



**PLUS**  
Neuro Wellbeing

**ACT Region Newsletter**  
August 2025

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

## Go for Gold Scholarship 2025

Thanks to the amazing funds raised during our Mega Challenge events, we are excited to announce that the Go for Gold Scholarship applications have opened on 15 July 2025.

Could a financial scholarship help you to realise a creative dream, further your education, kickstart a business idea or help you to live well by participating in wellbeing activities.

We have 25 scholarships available, valued up to \$2,000 each. Follow the link to apply now, we would love to hear from you.

<https://www.msplus.org.au/support-services/connecting-with-your-community/ms-go-for-gold-scholarships>

You can read some inspiring stories from some of our past winners below.

### **Meet Yasmin**

Yasmin has developed her skills as a voiceover artist over 26 years working as a community radio announcer, presenter, MC and podcast host. She now wishes to transition to work from a home studio, making an impact in the education sector voicing online learning content, while better managing her MS symptoms.

Yasmin will use her scholarship to set up a professional home recording studio for herself.

Yasmin says, 'In the last year since diagnosis, I have gained deeper insight into how my career to date impacts my energy and my MS. I realise that I need to make significant changes to how I'm living, to look after my health and wellbeing in the long term.'

'As a voiceover artist who is a woman of colour, I am a representative and contributor to the diverse landscape of voices in the community and corporate world. I am now more than ever motivated to do this for myself.'

### **Meet Sam**



Sam's dream is to travel to Uluru and Kata Tjuta (The Olgas) in the Northern Territory, to hike the area's spectacular trails and explore the openness and tranquillity of the desert. Sam was diagnosed with MS just before her 40<sup>th</sup> birthday and is impacted by mobility and cognitive issues that meant she needed to end her role as an aged care support worker.

Sam says, 'MS hasn't taken my appetite for adventure and seeing new sights and learning new things, which is why it's important for me to keep pushing forward so I achieve my dreams.'

'I think this trip will also inspire my two daughters to never let anything stop you — just keep trying and moving forward, go and travel wherever your heart desires and keep learning new things.'

Sam's scholarship means she can now take the trip of a lifetime with her family and enjoy everything NT has to offer.



# what's on

The latest programs and updates from client engagement and wellbeing



August 2025

## Peer Links: learning through shared experience

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 programs. Guest speakers join throughout the program to share tips and strategies.

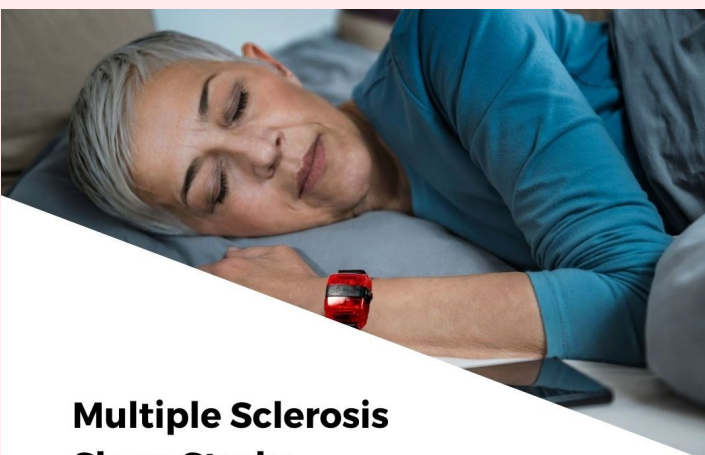
## Living & Working with MS

For people actively working and looking for strategies to manage MS in the workplace including legal considerations. Over 4 weeks.

**When:** 26 August, 2, 9 & 16 September  
6.30 to 8.00pm

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

**Cost:** Free



## Multiple Sclerosis Sleep Study

Help us collect better data on sleep in people living with multiple sclerosis (MS)

## Multiple Sclerosis Sleep Study

Researchers at the Menzies Institute for Medical Research are looking for adults living with MS to participate in a sleep study.

Participation involves:

- Wearing an activity monitor (a research grade FitBit)
- Recording your sleep and MS symptoms for three weeks

Interested? Find out more [here](#) or contact Dr Laura Laslett, Senior Research Fellow at [Laura.Laslett@utas.edu.au](mailto:Laura.Laslett@utas.edu.au)

*This study is approved by the University of Tasmania Human Research Ethics Committee H0029475.*



# The Callistemon League

## Brett's Legacy: A Life of Purpose, Passion—and Generosity

Brett was born in 1914 in Loxton, South Australia, and from the very beginning, his life was rooted in service, resilience, and community. In his early years, he worked on his father's farm, developing a deep connection to the land—a bond that would shape his entire life.



Marian & Brett

During World War II, Brett served his country as a Private in the Citizen Military Forces and later in the Volunteer Defence Corps until 1945. When the war ended, he returned to the land he loved, eventually earning several agricultural awards, including one for “Best Improved Pasture.” His dedication to farming wasn't just a job—it was his way of giving back to the world.

In 1975, Brett moved to New South Wales, where fate introduced him to Marian, the love of his life. They married in 1977 when Brett was 63, and together they shared 30 joyful years filled with gardening, travel, and quiet companionship. They cultivated beauty wherever they went—whether in their garden or through their journeys across Australia and abroad. Even after Marian passed in 2006, Brett continued their travel dreams, taking a trip to Canada at the age of 94 and making road trips across the country well into his 90s.

Brett's energy and generosity never waned. At 85, while living in a self-care village, he was awarded *Gardener of the Year* for transforming the communal garden into a sanctuary. **He lived by simple but powerful values: kindness, humility, and doing good wherever he could.**

He was often described as a true gentleman—thoughtful, strong, and generous to those in need. Brett believed he had lived a blessed life and wanted others to experience that same fullness.

**That's why, after years of supporting MS Plus, he made the heartfelt decision to leave a gift in his Will. It was his way of extending his kindness beyond his lifetime—to help others live well, just as he had.**

By leaving a legacy, Brett ensured his values would live on. His final gift is now helping people living with multiple sclerosis access the support and care they need.

Brett's life reminds us that no matter when or where we begin, we all have the power to leave something meaningful behind. His legacy is not just one of longevity—it's one of love, service, and a deep desire to make the world a little better for others.

**You, too, can carry this spirit forward. By leaving a gift in your Will—no matter how big or small—you can change lives for generations to come. Just like Brett.**

*A gift in your Will could help fund research, better treatments or more services. Become a member of the MS Callistemon League. To learn more, contact Laura at the MS Plus Future Planning Team. Call 1800 443 867, email [futureplanning@msplus.org.au](mailto:futureplanning@msplus.org.au) or visit [www.mymslegacy.org.au](http://www.mymslegacy.org.au)*



## Exercise Classes at Gloria McKerrow House

### Be Better Balanced

A combination of chair and circuit-based exercises designed for individuals who can still walk but have challenges with balance, stamina, and overall mobility. Classes are comprehensive and well-paced, ensuring they are enjoyable for everyone.

**When:** Tuesdays 9:30am — 10:30am                      Thursdays 10:00am – 11.00am (online available)

### Wheels in Motion

A class designed for people in wheelchairs or who are having difficulty walking. In this class the focus is on upper body mobility as well as making use of a motorised exercise bike for those it suits. This is a small group and where possible individual work is done on each person to mobilise leg movement.



**When:** Thursdays 11.00am – 12.00pm

**Cost :** 10 classes for \$130

**Please call 1800 042 138 to register**

## Online Mindfulness Meditation

*...for people with Multiple Sclerosis and other neurological conditions.*

Join us every Friday afternoon, from 3:30pm - 4:30pm and experience the relaxing benefits of meditation.

Email Helen Woodbridge ([woodbridgehelen@hotmail.com](mailto:woodbridgehelen@hotmail.com)) and she'll send you a Zoom link for the session every Friday. Carers and family also welcome!

## Peer Support

We have two Peer Support Groups available in the ACT, and new members are welcome at any time.

### People with MS (PwMS) Taking Control Group

Our group meets twice a month and seeks to connect people living with MS in the Canberra region, for friendship and information sharing, with a focus on living well with MS.

**Meets:** 1. 12.30 to 2.00pm - 2nd Friday, 8 August 2025    **Venue:** Zoom only

2. 12.30 to 2.00pm - Last Friday, 29 August 2025    **Venue:** Gloria McKerrow House, Deakin

Contact Vanessa Fanning/Mary Webb at [pwmstcg@gmail.com](mailto:pwmstcg@gmail.com) to be added to our email list, and/or join our Facebook group 'Canberra Region MSers'. In line with privacy principles, you can unsubscribe at any time.



### ACT Weekend MS Peer Support Group

**Meets:** 10am, 3<sup>rd</sup> Saturday of each month    **Venue:** ACT Café,