



PLUS
Neuro Wellbeing

ACT Region Newsletter
October 2024

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

THE MS GONG RIDE IS BACK!



Australia's most epic charity cycling event will be taking place on **Sunday 3 November 2024**. Challenge yourself on either the 54km or 82km iconic courses from Sydney to Wollongong, riding through the closed road course in the Royal National Park and along the Sea Cliff Bridge.

Registration is open, and spots are filling up fast! So, don't wait—sign up now to secure your place in this exhilarating event. Plus, check out the official MS Gong Ride website for tips on training, fundraising ideas, and event details.

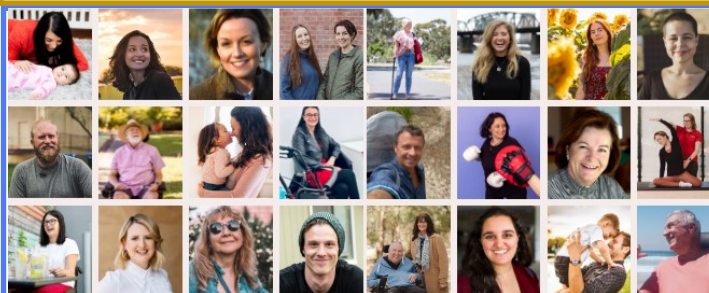
[REGISTER NOW](#)

Vacancies on the ACT MS Community Engagement Council

The ACT MS Community Engagement Council currently has four vacancies to fill and would welcome any expressions of interest from individuals that might like to join the Council. Meetings of the Council occur bi-monthly either in person at Gloria McKerrow House or via zoom attendance at 5.30pm on a Wednesday evening.

The Engagement Council represents the local voice and views regarding the collective needs and concerns of people affected by multiple sclerosis (*people diagnosed with multiple sclerosis, their families and carers and others in the community who support or are supported by people diagnosed with multiple sclerosis*).

Any expressions of interest or questions can be emailed to Advisory.Council@msplus.org.au and they will be forwarded to the Council Chair.



No two people's MS journeys are the same

At MS Plus, we know that no two people's journeys are the same. Just like no two experiences with the NDIS will be identical. Our team will work with you to help you identify and achieve your personal goals with ease.

NO TWO PEOPLE'S MS JOURNEYS ARE THE SAME.

[LEARN MORE](#)

A Story of Indomitable Love: MS Unsung Hero



Many years ago, Susan's life took an unexpected turn when she was diagnosed with multiple sclerosis (MS). At the time, she was working at Woolworths and eagerly anticipating starting a family with her husband, Tim. But her health diagnosis altered their plans.

Known for her vibrant personality, infectious laughter, and zest for life, Susan quickly resolved to face her new reality head-on. With the unwavering support of her family, friends, and the MS community, she embarked on a courageous journey of discovery and advocacy.

Determined to make a difference, Susan immersed herself in learning everything she could about MS. Her natural inclination to help others led her to become a proud MS Peer Support Volunteer. **"I believe that when you help others, the rewards you receive are immeasurable,"** she says.

Susan also made the heartfelt decision to leave a legacy of love by including a Gift to MS Plus in her Will. Having benefited greatly from the expert advice and support provided by MS Plus, she knew that this was her opportunity to give back. **"I don't feel alone... I know MS Plus and my family are behind me every step of the way."**

Her tireless spirit has inspired many. Susan has organized local events and participated in numerous fundraising activities, always supported by her loving husband Tim, her son Rowan, and a circle of dear friends. "They are my rock," she says with gratitude.

Listen to Susan's story in this short video: [Susan's story](#)

When asked why she decided to leave a legacy to MS Plus, Susan is clear: "I want to be part of the future of MS and contribute to ensuring that the necessary resources are available to help and support people living with MS. It's crucial that no one has to face MS alone, now or in the future." Susan is proud to leave behind a legacy that will make a difference. **"It was an easy decision. It's one more way I can give back to my community. I encourage others to consider doing the same."**

If you need a Will, you can do it for FREE here: [GATHERED HERE FREE WILL](#)

You too can leave a lasting legacy of **your values** and support for people with MS. To learn more about how to include a gift in your Will, contact Laura on 1800 443 867. For more information www.myslegacy.org.au or write to futureplanning@msplus.org.au

Wellbeing tips for work

Living with MS and other neurological conditions often comes with a number of invisible symptoms. Here are some tips to look after your wellbeing at work.

For more FREE employment advice, our team can help!

Contact us today! P: 1800 042 138 E: connect@msplus.org.au



Wellbeing tips for work

- TAKE BREAKS**
Just because you can push through the day doesn't mean that you should keep pushing yourself.
- PACE YOURSELF**
is more important than getting everything done as fast as possible and will serve you better in the long term.
- 'BRAIN DUMP'**
list of to do's at the start or end of the day - it's easier than keeping it all in your head.
- ACCEPT**
what you can't control and focus on the things you can.

Wellbeing tips for work

- SPEAK UP**
if you are burnt out or overloaded.
- SAY NO**
It's ok to say no. Ask for help or learn to delegate tasks when possible.
- REST BREAKS**
Break tasks into smaller, manageable parts and take regular breaks to rest and recharge.
- SET BOUNDARIES**
with your time and workload.

Wellbeing tips for work

- WALKS**
Go for a walk around the block before starting and at the end of the day to put you into work mode and take you out of work mode if you are burnt out or overloaded.

what's on

The latest programs and updates from client engagement and wellbeing



OCTOBER 2024

Live well with a new diagnosis of MS – Join Navigate MS

With the right information, tools and strategies you can live well with a diagnosis of MS. Specifically tailored for people newly diagnosed (first two years), we'll cover topics such as: Understanding MS, health strategies, navigating the health system, building resilience and accessing support. This four-week program is designed to build knowledge and empower, allowing time to share experiences and ask questions.



- When:** Next program starts Wednesday 9th October, 6.30pm - 8.00pm
Four weeks, Wednesdays, online, one night each week.
- Cost: Free!** Navigate MS is free for people within the first two years of diagnosis.
- Register:** <https://www.trybooking.com/CUIEL>

Included: Receive a workbook, ongoing support from an MS nurse, a set of brain health cards for future reference and access to an optional *Allied Health Advisor appointment.

* Allied Health Advisor appointments *

Specifically designed for newly diagnosed clients completing the Navigate MS program, we offer individual 30-minute telehealth appointments. These appointments focus on providing preventative health strategies to help you live well with MS.

Cost: \$80 for a 30min telehealth appointment with an exercise physiologist, dietitian or continence nurse.



We can help you manage your fatigue

Fatigue is a very common symptom of MS. Whether you're trying to keep up with the kids, ease fatigue at work or want to get more out of your day, FACETS provides practical strategies and approaches.

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:** Next program starts 2 October - other dates available
- Learn more:** [msplus.org.au/FACETS](https://www.trybooking.com/CUNAE)
- Register:** <https://www.trybooking.com/CUNAE>

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 — 10:00am, 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:** \$10.00 per class or 10 classes for \$90.00

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

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 October 2024 **Venue:** Zoom only

2. 12.30 to 2.00pm - Last Friday, 25 October 2024 **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

Tabletop Games

This year the group will be operating every second month — No prior knowledge required!

When: Saturday 12 October 2024

Where: Gloria McKerrow House, 117 Denison St, Deakin ACT

Time: 1:00—4:00pm, come and go at your leisure

Please register your interest at pwmstabletop@gmail.com for updates.



*** Family, friends and carers are also welcome ***