



PLUS
Neuro Wellbeing

ACT Newsletter
June 2026

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

Mark your calendars for the 2026 Canberra MS Mega Swim

1-2 August — Mark your calendars for the 2026 Canberra MS Mega Swim. We will be taking on the 24 hour Mega Swim Challenge again at the Australian Institute of Sport. Will you join us to make it the biggest one yet?



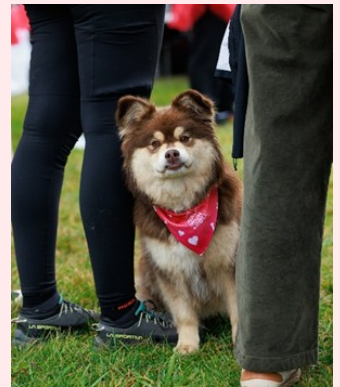
[Click here to register your interest today](#)

2026 Canberra MS Walk Run + Roll – It’s a WRAP

The 2026 Canberra MS Walk Run + Roll was held on Sunday 3 May, thankfully we managed to avoid the rain and enjoyed a fresh Autumn day.

487 incredible participants joined us at Rond Terrace and fundraised \$78,534—Thank you to all our fundraisers, this is an amazing result. Our MS Ambassador Bronwyn Saunders was onsite to encourage the crowd and share her story. As always Bronwyn brought enthusiasm and joy to the morning.

We would like to give a big THANK YOU to our volunteers on the day. Without these wonderful locals on hand we couldn’t run events like Walk Run + Roll.



what's on

The latest programs and updates from client engagement and wellbeing

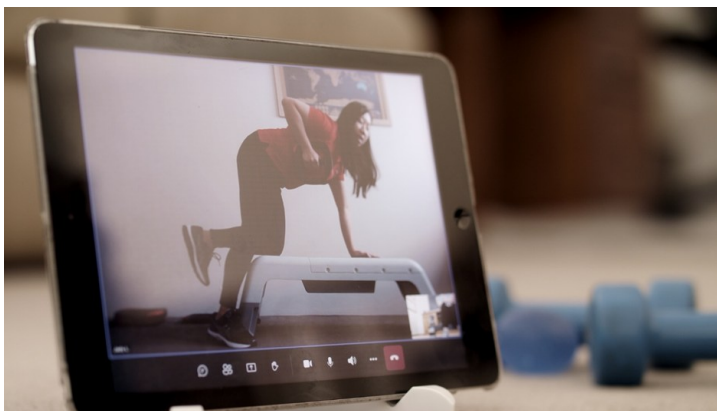


June 2026

Live well your way with support from the Lidcombe Wellbeing Centre

Find the support you need to live well your way at our Lidcombe Wellbeing Centre. Whether you visit us in person or connect via telehealth, our team is here to support you, wherever you are in the ACT.

Our specialised neuro services are designed for people living with multiple sclerosis (MS) and other neurological conditions, helping you work towards your personal goals. We offer a wide range of telehealth services, including Exercise Physiology, Occupational Therapy, Diet and Nutrition, NDIS Support Coordination and Plan Management, Peer Support, Employment Support Services and Continence Support. We also offer free one-on-one support from MS Nurses.



[Click here to learn more](#)

Peer Support – Connecting with others for social and emotional support



Living with MS can be difficult sometimes. With our peer support volunteers, no one is alone. If you're looking to connect with others, or chat to a trained peer support volunteer, please get in touch.

Call Plus Connect on 1800 042 138 or email us at connect@msplus.org.au

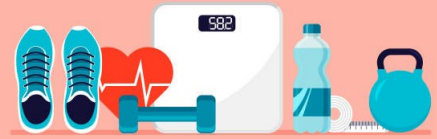
Find a group near you by checking out our interactive map <https://www.msplus.org.au/support-services/connecting-with-your-community/peer-support>



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) 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.

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, 5 June 2025

Venue: Zoom only

2. 12.30 to 2.00pm - Last Friday, 30 June 2025

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



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/mstas>



Understanding Multiple Sclerosis

FREE ONLINE COURSE | ENROL NOW

UNIVERSITY OF TASMANIA
MENZIES Institute for Medical Research

MS PLUS Neuro Wellbeing

MS AUSTRALIA

MS Symptoms & Diagnosis



Scan to register

Free online course for World MS Day

Multiple Sclerosis Symptoms & Diagnosis

01 May - 15 June

Learn about MS symptoms, the diagnostic process, and the impact of a diagnosis. Explore the global barriers to early MS diagnosis and solutions across the world.



Hurry, enrolments close on 15 June

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