



PLUS
Neuro Wellbeing

ACT Region Newsletter
March 2026

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

Canberra MS Walk Run + Roll registrations are now open!

Registrations are now open for the MS Walk Run + Roll Canberra! Sign up to join us on **Sunday 3 May 2026** as we unite for an epic day of fun while fundraising for critical support and services for the MS community. Whether you're walking, running, rolling or pushing a pram, sign up and have a blast making a difference together

Join the challenge today and [register here](#).



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 me over 3 week and internal and external guest speakers join throughout the program to share tips and strategies.

Upcoming Programs:

1. Working and Living with MS (April 2026): For people actively working and looking for strategies to manage MS in the workplace including legal considerations.
2. Mums with MS (May 2026): Join us for sessions on managing MS symptoms, exercise, and stress management.

[Click here for more Information](#)

what's on

The latest programs and updates from client engagement and wellbeing



March 2026

Take Control: Your 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 manage bladder health and improve quality of life.

This session is presented in partnership with Coloplast.

[Click here to book](#)

Wednesday 25 March 2026 6:00 PM - 7:00 PM (UTC+11)

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](#)

Exercise Classes at Gloria 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 — 10:00am, 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:** \$10.00 per class or 10 classes for \$90.00

Please call 1800 042 138 to register

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, 13 March 2026

Venue: Zoom only

2. 12.30 to 2.00pm - Last Friday, 27 March 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



#msawareness
#HandsAcrossCanberra
#CanberraDayAppeal

**GIVE WHERE
YOU LIVE!**

#CBR 

MS PLUS
Neuro Wellbeing MS Canberra Community



<https://canberra-day-appeal-2026.raiselysite.com/ms-c-of-canberra>



**Canberra Day
Appeal 2026**

canberraday.org.au

**DONATE
TODAY!**

Free Course: Ageing Well with MS

Ageing Well with MS is a free online course that explores what ageing is and how it intersects with multiple sclerosis. The course provides physical, mental and emotional strategies for healthy ageing and looks at planning for the future. Across three course modules you will hear from a range of MS experts, including clinical professionals, researchers and people living with MS. The course was developed by the MS Research Flagship, Menzies Institute for Medical Research in collaboration with the MS community.

Key details

Duration:	Self-paced
Effort:	1.5-2 hours per module
Certificate:	Yes
Cost:	FREE

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

UNIVERSITY OF TASMANIA
MENZIES
Institute for Medical Research

MOOC

AGEING WELL WITH MULTIPLE SCLEROSIS

massive open online course



ENROL TODAY — FREE

ZEST: Dance for Wellbeing classes has recommenced!

ZEST is thrilled to recommence our 2026 weekly classes for health and wellbeing, at over 15 venues across the ACT, for all populations.

Specifically designed to provide a fun, gentle and thorough workout for body and brain, the classes help to:

- *Improve motor function, fatigue, mood, and executive function control*
- *Improve gait speed and stride length*
- *Enhance balance and motor outcomes*
- *Reduced experience of Tremor*
- *Improve cognitive function.*



Provide important social connections and opportunities for much laughter!

For more information visit [ZEST: Dance for Wellbeing](#) or ring 0417 417 182.

Just turn up a good 10 minutes before class, in light clothing and light shoes, suitable to move in, and bring a bottle of water.

We hope to see you there soon!

The ZEST: Dance for Wellbeing Team



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