



PLUS
Neuro Wellbeing

ACT Region Newsletter
March 2025

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

Canberra MS Walk Run + Roll registrations are now open!

Registrations are now open for the MS Walk Run + Roll Canberra! Sign up to join us on **Sunday 4 May 2025** as we unite for an epic day of fun while fundraising for critical support and services for the MS community. Whether you're walking, running, rolling or pushing a pram, sign up and have a blast making a difference together.

Join the challenge today and [register here](#).



Save the Date ACT MS Symposium 2025

Tuesday May 13
10am-3pm

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

Please mark it in your calendars!!





PLUS
Neuro Wellbeing

Education and Health Promotion Programs

March 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: 11 March 2025, 6.30pm to 8.00pm

Learn more: msplus.org.au/FACETS

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

Cost: \$150

Getting started with NDIS? We can help

Applying for NDIS can be an overwhelming experience and the recent changes to the scheme may have left you scratching your head!

We're here to help you on your NDIS journey, starting with the application! Join our free NDIS Upskill lunchtime session to learn more about the NDIS, eligibility and process to help demystify the process.

When: 16 April 2025, 12.00pm to 12.40pm

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

Cost: Free



AUSTRALIA

**RESEARCH
ADVOCACY
CURE**

WELCOME MS AUSTRALIA

We are very pleased to welcome the ACT based staff of MS Australia to Gloria McKerrow House. There will be up to six of their staff using the office space behind reception (and of course the kitchen facilities) for staff anchor days in the office and team meetings. As their ACT staff have grown, they have recognised it is far better to have an office base where they can work at times and meet all together when required. The staff have been busily setting up their offices which are now fully ready for them to use.



A Feeling that Money Can't Buy: A Story of Giving Back



Growing up in the small rural community of Kentucky South, NSW. **Life was tough. Our family was large — 10 kids in all — and our father was often away driving trucks, leaving Mum to raise us on her own.** We didn't have much, but Mum made sure we were never hungry or cold, no matter how hard times got.

School meant a long bus ride to Uralla, but I was determined and proud to earn my school certificate. Work came early for me; my Aunt Hazel and Uncle Bill, who lived three miles down the road, offered me odd jobs mowing lawns and making fruit boxes for their orchard. The few dollars I earned felt like a fortune.

One day, Uncle Bill gave me something I never expected — his son's old pushbike. Suddenly, I didn't have to walk miles to work anymore. That bike became my pride and joy; I fixed it up, repainted it, and added every accessory I could find. It was more than just transportation — **it symbolized possibility.**

Years later, working at a mine in Barraba, NSW, I met Bob and Iris Elliott, who changed my life in another unexpected way. When the local pub where I lived burned down, Bob and Iris invited me to stay at their home. They treated me like family, charged me only half the rent, and even helped me save money. **Their kindness and generosity taught me the true meaning of giving back.**

When I received a letter from MS Plus, their mission resonated deeply. **I've seen hardship and know the power of support when it's needed most.** That's why I decided to leave a gift in my Will to MS Plus. They're a charity that truly makes a difference.

To anyone thinking about leaving a gift in their Will — do it. It's a meaningful way to ensure your life continues making a positive impact. **I know I've done something good, and that's a feeling money can't buy.** Lindsay

Currently, 33,335 people in Australia have MS. Like Lindsay, you can **get a "feeling that money can't buy"** and leave a legacy of your values.

Since 1956, MS Plus has supported thousands of clients and their loved ones. Gifts in Wills can fund research, treatments, peer support programs and well-being centres. Even 1% or 2% after looking after family and friends, can make a difference. Find out more from Laura at MS Plus. Call **1800 443 867**, visit www.myslegacy.org.au or email futureplanning@msplus.org.au

***Fast-track a cure for MS, care until we're there
Protect future generation from MS***

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 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 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, 14 March 2025

Venue: Zoom only

2. 12.30 to 2.00pm - Last Friday, 28 March 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

