MS PLUS Neuro Wellbeing

Tasmania Newsletter
October 2026

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

Meet Brooke – one of our 2025 MS Go for Gold Scholarship winners



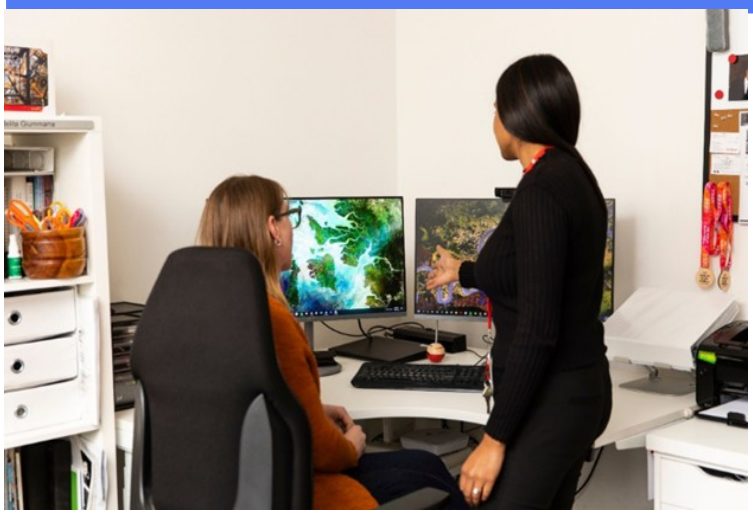
Brooke's dream is to complete her Master of Educational Leadership and use this qualification to become a leader in Aboriginal education.

But her MS symptoms affect her daily life and approach to study. Fatigue and cognitive fog make it difficult to focus on complex reading and assignments. Sensory challenges and nerve pain often require her to adapt study environments and limit screen time. There are days when simply attending online lectures or completing assessments are significant physical and mental challenges.

Despite these barriers, she is determined to succeed. Brooke's MS Go for Gold Scholarship will enable her to purchase a new laptop and assistive technology software. Allowing her to focus on achieving her dream.

More inspiring stories here

Local support to help you succeed at work



Living and working with a neurological condition can bring unique challenges, but you don't have to navigate them alone.

Our free Employment Support Service helps people living with MS and other neurological conditions stay in work or build confidence in their employment journey. Based in Tasmania, our local consultants understand the needs of Tasmanian workers and employers and provide practical, one-on-one support tailored to your circumstances. Whether you need help managing symptoms at work, exploring workplace adjustments or finding strategies to stay productive and confident, we're here to help.

Call 1800 042 138 **or** **Click here for the web link**

MS PLUS Neuro Wellbeing

what's on

Exploring the latest programs and updates from client engagement and wellbeing

October 2026

Men with MS Peer Link - October 2026

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 short term virtual program with different guest speakers to share tips and strategies.

Men with MS: Join us for sessions on managing MS symptoms, exercise and sexual health.

Book Here

Making sense of research with Brett Drummond



Please join us for a virtual event with Brett Drummond, MS Researcher/Scientist from MSTranslate, who will share some insights into current MS research. The session will explore the latest in multiple sclerosis research and equip you with up-to-date knowledge and practical takeaways.

Date: Friday 27 November 2026, 12:00PM - 1:00PM

Location: Online event access details will be provided by the event organiser

Book Here

Stress free travel - Tips from experience

Join us for this virtual webinar led by MS Plus' staff Andrew Williams, who is living with MS and has navigated overseas adventures while managing a chronic condition. In this inspiring session, Andrew will share insights from recent international travels, along with realistic strategies, helpful resources, and lessons learned along the way.



From planning and packing to managing symptoms abroad and advocating for your needs, you'll gain tips to help make your next trip smoother, safer, and more enjoyable.

Date: Wednesday 2 December 2026 12:30PM - 1:15PM

Location: Online event access details will be provided by the event organiser

Book Here

Calendar of programs

Program	Date
Stay Active (seated program) $333.98. NDIS paying $323.98 **More info.** www.trybooking.com/au/event/1460310	**From 6 October**
Peer Links: Men with MS – Free **More info.** https://www.trybooking.com/events/landing/1271906?	**From 23 October**
Navigate MS: Living well with a New Diagnosis of MS – Free **More info.** https://www.trybooking.com/au/event/1270995	**20 & 27 October 6.30pm**
FACETS: $150 – 6 weekly sessions **More info.** https://www.trybooking.com/events/landing/1274264	**From 27 October**
Navigate MS : Family & Friends – Free **More info.** https://www.trybooking.com/au/event/1458664	**28 October**
Making Sense of MS Research **More info.** https://www.trybooking.com/DOROT	**27 November**
Stress Free Travel: Tips from Experience **More info.** https://www.trybooking.com/DKDLR	**2 December**

Mental Health and MS - Free Course

Anxiety and depression are common concerns for people affected by MS. The free Mental Health and MS online course explores the relationship between mental health and MS, combining expert insights, practical strategies and lived experience perspectives.

Learn at your own pace in a course designed for people living with MS, family members, carers and health professionals.

ENROL NOW:

Click Here

