zoom</p> <p>Face-to-face : GMH, 117 Denison St, Deakin</p> <p>Zoom, 2nd Friday, 10 July</p> <p>Face-to-face, Last Friday, 24 July</p> <p>Time: 12.30—2.00pm</p>

## 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 (1st trial class free)

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

## Canberra Region MSers Social Event

The PwMS Taking Control Group (pwmstcg) invites you to join us for a relaxed Saturday afternoon book launch and afternoon tea social gathering. Family and friends are also welcome.

Two of our Zoom meeting regulars will be visiting from NSW to talk about their new books. Jennifer Severn's 'Garnet' and Elizabeth Lancaster's 'Bounty' are already receiving rave reviews. Come along and listen to good friends Jen and Libby in a conversation about the art of writing (and more!), with plenty of time for questions from the audience. Afternoon tea will be served along with tea and coffee.



- When: **Saturday 18 July 2026, 2.30 to 4.30 pm**
- Where: **Griffith Neighbourhood Hall, 53 Stuart St (next to Griffith shops)**. The venue is fully accessible, and parking is available (enter from where Favenc Circle meets Stuart St).
- Cost: **Free!** Thanks to previous pwmstcg fund raiser.
- For more information, contact Mary Webb and Vanessa Fanning on [pwmstcg@gmail.com](mailto:pwmstcg@gmail.com) and look out for updates by email or on our Facebook page (Canberra Region MSers): <https://www.facebook.com/groups/231935821999009/>

**RSVP** is essential for catering purposes. Get in early. Numbers are limited!