



PLUS
Neuro Wellbeing

Tasmania Newsletter
June 2026

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

Save the Date

Saturday 19 September

Mark your calendars for the 2026 Hobart Mega Swim. Once again, we will be hosting the 12-hour Mega Swim Challenge.

Last year's event made a huge splash, thanks to the incredible spirit every team brought to the water. This year, we want to go even bigger!

We're inviting you to help us paint the pool deck with more colour and joy than ever before.

And don't forget that all funds raised help people living with MS.



Are you ready to be part of our most vibrant year yet? We'd love to see you there.

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

what's on

Exploring the latest programs and updates from client engagement and wellbeing



June 2026

Boxing for strength, confidence and wellbeing

Our Boxing program is a fun, supportive and clinically guided exercise class designed to improve strength, coordination, balance, mobility and overall wellbeing.

Delivered by Talita Welmans, our Neurological Specialist Exercise Physiologist, this program is suitable for people living with MS and other neurological conditions, with a strong focus on safe, individualised movement progression.



Every session is adapted to your ability, so you can start where you are and progress at your own pace.

Boxing-based exercise is more than just fitness – it's structured neuro-movement training designed to support:

- Improved coordination and motor control
- Better balance and stability
- Increased strength and endurance
- Enhanced cognitive engagement and focus
- Cardiovascular fitness in a safe format
- Confidence through movement

Our sessions are **non-contact**, meaning no sparring – just structured, progressive exercise in a safe group environment.

Book your boxing session with Talita by calling MS Connect on 1800 042 138

Building Balance & Strength

A new 6-week small group program designed to help people living with MS and other neurological conditions to improve balance, build confidence, reduce falls risk, and stay active safely is now available.

The program will be run face to face for 1 hour a week over 6 weeks. Classes will have a maximum of 4 participants and will be led by our Exercise Physiology team.

Sessions are available at our Hobart Wellbeing Centre, 246 Murray Street, Hobart, starting Thursday 11 June from 12.00-1.00pm.

To register, click [here](#)

NB: All clients must complete an initial assessment either face to face or via telehealth prior to commencing the classes.





Peer Support Volunteer Group Leader – Devonport, Tasmania

We are currently seeking Expressions of Interest from individuals living with Multiple Sclerosis (MS) who are interested in volunteering as a Peer Support Group Leader in Devonport, Tasmania. This is a meaningful opportunity to connect with others in the MS community, provide peer support, and help create a welcoming and inclusive space for people to share experiences and build connections.

About the Role:

As a Volunteer Group Leader, you will:

- Facilitate monthly group meetings in a supportive and respectful environment
- Encourage open conversations and peer connection
- Help foster a sense of community among participants

Who We're Looking For:

- Someone living with MS who is passionate about supporting others
- A good communicator with a friendly and approachable manner
- Reliable and able to commit to regular meetings
- Previous facilitation experience is helpful but not required



What We Offer:

- Ongoing support and training
- The opportunity to make a positive impact in your local community

If you are interested in this rewarding volunteer opportunity, we would love to hear from you.

To express your interest, please contact MS Connect on 1800 042 138 or email us at connect@msplus.org.au

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>



Hobart MS Womens Group

What is it?

A small, informal group of women living with MS and their carers in the Hobart area connecting with one another over a cuppa.

When and where do we meet?

The group will begin in June 2026. First meeting will be Wednesday 17 June 2026

Third Wednesday of every month, 10.30am – 12.30pm
MS Plus Neuro Wellbeing Centre in Hobart

How much does it cost?

Free to attend.

How can I find out more?

Contact Plus Connect on 1800 042 138 or connect@msplus.org.au

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.

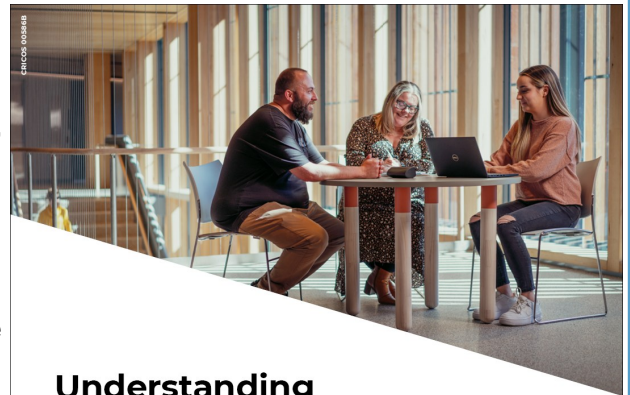
What's new?

- 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

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MS Symptoms & Diagnosis

world**MS**day



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.



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Hurry, enrolments close on 15 June

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