



PLUS
Neuro Wellbeing

Tasmania Newsletter
July 2023

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

**WHAT MAGICAL
ADVENTURES WILL YOU
GO ON THIS AUGUST?**



The MS Readathon is back in 2023!

The MS readathon has been inspiring kids to read as much as they can, the rules are easy: read whatever you like, as much as you can, throughout the month of August.

Parents can register their kids for FREE. Once registered, they can log books through their online dashboard, earn badges, review books, and share their progress. They can also join a school or group.

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

[Find out more](#)

The 2023 MS Go for Gold Scholarships applications open this month!

The MS Mega Challenge has supported over 1000 Go for Gold Scholarship recipients in fulfilling a dream and this year we want to help you achieve your dreams!

The scholarships provide one-off grants to follow a personal dream. If you're living with multiple sclerosis, the scholarships can provide the helping hand you need to follow your passion.

Categories include:

Personal expression: arts, crafts, music - includes materials or participation costs

Education: academic or lifestyle courses and directly associated costs

Living your best life: wellbeing activities such as yoga, alternative therapies, travel, or sports equipment/ participation fees

No project, dream, goal or hobby is too big or too small.

Applications open on the **10th July 2023.**

[Find out more](#)



Over \$1.1 million raised to fight multiple sclerosis



This May the MS Walk Run + Roll saw over 7,800 people across Sydney, Melbourne, Canberra and Launceston move to make sure no one faces multiple sclerosis (MS) alone.

Celebrating diversity of the community and hope for the future, participants walked, ran or used wheelchairs to move around beautiful, accessible courses while fundraising over \$1.1 million to fund support, services and research to help fight MS.

"My favourite part of the event is the fact that everyone comes together to support an amazing cause, the awareness that is spread through guest speakers on their own personal experiences with MS and that it allows inclusivity for everyone to take part (walking, running or rolling)."

-Stefan Condello

The MS Plus Southern Alps Adventure

Join us on The MS Plus Southern Alps Adventure and discover the awe-inspiring landscapes, from countryside to cities, canyons to coast, mountains to glaciers, of Aotearoa, New Zealand's scenic Southern Alps.

And walk away knowing you have been part of something life-changing!

Request info pack:

<https://soulfulconcepts.com/ms-plus-southern-alps-2024/>



The MS Plus
Southern Alps Trek
Aotearoa New Zealand
21 April 2024 - 26 April 2024



Expert care from
the comfort of
your home.

CONTACT US

**PLUS DIET &
NUTRITION**



**PLUS EXERCISE
PHYSIOLOGY**



**PLUS
PHYSIOTHERAPY**



Now available via Telehealth

Two new Employment Support Consultants join the Tassie team!



Left to right: Courtney, Anne, Erin, Lisa

We are thrilled to welcome two consultants to our Tasmania based Plus Employment Support Service team, Erin Davis-Schnierer and Courtney Verhaegh.

Erin joined our team in April 2023 as our new Employment Support Consultant servicing Hobart and southern Tasmania. Erin is an Accredited Exercise Physiologist with 6 years' experience working and helping people manage chronic illness and disability in community health and vocational rehabilitation.

Courtney joined our team in February 2023 supporting clients in northern Tasmania. Courtney is an experienced Physiotherapist and brings with her 6 years of expertise in disability, neurological and chronic illness management.

Erin and Courtney join the rest of our dedicated Plus Employment Support team, including:

Hobart based – servicing Hobart & southern Tasmania

Lisa Slade is an experienced Occupational Therapist and Employment Support Consultant, having worked in Tasmania's ESS for the past 5 years and as an OT for 20 years, with many of those working with people living MS.

Launceston based – servicing Launceston & northern Tasmania

Anne Denney is an experienced Physiotherapist with a range of experience in health, neurological rehabilitation over the past 6 years. She has been working as an Employment Support Consultant with us for 3 years.

We can now also support people with acquired neurological conditions, in addition to people living with MS.

If you need help with managing your symptoms in the workplace or are looking to return to work, please contact Plus Connect for a referral to the Plus Employment Support Service. All our consultants can help you over the phone, via video conferencing platforms or in person, depending on your preferences.

Phone **1800 042 138** or email connect@msplus.org.au

A mother's love and legacy

It is always a great time to remember the many mothers who help their families and communities. Gillian Dalton, a gentle and kind woman from Aspendale, Victoria, was no exception.



“She was a loving wife and mother. She raised us to be true to ourselves,” said Helen Dalton, one of Gillian’s seven children.

Gillian gave her children good values, time and resources. A dedicated primary school teacher, she passionately promoted literacy. A talented creative, Gillian showed people how to make beautiful cards. A devout Catholic, she supported her local church.



“Mum was frugal but had streaks of generosity. She wanted us to attend good Catholic schools. She returned to work after I was born to help our dad, who was also generous, to raise our school fees,” recalled Helen.

Even her Will set Gillian apart with its legacy of hope. When she died, Gillian generously provided for her family. But she also included a gift to MS Plus.

Gillian's support wasn't surprising. The cause became personal when her fourth child, Resa, developed multiple sclerosis. Resa, an aged care worker with her whole life ahead of her, was only 23.

“Resa was intelligent, beautiful, sweet-natured and popular,” said Helen, about her younger sister.

Along with MS, Resa suffered a brain aneurysm. She later had a stroke and caught bacterial meningitis in hospital. Miraculously, she survived. Gillian sought to help her daughter recover from these terrible events.

In her search for resources, Gillian discovered an innovative brain injury recovery program. The program head warned Resa would need many helpers to get better. Gillian's reply? ‘I know my Aspendale community.’ She got on the phone.

Gillian enlisted relatives, friends, church groups, nuns, neighbours and students to help. That community of 130 people became Resa's extended family, enabling her to get fit and live with dignity.

Unfortunately, Resa's health declined again when her MS symptoms worsened. A few years later, she had to go into a nursing home. Gillian rallied her community once more to support Resa with visits and care.

Resa passed away, aged 40, leaving behind a devastated family and community.

Helen is a keen recreational cyclist. Over the years, she's participated in fundraising bike rides around Australia and France. Helen thinks a social bike ride would be a great way to honour her sister's memory and raise funds for MS research.

“It's a thought on my horizon. Mum prayed for a cure for MS. But MS isn't high-profile like some causes, so we need to find new ways to keep the money coming in. A casual bike fundraiser might be one way.”



<https://youtu.be/lu-sCmpj2CU>

Want to help fast-track a cure for MS? You can be like Gillian and help us care until we're there with a gift in your Will. To learn more, contact Laura or Rebecca on 1800 443 867, email futureplanning@ms.org.au or visit www.mymslegacy.org.au

EDUCATION & Wellbeing

Pain and multiple sclerosis

Monday 24 July, 11:00am – 12:00pm AEST

Chronic pain is a common and often complex symptom for many people living with multiple sclerosis. Dr Jamie Young, a pain and rehabilitation specialist at the Peter MacCallum Cancer Centre and St Vincent's Private Hospital in Melbourne will join us for this live webinar. Dr Jamie will draw on his many years' experience and discuss the management and treatment of pain in multiple sclerosis.

Multiple sclerosis symptoms and management tips

Webinar on demand – Watch anytime!

People with multiple sclerosis will often experience a range of symptoms over their lifetime. Join MS Plus Executive Manager and experienced MS Nurse Practitioner, Jodi Haartsen as she explores common MS symptoms and strategies on how best to manage them.

Great ideas for managing bladder issues

Webinar on demand – Watch anytime!

If you are someone with MS that experiences bladder issues, then you are definitely not alone. Join MS Plus Clinical Nurse Consultant in continence, Vanessa Colusso and discover greater confidence and freedom as you learn how to manage your bladder issues better.



Tips for managing pain

Podcast – Listen anytime!

Chronic pain in people with MS is very common and will differ from person to person. Join [MS Plus Nurse Advisor, Bridie Phillips](#) as she discusses multiple sclerosis pain and offers tips on how to best manage your MS pain symptoms.

Connecting with women's health

Podcast – Listen anytime!

MS Plus Executive Manager and Nurse Practitioner, Jodi Haartsen discusses the stigmatisation of women's health issues, and the barriers women face to accessing and receiving quality care. Jodi also examines the future of women's and girls' health and how this will impact how we think of women's health needs in MS.



Connecting with the right information

Podcast – Listen anytime!

MS Plus Executive Manager and Nurse Practitioner, Jodi Haartsen chats with Information Officer at MS Trust UK, Simon Webster about navigating the multitude of information found online. An important discussion around how to differentiate factual, evidence-based information from opinion or lies and strategies on how to navigate the internet safely.

Learn from me: Adjusting to using a wheelchair

Podcast – Listen anytime!

The prospect of having to use a wheelchair can be daunting and frightening for anyone. But it is sometimes necessary to ensure a person's autonomy and ability to continue enjoying life. Join Mark on the 'Learn from me' podcast series as he shares his experience in adjusting to using a wheelchair to enhance his independence



Stay connected



Peer Support Groups

RSVP: msconnect@ms.org.au

LAUNCESTON

Meets: Last Saturday of the month, 11:00 am onwards
Next meeting: Saturday, 22 July
Venue: Library Café
Socialising



~ SOUTHERN GROUPS ~
COMBINED CHRISTMAS IN JULY

EASTERN SHORE, GLENORCHY,
NEW NORFOLK, MENS GROUP

DATE, TIME & VENUE
TO BE ADVISED
BY ANGE

CIRCULAR HEAD

Meets: First Monday of the month, 7:00-8:30pm
Next Meeting: No meeting in July
Venue: Circular Head Rural Health Centre, Smithton



~ NORTH WEST GROUPS ~
COMBINED CHRISTMAS IN JULY

SHEFFIELD, WYNYARD, ULVERSTONE

Wednesday, 26 July 11.30 am onwards
Windows on Westella
100 Westella Drive, Ulverstone
Cost TBC

NEW ARRIVALS!

shop.ms.org.au

