



MS PLUS
Neuro Wellbeing

ACT Region Newsletter
October 2025

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



2025 MS GONG RIDE VOLUNTEERS WANTED

The Ride to fight MS is back and better than ever in 2025. Are you available on Sunday 2 November to help with a variety of different tasks on the day? If so, we would love to hear from you. The tasks on the day vary and it's a fun way to get involved in your community.

Take a look at some photos from previous years of our wonderful volunteers having a ball from the start line through to the finish village. If you would like to join us on Sunday 2 November click the [here](#) to get involved. We would love to see you there.



News from the ACT MS Community Engagement Council



Our local MS Community Engagement Council (MSCEC) provides a pathway for the ACT MS community to express their opinions to the MS Plus Board.

If you want to join the MSCEC or have suggestions and ideas, please contact one of our current members.

Events: We are currently organising the 2025 ACT MS Christmas Party . Time and place TBA

Picture from the last MSCEC meeting

Top row: Fleur Cains (guest), Kelly Brown, David Robertson, Bronwyn Saunders

Bottom row: Anne Bruestle, Sarah Malam, Shelly Parer

Join the AMSLS today - Are you ready to make a positive difference?

The **Australian Multiple Sclerosis Longitudinal Study (AMSLS)** has been running for over 20 years. It's a collaborative research initiative between the Menzies Institute for Medical Research and MS Australia, collecting real-world data from Australians living with MS. This valuable data helps inform policy decisions and guides MS-related medical and support services—driving positive change and improving lives.

To maximise its impact, the AMSLS needs as many participants as possible.

If you're living with MS in Australia and aged 18 or over, you can register at:

<https://www.msaustralia.org.au/amsls>

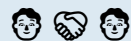
Want to know more? Watch this [short video](#).




MS Genetics Study— Give a little, change a lot

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:

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

what's on

The latest programs and updates from client engagement and wellbeing



OCTOBER 2025

NEW Group Exercise Online! Improve fitness, build confidence from anywhere!

Stay active, independent and healthy with our EP-led online group classes. These sessions 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

Cost: \$250 (NDIS eligible)

Date: Starts Tuesday 14th October

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

Travel tips for people living with a disability

Join us for a free, virtual event designed to empower and inspire people living with a disability to learn practical, accessible, and confidence-boosting travel tips from Andrew at Accessible Oz.

- plan safe and comfortable trips
- navigate airports and accommodations with ease
- get inspired by real stories of accessible adventures

Presented by 'Accessible Oz'

Cost: FREE online session

Date: Wednesday 5 November, 12.30–1.30pm

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

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.

Cost: \$150 (6 weeks)

Date: Starts Wednesday 8 October

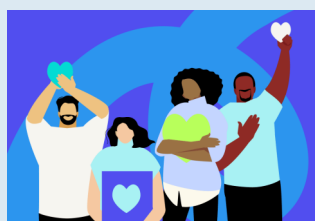
Register now: <https://www.trybooking.com/CUNAE>

Peer Support – Connecting with others for social and emotional support

Connecting with peers in a similar situation is a wonderful opportunity to share experiences and learn from each other.

The PeerTalk program involves up to eight phone calls with a peer support volunteer, matched to you based on your areas of concern. We have volunteers available now ready to chat with you.

Whether you have a new diagnosis, have a major life change such as pregnancy or work, or are seeking someone else's experience with medications – our compassionate volunteers are here to chat.



For more information contact us at connect@msplus.org.au or 1800 042 138.



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, 60min each

Date: Next program 5th & 12th November

Cost: Free

[Register Here](#)

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

Session: One session, 60min

Date: Next program starts 5th November

Cost: Free

[Register Here](#)

Caring for the Carer: Insights, supports & practical advice

Join **MS Plus, Carer Gateway, and Vision Australia** for a special Carers Week webinar.

This free online session, held via Microsoft Teams, will share lived experiences from carers and people receiving support. The panel presentation will highlight the services available to strengthen carer wellbeing and offer practical strategies to balance caring responsibilities with self-care, helping make the role of caring feel more manageable.

The presentation will conclude with a 15-minute audience Q&A. A recording will also be made available through the hosting organisations' channels after the event.



Date: Tuesday 14 October 2025

Time: 12:00 PM - 12:45 PM



To register: <https://www.trybooking.com/events/landing/1472766>

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, 10 October 2025 **Venue:** Zoom only

2. 12.30 to 2.00pm - Last Friday, 31 October 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

