



PLUS
Neuro Wellbeing

ACT Newsletter
November 2025

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

Do it for MS!

Join us to Trek Flinders Island for MS



**Trek for MS
expressions
of interest
now open!**

**Join us for the experience of a lifetime!
Scan QR Code for information**



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 email us at connect@msplus.org.au

Find a group near you by checking out our interactive map <https://www.msplus.org.au/support-services/connecting-with-your-community/peer-support>



what's on

Exploring the latest programs and updates from client engagement and wellbeing



NOVEMBER 2025

Stay Active

The new 'Stay Active' program recently started with rave reviews already! 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 claims
- Suitable for people with any neurological condition impacting their activity

[Click Here to Register](#)

Cost: \$334 (NDIS eligible)

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

Navigate for people newly diagnosed, their friends and families

With the right information, tools and strategies you can live well with a diagnosis of MS. Specifically tailored for people newly diagnosed or for people supporting someone with MS. We'll cover topics such as: Understanding MS, health strategies, navigating the health system, building resilience and accessing support.

Navigate – Newly diagnosed (for people with MS)

Sessions: Two sessions, 60 minutes each

Date: Next program starts February

Cost: Free

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

Navigate – Family & Friends (for anyone supporting someone with MS)

Session: One session, 60 minutes

Date: Next program starts February

Cost: Free

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



what's on ...



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.

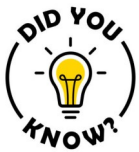
FACETS (Fatigue: Applying Cognitive behavioural and Energy Effectiveness Techniques to LifeStyle) is an evidence-based program designed for people living with MS to help manage fatigue using 'energy effectiveness' techniques and cognitive behavioural therapy strategies.



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.

Next program starts October 8. This 6 week course is \$150. [Book Here](#)

New wellbeing factsheets now available



Looking for some bite sized information in an online or printable format? We have a range of new factsheets now available. We've started with Mental Health, NDIS and Bowel and Bladder health, however more are on the way, so keep an eye out.

Find them all [here](#)

MS Canberra Community Christmas Party



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.

What to expect:

- A delicious light afternoon tea
- A warm, friendly and relaxed atmosphere
- An accessible venue with easy parking

Date: Saturday, 13 December 2025

Time: 2:00pm - 4:00pm

Venue: Southern Cross Club

Parking: Club or public parking

RSVP by 28 November 2025 <https://www.stickytickets.com.au/7WH44>

We can't wait to celebrate another year with you!

Brought to you by the MS Canberra Community Engagement Council hello@mscommunityact.org

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



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 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 14 November 2025 **Venue:** Zoom only

2. 12.30 to 2.00pm - Last Friday 28 November 2025 **Venue:** Gloria McKerrow House, Deakin

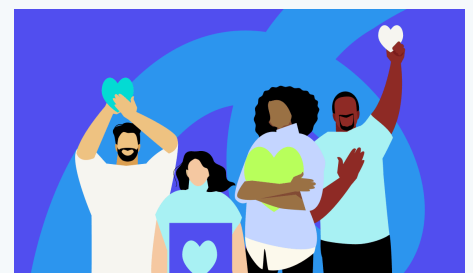
Contact Vanessa Fanning/Mary Webb at pwmstcg@gmail.com to be added to our email list, and/or join our Facebook group 'Canberra Region MSers'. In line with privacy principles, you can unsubscribe at any time.

ACT Weekend MS Peer Support Group

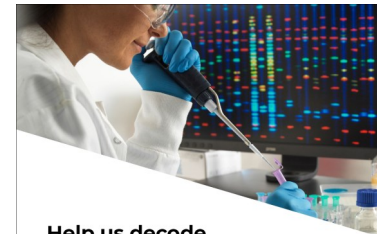
Meets: 10am, 3rd Saturday of each month

Venue: ACT Café, Canberra

Contact Plus Connect on 1800 042 138



MS Genetics Study - Help us decode multiple sclerosis




Help us decode
multiple sclerosis

JOIN OUR STUDY AND PUT YOUR DNA TO WORK

UNIVERSITY OF TASMANIA
MENZIES
Institute for Medical Research



Researchers at the Menzies Institute for Medical Research 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 impact 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 this QR code:

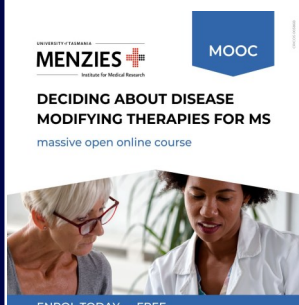


For more information contact:

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t (03) 6226 4226; e: C hhavi.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

Free online course: Mental Health and MS



Mental Health and MS is a free online course that will increase your understanding of how anxiety, depression and MS interact to affect the lives of people with MS. It also provides practical tips for improving mental health. Across three course modules you will hear from a range of MS experts, including people living with MS, clinical psychologists and neurologists. The course was developed by the MS Research Flagship, Menzies Institute for Medical Research at the University of Tasmania in collaboration with the MS community.

Duration: Self-paced

Effort: 1.5-2 hours per module

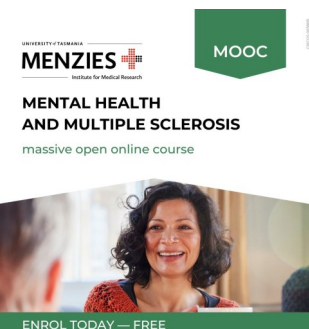
Completion certificate: Yes

Cost: FREE

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

Free Online Course: Deciding about Disease Modifying Therapies for MS

Deciding about Disease Modifying Therapies (DMTs) for MS is a free online course that explains what DMTs are and how they work. The course aims to help people communicate clearly about DMTs and help people living with MS make informed decisions about using them. Across three course modules you will hear from a range of MS experts, including people living with MS, neurologists and an MS nurse. The course was developed by the MS Research Flagship, Menzies Institute for Medical Research at the University of Tasmania in collaboration with the MS community.



Duration: Self-paced

Effort: 1.5-2 hours per module

Completion certificate: Yes

Cost: FREE

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