



PLUS
Neuro Wellbeing

ACT Region Newsletter
June 2025

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

Mark your calendars for the 2025 Canberra MS Mega Swim



Saturday 2 August 2025 — We will be taking on the 24hour Mega Swim Challenge again at the Australian Institute of Sport. Will you join us to make it the biggest one yet?

Register today!! <https://www.msmechallenge.org.au/>



2025 Canberra MS Walk Run + Roll – It's a WRAP

The 2025 Canberra MS Walk Run + Roll was held on Sunday 4 May, the crisp cold weather was met with warm sunshine later in the day, providing participants and event crew a glorious day.



560 participants joined us at Rond Terrace and fundraised any amazing \$89,883 – smashing our fundraising target!! Thank you to all our fundraisers, this is an amazing result. Our MS Ambassadors were onsite to encourage the crowd and share their stories. *Bronwyn Saunders* – always a crowd favourite in Canberra, full of joy and enthusiasm and *Ryan Halloran* a runner who finished his 3rd MS Walk Run Roll and also came 1st in the 10km run. Ryan shared his story with the walkers after his run and will do the same in Melbourne honouring his pledge to complete all MS



Walk Run + Roll's across 4 jurisdictions in 2025! A big round of applause must be made for our *volunteers*, who committed to an early wake up and a 2 degree start to the morning. We can't do these events without a team of volunteers lending a hand, so thank you. Melbourne hosted the final 2025 Walk Run + Roll on Sunday 18 May.

what's on

The latest programs and updates from client engagement and wellbeing



June 2025

Managing Fatigue

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. We have two new program dates available now:

When: Next programs start Tuesday 22 July!

Learn more: msplus.org.au/FACETS

Register: <https://www.trybooking.com/CUNAE>

Cost: \$150

Back by popular demand! Exercise Physiology? What is it and how can it help improve my symptoms?

We had so much interest in this session, we're offering it again. Join exercise physiologist Talita Welmans to understand what 'EP' is and how it can help you. In this free lunchtime session we'll cover:

- Why an Exercise Physiologist (EP) is an essential part of your healthcare team
- How EPs support people with MS in managing symptoms like fatigue, mobility, and strength
- Practical strategies and real-world examples of how exercise is medicine for MS

How EPs assist with broader health concerns, including metabolic conditions such as high blood pressure, cholesterol, and diabetes, as these can sometimes be a bigger concern than MS itself.

Register: <https://www.trybooking.com/DABHN>

Cost: Free

Next session: Wednesday 25 June

Peer Links – new programs available now

Sharing experiences with peers in similar situations can bring about a deep sense of understanding and connection that's hard to find elsewhere. Peer Links are online facilitated sessions delivered over three or four weeks. Guest speakers will join throughout the program to share tips and strategies on topics such as managing MS symptoms, lifestyle, stress management and emotional wellbeing.

Coming up over the next few months we have sessions on Women's Health, Men's Health and employment. Program dates and times can be found through the booking link.

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

Cost: No charge



peer support



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

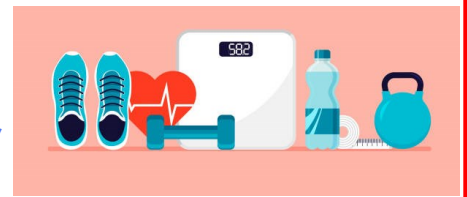
Thursdays 10:00am – 11.00am (online available)

Wheels in Motion

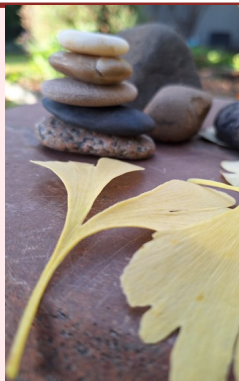
A class designed for people in wheelchairs or who are having difficulty walking. In this class the focus is on upper body mobility as well as making use of a motorised exercise bike for those it suits. This is a small group and where possible individual work is done on each person to mobilise leg movement.

When: Thursdays 11.00am – 12.00pm

Cost : 10 classes for \$130.00



Please call 1800 042 138 to register



Online Mindfulness Meditation

...for people with MS 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 in the ACT

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, 5 June 2025

Venue: Zoom only

2. 12.30 to 2.00pm - Last Friday, 30 June 2025

Venue: Gloria McKerrow House, Deakin

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: 10:00am, 3rd Saturday of each month

Venue: ACT Café, Canberra

Contact Plus Connect on 1800 042 138



Ageing Well with MS

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.

Duration: Self paced — 1.5-2 hours per module

Completion certificate: Yes

Cost: Free

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

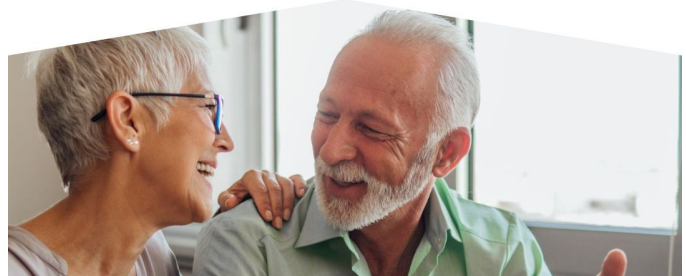
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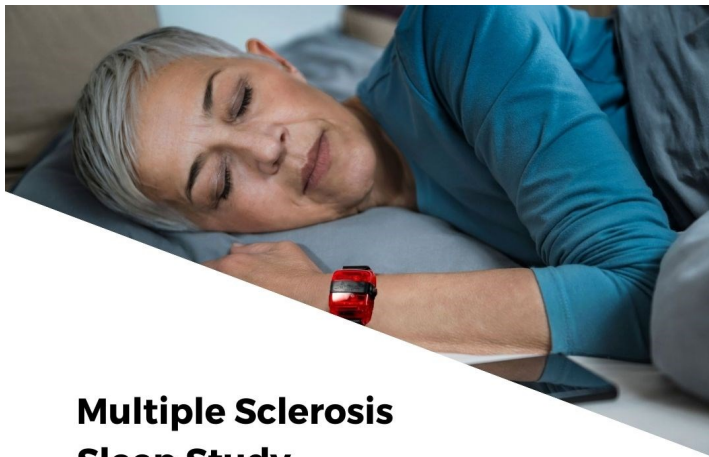
CINCOSS/ISTOCK

AGEING WELL WITH MULTIPLE SCLEROSIS

massive open online course



ENROL TODAY — FREE



Multiple Sclerosis Sleep Study

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

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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

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

worldMSday



Scan to register

Free online course for World MS Day

Multiple Sclerosis Symptoms & Diagnosis

01 May - 15 June

Learn about MS symptoms, the diagnostic process, and the impact of a diagnosis. Explore the global barriers to early MS diagnosis and solutions across the world.



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