



PLUS
Neuro Wellbeing

Tasmania Newsletter
March 2026

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

Trek Flinders Island to Fight MS

We would love for you to discover the breathtaking, rugged beauty of Flinders Island with us, if you have not yet explored this magnificent island right on your doorstep, now is your chance to not only experience its majestic wilderness and unique wildlife while supporting MS Plus in delivering vital services and funding research for people living with MS and other neurological conditions.



[Click here to find out more](#)

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



Book your respite stay today

what's on

Exploring the latest programs and updates from client engagement and wellbeing



March 2026

Peer Links: learning through shared experience (VIRTUAL – open to all states)

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 me 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.

<https://www.trybooking.com/CUJNM>



Take Control: Your bladder health & MS (VIRTUAL)

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.

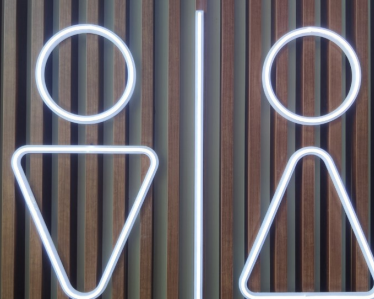
Join us to learn about the strategies and resources available to proactively manage bladder health and improve quality of life.

This session is presented in partnership with Coloplast.

Wednesday 25 March 2026 6:00 PM - 7:00 PM (UTC+11)

<https://www.trybooking.com/DHNHM>

**Take control:
bladder health &
MS**



Free Course: Ageing Well with MS

Ageing Well with MS is a free online course that explores what ageing is and how it intersects with multiple sclerosis. The course provides physical, mental and emotional strategies for healthy ageing and looks at planning for the future. Across three course modules you will hear from a range of MS experts, including clinical professionals, researchers and people living with MS. The course was developed by the MS Research Flagship, Menzies Institute for Medical Research in collaboration with the MS community.

Key details

Duration: Self-paced

Effort: 1.5-2 hours per module

Completion certificate: Yes

Cost: FREE

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



Research with Connections 2026: Save the date



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

For more details visit msresearchflagship.org.au

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CELEBRATING 10 YEARS
MS Research Flagship

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>

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MOOC

**MENTAL HEALTH
AND MULTIPLE SCLEROSIS**

massive open online course



MS Genetics Study

Help us decode Multiple Sclerosis

Researchers at the **Menzies Institute for Medical Research and QIMR Berghofer** 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.



**Help us decode
multiple sclerosis**

JOIN OUR STUDY AND PUT YOUR DNA TO WORK

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