



PLUS
Neuro Wellbeing

Tasmania Newsletter
February 2024

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

THE MS WALK RUN + ROLL IS BACK IN 2024!



2024 MS WALK RUN + ROLL
LAUNCHING 6TH FEBRUARY

Join us this May 2024 for the must do charity event on the cardio calendar, the 2024 MS Walk Run + Roll!

MS Walk, Run and Roll has been designed so everyone can get involved, whether you're moving on your feet, using a wheelchair, or pushing a pram. Come join us and celebrate the resilience and diversity of our amazing MS community.

Registrations open on **Tuesday 6 February 2024.**

Register your interest for the 2024 MS Walk Run + Roll to gain access to **EXCLUSIVE PRE SALE** entry.

Walk Run + Roll your way to ensure no one has to face MS alone.

FIND OUT MORE>> www.mswalk.org.au

Hobart Wellbeing Centre



Everything you need
for wellbeing and
connection
in one place!



246 Murray Street, Hobart TAS 7000 | 1800 042 138

Annemarie Watson: Transforming adversity into hope

Annemarie Watson didn't have the easiest life. Her once-happy childhood was scarred by World War II. Her first marriage ended sadly when her husband died of complications from multiple sclerosis (MS). These events would shape her personality and her desire to help other people in the future.



An only child, Annemarie grew up in a loving home in Sydney with her parents, Hans and Annele Eckardt. The Eckardts were from well-off families in Germany and had met in Australia. Hans was a successful wool buyer, and his daughter wanted for nothing.

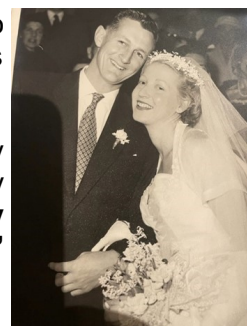


But Annemarie's childhood was disrupted in 1939, when she was seven years old. Hans, along with other German nationals, was interned during the war. Wartime austerity and Hans's absence made life difficult for Annemarie and her mother. When Hans returned after six long years, he was a changed man. Annemarie was also affected. She had become resilient but also cautious. "Those wartime experiences made her careful with money. This lasted all her life," recalled her cousin, Annele Schoeffel.

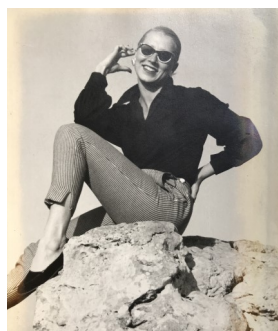
Educated at the Redlands school. Annemarie made life-long friends. She later trained as a stenographer. In the 1950s, she met Dr Keith Watson, a radiologist, and they found common ground as only children. They married and settled in Mossman but also travelled and lived overseas.

But they soon faced challenges when Keith discovered he had MS. It was the slow-progressing kind, so he was able to practice medicine and enjoy life for many years. **But by his late 60s, he was in a wheelchair.**

As Keith's health declined, Annemarie became his carer so he wouldn't have to go into a nursing home. She provided unwavering support throughout the various stages of Keith's illness. **He died aged 69, 40 years after his initial diagnosis.**



"She was devoted to him," said Annele. The couple didn't have children, so they decided to leave their respective estates to charities. Annemarie's frugality disappeared as she and Keith decided to generously support the MS cause. **"They wanted their respective estates to benefit MS Plus and local hospitals," explained Roger Blackwood, Annemarie's accountant.**



Annemarie found happiness in a second marriage, extensive travels and a busy social life. On her 90th birthday, she enjoyed a glass of champagne with Roger and Annele, her carer in her twilight years. Sadly, Annemarie died only a few weeks later. In her Will, she stipulated that most of her estate should go to MS Plus. This reflected her wish to transform Keith's experiences with MS into help for others with the condition.

"Annemarie didn't want others to suffer as Keith had. She knew her gift could help to accelerate MS research and bring us closer to finding a cure." said Annele.

Annemarie's incredible gift to MS Plus will help to improve the lives of people in the MS community. **Her resilience in the face of life-changing events and generosity at the end of her life is a shining example to others. Her generosity is also a testament to the difference people can make.**

For more than 60 years, MS Plus has been a leader in the battle against MS. Gifts in Wills from generous supporters have been vital to our efforts. Whether you choose to help those with MS access services or support research, know that your gift will be appreciated.

Contact the MS Plus Future Planning team on 1800443 867 to learn more. You can also email futureplanning@msplus.org.au, or visit www.mymslegacy.org.au

what's on

Exploring the latest programs and updates from client engagement and wellbeing



Keep an eye out in February for our webinar on progression and MS, available for registration soon! In this webinar, we will be talking to A/Professor Anneke VanderWalt and Professor Helmut Butzkueven about the changing understanding of MS progression and the impact of Progressions Independent of Relapses (PIRA).

Upcoming MS Plus Webinars

Be Emergency Prepared!

The onset of summer in Australia means most of us give thought to some emergency planning. The climate has already challenged us in January with floods, fires, and winds, making us very aware of the need to be prepared to be in control.

To help you think about all the extra things you need to be prepared to manage an emergency and living with MS, in December we brought together experts from the Red Cross, Country Fire Authority, and specialist MS researchers who put together top tips and useful information that will assist you in creating a plan that will make sure you have as many bases covered as possible.

Here's a sample of top tips for thinking about your medications:

- Keep a list of all the medications you are on, including name, dose, reason for medication and prescribing doctor.
- Talk through your plan with your pharmacist for their recommendations.
- If you need to keep medications refrigerated, think of storage solutions if there is no power.
- Ask your medical team to be specific and detailed about what would happen if you cannot access your medication. Include questions like how long you can be without medications and what are medication options.
- If you need regular infusions, ask about options for timing and alternative locations.
- You may be eligible for scripts that will provide longer term, say six months' supply, check with your pharmacist what the options are.
- Share your plan with your GP so they have an updated record of your medications.

Watch this webinar to learn from the experts and be as prepared as you can via the [Resource Hub](#).

Information for people supporting someone with MS

Are you a close friend or family member of someone who has recently been diagnosed with MS and want to learn more about how you can support them?

The *Plus Navigate: Friends & Family* program is for people who support someone with MS.

Over two 75-minute sessions, an MS expert will guide discussions, provide information, links to resources and answer any of your questions.

We'll cover a range of topics including:

- * Understanding MS
- * Navigating the health system
- * Getting the information and help you need
- * Your emotional wellbeing

Register now

Carers, Family & Friends Toolkit

The MS Plus Carers Family & Friends [toolkit](#) is a comprehensive resource specifically for people who support someone with MS.

We are regularly updating the tool so keep an eye out of new information.



Peer Support Groups



CIRCULAR HEAD

Meets: First Monday of the month, 7:00-8:30pm
Venue: Circular Head Rural Health

EASTERN SHORE

Meets: Second Friday of the month, 10:30am-12noon, followed by lunch
Venue: Mornington Inn

GLENORCHY

Meets: Last Monday of the month, 6:00-8:00pm
Venue: Glenorchy or Moonah

NEW NORFOLK

Meets: First Wednesday of the month, 10:30am-12noon
Venue: New Norfolk

LAUNCESTON

Meets: Third Saturday of the month, 11 am onwards
Venue: Various café's in Launceston

WYNYARD

Meets: Third Wednesday of the month
Midday onwards
Venue: Bruce's Café, Wynyard

ULVERSTONE

Meets: Fourth Wednesday of the month, 11:00am-1:00pm
Venue: Ulverstone Life Saving Club

MENS GROUP

Meets: Third Friday of the month, 12 midday-2pm
Venue: Dr Syntax, Sandy Bay

RSVP: connect@msplus.org.au | 1800 042 138



SHOP.MS.ORG.AU/socks

Understanding MS free online course

Understanding MS is an award-winning online course that aims to improve understanding and awareness of MS. More than 40,000 people from 170+ countries have enrolled in this free course to date!

You can participate at your own pace — including logging in at any time of the day (or night) that suits you — and the next course opens on 11th March.

[Enrol now](#)



CRICOS 00866B

Free online course enrol now

UNDERSTANDING MULTIPLE SCLEROSIS

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Neuro Wellbeing

MS
AUSTRALIA

Join the MS Research Flagship Committee

The MS Research Flagship at the Menzies Institute for Medical Research is looking for new members to join its consumer and community reference committee. They are seeking expressions of interest (EOI) from people who have a lived experience of MS or who are carers or supporters of someone living with MS.



To find our more or submit an EOI please contact MSRF.Enquiries@utas.edu.au or Vivienne.Jones@utas.edu.au

The TAURUS.2 trial is looking for people living in Hobart with

MULTIPLE SCLEROSIS

Can you help our researchers find out if low intensity Magnetic Brain Stimulation (MBS) is an effective treatment for MS?

YOU MAY BE ABLE TO HELP IF YOU

- are age 18-65
- can walk unaided or with a stick
- can attend short daily appointments at Menzies (Mon-Fri) for 4 weeks
- can complete 2 MRI and 3 clinical assessments
- do not have a history of seizures or serious brain injury
- have not received MBS before



Please contact Kate Probert:

(03) 6226 7746

katherine.probert@utas.edu.au

Free parking onsite/All reasonable travel expenses will be reimbursed. \$50 Voucher on completion.

This study has been approved by The University of Tasmania Human Research Ethics Committee, H0026359

MS Research
Flagship

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