



PLUS
Neuro Wellbeing

ACT Newsletter

September 2026

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

Calling all cycling enthusiasts!



The MS Gong Ride has officially kicked off for 2026 and it's going to be epic! We are celebrating 45 years of riding and making an impact and want you to be there with us on November 1.

Sign up now and challenge yourself on either the 80km or 53km course on Australia's most epic charity cycling event. Don't miss out on being part of MS Gong Ride history and making a difference in the lives of people living with MS.

[Click here to JOIN US](#)



Applications close soon!!

Have you been putting off a goal, passion or project you'd love to pursue? An MS Go for Gold Scholarship could provide the support you need to get started.

Each year, 25 scholarships of up to \$2,000 are awarded across three categories:

- * Personal expression
- * Learning
- * Living your best life

Whether it's learning something new, developing a creative talent, or achieving a personal milestone, we're here to help you take the next step.

Applications close 15 September, so don't miss your chance to apply.

[Submit your application here](#)

What a MEGA weekend!

On the 1 – 2 August, 314 people joined us at the Australian Institute of Sport for the **2026 Canberra MS Mega Swim**. Over 24 hours, swimmers of all ages and abilities filled the pool with energy, passion, and commitment, creating an atmosphere that was electric! Together, over \$70,000 has been raised in support of the MS Go for Gold Scholarships, which provide the opportunity for people living with MS to follow their dream.

Donations will stay open so it's not too late if you want to support our MS Go for Gold Scholarship program and help make dreams come true.

Donations are still open



UNIVERSITY OF TASMANIA
MENZIES
Institute for Medical Research

**AGEING WELL
WITH MULTIPLE SCLEROSIS**

massive open online course

MOOC



ENROL TODAY — FREE

FREE ONLINE COURSE

Ageing Well with MS is a free online course designed to help you better understand ageing with multiple sclerosis and explore practical ways to support your health and wellbeing.

Across three self-paced modules, you'll hear from MS researchers, healthcare professionals and people living with MS. The course covers physical, mental and emotional wellbeing, healthy ageing strategies, and planning for the future.

Developed by the MS Research Flagship at Menzies Institute for Medical Research in collaboration with the MS community, the course is free and open to anyone interested in learning more about ageing with MS.

Duration: Self-paced
Cost: FREE

Effort: 1.5-2 hours per module
Completion certificate: Yes

Enrol now



The ACT MS community engagement council invites you to

A Family Movie Night at Palace Electric

Bring your family to join us watch Shaun fight **The Beast of Mossy Bottom**.

On **Wed Sep 30**, from **5pm**

at **Palace Electric, Acton**

\$5 per ticket, popcorn included



Register [here](#)

what's on

Exploring the latest programs and updates from client engagement and wellbeing



SEPTEMBER 2026

More than a respite stay: Discover what's possible at Lidcombe Home



Sometimes a short stay away from home can provide the opportunity to recharge, try new supports and focus on your wellbeing in a safe and supportive environment.

At Lidcombe Home in NSW, our short-term and respite accommodation offers comfortable, accessible accommodation for people living with MS and other neurological conditions. With no waitlist for current vacancies, it's easier to access support when you need it.

A unique benefit of staying at Lidcombe Home is its location alongside the Lidcombe

Wellbeing Centre. During your stay, you can work with our team to develop a personalised wellbeing plan focused on your goals, health and independence. The strategies and recommendations from your plan can then be implemented and continued when you return home, helping you maintain the benefits of your stay.

For eligible clients travelling from Tasmania or the ACT, travel assistance of up to \$2,000 may be available.

[Learn more](#)

Employment Support: Helping you achieve your work goals

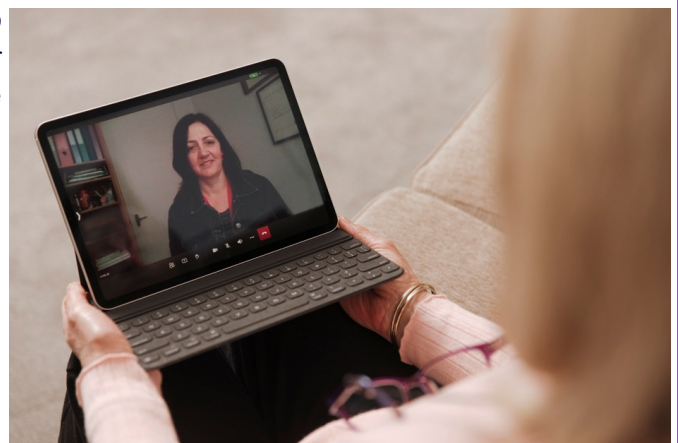
Whether you're looking to stay in work, return to employment or explore a new career direction, our Employment Support Service can help you overcome challenges and build confidence.

Support may include:

- Strategies to better manage symptoms at work
- Advice on workplace equipment and adjustments
- Tips to support concentration and productivity
- Guidance around disclosing your condition to an employer
- Resume writing and interview preparation

Our support is tailored to your individual goals and circumstances, helping you take positive steps towards meaningful employment.

Eligibility criteria apply.



[Click here to book](#)



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, 11 September 2026 **Venue:** Zoom only

2. 12.30 to 2.00pm - Last Friday, 25 September 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

