



PLUS
Neuro Wellbeing

Tasmania Newsletter
February 2026

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

Meet Maya - One of our Go for Gold 2025 Winners



Tassie local, Maya was diagnosed with multiple sclerosis at 15 years of age. Maya was originally admitted to hospital for vision loss when they also found lesions on her spine. It was during this one-month hospital stay that Maya went into Diabetic Ketoacidosis (DKA) and nearly died. In her own words; "When I left hospital I was diagnosed with multiple sclerosis, Optic Neuritis and Type 1 Diabetes. It has been a very tough year and a half."

Maya is now in year 11 at school and is pursuing a passion in arts, her dream is to one day have a career in selling art commissions. Her current favourite mediums are digital art, painting, paper crafts and cross stitch. For her digital art, Maya is working from a slow, old iPad that doesn't have the space to save most of her art or hold the relevant software needed to support her MS symptoms.

MS has affected Maya's ability to continue with her passion for art and she needs assisted technology and magnification in her iPad to better suit her needs. Her MS Symptoms include visual impairment, tremors, leg pains, weakness, fatigue and the feeling of pins and needles that affects the use of her hand.

With the MS Go for Gold Scholarship, Maya will be able to purchase a new iPad, making it easier for her to continue pursuing her passion and not have to give up on her future career dreams.

Lidcombe Respite

A welcoming place to help achieve your 2026 goals, Lidcombe Home respite accommodation offers a comfortable, highly accessible environment with personalised support.

Whether you need short-term accommodation and care, or you want to book in with a Neuro-specialist at the Lidcombe Wellbeing Centre next door, you'll experience a welcoming community committed to your health and your personal goals.

[For more information](#)

Your perfect short-term stay at Lidcombe
A place to achieve your 2026 goals

Registered NDIS Provider

Book your respite stay today

what's on

Exploring the latest programs and updates from client engagement and wellbeing





February 2026

Stay Active

Stay active, independent and confident with our Exercise Physiologist-led online group classes. Designed to support everyday movement, these sessions help you build strength and confidence for daily life, whether that's keeping up with the kids, enjoying your favourite activities or moving more comfortably at home. Regular exercise can also help manage fatigue and support pain management.

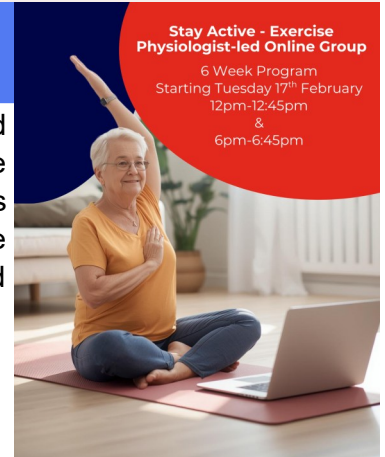
- 6 week program, maximum of four people per group
- NDIS eligible (Program of supports)
- Receipts can be provided for Health Insurance or Support at Home claims
- Suitable for people with any neurological condition impacting their activity

 **When:** 6-week program starting Tuesday 17 February—Day and Evening sessions available

 **Times:** 12.00–12.45pm or 6.00–6.45pm

 **Where:** Online and live with an experienced exercise physiologist (EP)

Cost: \$334 (NDIS eligible)



[Register now](#)

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 over three weeks with guest speakers joining throughout the program to share tips and strategies.

Starting in February we have a session specifically for under 30s to provide participants with a safe space to discuss strategies with other young people, including sessions on managing MS symptoms, diet and nutrition and stress management.

[Register here](#)

FACETS Program

Struggling with fatigue? You're not alone

Our FACETS program helps you manage energy, one practical step at a time.

- 6 weekly sessions
- Small supportive groups
- Cost: \$150 (NDIS may apply)

[Click to learn more](#)

We can help you manage your fatigue

Register for FACETS Fatigue Management Program





Navigate for people newly diagnosed, their friends and families

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, we'll cover topics such as: Understanding MS, health strategies, navigating the health system, building resilience and accessing support.



Navigate – Newly diagnosed (for people with MS)

Sessions: Two sessions - 60 minutes each
Cost: Free
Date: 18 & 25 February 2026, 6:30pm - 7:30pm

[Register now](#)

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

Session: One session - 60 minutes
Cost: Free
Date: 1 week course with day & evening sessions available throughout the year

[Register now](#)

Art therapy guided group program supporting mental health, wellbeing and enhanced mindfulness

This two part virtual group session, facilitated by a qualified art therapist, aims to provide opportunities to support mental health and wellbeing. Using creative expression and mindfulness, we can discover ways to ground ourselves, become attuned to our needs, and explore art making and materials to support pain management.

Cost: Free program (thanks to support by Rotary Moorabbin)

[For more information](#)

**Art Therapy
guided 2 part session**

Take Control: Bladder Health & MS

Bladder challenges are very common in people with a neurological condition such as MS, however understanding the symptoms and early treatment are key to not only better outcomes, but can limit the physical, social or emotional impacts of bladder dysfunction.

Join us to learn about the strategies and resources available to proactively manager bladder health and improve quality of life.

This session is presented in partnership with Coloplast.

When: 25 March 2026 6:00pm - 7:00pm

Cost: Free

[Register here](#)

Free Course: Deciding about Disease Modifying Therapies for MS

Deciding about Disease Modifying Therapies (DMTs) for MS is a free online course that explains what DMTs are and how they work. The course aims to help people communicate clearly about DMTs and help people living with MS make informed decisions about using them. Across three course modules you will hear from a range of MS experts, including people living with MS, neurologists and an MS nurse. 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/dmtt>

UNIVERSITY OF TASMANIA
MENZIES
Institute for Medical Research

MOOC

**DECIDING ABOUT DISEASE
MODIFYING THERAPIES FOR MS**

massive open online course



ENROL TODAY — FREE

MS Genetics Study

Give a little, change a lot

Researchers at the **Menzies Institute for Medical Research** need your help to advance our understanding of multiple sclerosis (MS) in an Australia-wide study.

We urgently need:

- People diagnosed with MS
- People without MS (YOU can still contribute!)

Why participate?

We're investigating the connection between the Epstein-Barr virus (EBV) and MS, and your contribution could lead to improved diagnosis, treatment, and prevention of MS. This study is recruiting a broad group of people with and without MS from across Australia to donate saliva samples. Your participation is critical to understanding how EBV impacts the immune systems in MS development.

Participation is easy!

- Complete a brief questionnaire
- Provide three saliva samples (postal submissions are welcome)
- Optionally, give a blood sample

Ready to make a difference?

Find out if you're eligible by completing our screening survey via this link:

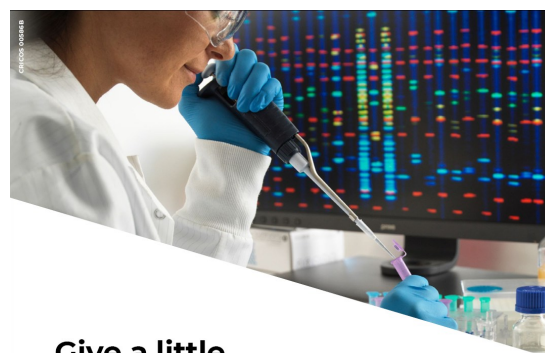
[Menzies- MS Genetics Study - Screening survey](#) or via the QR code:

For more information contact:

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This study is approved by the University of Tasmania Human Research Ethics Committee, H0027273 (H-85821) and funded by the Australian Government, Medical Research Future Fund and National Health and Medical Research Council.



**Give a little,
change a lot**

JOIN THE MULTIPLE SCLEROSIS GENETICS STUDY

UNIVERSITY OF TASMANIA
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