



PLUS
Neuro Wellbeing

Tasmania Newsletter
May 2024

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



This World MS Day we are exploring the theme 'My MS Diagnosis' and the idea that 'It Takes a Village' to support someone diagnosed with a chronic condition — in those early days after diagnosis and beyond. We understand the importance of nurturing and developing those support networks, to ensure everyone has a chance to live well with MS.

As part of our month-long World MS Day campaign, we are holding an Open Day at our Hobart Wellbeing Centre.

Event Details:

When: 11am to 12pm, Tues 7 May 2024

Address: Hobart Wellbeing Centre, 246 Murray Street, Hobart

Come along to:

- 5 minutes to better balance talk from our Exercise Physiologist Talita Welmans
- 5 tips to thrive at work talk from our Senior Employment Support Consultant and Occupational Therapist, Lisa Slade
- Try out our neuro gyms and check out the equipment and classes on offer
- Connect with your village for morning tea.

In the meantime, make sure to follow @wearemsplus on Facebook and Instagram as we recognise the all-important members of our village throughout May.

Places are limited so register today! Visit msplus.org.au/worldmsday



MS WALK RUN+ROLL



Sun 26 May 2024
Inveresk Precinct

Invermay TAS 7248

**Walk Run + Roll your way to
ensure no one faces MS
alone**



**Register,
donate or
volunteer
today**

Visit mswalk.org.au to find out more.
E events@ms.org.au
T 1300 733 690



THE MAY 50K

TAKE ON THE
CHALLENGE TO
LEAVE MS WHERE
IT BELONGS,
BEHIND US.

This May, smash your fitness goals as you help raise funds to support life-changing research into the prevention, treatment and finding a cure for multiple sclerosis.

Challenge yourself to move **50 KM (The OG)**, **100 KM (Double Up)** or **150 KM (Triple Threat)**, in your own time and at your own pace.

Take part on your own, as a team, or get your whole workplace involved!

We'll be here to support and encourage you every step of the way, as we come together to leave MS where it belongs, behind us.

**JOIN THE MAY 50K TO LEAVE MS WHERE IT
BELONGS, BEHIND US...**

[REGISTER FOR FREE HERE](#)

MS PLUS
Neuro Wellbeing

what's on

Exploring the latest programs and updates from client engagement and wellbeing



Upcoming MS Plus webinars & podcasts

“I think I've got MS – now what?”

27 May 2024 12.30 pm – 1.30 pm AEDT

Worried you have MS?

If you've found yourself scouring the internet or experiencing symptoms similar to those of someone you know with MS, this webinar is just for you. In this prerecorded discussion, we talk with Dr. Therese Burke, an experienced MS Nurse and researcher, who addresses the typical questions people have when grappling with concerns about MS diagnosis. Afterwards, MS Nurse Jodi Haartsen will be on hand to address any further queries you may have.

[Register Now!](#)

MS Management: It's not what you know, it's who you know

28 May 2024 12.30 pm – 1.30 pm AEDT

In the lead-up to World MS Day at MS Plus, we've been delving into the significance of the support network (the village) in MS management and the value of leveraging your connections. Join us for a live webinar featuring MS Nurse Practitioner, Jodi Haartsen, who draws from over 25 years of experience as part of many people's villages. Jodi reflects on who needs to be in your village and the roles they can play and gives you practical advice on navigating complex systems. Learn how to assemble the team necessary for leading your best life.

[Register Now!](#)

what's on ...



The MS BOOST

A fortnightly series filled with concise interviews with expert guests. it's all the stuff you need to know **from the people who know it.**



The MS Boost will be in addition to our current series, so make sure you're following **MS Podcasts** on your preferred player like **Apple Podcasts** or **Spotify** to be the first to know when new episodes are released.



A little bit of sunshine – MS and Vitamin D



Vitamin D has a complex relationship with MS, with links to increased risk of diagnosis, influencing gene expression in immune cells and generally being lower in people living with MS. In this episode, Dr Wei Yeh, MS Specialist Neurologist and researcher, discusses how much vitamin D people need, how to get it, and the role of supplementation in children of parents with MS.

[Listen now!](#)

In case you missed it, MS Plus Webinars from April 2024

Genetics and MS

If you missed the webinar in April, you can catch up on the recording with genetics expert, Dr Vicki Maltby. In this webinar, Vicki unravels the genetic and epigenetic links with MS and explores genetic variations that lead to the development of conditions such as MS, the role of environmental factors such as EBV and smoking, as well as discussing inheritance patterns and the risk of children and other family members also developing MS. Catch up on this webinar **HERE!**

You can find previously recorded webinars and podcasts on the [Resource Hub](#).

If you need further information or would like to speak to our MS Nurse, please contact the MS Connect team.

Information for people supporting someone with MS

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 questions. We'll cover a range of topics including:

- * **understanding MS**
- * **navigating the health system**
- * **where to access help and support**
- * **how to take care of yourself**

CLICK HERE TO REGISTER

<https://www.msplus.org.au/news/supporting-the-loved-ones-of-people-with-ms>



Supporting someone with a new MS diagnosis: A resource for family & friends

This booklet has been created for people who are going through the challenging and often emotional time that happens when a person they know is diagnosed with MS.

Having a diagnosis of MS can be life-changing for both the person and for those who care about them. This resource is designed to empower you with the knowledge and strategies to help support you and your person with MS.

Download the resource here: [Click Here](#)

Peer Support Groups



We have several Peer Support Groups available in Tasmania that welcome new members any time. If you're interested in joining a group contact Plus Connect on 1800 042 138.

<p>CIRCULAR HEAD Meets: First Monday of the month, 7:00-8:30pm Venue: Circular Head Rural Health</p> <p>EASTERN SHORE Meets: Second Friday of the month, 10:30am-12noon, followed by lunch Venue: Mornington Inn</p> <p>GLENORCHY * Meets: Last <u>Tuesday</u> of the month, 6:00-8:00pm Venue: Glenorchy or Moonah</p> <p>NEW NORFOLK Meets: First Wednesday of the month, 10:30am-12noon Venue: New Norfolk</p>	<p>LAUNCESTON Meets: Third Saturday of the month, 11 am onwards Venue: Various café's in Launceston</p> <p>WYNYARD Meets: Third Wednesday of the month Mid-day onwards Venue: Bruce's Café, Wynyard</p> <p>ULVERSTONE Meets: Fourth Wednesday of the month, 11:00am-1:00pm Venue: Ulverstone Life Saving Club</p> <p>MENS GROUP Meets: Third Friday of the month, 12 midday -2pm Venue: Dr Syntax, Sandy Bay</p>
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CHANGE OF DAY

*GLENORCHY Now meeting **LAST** Tuesday of the month

Peer Links:

The MS Peer Links sessions are now available for registration. Keep an eye on your email or inTouch for dates!

Peer Links are held online and are short-term programs facilitated by our peer support coordinators. Taking place over 4-6 week 90-minute sessions, guest speakers share information on topics to prompt discussion and learning for the group.

Peer Links are a great option if you're new to peer support, have an interest in a particular topic, or can't commit to an ongoing group.

For more information contact Plus Connect on 1800 042 138.

WORLD MS DAY 2024 SEMINAR: "DIAGNOSIS"

Members of the MS community are invited to attend a special seminar in honour of World MS Day.

Researchers from the MS Research Flagship at the Menzies Institute for Medical Research, University of Tasmania will be presenting four talks on topics relating to MS diagnosis, the theme for World MS Day 2024.

You are welcome to attend this event in person or online.

Seminar details:

- ◆ Date and Time: Thursday 30th May, 1-2pm
- ◆ Venue: Lecture Theatre MS2, Menzies Institute for Medical Research, 17 Liverpool St, Hobart
- ◆ Cost: FREE
- ◆ Attend via Zoom: <https://utas.zoom.us/j/83437805633>
- ◆ Attend in person: [Register for your free tickets at Eventbrite via this link](#)
<https://bit.ly/WorldMSDaySeminar>

Please note that there is no on-site parking available at the venue.

Any questions, please contact our Consumer & Community Involvement Manager Vivienne Jones at SM-MSResearch.Engagement@utas.edu.au

We look forward to seeing you there!



World MS Day Seminar

"DIAGNOSIS"

Thursday 30th May 2024, 1-2pm
Menzies Institute for Medical Research

UNIVERSITY of TASMANIA
MENZIES 
Institute for Medical Research

MS  Research
Flagship