



**PLUS**  
Neuro Wellbeing

**ACT Newsletter**  
May 2026

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

## Last chance to register for 2026 Canberra MS Walk Run + Roll

The 2026 Canberra MS Walk Run + Roll comes to Canberra on **Sunday 3 May**. Come together to walk, run and roll to celebrate the resilience and diversity of our amazing MS community and move together to support Australians living with MS.

Sign up solo, with a mate, get the team together, or bring your dog along! No matter your style, join us for an epic day of fun while fundraising for critical support and services for people with MS.

Sign up at  
[mswalk.org.au](http://mswalk.org.au)



## Leave your limits behind this May



Looking for a fun way to challenge yourself while making a difference? The May 50K is here, and registrations are now open!

Join the movement to support life-changing research into the prevention, treatment and finding a cure for MS by challenging yourself to walk, run, or roll 50km (or more) during May.

Whether you go solo or team up with friends or as a workplace, this is your chance to set your own pace or smash your fitness goals while supporting MS research.

Leave your limits behind this May to leave MS where it belongs, behind us.

Sign up free at  
[themay50K.org](http://themay50K.org)

# what's on

Exploring the latest programs and updates from client engagement and wellbeing

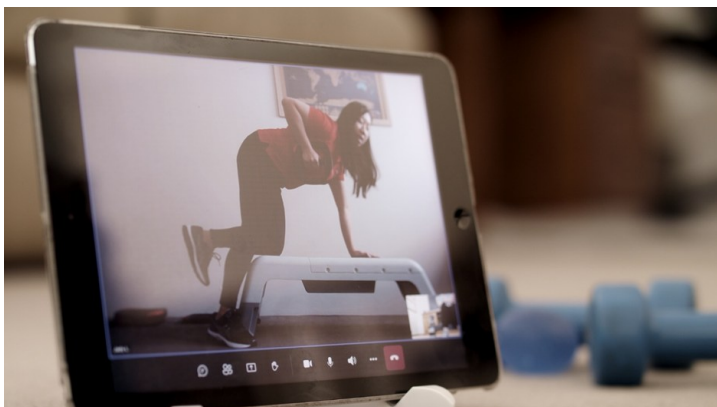


May 2026

## 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](#)

## MS Plus Virtual Art Show closing soon: Enter by 8 May

There's still time to be part of the 2026 MS Plus Virtual Art Show but entries close on **8 May**. The Art Show is open to all MS Plus clients, with prizes awarded across a range of categories including painting, drawing, craft and more, including special categories for carers and youth. Don't miss this opportunity to showcase your creativity, visit our website for details:

[Click here for details](#)



**MS Plus  
Art Show**

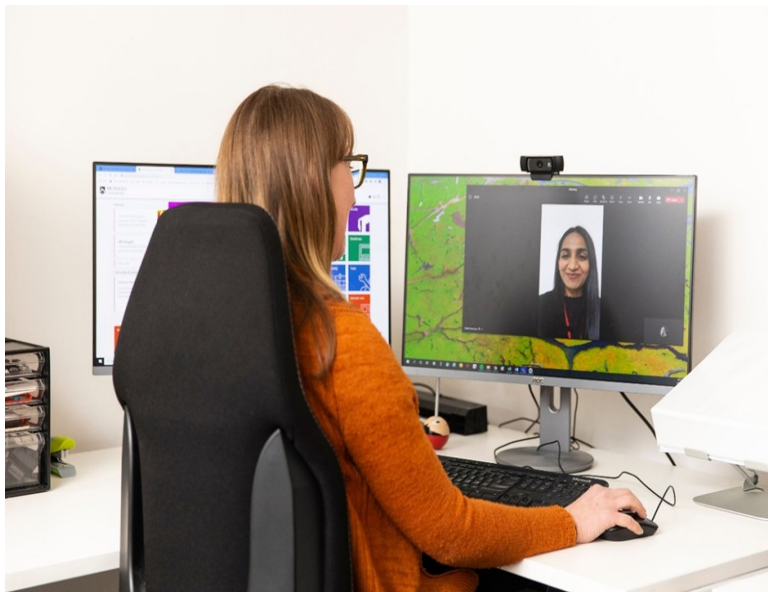
Entries closing  
8 May



## Employment Support Service (ESS) for ACT residents living with MS

Our free Employment Support Service (ESS) supports people living with MS and other neuro conditions at every stage of their working life. No matter where you live in the ACT, we can assist you – our service is delivered entirely over the phone, so there's no need for in-person visits. Whether you're currently employed or exploring new opportunities, our support is tailored to your individual needs.

We can help you to manage symptoms at work, recommend equipment to make tasks easier, and share practical strategies to improve focus and productivity. If you're unsure about disclosing your MS diagnosis, we offer guidance to help you make informed decisions.



Looking for work? We'll assist with resumes, interview preparation and job searching.

To get started, call 1800 042 138, email [connect@msplus.org.au](mailto:connect@msplus.org.au) or visit our website <https://www.msplus.org.au/support-services/employment-services>



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.



[Click here to enrol in the course](#)



## 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](mailto: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.

### 1. 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, 8 May 2026

**Venue:** Zoom only

2. 12.30 to 2.00pm - Last Friday, 29 May 2026

**Venue:** Gloria McKerrow House, Deakin

Contact Vanessa Fanning/Mary Webb at [pwmstcg@gmail.com](mailto: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.

### 2. ACT Weekend MS Peer Support Group

**Meets:** 10am, 3<sup>rd</sup> Saturday of each month

**Venue:** ACT Café, Canberra

Contact Plus Connect on 1800 042 138

Stay connected



MS Peer Support