



PLUS
Neuro Wellbeing

ACT Newsletter
April 2025

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

Last chance to register for 2025 Canberra MS Walk Run + Roll!

The 2025 Canberra MS Walk Run + Roll comes to Canberra on Sunday 4 May. Come together to walk, run and roll to celebrate the resilience and diversity of our amazing MS community and move together to support Australians living with MS.

Sign up solo, with a mate, get the team together, or bring your dog along! No matter your style, join us for an epic day of fun while fundraising for critical support and services for people with MS.

Sign up at mswalk.org.au



Leave your limits behind this May



Looking for a fun way to challenge yourself while making a difference? The May 50K is back, and registrations are now open!

Join the movement to support life-changing research into the prevention, treatment and finding a cure for MS by challenging yourself to walk, run, or roll 50km (or more) during May.

Whether you go solo or team up with friends or as a workplace, this is your chance to set your own pace or smash your fitness goals while supporting MS research.

Leave your limits behind this May to leave MS where it belongs, behind us.

Sign up free at themay50K.org



MS Plus Art Show

to be diagnosed or really anything you feel portrays your experience living with MS. You are limited only by your imagination!

Applications open **Tuesday 1 April**
Applications close **5pm, Sunday 4 May**

[Click here
for more information](#)

The MS Plus Virtual Art Show 2025, now in its 19th year, provides people living with neurological conditions an opportunity to express their creativity and their unique experience of MS through art.

This year's art show theme will again align with the World MS Day theme: **My MS Diagnosis: Navigating MS Together.**

You may choose to submit a piece that represents the story of your diagnosis, how you found supports, what support in those early days looked like for you, how it felt



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

The ACT MS Community Engagement Council needs YOU!

The MS Community Engagement Council is an advisory group made up of people who live with MS, family and friends and researchers. The purpose of the Council is to communicate ideas and concerns from the ACT MS community and provide insight into the community's experiences and expectations of MS programs and services to MS Plus.

We meet monthly in person and/or online. This year our focus is creating a strong and trusted bridge and strong communication between the community and MS Plus. To do this we invite members of the community to nominate themselves to join the council.

- If you have knowledge of multiple sclerosis, lived experience with MS, or are involved in MS research, we encourage you to apply. Relevant communication, presentation or leadership skills are welcome.
- There are up to seven positions available including Chair and Secretary.

Ready to make a difference?

For more information about the role of the Council visit www.msplus.org.au/about-us/governance-and-leadership/ms-community-engagement-councils.

To put forward your expression of interest, please email Associate Professor Anne Bruestle anne.bruestle@anu.edu.au

Applications close 15 April 2025

Call for Volunteers: Join Us for the 2025 Canberra MS Walk, Run + Roll!

Are you passionate about supporting your local community and making a positive impact? We need YOU! The 2025 Canberra MS Walk, Run + Roll is just around the corner, and we're looking for enthusiastic volunteers to help ensure the event runs smoothly.

Date: Sunday 4 May **Location:** Rond Terrace, Acton

Whether you're helping with registration, guiding participants along the route, cheering on the Walk, Run and Rollers or handing out the coveted finisher medals, your support will help make this event a success for all those involved.

Please follow the link mswalk.org.au/volunteer to find out more!



A Legacy of Love, Strength, and Service



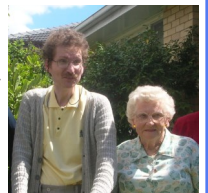
Some people leave behind more than just memories—they leave behind a legacy of kindness, resilience, and unwavering dedication to others. My mother, Alice, was one of those extraordinary people.

Born in the small, close-knit community of Cowes on Phillip Island, Alice grew up during the Great Depression and the hardships of war. **In those difficult times, people survived by standing together helping, caring, and serving one another.** That spirit became the foundation of my mother's life, shaping her into the selfless and compassionate woman we all knew and loved.



In 1946, Alice met the love of her life, Jack Robinson. They married in 1949, raising three children—Neil, Barbara, and Stuart. Life took them from their quiet island home to Melbourne, where Mum devoted herself to our family and the community. She was a pillar of strength at our schools, volunteering in parent committees, managing the canteen, and supporting our local church. **She never sought recognition—she simply saw a need and stepped in to help.**

But Alice's greatest acts of love and service came when life tested her most. Jack, the man who had stood by her side for over four decades, developed severe arthritis and passed away far too soon in 1993. **Around the same time, my brother Stuart was diagnosed with multiple sclerosis (MS).**



Without hesitation, Mum became Stuart's devoted caregiver, facing each day with quiet determination and boundless love. For years, she cared for him at home, never once complaining—only doing what she knew had to be done. Even as she grew older, her strength never wavered. But when the time came when she could no longer care for Stuart alone, MS Plus stepped in, providing the compassionate respite care he needed at their accommodation unit in Williamstown, Victoria.

In 2019, Mum passed away, leaving behind not just a lifetime of service—but a future of hope. In her Will, she made a generous gift to MS Plus ensuring that others living with MS would receive the same kindness and support that had meant so much to our family.

Alice's legacy is one of love, care, and unwavering generosity. Through her gift, she continues to make a difference in the lives of those who need it most. Because of her, no one facing MS will have to walk this journey alone.



Her story doesn't end—it lives on in the lives she's touched and the hope she's given to so many.

Neil Robinson

P.S Fast-track a cure for MS, Care until we're there. For more information on how you can express your life values through a gift in your Will to MS Plus, contact Laura on 1800 443 867 or visit www.mymslegacy.org.au

what's on

Exploring the latest programs and updates from client engagement and wellbeing



April 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.

When: FACETS – evening session starting in May!

Learn more: msplus.org.au/FACETS

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

Cost: \$150

Peer Links – new programs coming soon!

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.

Accompanying our ever-popular Working & Living with MS and Taking Control Peer Links, we have two new programs starting later this year: Women's Health in October and Men's Health in July. Peer Links are open for registration now.

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

When: Various dates

Cost: Free

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>

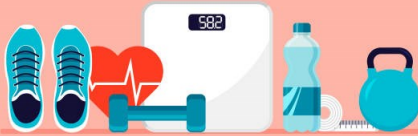
When: Wednesday 30th April, 12pm to 1pm

Cost: Free





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, 11 April 2025

Venue: Zoom only

2. 12.30 to 2.00pm - Last Friday, 25 April 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

