



PLUS
Neuro Wellbeing

Tasmania Newsletter
August 2026

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

MS Go for Gold Scholarships: Applications now open!

There are 25 MS Go for Gold Scholarships available each year, valued up to \$2,000 each, in the following categories:

- Personal expression
- Learning
- Living your best life

No dream is too big or too small!

Whether you have a passion you'd like to explore, a skill you'd like to develop, or a goal you've always wanted to achieve, an MS Go for Gold Scholarship could help make it happen.

Apply today:

[You can apply from this link](#)



Great news for Australians living with MS

MS Plus welcomes the announcement that Ocrevus (ocrelizumab) and Kesimpta (ofatumumab) will remain available through the Pharmaceutical Benefits Scheme (PBS).



As an organisation that provides support and services to people living with MS and other neurological conditions, we know how important access to effective and affordable treatment options is for our community.

MS Plus, through MS Australia's advocacy, has been strongly advocating to protect access to these high-efficacy therapies, which help many people with MS manage their condition and maintain their health, independence and quality of life.

This announcement brings welcome reassurance for people living with MS, their families, carers and healthcare teams, while supporting continued access to a broad range of treatment options so treatment decisions can remain personalised to each individual's needs.

To read the full media release from MS Australia:

[Click here for media release](#)

MS Readathon coming 1 August



This August, thousands of readers across Australia will take part in MS Readathon, a month-long challenge that encourages children, families and adults to discover the joy of reading while supporting families impacted by MS and neurological conditions.

It's easy to get involved:

- Sign up for free
- Set a reading goal for August
- Ask friends and family to support your challenge through fundraising

Plus, every registered reader receives a free welcome pack and access to fun tools and resources to help keep them motivated throughout the month.

Sign up now:

[Readathon link](#)

Registrations are now open for the Hobart MS Mega Swim!

The 2026 Hobart MS Mega Swim is officially live! Sign up now and save on registration before prices rise for the final time on August 6. Don't miss out on joining us as we celebrate 10 years of this beloved community event. It is going to be a MEGA 12 hours as our teams take on the ultimate swimming relay challenge in support of people living with MS.

Saturday 19 September is Hobart MS Mega Swim day!

Sign Up Now!

[Sign Up Here](#)



Book your free chat with an MS Nurse today



Living with MS can come with a lot of questions, especially after a new diagnosis, during a relapse or when symptoms change unexpectedly.

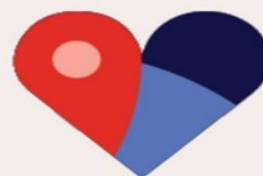
MS Plus Nurses provide free one-on-one advice and guidance to help people living with MS navigate treatment, symptom management, side effects and everyday challenges with more confidence and clarity.

Whether you're newly diagnosed, supporting a loved one, or simply looking for trusted advice, our MS Nurses are here to listen and help.

Book a free chat with an MS Nurse today or call **1800 042 138** to learn more.

what's on

Exploring the latest programs and updates from client engagement and wellbeing



August 2026

PeerLinks

Learning through shared experience

Facilitated programs -
share experiences and
learn from the experts

Online programs



Open to all states

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 and guest speakers join throughout the program to share tips and strategies. If clients are interested they can register via the link below:

Upcoming programs:

- *Working and Living with MS (September 2026)*: For people actively working and looking for strategies to manage MS in the workplace including legal considerations.
- *Men with MS (October 2026)*: Join us for sessions on managing MS symptoms, exercise, and emotional wellbeing.

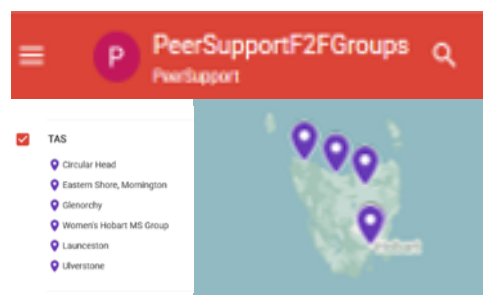
[Register from here](#)

Peer Support Groups – Interactive map on *MS Plus* website

For clients who are not aware of the [interactive map](#) on the [Peer Support page](#) on our website, the interactive map pins all the peer support face to face groups that meet across all MS Plus states and jurisdictions. For clients wanting to link in to their local group they can contact:

Plus Connect on **1800 042 138** or

connect@msplus.org.au.



Calendar of programs



Program	Date
Navigate MS: Living well with a New Diagnosis of MS – Free More info. https://www.trybooking.com/events/landing/1270995	28 Jul & 4 Aug, 6.30pm
Peer Links: Over 65s – Free More info. https://www.trybooking.com/events/landing/1271906?	From 28 Jul
Stay Active (Evening) - \$323.98 NDIS or \$333.98 – 6 weeks More info. https://www.trybooking.com/events/landing/1460310	From 4 Aug
Navigate MS : Family & Friends – Free More info. https://www.trybooking.com/events/landing/1458664	5 Aug
Stay Active (Day) - \$323.98 NDIS or \$333.98 – 6 weeks More info. https://www.trybooking.com/events/landing/1460310	From 5 Aug
Building Balance & Strength (1 of 2) \$404.97 NDIS or \$417.48 More info. https://www.trybooking.com/DMGSP	From 6 Aug
Art Therapy Booked out	7 & 14 Aug
FACETS \$150 – 6 weekly sessions More info. https://www.trybooking.com/events/landing/1274264	From 18 Aug
Peer Links: Working and Living with MS – Free More info. https://www.trybooking.com/events/landing/1271906?	From 2 Sep
Eat Smart \$367.98 More info. https://www.trybooking.com/events/landing/1502830	From 29 Sep
Peer Links: Men with MS – Free More info. https://www.trybooking.com/events/landing/1271906?	From 23 Oct
Navigate MS: Living well with a New Diagnosis of MS – Free Details and booking link will be available next month	Late October
Navigate MS : Family & Friends – Free Details and booking link will be available next month	Late October



The photo is published with permission.

Recent Tassie South MS Peer Support Christmas in July Lunch



MS Plus is a longstanding partner of the MS Research Flagship and we have a shared interest in improving outcomes for people affected by MS through research, education and support programs.

As we celebrate this milestone, we recognise the researchers, clinicians, advocates, donors and people living with MS whose contributions continue to advance our understanding of the disease and bring us closer to better treatments and improved outcomes.

Here's to a decade of impact, collaboration and progress.

Watch the video from MS Research Flagship:



[Video Link Here](#)

Considering your options for MS disease-modifying therapies (DMTs)?



MOOC

DECIDING ABOUT DISEASE MODIFYING THERAPIES FOR MS

massive open online course



ENROL TODAY — FREE

Deciding about DMTs for Multiple Sclerosis is a free online course designed to help people understand DMTs and make informed decisions about starting, switching or stopping treatment.

Across three self-paced modules, you'll hear from people living with MS, neurologists and an MS nurse, alongside evidence-based information to support treatment decision-making.

- ☐ Free and online
- ☐ Self-paced (4–6 hours total)
- ☐ Completion certificate available

Find out more and enrol today:

[Enrol Here](#)