



**PLUS**  
Neuro Wellbeing

**Tasmania Newsletter**  
**April 2026**

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

## Join the Challenge to Leave MS where it belongs—Behind Us

### The May 50K is back, and registrations are now open!

Come join a community that's moving for a cause! We're asking you to take on a challenge to walk, run, or roll 50km (or as far as you like!) this May to support life-changing MS research. Every step helps fund research into treatments, prevention, and—one day—a cure.

Whether you want some "me time" solo, or want to team up with friends and colleagues, you can set your own pace and crush your fitness goals at the same time. Let's leave our limits behind this May and work together to leave MS where it belongs, behind us.



[Sign up](#)

**The MS Plus Virtual Art Show 2026, now in its 20th year, provides people living with multiple sclerosis (MS) and other neurological conditions an opportunity to express their creativity and their unique experiences through art.**



**MS Plus  
Art Show**  
**Enter now!**

We have a range of categories and prizes including painting, drawing/illustration, sculptural/craft artwork, and digital artwork and photography. There is also a category for carers and a new category for youth aged 17 years and under.

Applications open on **Wednesday 25 March**

Applications close on **Friday 8 May**

Learn more about the Art Show:

[Click here](#)

## Achieve your 2026 goals at Lidcombe Home, NSW

For our MS community in Tasmania, achieving your health, social and wellbeing goals for 2026 could start with a stay at Lidcombe Home in NSW. Everything you need is in one convenient location – enjoy hotel-style respite accommodation, access allied health and wellbeing services at our onsite Wellbeing Centre, and connect with others through social activities and our brand-new café, all designed to support your independence and quality of life.



To make it easier for people from Tasmania to visit, MS Plus provides travel funding of up to \$2,000 for individuals who book a stay of at least three nights at Lidcombe Home. You can also pre-book access to our Wellbeing Centre, giving you practical strategies and support to take home and continue working towards your goals.

With expert staff onsite seven days a week and no waitlists, now is the perfect time to plan your stay and make 2026 your strongest year yet.

[Find out more](#)

# what's on

Exploring the latest programs and updates from client engagement and wellbeing



**April 2026**

## Eat Smart: simple choices to support your wellbeing

A four week program, lead by a qualified dietitian - discover how simple, everyday food choices can help you feel more energized, improve digestion and become part of your routine.

This practical program covers label reading, meal planning, and building habits that last—so you can enjoy food that truly supports your lifestyle.

The Program will cover:

- Getting started - understanding our current state
- Label reading and our good friend fibre!
- Planning for shopping success
- Action planning and behaviour change for long term benefits



**When:** Starts Mondays 4 May, 6pm - 7pm & Tuesdays 16 June, 12pm -1pm

**Where:** Online (Event access details will be provided by the event organiser)

[Register Here](#)

## Pilates at Home

Exercise Physiologist-led  
online Pilates classes

**Build core strength, improve posture and balance**



Our Pilates at Home program is a 6-week online Pilates program designed and delivered by qualified allied health professionals. The program focuses on building core strength, improving posture and balance, and supporting safe, functional movement for everyday activities. Sessions are adaptable to different abilities and conditions, with clear guidance to ensure participants feel supported, confident, and in control of their movement - all from the comfort of home.

The program:

**When:** 6 week program, Wednesday 15 April 2026 12:00pm - 12:45pm

**Where:** Online

**Cost:** \$334 (Private & NDIS Paying)

[Register Here](#)



## NAVIGATE MS: For people newly diagnosed, their families & friends

With the right information, tools and strategies you can live well with a diagnosis of MS. Specifically tailored for people newly diagnosed or for people supporting someone with MS,

### ***Navigate – Newly diagnosed (for people with MS)***

- Understanding MS including relapses, symptoms, treatments and management
- Navigating the health system
- Discover practical strategies and tips from an experienced MS Nurse
- Building resilience and adjusting to live with MS

**Sessions:** Two sessions - 60 minutes each

**Where:** Online

**Cost:** **Free**

**Dates:** Tuesdays 5 & 12 May 2026, 6:30pm - 7:30pm

[Register Here](#)  
[Newly diagnosed](#)

### ***Navigate – Family & Friends (for anyone supporting someone with MS)***

- Understanding MS - symptoms, medications and terminology
- Navigating the health system
- Practical tips to support and communicate with someone with MS
- Where to access help and support

**Session:** One session - 60 minutes

**Where:** Online

**Cost:** **Free**

**Date:** Wednesday 13 May 2026, 6:30pm - 7:30pm

[Register Here](#)  
[Family & Friends](#)



## **Stay Active**

### **Stay active, independent and healthy with our EP-led online group classes**

- Live online 6 week program
- Max 4 people per group
- Exercises tailored to your ability and goals
- NDIS eligible

Designed to support everyday movement, these sessions help you build strength and confidence for daily life. Regular exercise can also help manage fatigue and support pain management.

Suitable for people using walking aids or with mild to moderate impacts on mobility, balance and movement.

\*If you use a wheelchair, keep an eye out for a program suitable for you, coming soon!

**When:** 6-week program starting Tuesday 5 May 2026

**Time:** 12.00–12.45pm **Cost:** \$334 (NDIS eligible)

[Register Here](#)



## Peer Support

### 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 Katarina Moujalli over 3 weeks and internal and external guest speakers join throughout the program to share tips and strategies.

#### Upcoming programs

##### **Working and Living with MS (April 2026):**

For people actively working and looking for strategies to manage MS in the workplace including legal considerations.

##### **Mums with MS (May 2026):**

Join us for sessions on managing MS symptoms, exercise, and stress management.



[Register Here](#)

## Research with Connections 2026: Register Now



### Research with Connections 2026

Join the MS Research Flagship for a day of research, community presentations, conversations and celebrations.

Date: Friday 29th May 2026

Time: 9am — 3:30pm

Venue: MyState Bank Arena, Hobart

- Free event with lunch and refreshments provided
- Free, accessible parking.



Tickets: [research-with-connections-2026.eventbrite.com.au](https://research-with-connections-2026.eventbrite.com.au)

For more details visit [msresearchflagship.org.au](https://msresearchflagship.org.au)

## Free Online Course: Mental Health and MS

Mental Health and MS is a free online course that will increase your understanding of how anxiety, depression and MS interact to affect the lives of people with MS. It also provides practical tips for improving mental health. Across three course modules you will hear from a range of MS experts, including people living with MS, clinical psychologists and neurologists. The course was developed by the MS Research Flagship, Menzies Institute for Medical Research at the University of Tasmania in collaboration with the MS community.

### Key details

**Duration:** Self-paced

**Effort:** 1.5-2 hours per module

**Completion certificate:** Yes

**Cost:** FREE

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

UNIVERSITY OF TASMANIA  
**MENZIES**  
Institute for Medical Research

MOOC

**MENTAL HEALTH  
AND MULTIPLE SCLEROSIS**

massive open online course



## Pain in Multiple Sclerosis: Call for Research Participants over 18 years

UNIVERSITY of  
**TASMANIA** 

We are looking for individuals with **MS** who experience MS-related pain to participate in an interview.

This study explores how people with MS experience pain, the strategies used to cope with pain, and resilience to pain.

Interviews will be conducted online or in person and are expected to take 60-90 minutes.

Participants will receive a **\$50 Coles/Myer** gift card.

**To volunteer or for further information, please contact: Ana Luca**

College of Health and Medicine, School of Psychological Sciences

University of Tasmania

**Email:** [analuca@utas.edu.au](mailto:analuca@utas.edu.au) **Phone:** 03 6324 3819

**OR**

Use the below link to indicate a time preference and the researcher will be in touch.



<https://redcap.link/ldld7cah>



This study has been approved by the Tasmanian Human Research Ethics Committee [#40405]