



**PLUS**  
Neuro Wellbeing

**Tasmania Newsletter**  
May 2023

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

**The MS Walk Run + Roll is back in 2023, raising money to support people living with MS and you can still take part!**

The 2023 Launceston **MS Walk Run + Roll** will be returning to Inveresk Precinct, Invermay on Sunday May 28, 2023. You can choose to make your way through the 4.5 km or 9.5 km courses.

The 2023 Launceston MS Walk Run + Rolls is still open for registrations and is aiming to reach a fundraising goal of \$40,000!!

The atmosphere at the 2023 Launceston **MS Walk Run + Roll** is like no other fun run, the whole community comes together and gets involved to not only share a wonderful day out, but to help us fight MS.

**Date:** Sunday 28 May 2023

**Time:** Run - 9:00 AM  
Walk/Roll - 10:00 AM

**REGISTER HERE >>** <https://www.mswalk.org.au/event/launceston>

**MS WALK  
RUN+ROLL**

**Join us!**

**Sunday 28 May 2023**  
Inveresk Precinct, Invermay TAS

Visit [mswalk.org.au](https://mswalk.org.au) to register  
#mswalkrunroll | @mswalkrunroll

**REGISTRATIONS  
CLOSE ON  
FRIDAY 19TH  
MAY AT 5:30PM**

The MS Research Flagship presents:  
**Research with Connections 2023**

Join the MS Research Flagship for a day of research and community presentations, conversations and celebrations in honour of World MS Day.

Date: 26th May 2023  
Time: 9:30am - 3:30pm  
Venue: MyState Bank Arena, Hobart

Free event with lunch, tea and coffee provided.  
Free, accessible parking.

Tickets: [bit.ly/MSFlagshipResearchWConnections2023](https://bit.ly/MSFlagshipResearchWConnections2023)

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

**MS** Research  
Flagship

# MS Plus Virtual Art Show is back!



## MS Plus Art Show

### Time to get your artwork ready... submissions for the 2023 MS Plus Art Show are now open!

We are pleased to confirm the **MS Plus Virtual Art Show** is back in 2023 providing you with an opportunity to express your creativity and celebrate connections through art.

Art submissions are open until **Sunday 7 May 2023**.

#### Who can participate?

Once again, we welcome people living with MS, carers and those with other neurological conditions to submit their artwork. We welcome all different types of artwork including paintings, illustrations, sculptures, craft, digital artwork and photography.

#### Ready to submit?

More than ever, it is important to keep the community spirit strong, supporting each other and celebrating connection, as together we face challenging times. For more information about the 2023 MS Virtual Art show [visit our website](#) or you can submit your artwork below.

#### [Enter my artwork](#)

LINK: <https://www.tfaforms.com/5045392>





**World MS Day** is on May 30 and the theme for this year is 'Connections'. Connections is all about building community connection, self-connection and connections to quality care. Join us as we share stories, raise awareness and campaign with everyone affected by MS.

## Education & Wellbeing

### [What can an MS nurse do for you? All your questions answered](#)

**Wednesday 24 May, 1:00pm – 2:00pm AEST**

In this live webinar you will have the opportunity to connect with our MS Nurses. MS Nurses provide education, counselling, compassion and much more. They support people living with MS to understand and live with their disease, they assist with accessing relevant support services, and they empower through helping you make informed decisions about treatment, lifestyles and participation in research.

You will have the opportunity to ask questions during the webinar or submit questions prior.

### [How is MS care changing? – Neurologist panel discussion](#)

**Tuesday 30 May, 5:30pm – 6:30pm AEST**

Jodi Haartsen, MS Nurse Practitioner and MS Plus Executive Manager will facilitate a deep-dive discussion with Professor Helmut Butzkueven and Professor Jeannette Lechner-Scott into how MS care is changing and the research that is informing and innovating the future of MS Services. You will have the opportunity to ask your own questions during the webinar or submit questions prior to the webinar during registration.

### [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.

### [How can I support someone with a recent diagnosis of MS?](#)

**Webinar on demand – Watch anytime!**

We all want the best for those we care about. But knowing how to best support someone after a diagnosis of MS can be difficult. Join MS Plus Nurse Advisor, Jane Gilliland as she provides insights into the role you can play, and the helpful and not so helpful things you can do following the diagnosis.

### [Building healthy relationships](#)

**Podcast – Listen anytime!**

A chat with counsellor, Helen Diamond. Helen shares her wisdom on building better relationships for you and your partner. She covers lots of helpful information, including understanding through "love language". Understanding the ways we show and give love can really help build positive relationships.

### [Inspiring Lives: Dr Sally Shaw](#)

**Podcast – Listen anytime!**

Dr. Sally Shaw is a Melbourne based psychologist working in a positive psychology framework with people who have a chronic illness, especially those with multiple sclerosis. Sally herself was diagnosed with multiple sclerosis in 2001. Join Sally as she chats about finding joy and living well with multiple sclerosis.

Also, keep an eye out for our soon-to-be released podcast [Connecting with mates](#). As part of the 'Learn from Me' series, MS Plus Peer Support Coordinator, Kim Repcak speaks with the inspirational and very honest, Mark Wilson. They chat about the importance of staying connected with friends and how to stop letting things get in the way of catching up with your mates.

Stay connected



# Peer Support Groups

## CIRCULAR HEAD

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

**Next Meeting:** Monday 1 May

**Venue:** Circular Head Rural Health Centre, Smithton

## EASTERN SHORE

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

**Next Meeting:** Friday 12 May

**Venue:** Mornington Inn

**Guest Speaker:** Jane Whitney, MS Clinic Nurse,  
symptom management, medication and  
supplements/vitamins

## GLENORCHY

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

**Next Meeting:** Monday 29 May

**Venue:** Glenorchy

Social gathering, meals at own cost.

## NEW NORFOLK

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

**Next Meeting:** Wednesday 3 May

**Venue:** New Norfolk

Social gathering, coffees, cake etc. at own cost

## MENS GROUP

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

**Venue:** Dr Syntax, Sandy Bay

**Next Meeting:** Friday 19 May  
Socialising

## LAUNCESTON

**Meets:** Last Sunday of the month,  
12 noon onwards

**Next Meeting:** Sunday 28 May

**Venue:** Grain of the Silos  
Socialising

## SHEFFIELD

**Meets:** First Monday of the month,  
1:00pm onwards

**Next Meeting:** Monday 1 May

**Venue:** Sheffield Rural Health  
**Guest speaker:** TBC

## WYNYARD

**Meets:** Third Wednesday of the month,  
12 noon onwards

**Next Meeting:** To be confirmed

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

## ULVERSTONE

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

**Next Meeting:** Wednesday 24 May

**Venue:** Ulverstone Life Saving Club

**Guest speaker:** Kim Repcak, minimizing stress &  
building resilience & chair yoga in May

## KINGSTON

**Meetings on hold until further notice.**

All welcome to other Tassie groups

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



**Join the May 50k to leave MS where it belongs, behind us!**

The May 50K is a virtual fitness and fundraising challenge to help you achieve your health and fitness goals, while making a massive difference in the lives of Australians living with MS.

We're challenging you to walk, run or move 50 km, 100 km or 150 km this May in your *own* time and at your own pace.

All funds raised will support life-changing research into the prevention, treatment and finding a cure for multiple sclerosis.

**Register for FREE:** <https://www.themay50k.org/>

**Dr Ken Doyle knows a gift in his Will can help fast-track a cure for MS. That's why he hopes you'll create your own lasting legacy for the next generations.**



Dr Ken Doyle has always been interested in cutting-edge research – but when it comes to multiple sclerosis (MS), his interest is personal. Ken wants to fast-track a cure by ensuring MS research is appropriately funded.

***“That’s why I’d really encourage everyone to leave a gift in their Will to MS Plus,” he says.***

With as little as one per cent of your estate, you can create an enduring legacy that will transform and save lives in years to come. Your gift to the future could be a world free from MS.

Dr Doyle has seen first-hand the difference that research can make. As an innovation specialist, he advised higher education leaders across the Asia-Pacific, and was also involved in the development of the University of Technology Sydney (UTS).

Ken’s journey with MS began in the 1980s when he first noticed symptoms, but it wasn’t until 1992 that he received his diagnosis. Over time, MS has affected more of his mobility and activity levels – but it certainly has not stopped him. Now 86 years old, Ken remains the President of the UTS Kuring-gai Staff Alumni.

Dr Doyle also contributes to MS research as a participant in the Australian MS Longitudinal Study – a survey-based research project jointly run by the University of Tasmania and MS Plus, which provides real-time data to improve medical and support services for people who live with MS.

***“I am passionate about doing what I can to help researchers find a cure as soon as possible,” Ken says. “In the meantime, I’m hugely appreciative of all the care and support offered by MS Plus.”***

Dr Doyle recently received financial assistance to purchase an air conditioning unit through MS Plus – which will make a huge difference to his quality of life, as anyone who lives with MS and struggles in the heat will understand.

Another reason Dr Doyle is encouraging others to leave a gift in their Will is because the MS Plus newsletter has been a valuable resource that helps him keep up to date with the latest research.

***“It’s very important for people who live with MS to have easy access to clear information about advances in our understanding of the disease, new treatments, and support services,” Ken says.***

By choosing to leave a gift in your own Will, you can improve support for future generations of people who live with MS and help find a cure.

If you’d like to know more about leaving a gift in your Will to MS Plus, please contact our friendly Gifts in Wills Manager, Laura Henschke.

You can reach Laura by free call **1800 443 867** or email [Laura.Henschke@ms.org.au](mailto:Laura.Henschke@ms.org.au)

You can also find more information [here](#), at <https://mymslegacy.org.au/>

**Together, we can fast-track a cure and ensure future generations of people who live with MS continue to receive the best possible care until we get there.**



**Gifts in a Will**

## Do you want to take part in a research study to develop new tools for tracking changes in Multiple Sclerosis?

Contact us about joining the Floodlight MS MoreActive study!



By: alexp0 - [https://www.shutterstock.com/image-photo/1460415690a1181c446c74da703f79c3a6f2954c73bc7d07cd918500b\\_960.jpg](https://www.shutterstock.com/image-photo/1460415690a1181c446c74da703f79c3a6f2954c73bc7d07cd918500b_960.jpg)  
Free for Most Commercial Use / No Attribution Required / See <https://www.shutterstock.com/service/learned> for what is not allowed.  
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### Why are we doing this study?

- We are testing our game-like smartphone tests to monitor simple changes in memory function, movement and speech in people with Multiple Sclerosis (MS)

### In order to enrol, you need to:

- Be older than 18 years
- Have a diagnosis of MS and be a patient at *a neurology clinic in Tasmania.*
- Be able to complete tests at home using your own phone and internet connection for at least 12 months
- Be willing to complete some of the tests in clinic around your routine MS appointments
- Also agree to participate in other linked research studies

### How to enrol:

- Please contact  
**Dr Chhavi Asthana**  
Ph 03 6226 4226  
Email: [Chhavi.Asthana@utas.edu.au](mailto:Chhavi.Asthana@utas.edu.au)