



PLUS
Neuro Wellbeing

ACT Newsletter
May 2025

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

Don't miss out on the 2025 Canberra MS Walk Run + Roll!



The **2025 Canberra MS Walk Run + Roll** is taking place on **Sunday May 4th!** Join us to walk, run, or roll as we celebrate the strength and diversity of the MS community.

Whether you sign up on your own, with a friend, as part of a team, don't forget to bring your dog along!

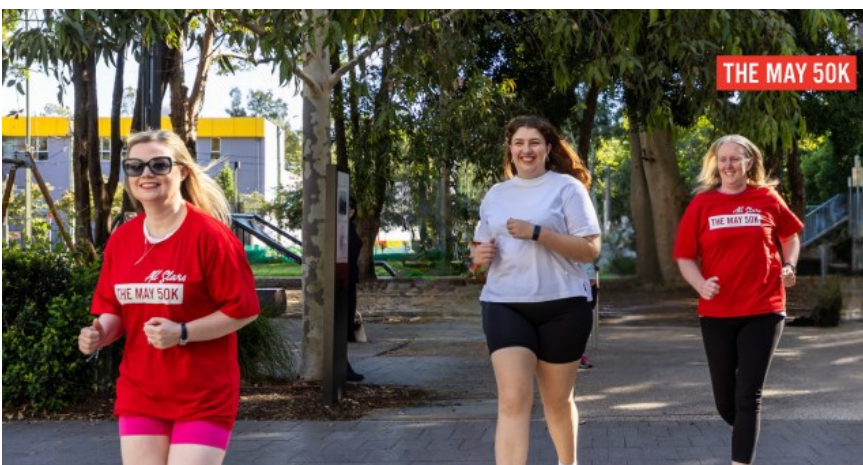
There's a way for everyone to get involved, even our furry best friends!

It's set to be a fun-filled day while raising funds for vital support and services for people living with MS.

Sign up at mswalk.org.au

Join The May 50K to achieve your fitness goals while supporting MS research

Up for a challenge this month? Leave your limits behind and join us for The May 50K and have a blast walking, running, rolling and more towards our fitness goals. The best part? The challenge is throughout May, so you can join anytime. Challenge yourself to move 50 KM, 100KM, or 150 KM, in your own time and at your own pace while supporting research into finding a cure for MS.



Join the movement as we cheer each other on, whether you join solo or challenge your friends, family or workplace. Funds raised will support research into the prevention, treatment, and finding a cure for MS. Leave your limits behind this May to leave MS where it belongs, behind us.

To sign up and find out more visit themay50k.org

what's on

Exploring the latest programs and updates from client engagement and wellbeing



May 2025

The 2025 MS Plus Virtual Art Show—Closing Soon



MS Plus Art Show

The [MS Plus Virtual Art Show](#) is a great opportunity to take a moment to explore what it means to live with a chronic condition, and express yourself through art. This year we are focusing on art as therapy, and encouraging everyone to see this as an opportunity to explore art's many health benefits, including hosting a special art therapy workshop with therapist Louise Weston — [see details here](#). Entries close **Sunday 18 May**.

Virtual exhibition of all artworks will be hosted on the MS Plus website from **Tuesday 20 May**.

Exercise Physiology? What is it and why how can it help improve my symptoms?

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



ACT MS Symposium 2025

Tuesday May 13
10am-3pm
JCSMR



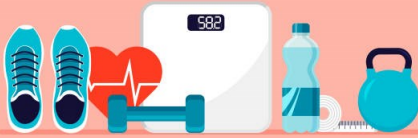
The MS research team at ANU would like to invite you to the 2025 ACT MS Symposium.

This year we focus on new developments around EBV infections and MS as well as MS fatigue.

Click [here](#) or follow the QR code to register



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, 9 May 2025

Venue: Zoom only

2. 12.30 to 2.00pm - Last Friday, 30 May 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: 10am, 3rd Saturday of each month

Venue: ACT Café, Canberra

Contact Plus Connect on 1800 042 138





Luigi Mazzotti was a familiar sight in the Melbourne suburb of Lilydale. No matter the weather, he'd set off on his motorised scooter, navigating the footpath to his favourite spot—the Degani Café in the Lilydale Marketplace. Along the way, he'd greet everyone with a smile and a warm hello, and the community would respond in kind, embracing him as one of their own.

Yet, despite his local fame, few people truly knew Luigi's story. And at MS Plus, his name was completely unknown—until a surprising letter arrived after his passing. **This quiet, humble man had left an extraordinary gift in his Will to support people living with multiple sclerosis (MS).**

"Many people have a connection to MS, but sometimes we receive beautiful, unexpected gifts like Luigi's," shared Laura from MS Plus. **"It's a reminder that generosity often comes from the most unassuming places."**

A Life of Hard Work and Heart

Born in 1932 in the picturesque mountain town of Coreglia Antelminelli, Tuscany, Luigi was the only child of Mario and Gida



Mazzotti. In 1952, with courage and ambition, he set sail for Australia to build a new life.

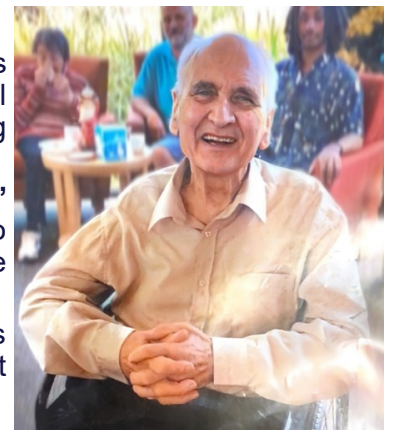
A skilled cabinet maker, Luigi first found work crafting and repairing furniture. Later, he became a payroll escort at Victorian Railways before carving out a lasting career in the building industry. Though he never married or had children, he was never alone—his friendships were many, and he even brought his parents to Australia to share in his new life.

A Man of Faith and Independence

Luigi's deep faith anchored his life. As a devoted member of St Patrick's Church in Lilydale, he formed strong bonds within his parish. Pastoral worker Debbie Edwards often spoke with him, whether at mass or during her visits to Lilydale Aged Care, where Luigi spent his later years.

"Luigi was such a lovely, faithful man with a huge smile and heart," Debbie recalled. "I first met him when he still used his walker to come to church. Later, he embraced his scooter as a way to keep his independence even after moving into aged care."

An accident had led to his reliance on mobility aids, but it never slowed his spirit. Until the very end, he remained engaged, present, and full of quiet kindness.



A Legacy That Builds Hope

Luigi passed away during Melbourne's prolonged COVID-19 lockdown. At his funeral, his friend Marlon delivered a eulogy that captured his essence: **"Humble and kind."**

Luigi wanted his legacy to be one that made a difference. Through his generous bequest to MS Plus, he ensured that people living with multiple sclerosis would receive the support they need to live fuller, more independent lives.

Luigi was a builder in every sense—a craftsman who shaped homes and a visionary who constructed a future of hope for others.

How Will You Be Remembered?

Your Will tells a story about what you value most. Like Luigi, you have the power to change lives, ensuring people with MS receive the care and support they need. No matter the size, every gift makes a difference. To learn how simple it is to leave a gift in your Will, contact MS Plus today. Your legacy could be life changing for those affected by MS. Luigi's story is recorded in the [MS Celebration of Life Book](#) see page 68.

Like Luigi, you can leave a legacy of hope for people living with MS, through a gift in your Will. Any gift, large or small, even 1-2% of what is left, after gifts for family and friends, can go to research or support services.

Want to know more? Contact Laura, Future Planning Manager, on **1800 443 867**. You can also email futureplanning@msplus.org.au or visit www.mymslegacy.org.au

YOU ARE INVITED

WORLD MS DAY RECEPTION AND LAUNCH OF NEW MS AUSTRALIA WELLNESS GUIDE

You are invited to a reception to be hosted by Her Excellency Ms Sam Mostyn AC, Governor-General of the Commonwealth of Australia, Patron of MS Australia, on Friday 30 May 2025 between 10 am – 11:30 am.

To celebrate World MS Day in 2025, MS Australia is launching a new publication, Living Well with MS: Your Guide to Adapting your Lifestyle, which provides evidence-based advice regarding modifiable lifestyle factors such as diet and exercise.

In keeping with the event, we will also be conducting a healthy and inclusive exercise class for the local MS community on the Government House lawns.

Join the Governor General, MS Australia President, George Pampacos and the local ACT MS community to celebrate World MS Day and for the launch of this valuable new consumer resource.

**30 MAY 2025 · FRIDAY
10:00 TO 11:30 AM
GOVERNMENT HOUSE
YARRALUMLA, CANBERRA**



This is an invitation only event and places are strictly limited. If you wish to attend, please RSVP to events@msaustralia.org.au

You will need to provide full names and titles for all those wishing to attend, together with organisation and position details, and any specific dietary or mobility requirements.

