



MS PLUS
Neuro Wellbeing

ACT Region Newsletter
December 2025

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



2025 MS GONG RIDE – Another Incredible MS Gong Ride!

What a day! The **MS Gong Ride** once again brought our community together in an amazing show of spirit and determination, as **5,555 riders** took on the iconic ride from **Sydney to Wollongong**.



This year, we were thrilled to receive so much positive feedback from riders. Many praised the smooth organisation and especially highlighted the Waterfall Descent, which was well managed with plenty of space for both riders and emergency services to safely share the road.



Behind the scenes, an army of incredible volunteers from Sydney all the way to Wollongong helped make it all possible — keeping the event running smoothly and cheering on our riders every step of the way. And the best news of all? Together, we've raised an amazing **\$1,264,261** to support people living with multiple sclerosis.

Thank you to every rider, volunteer, and supporter who made this year's ride such a success. You've shown once again that this truly is the **Ride to Fight MS**.

Festive Season Opening Hours

As we bid farewell to 2025, we'd like to wish everyone a safe and happy festive season and new year!

The MS Plus offices will close from 1pm on Wednesday 24 December and will reopen on Monday 5 January 2026.

A limited team of Plus Connect staff will still be here to support you from 29, 30, 31 December and 2 January between 9:00am and 5:00pm

You can reach the team on **1800 042 138** or email connect@msplus.org.au

If you have urgent concerns about your health, please contact your doctor or your local hospital's Emergency Department

If you have NDIS enquiries – contact NDIS 1800 800 110.

If you are struggling and need immediate crisis support – call Lifeline 13 11 14.

what's on

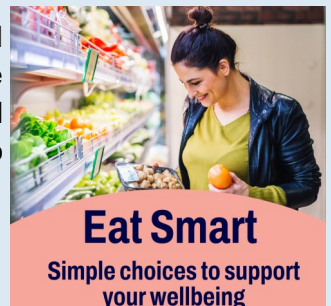
The latest programs and updates from client engagement and wellbeing



DECEMBER 2025

Eat Smart – Simple choices to support your wellbeing

This four week program small group program, lead by a qualified dietitian will help you discover how simple, everyday food choices can help you feel more energized, improve digestion and become part of your routine. This practical program covers label reading, meal planning, and building habits that last—so you can enjoy food that truly supports your lifestyle.



We'll cover:

- Getting started - understanding our current state
- Label reading and our good friend fibre!
- Planning for shopping success
- Action planning and behaviour change for long term benefits now!

[Register Here](#)

Cost: \$284 (NDIS eligible)

Date: March program available

Managing fatigue Our last FACETS program for the year is filling fast

Fatigue is a very common symptom of MS and can significantly impact your work, but there are strategies you can learn to help.

FACETS (Fatigue: Applying Cognitive behavioural and Energy Effectiveness Techniques to LifeStyle) is an evidence-based program designed for people living with MS to help manage fatigue using 'energy effectiveness' techniques and cognitive behavioural therapy strategies.

Developed by researchers from Bournemouth University and Poole Hospital in the UK, the group program is delivered by trained professionals with no more than 12 participants. The program involves weekly 90min sessions over 6 weeks.



[Register Here](#)

This 6 week course is \$150
Next programs start in February!

**Fatigue
Management**

Peer Support – Connecting with others for social and emotional support

The festive season can be a difficult time for some people. With our peer support volunteers, no one is alone. If you're looking to connect with others, or chat to a trained peer support volunteer, please get in touch.

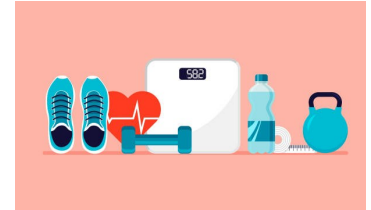
Call Plus Connect on 1800 042 138 or connect@msplus.org.au

Stay Active

The new 'Stay Active' program is here! If you're thinking of starting a new exercise program in 2026, this is the perfect way to learn how to do so safely, and conveniently from home.

The six week program will help you stay active and build confidence for daily life, whether that's being able to enjoy activities, keeping up with the kids or being more confident moving around at home. Keeping active can also help with managing fatigue and promote pain management. Tailored exercises and lead by an exercise physiologist, this program is suitable for people using walking aids or with mild to moderate impacts on mobility, balance and movement.

- 6 week program, maximum of four people per group
- Online and live with an experienced exercise physiologist (EP)
- NDIS eligible (Program of supports)
- Receipts can be provided for Health Insurance or Support at Home claims
- Suitable for people with any neurological condition impacting their activity



Cost: \$334 (NDIS eligible)

Date: New dates available in February – Day and Evening sessions available.

Register now: <https://www.trybooking.com/DFCFU>

We'd love for you and your plus one to come along to the **annual MS Canberra Community Christmas Party**. It's a wonderful opportunity to connect, celebrate and enjoy a relaxed afternoon together with a delicious, light afternoon tea.

When: Saturday, 13 December 2024

Where: Southern Cross Club, Woden, ACT

Time: 2.00pm- 4.00pm *****Free Event*****

Parking: Club or public parking

RSVP by 28 Nov 2025

<https://www.stickytickets.com.au/7WH44>

If you have any trouble booking online, please RSVP by email to hello@mscommunityact.org Remember to book for the number of people coming.

Don't Forget!
CHRISTMAS AFTERNOON TEA

* Hosted by MS Canberra Community Engagement Council—funded by Hands Across Canberra



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

Last class for 2025 will be Thursday 18 December 2025

First class for 2026 will be Tuesday 6 January 2026



FITNESS AND HEALTHY DIET
TAKE CARE OF YOUR BODY AND HEALTH

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) 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 will only meet once this December 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.

12.30 to 2.00pm - 2nd Friday, 12 December 2025 **Venue:** Zoom only

***** MS Canberra Community Christmas Party, Saturday 13 December 2025, 2-4pm
at Southern Cross Club, Woden *****

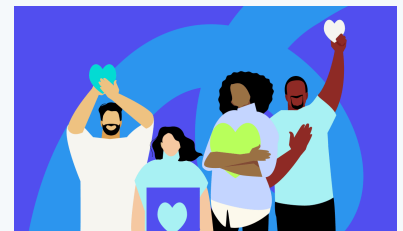
Contact Vanessa Fanning/Mary Webb at pwmstcg@gmail.com to be added to our email list, and/or join our Facebook group 'Canberra Region MSers'. In line with privacy principles, you can unsubscribe at any time.

ACT Weekend MS Peer Support Group

Meets: 10am, 3rd Saturday of each month

Venue: ACT Café, Canberra

Contact Plus Connect on 1800 042 138



MS Genetics Study

Small sample, big impact

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:

Chavi Asthana, Postdoctoral Research Fellow, Menzies Institute for Medical Research

17 Liverpool Street, Hobart, TAS, 7000

t: (03) 6226 4226; e: Chhavi.Asthana@utas.edu.au

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.



Deakin Office—Christmas Closure

Gloria McKerrow House will close on

Wednesday 24 December 2025 at 1:00pm and will reopen on

Monday 5 January 2026 at 9:00am

**Warmest Wishes for a Happy Holiday season and a
Wonderful New Year**

