



**PLUS**  
Neuro Wellbeing

## Tasmania Newsletter

August 2023

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

### A MAGICAL READING ADVENTURE FOR AN INCREDIBLE CAUSE!

Calling all book lovers, adventure seekers, and champions of change! It's time to register for the MS Readathon and embark on an incredible reading journey!

Reading is pretty magical. It brings you to mythical worlds and takes you on fantastical adventures, but in August, reading is extra-special. It's when you can join the MS Readathon. For the whole month, every time you read, you'll help raise money for kids with multiple sclerosis and their families.

The MS Readathon is an epic adventure that kids will love, and together we can inspire more kids to read.

Register for FREE now and let's create a wave of positivity through the power of books!

[Find out more](#)



### Be part of something life-changing and join the MS Plus Southern Alps Adventure

This is your opportunity to escape from the ordinary and immerse yourself in the captivating history and breathtaking beauty of Aotearoa New Zealand's scenic South Island.

From Christchurch to Queenstown, over six days, you'll experience the history and majesty of the Southern Alps region in equal measure. Travelling north to south, by day you'll trek through awe-inspiring landscapes, from native bushland and expansive plains to cities, canyons, countryside and coast. You'll gaze upon the turquoise waters of Lake Tekapo and explore vast wilderness areas of beech forest and enjoy inimitable views of Aotearoa New Zealand's highest peaks.

[Find out more](#)



## The Callistemon League



*“Elena always wanted  
to help others*

### **Elena (Helen) Canu**

Benefactor, MS Callistemon League

Born in September 1949, Elena Canu grew up in Northern NSW. A much-loved daughter to parents who had migrated from Sardinia, Italy. Elena enjoyed a very happy childhood spent outdoors.

As a young woman, she went on to build her career in the Australian television industry. This included roles as a film librarian, a studio director and a producer. Many of her colleagues will remember her as “Paddles”, a nickname Elena developed whilst working at Channel Nine, Sydney. This affection shown by her colleagues reflects the deep care Elena had for her friends and family throughout her life.

Elena was very grateful for the support she received from MS Plus (formerly *Multiple Sclerosis Society*), having lived with multiple sclerosis for 30 years. She was long aware of multiple sclerosis, due to its prevalence in Sardinia. Here the existence of multiple sclerosis is significantly higher than in neighbouring Mediterranean regions.

When writing her Will, she found it very easy to help a cause that was so close to her heart. MS Plus helped her greatly on her difficult journey with multiple sclerosis and she was very appreciative of the difference it made in her life.

**As a legacy, she thoughtfully wanted to help others in the same caring way that she was helped.**

Elena’s life was cut short, however she continues to live on via this loving legacy. This very generous gift will help fund crucial research and lead to better lives for those living with multiple sclerosis.

*“By leaving a gift in her Will to MS, Elena’s caring nature continues”* say her sisters Rina and Antonietta, and brothers Mario and Frank.

Elena knew that you don’t have to be super wealthy to leave a gift in your Will, and that nothing could be further from the truth. After taking care of family and friends, she understood how that one final gift, no matter how big or small, can make a difference.

Elena’s legacy is inscribed in our **MS Plus Celebration of Life Book**.

**Today, Elena continues her life legacy and is standing together with those whose journey she well understood. She wanted to protect future generations from MS.**

After including family and friends, people living with MS are extremely grateful for your thoughtfulness and love. Whatever the amount, even 1% of what is left makes a difference. You will fast-track a cure for MS, care until we’re there.

For further information please call 1800 443 867 (1800 GIFTMS).  
Talk to Laura Henschke or write to [futureplanning@ms.org.au](mailto:futureplanning@ms.org.au)

# The 2023 MS Go for Gold Scholarships applications are open!



If you're living with multiple sclerosis and need support to help achieve your dream, it's time to seize the opportunity of a lifetime and apply for an MS Go for Gold Scholarship!

Maybe you want to explore your creative side and make art or learn a new hobby, further your education, change careers or kickstart a business idea. Maybe you're interested in living well by participating in wellbeing activities or purchasing equipment that will have a positive impact on your daily life, no matter which path you choose, the **MS Go for Gold Scholarship** is here to support you in pursuing your dreams.

If you are interested in applying for an MS Go for Gold Scholarship, visit [2023 MS Go for Gold](#) for more information on eligibility, application process, and deadlines.

**Remember, no project, dream, goal or hobby is too big or too small.  
Applications close on the 13<sup>th</sup> of September 2023.**

## The 2023 Hobart MS Mega Swim

Get ready to dive into an incredible event that combines swimming, community, and support for a great cause - the **Hobart MS Mega Swim!** Join us as we come together to make a splash and raise funds for people living with multiple sclerosis.

The 2023 Hobart MS Mega Swim is a fun swim relay, where teams of swimmers are sponsored by family, friends and colleagues to freestyle, backstroke, butterfly or doggy-paddle for 12 hours, raising vital funds to support people living with MS.

Swimmers of all ages and abilities are welcome – swim one lap or fifty, ten minutes or four hours!

Not only will you have a blast swimming laps and achieving personal goals, but you'll also be making a direct impact on the lives of those affected by MS.

### START DATE

Saturday 7 October 2023  
10:00 AM

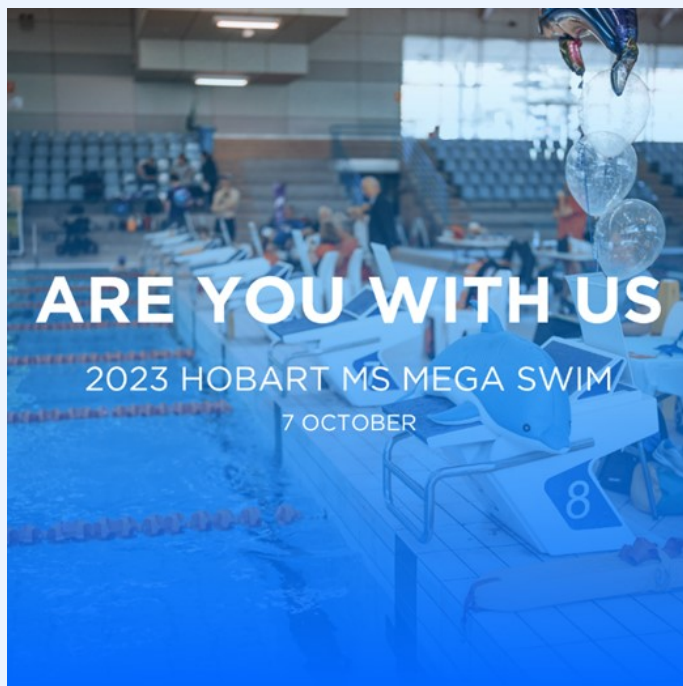
### END DATE

Saturday 7 October 2023  
10:00 PM

### LOCATION

Doone Kennedy Hobart Aquatic Centre - 1 Davies Ave, Queens Domain

**REGISTER HERE>>** [www.msmegachallenge.org.au/event/mega-swim-hobart](http://www.msmegachallenge.org.au/event/mega-swim-hobart)



# Education and Health Promotions Programs

## [Sleep and multiple sclerosis](#)

**Wednesday 30 August 2023, 5:30pm – 6:30pm**

Good quality sleep is so important for maintaining our overall health and wellbeing; however, sleep disturbances are more common for people with MS than the general population. Dr Simon Frenkel, a respiratory and sleep disorders physician from Lung & Sleep Victoria will join us for this live webinar. Dr Frenkel has over 10 years' experience consulting in Melbourne at Western Health and in private practice. He has experience in all aspects of sleep medicine with interest in sleep disorders such as insomnia, sleepiness, and restless leg syndrome. Dr Frenkel will offer helpful tips and tricks on maintaining better sleep.

## [Sleep well with multiple sclerosis](#)

**Webinar on demand – Watch anytime!**

Sleep is incredibly important to a person's quality of life. Many people living with multiple sclerosis do not sleep well for a variety of reasons. This webinar explores different sleep issues, their relationship to fatigue and, best of all, looks at strategies to assist you get a better night's sleep.

## [Nature connection and mindfulness](#)

**Webinar on demand – Watch anytime!**

Mindfully connecting with nature is increasingly being shown to have beneficial effects on our physical, mental, emotional and spiritual wellbeing. Join Louise from Centennial Parklands NSW for a unique wellbeing program and experience the power of (re)connecting with yourself and the natural world.



## [Clinical Trials](#)

**Podcast – Listen anytime!**

Clinical trials are essential for the development of interventions, but what is involved when you participate in one? Dr Therese Burke AM explains the stages of clinical trials and how you can get involved.

## [Chronic pain – a health professional's lived experience](#)

**Podcast – Listen anytime!**

Anjelo Ratnachandra is a renowned physiotherapist who specialises in chronic pain, he discusses his experience with chronic pain and the importance of treating the many complex facets of pain.

## [Men at work](#)

**Podcasts – Listen anytime!**

If you're a male living with MS and seeking support in your workplace, join Jeff Lawrence from the Employment Support Service as he discusses the barriers men face and the strategies to cope.



**Ready to take control  
of your NDIS plan?  
We can help.**

**CONTACT US**

## **PLUS SUPPORT COORDINATION**



Get the most out of your NDIS plan with MS Plus support coordinators:

- map out your funds to prioritise what matters most to you
- connect with providers that are aligned with your values and needs
- learn practical tips to manage your NDIS plan

Stay connected



MS Peer Support

# Peer Support Groups

RSVP: [msconnect@ms.org.au](mailto:msconnect@ms.org.au)

Are you living well with MS and able to support others in your local community who have MS too? If you've ever wondered how you can help others in your community, becoming an MS Plus Peer Support group leader is a wonderful way to volunteer.

Peer support volunteers help coordinate either face to face or online peer groups, or provide occasional one-on-one phone support for those needing to talk. Groups meet monthly, with times decided by you and your group.

We'd love to hear from you if you:

- have been living with multiple sclerosis for more than 2 years
- have a positive approach to living with multiple sclerosis
- are able to be a positive ambassador for MS Plus.

We provide full training and ongoing support. If you'd like to find out more call on **1800 042 138** or email [peersupport@ms.org.au](mailto:peersupport@ms.org.au)

## CIRCULAR HEAD

**Meets:** First Monday of the month, 7:00-8:30pm

**NOTE:** No meeting in August

**Venue:** Circular Head Rural Health Centre

## EASTERN SHORE

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

**Next Meeting:** Friday 11 August

**Venue:** Mornington Inn

**Guest Speaker:** MS Research Team TBC

## GLENORCHY

**Meets:** Last Monday of the month, 6:00-8:00pm

**Next Meeting:** Monday 28 August

**Venue:** Glenorchy or Moonah

Social gathering, meals at own cost

## NEW NORFOLK

**Meets:** First Wednesday of the month, 10:30am-12noon

**Next Meeting:** Wednesday 2 August

**Venue:** New Norfolk

Social gathering, coffees, cake etc. at own cost

## MENS GROUP

**Meets:** Third Friday of the month, 12 noon - 2:00 pm

**Next Meeting:** Friday 18 August

**Venue:** Dr Syntax, Sandy Bay

Socialising

## LAUNCESTON

**Meets:** Last Saturday of the month, 11:00am onwards

**Next meeting:** Saturday 26 August

**Venue:** Linc Library Café  
Socialising

## SHEFFIELD

**NOTE:** Not meeting at present

**Venue:** Sheffield Rural Health

## WYNYARD

**Meets:** Third Wednesday of the month, Midday onwards

**Next Meeting:** TBC

**Venue:** Bruce's Café, Wynyard  
Coffee catch up

## ULVERSTONE

**Meets:** Fourth Wednesday of the month, 11:00am - 1:00pm

**Next Meeting:** Wednesday 23 August

**Venue:** Ulverstone Life Saving Club

## KINGSTON

**Meetings on hold until further notice.**

All welcome to other Tassie groups

# Understanding MS free online course

[Understanding Multiple Sclerosis \(MS\)](#) is a free online course available to people worldwide that aims to improve understanding and awareness of MS. Members of the public will increase their knowledge of MS-related issues and those in the MS community will be empowered to create and contribute to personalised MS management plans.

This dynamic course is delivered via a series of videos featuring MS experts and people living with MS, and includes quizzes, activities, and discussions.

The next course starts in September and registrations are now open, so [ENROL TODAY](#).

This course was developed by the Menzies Institute for Medical Research in partnership with MS Plus and MS Australia and in collaboration with the Wicking Dementia Research and Education Centre.



**Free online course  
enrol now**

UNDERSTANDING MULTIPLE SCLEROSIS

UNIVERSITY of TASMANIA  
**MENZIES**   
Institute for Medical Research

**MS PLUS**  
Neuro Wellbeing

**MS**  
AUSTRALIA