



PLUS
Neuro Wellbeing

Tasmania Newsletter
July 2026

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

MS Go for Gold Scholarships: Turning goals into reality



For 70 years, MS Plus has supported Australians living with MS to live well and achieve their goals. The MS Go for Gold Scholarships continue that legacy by helping people living with MS or neurological conditions turn dreams into reality.

Each year, 25 grants worth up to \$2,000 support goals in education, creativity, wellbeing and everyday life. Whether it's getting active, exploring travel, studying something new, or launching a passion project, no dream is too big or too small. Funded through MS Mega

Challenge events, these scholarships also power vital financial assistance programs across Australia.

Applications open Tuesday 14 July 2026, with expressions of interest now available.

To find out more about MS Go for Gold:

[Click here](#)

Online Art Therapy Program

This two-session guided community group program, facilitated by an Art Therapist, aims to provide opportunities to support mental health and wellbeing, whilst incorporating themes such as: Strength; Change; Acceptance and Hope. 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.

Fridays: 7 and 14 August 10:30am - 12:00pm

Cost: Free program (thanks to the support of Rotary Moorabbin)



[To register](#)

Share your MS story

Every MS journey is unique and your experience could help others in our community feel informed, supported and connected.

We are looking for people living with MS to share their stories for our website and social media channels. Your story can be about any aspect of life with MS, including employment support, allied health services, diagnosis and treatment, family life, support networks, personal achievements, challenges or lessons learned along the way.

By sharing your experience, you can help others better understand life with MS and benefit from the insights, advice and encouragement that only lived experience can provide.

The process is simple. We will interview you, write up your story and work with you to ensure you are comfortable with the final version before it is published.

If you would like to share your story or learn more about what's involved, we'd love to hear from you. Send us an email at marketingcommunications@msplus.org.au and one of our friendly team will get back to you.

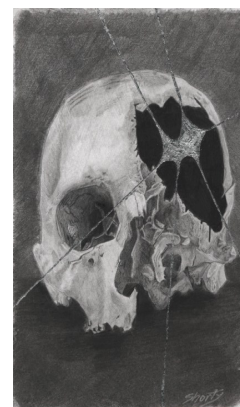
The winners of the 2026 MS Plus Virtual Art Show

Congratulations to the winners of our MS Virtual Art Show for 2026. This year we received an incredible 268 submissions from 132 talented artists, including 12 artists from Tasmania. Each piece reminded us of the many ways art can inspire, connect and move us.

Who took home the prestigious Barry Allen Art Award? What about our first ever Youth Award? View the winners gallery to find out.

Thank you to all 12 Tasmanian artists who entered and contributed to another inspiring year of creativity and connection through the MS Plus Virtual Art Show.

[Click here to view the full Virtual Art Show Gallery](#)



From diagnosis to determination: Malcolm's drive to support others



After being diagnosed with Parkinson's disease six years ago, Tasmanian Malcolm McGinn turned his focus to supporting others facing similar challenges. Through his volunteer work with Parkinson's Tasmania, Malcolm advocates for people living with Parkinson's and their carers, drawing on his own experiences navigating the health system. He has also benefited from support provided by MS Plus, which helped him remain in the workforce longer through practical workplace adjustments. Passionate about person-centred care, Malcolm continues to raise awareness, support his community and encourage health professionals to see the individual behind every diagnosis.

Read Malcolm's story: <https://www.msplus.org.au/about-us/latest-news/from-diagnosis-to-determination-malcolms-drive-to-support-others>

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**



[Enrolment link here](#)



TASMANIA - ALLIED HEALTH PROGRAMS

PROGAM	LOCATION	DIAGNOSES	DETAILS
FACETS	Online	MS only	Evening Program Commences: Tuesday 18 August 2026 Time: 6.30pm Duration: 6 weeks Facilitator: TBC Cost: \$150 Booking Page https://www.trybooking.com/events/landing/1274264
Eat Smart	Online	Neurological	Day Program Commences: Tuesday 14 July 2026 Time: 12:00noon - 1:00pm Duration: 4 weeks Facilitator: Julie Orr (Dietitian) Cost: \$284 Booking Page https://www.trybooking.com/events/landing/1502830
Pilates at Home	Online	Neurological	Register interest: https://www.trybooking.com/events/landing/1542498

TASMANIA - EDUCATION PROGRAMS

PROGAM	LOCATION	DIAGNOSES	DETAILS
Navigate MS is a free, live online education series led by an MS Nurse to help people build their understanding of MS. Each interactive session includes time for questions in a supportive environment. The series offers two programs:			
Navigate MS – Living Well with a new* diagnosis of MS *Diagnosed within the past two years.	Online	MS only	Evening Program Dates: Tuesday 28 July 2026 and 4 August 2026 Time: 6.30 – 7.30pm Duration: 2 weeks Cost: FREE Booking Page https://www.trybooking.com/events/landing/1270995
Navigate MS Family & Friends – Supporting someone with MS	Online	MS only	Evening Program Dates: Wednesday 5 August 2026 Time: 6.30pm – 7.30pm Duration: 1hr Facilitator: MS Nurse Cost: FREE Booking Page https://www.trybooking.com/events/landing/1458664



TASMANIA - PEER SUPPORT & PEER LINKS

PROGAM	LOCATIO N	DIAGNOSES	DETAILS
Over 65's	Online	MS only	Join us for sessions on managing symptoms, diet and emotional wellbeing Starts: Tuesday 28 July 2026 Time: 10:30am – 12pm Duration: 3 weeks Facilitator: TBC Cost: FREE Booking Page https://www.trybooking.com/events/landing/1271906?
Working and Living with MS	Online	MS only	For people actively working and looking for strategies to manage MS in the workplace including legal considerations. Starts: Wednesday 2 September 2026 Time: 6.30pm – 8.30pm Duration: 3 weeks Facilitator: TBC Cost: FREE Booking Page https://www.trybooking.com/events/landing/1271906?
Men with MS	Online	MS only	Join us for sessions on managing MS symptoms, exercise and emotional wellbeing Starts: Friday 23 October 2026 Time: 12pm – 1.30pm Duration: 3 weeks Facilitator: TBC Cost: FREE Booking Page https://www.trybooking.com/events/landing/1271906?
Peer Support Groups	Face to Face	MS only	Locations include: • Circular Head • Launceston • Ulverstone • Glenorchy • Eastern Shore (Hobart) • Women with MS – Monthly group at Hobart Wellbeing Centre on 3rd Wednesday of every month 10.30am -12.30pm Contact Plus Connect on 1800 042 138 to find out more information