



PLUS
Neuro Wellbeing

Tasmania Newsletter
November 2023

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

Over \$26,000 raised to support people living with Multiple Sclerosis

On Saturday 8th of October, 85 swimmers and 8 teams took part in the 2023 Hobart MS Mega Swim at Doone Kennedy Hobart Aquatic Centre.

The Hobart MS Mega Swim is the ultimate team relay event, 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.

This year our dedicated participants raised an incredible \$26,026 and swam 208kms in total to raise funds to support services for people living with multiple sclerosis, including the MS Go for Gold Scholarships which offer people living with multiple sclerosis one-off grants to follow a personal dream, in categories including personal expression, education and living your best life.

“MS Go for Gold Scholarship has allowed me the opportunity to update my computer and illustration software, so that I can draw digitally instead of having to create everything from scratch in a laborious way. Being awarded a scholarship was like a dream come true!”
-Melanie Caple, Artist & Go for Gold Award Recipient

Thank you to all participants, sponsors, and volunteers who made the Hobart MS Mega Swim a success! We cannot wait to have you back in 2024!



Hobart Wellbeing Centre



Everything you need for wellbeing and connection in one place!

We are open



246 Murray Street, Hobart TAS 7000 | 1800 042 138

As part of last month's National Carers Week (Sunday 15 – Saturday 21 October), we took the opportunity to celebrate and acknowledge the carers, family and friends in our community supporting someone with MS.

While not all people supporting someone living with MS identify as a 'carer', we know that many of you are providing a wide range of support, including emotional, physical, administrative and social support.



**Carers:
we are here
for you too.**

#CarersMatter

"Initially I felt a bit weird about the term carer. That's not the way it practically works with Melita and I, but it is something I've thought about. To me, it's just part and parcel of what being a family member entails. We are just trying to incorporate it into our lives and understand what the other person is going through." – Antony, husband of Melita who lives with MS.

We have gathered **stories from carers and family members**, who often play many different roles behind the scenes in support of their person.

If this is you, we want you to know that your stories matter, however they look. We see you and we are here for you, too.

Following the development of our Carer Strategy in 2022, we have created resources to support those caring for their person living with MS.

To check out our new **Carers, Family & Friends Toolkit** [click here](#).

To learn about and sign up for our **Plus Navigate Series** for family and friends supporting someone with MS, [click here](#).

Follow us on our **Facebook** and **Instagram** to stay up to date with the release of new resources for our carers, family and friends or visit msplus.org.au/carersweek.



“
I enjoy helping people.
I like to be able to contribute to someone's life working a little bit better for them.”

MEET COURTNEY
Employment Support Consultant and Physiotherapist

◆ Meet Courtney - our passionate employment support consultant and physiotherapist!

With six and a half years of experience, Courtney is dedicated to helping clients with neurological conditions. From exercise programs to lending a listening ear, Courtney and our employment support team can help make your working life better for you.

No waitlist for Tasmania.

Contact us today and let's achieve your goals together!

Call Plus Connect 1800 042 138 or email connect@msplus.org.au




We can help



- 1 Review and map out your NDIS plan
- 2 Prioritise what matters most to you
- 3 Connect you with the right providers
- 4 Guide you with practical tips
- 5 Support and journey with you

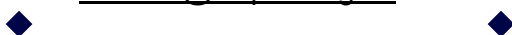
Contact us today!

◆ Introducing our newest exercise physiologist, Talita!

With a background in Exercise Science and a Masters in Clinical Exercise Physiology, Talita is an expert in all things neuro, especially when it comes to MS and Parkinson's.

Her goal is to provide a comprehensive tailored-approach to help clients improve their health and overall wellbeing. Talita is available at our new Hobart Wellbeing centre for one-on-one exercise sessions or Pilates classes. Book your appointment with Plus Connect and start your fitness journey today!

Call Plus Connect 1800 042 138 or email connect@msplus.org.au



Meet Talita



Exercise physiologist specialised in:

- Multiple sclerosis
- Parkinson's
- Pilates for neuro conditions

Education and Wellbeing



[Improve your finances: how to tackle debt](#)

Tuesday November 14, 6:00PM-7:00PM AEST

Nicola Beswick is a Certified Financial Planner® at FMD Financial. Nicola entered the world of financial planning, after she gave up her career as a Patent attorney to become a Financial Planner. Nicola decided to pursue a career as a Financial Planner after appreciating the true value of receiving financial planning advice after her father was diagnosed with Multiple Sclerosis. Nicola is genuinely passionate about working with people and understanding what is important to each individual and what they wish to achieve.

[Managing finances when life takes an unexpected turn](#)

Article – read now!

An MS diagnosis or a sudden worsening of symptoms can be stressful both emotionally and financially, especially when we don't know what options are available. We spoke to Nicola Beswick, Senior Financial Adviser at FMD Financial, and board member of the Pro Bono Financial Advice Network (an organisation that connects financial advisers who provide pro bono advice to Australians who are going through financial hardship due to a personal health crisis) to explore the role of financial planning in making the most out of our money when life takes an unexpected turn.

[Understanding your superannuation and disability entitlements](#)

Webinar – Watch on demand!

In this recorded webinar, you will learn more about superannuation and your disability entitlements. John Berrill, an insurance and superannuation lawyer of Berrill Watson Lawyers provides advice on how you can maximise your superannuation and insurance benefits.



Make an impact this November in the My Mega Challenge for MS!

The My Mega Challenge for MS is a virtual challenge taking place Saturday 25 & Sunday 26 November.

Superstar, registration is FREE and you can choose ANY sport or recreational activity for your 12 or 24-hour challenge, making it our most accessible event!

From activities like knitting, cooking and reading to teams playing board games, there are so many ways you can take on the My Mega Challenge for MS.

FIND OUT MORE [HERE](#)





A Generous Legacy - A Quiet Act of Kindness



In the quiet countryside of southwest Victoria, a farmer named Maxwell Arthur Thomas Mawson has left a profound and generous mark on the world. Max left a generous gift in his Will to MS Plus for research. **A tribute to a niece who has multiple sclerosis (MS).**

Max, a descendant of a long line of Victorian farmers, called the picturesque hamlet of Wensleydale his home. This tight-knit rural community nestled at the foothills of the Otway Ranges witnessed Max's journey as he dedicated his life to farming. At the age of 83, he bid farewell to this world, leaving behind a legacy that transcends the boundaries of his farm. **One that is already having an impact on the lives of people living with multiple sclerosis.**

For a century, the fertile soil of Wensleydale allowed the Maxwell family to cultivate peas and potatoes, alongside raising robust lambs and cattle on the rolling hills. Max, who took over the family farm in the 1960s, knew the rigors of mixed farming better than most. **"It was mixed farming at its best. The work was hard, and the days were long,"** recalled Kim Johnson, Max's niece. Kim, now a merchandiser and horse enthusiast living just ten minutes from her uncle's former homestead, reminisced about the toil and dedication that Max poured into the land.

However, Max's life was not solely defined by hard labour. As a young man, he found time to engage in sports, representing Modewarre in cricket and football. He was also a fixture at the local Saturday night dances and suppers, a testament to his love for his community. Max's commitment extended beyond social gatherings; he served as a dedicated member of the Wurdale Rural Fire Brigade for 45 years, tirelessly battling wildfires, including the devastating 1983 Ash Wednesday bushfires.

Kim, who cherished fond memories of her uncle, described **Max as a kind-hearted man who lived a frugal and industrious life**, yet never managed to find that special someone. "Max never did find that someone special, but **he was highly regarded and liked by everyone who knew him,**" she said. When Max's sister June, Kim's mother, passed away suddenly in 2019, Kim took on the role of caring for her uncle until his peaceful passing in 2020.

During these final two years, **Kim got to know her uncle, a quiet and reserved man who had retired on his farm**, choosing to leave the world on his own terms. **But Max was also a man of generosity**, as revealed by his last wishes. His will contained bequests to several charities, but one organisation held a special place in his heart—MS Plus. This choice had a poignant significance for Kim, who herself battles MS.



Max's bequest was intended to support the MS community and contribute to ongoing research efforts to find a cure. Kim was surprised and elated when she learned about Max's generous gift during the reading of the will. **"I didn't know Max was going to leave a gift to MS. I think he discussed it with my mum.** So, when I found out at the will-reading, I was over the moon that he wanted to help the cause. **To me, in his quiet way, he was saying he wanted to help me,"** she said.

Kim's own journey with MS began at the age of 33, following the birth of her second child. Fortunately, her 20-year battle with the disease has been relatively uneventful, though she grapples with fatigue, balance issues, and coordination challenges. **She hopes that Max's contribution will empower researchers to make breakthroughs in finding better treatments or even a cure for MS.** "I like to think the money my uncle has left for MS will allow researchers to do more work to discover better drugs or a cure. It would be wonderful to think Max made that vital difference through his gift. **Thanks, Uncle Max!"**

Max's legacy serves as a reminder that one's Will can make a lasting impact on the world. Just as Max Mawson chose to support MS research and care, you too can make a difference, whether through a large or small gift. Reach out to MS Plus for information on how you can leave a legacy in your own Will, and discover the profound difference it can make in the lives of those living with MS.

You can also consider becoming a member of the **MS Callistemon League**, a community of extraordinary individuals committed to ensuring that those with multiple sclerosis never face their journey alone. For more information, contact MS Plus through Laura or Rebecca at 1800 443 867, email Futureplanning@msplus.org.au, or visit www.mymslegacy.org.au.

TOGETHER, LET'S FAST-TRACK A CURE FOR MS AND PROVIDE CARE UNTIL WE'RE THERE.

Peer Support Groups



CIRCULAR HEAD

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

Next Meeting: No meeting in November.

Christmas Dinner in December

Venue: Circular Head Rural Health

EASTERN SHORE

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

Next Meeting: Friday, 10 November

Guest Speaker: Lynda Hanlon Access Advisory
Committee, info on Lynda's role & what committee does

Venue: Mornington Inn

GLENORCHY

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

Venue: Glenorchy or Moonah

Next Meetings: Monday, 30 October & Monday,
27 November

Social gathering, meals own cost.

NEW NORFOLK

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

Venue: New Norfolk

Next Meeting: Wednesday, 1 November

Social gathering, coffees, and cake etc. at own cost

LAUNCESTON

Meets: Third Saturday of the month, 11 am onwards

Next meeting : No more meetings for 2023

SHEFFIELD

Meets: Not meeting in 2023

Venue: Sheffield Rural Health

WYNYARD

Meets: Third Wednesday of the month
Midday onwards

Venue: Bruce's Café, Wynyard

Next Meeting: To be confirmed
Coffee catch up

ULVERSTONE

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

Next Meeting: Wednesday, 22 November

Guest speaker: Georgie Palmer, Continence Nurse

Venue: Ulverstone Life Saving Club

MENS GROUP

Meets: Third Friday of the month, 12 midday -2pm

Venue: Dr Syntax, Sandy Bay

Next Meeting: Friday, 17 November

Guest speaker: Socialising

RSVP: connect@msplus.org.au



MULTIPLE SCLEROSIS GENETICS STUDY RECRUITING VOLUNTEERS NOW!

We need your help to investigate the Epstein Barr Virus (EBV) strain that may play a crucial role in developing multiple sclerosis (MS). This Australia-wide study also aims to identify specific markers in the blood associated with onset and progression of MS.

To participate in this study, we invite

People WITH MS who:

- Are 18 years and above
- Have been diagnosed with MS by a neurologist

AND

People who DO NOT have MS who:

- Are 18 years and above and have NOT been diagnosed with MS, and
- Have NOT been diagnosed with any similar neurological condition

Participation involves:

- Completing a questionnaire
- Providing three saliva samples (postal submissions accepted)
- Optional blood sample (in person)
- \$20 gift voucher on completion

To volunteer, or for more information, contact:



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t: (03) 6226 4226 e: Chhavi.Asthana@utas.edu.au

This study is approved by the University of Tasmania Human Research Ethics Committee, H0027273 (H-85821)