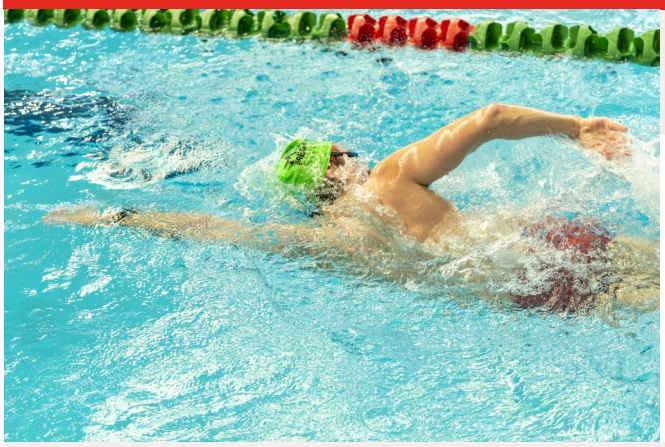
MS PLUS Neuro Wellbeing

Tasmania Newsletter September 2026

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



Register for the Hobart MS Mega Swim!

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.

Register here

Saturday 19 September at Doone Kennedy Hobart Aquatic Centre

Volunteer at the Hobart MS Mega Swim!



We need your help to make the upcoming Hobart MS Mega Swim the best one ever! Join us on the amazing volunteer team. The first thing our swimmers see when they walk in are our smiling volunteers, they set the tone for the entire event. Join us and bring the energy! Whether you're greeting swimmers, helping with registration or cheering them on throughout the day, you'll be making a real difference.

Join Us

Register here

MS Go for Gold Scholarships: Make your goal a reality

Have you been putting off a goal, passion or project you'd love to pursue?
An MS Go for Gold Scholarship could provide the support you need to get started.

Each year, 25 scholarships of up to $2,000 are awarded across three categories:

*** Personal expression** *** Learning** *** Living your best life**

Whether it's learning something new, developing a creative talent, or achieving a personal milestone, we're here to help you take the next step.

Applications close Tuesday, 15 September, so don't miss your chance to apply.

Apply Here

MS PLUS Neuro Wellbeing

what's on

Exploring the latest programs and updates from client engagement and wellbeing

More than a respite stay: Discover what's possible at Lidcombe Home



Sometimes a short stay away from home can provide the opportunity to recharge, try new supports and focus on your wellbeing in a safe and supportive environment.

At Lidcombe Home in NSW, our short-term and respite accommodation offers comfortable, accessible accommodation for people living with MS and other neurological conditions. With no waitlist for current vacancies, it's easier to access support when you need it.

A unique benefit of staying at Lidcombe Home is its location alongside the Lidcombe Wellbeing Centre. During your stay, you can work with our team to develop a personalised wellbeing plan focused on your goals, health and independence. The strategies and recommendations from your plan can then be implemented and continued when you return home, helping you maintain the benefits of your stay.

For eligible clients travelling from Tasmania or the ACT, travel assistance of up to $2,000 may be available.

Learn more

Employment Support: Helping you achieve your work goals

Whether you're looking to stay in work, return to employment or explore a new career direction, our Employment Support Service can help you overcome challenges and build confidence.



Support may include:

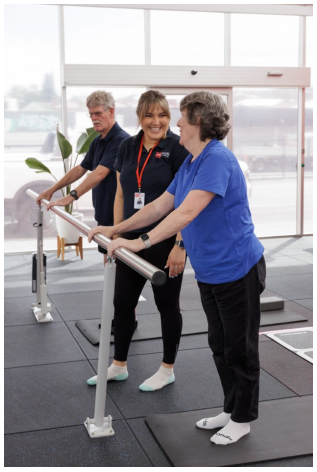
- Strategies to better manage symptoms at work
- Advice on workplace equipment and adjustments
- Tips to support concentration and productivity
- Guidance around disclosing your condition to an employer
- Resume writing and interview preparation

Click here to book

Our support is tailored to your individual goals and circumstances, helping you take positive steps towards meaningful employment.

Eligibility criteria apply.

what's on & calendar of programs ...



Build strength, balance and confidence with Exercise Physiology

At the Hobart Wellbeing Centre, our accredited Exercise Physiologists create personalised programs tailored to your goals, abilities and lifestyle. Whether you're looking to manage symptoms, build confidence, reduce fatigue or stay active, we'll work with you to find an approach that fits your needs.

With expert guidance and ongoing support, you can take positive steps towards maintaining your health, independence and quality of life.

Learn more here

Program	Date
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 **More info.** https://www.trybooking.com/au/event/1270995	**20 & 27 October 6.30pm**
Navigate MS : Family & Friends – Free **More info.** https://www.trybooking.com/au/event/1458664	**28 October**

FREE ONLINE COURSE



Ageing Well with MS is a free online course designed to help you better understand ageing with multiple sclerosis and explore practical ways to support your health and wellbeing.

Across three self-paced modules, you'll hear from MS researchers, healthcare professionals and people living with MS. The course covers physical, mental and emotional wellbeing, healthy ageing strategies, and planning for the future.

Developed by the MS Research Flagship at Menzies Institute for Medical Research in collaboration with the MS community, the course is free and open to anyone interested in learning more about ageing with MS.

Duration: Self-paced **Effort:** 1.5-2 hours per module

Cost: FREE **Completion certificate:** Yes

Enrol now