



PLUS
Neuro Wellbeing

ACT Region Newsletter
October 2026

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



Be amidst all the action at the MS Gong Ride!

The 2026 MS Gong Ride will be held on Sunday November 1 and this year we celebrate 45 years of this iconic ride. We would love to have amazing volunteers join us and make the event the best it can be!

If you want to make a trip up to Sydney or Wollongong worth it then join our volunteer team and help us make the MS Gong Ride an epic day. Your enthusiasm and support are crucial in making this event a success - hope to see you there!

Volunteer with us!

[Click here for more information](#)



Room now available at Beverly Hills Home



A room has become available at our Beverly Hills Home, a Supported Disability Accommodation (SDA) residence in Sydney's south west designed for people with high physical support needs. The purpose-built five-bedroom home offers 24/7 support, accessible living spaces, modern facilities and a welcoming community of people living with MS and other neurological conditions. Residents enjoy spacious indoor and outdoor areas, easy access to local amenities and personalised support that promotes independence and connection.

To learn more or express your interest, contact our team on 1800 042 138 or email home@msplus.org.au.

Staying in work with a neurological condition

Work can provide purpose, connection and financial independence, but managing a neurological condition in the workplace can sometimes present challenges.

Our free Employment Support Service helps people living with MS and other neurological conditions stay confident and successful at work. Working with local consultants who understand the ACT employment landscape, you'll receive personalised support tailored to your goals and circumstances. We can help with workplace adjustments, symptom management strategies, assistive technology and navigating conversations with your employer.



Support is available face-to-face or via telehealth. To learn more, call 1800 042 138 or visit <https://www.msplus.org.au/support-services/employment-support/>



FREE COURSE: Mental Health and MS

Anxiety and depression are common concerns for people affected by MS. The free Mental Health and MS online course explores the relationship between mental health and MS, combining expert insights, practical strategies and lived experience perspectives.

Learn at your own pace in a course designed for people living with MS, family members, carers and health professionals.

[Click here to Enrol](#)



The ACT MS community engagement council invites you to

A Movie Night at Palace Electric

Now free!!

No matter if you come on your own or bring the whole family, let's have fun and get together to watch Shaun fight **The Beast of Mossy Bottom**.

On **Wed Sep 30**, from 5pm
at **Palace Electric, Acton**

\$5 per ticket, popcorn included



Can't read the QR code?
Just click [here](#) to register.

what's on

The latest programs and updates from
client engagement and wellbeing



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Peer Links: learning through shared experience

Sharing experiences with peers in similar situations can bring about a deep sense of understanding and connection that's hard to find elsewhere. Gain practical insights and strategies from those who truly understand your challenges. 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 online facilitated 3 week programs. Guest speakers join throughout the program to share tips and strategies.

[Click here to register](#)

Making sense of research with Brett Drummond

Please join us for a virtual event with Brett Drummond, MS Researcher/Scientist from MSTRanslate, who will share some insights into current MS research. The session will explore the latest in multiple sclerosis research and equip you with up-to-date knowledge and practical takeaways.

Date: Friday 27 November 2026, 12:00 PM - 1:00 PM

Location: Online event access details will be provided by the event organiser

[Click here to Register](#)

Stress free travel - Tips from Experience

Join us for this virtual webinar led by MS Plus' staff Andrew Williams, who is living with MS and has navigated overseas adventures while managing a chronic condition. In this inspiring session, Andrew will share insights from recent international travels, along with realistic strategies, helpful resources, and lessons learned along the way.

From planning and packing to managing symptoms abroad and advocating for your needs, you'll gain tips to help make your next trip smoother, safer, and more enjoyable.

Date: Wednesday 2 December 2026 12:30 PM - 1:15 PM

Location: Online event access details will be provided by the event organiser

[Click here to register](#)



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

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 she'll send you a Zoom link for the session every Friday. Carers and family also welcome!

Peer Support

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, 9 October 2026 **Venue:** Zoom only

2. 12.30 to 2.00pm - Last Friday, 30 October 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: 10am, 3rd Saturday of each month

Venue: ACT Café, Canberra

Contact Plus Connect on 1800 042 138

