



PLUS
Neuro Wellbeing

Tasmania Newsletter
October 2023

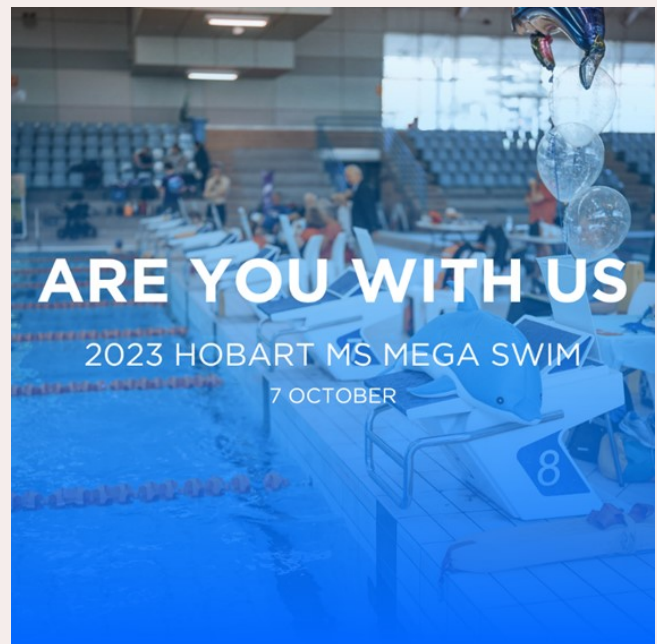
Our Values - Empowerment, Community, Expertise, Creativity and Spirited

It's not too late, join us!

You can still take on the 12-hour 2023 Hobart MS Mega Swim and make a life-changing impact for people living with MS.

By signing up to the 2023 Hobart Mega Swim, you'll make dreams come true through the MS Go for Gold Scholarships and make possible our Plus Financial Support Program and services to directly benefit those living with multiple sclerosis.

[Find out more](#)



Will you take on a personal challenge to make a lasting impact for people with MS?



[My Mega Challenge for MS](#) is a virtual challenge taking place Saturday 25 & Sunday 26 November.

Registration is FREE and you can choose ANY activity for your 12 or 24-hour challenge, making it our most accessible event. From running, to knitting, to streaming, the choice is YOURS!

[Find out more](#)

Hobart Wellbeing Centre



Everything you need for wellbeing and connection in one place!



Achieve your NDIS goals

We can help you take control of your NDIS plan, including:

- develop a plan for how you'll spend your funds
- align your NDIS plan with your passions and goals
- connect you with providers aligned with your values
- teach you the practical aspects of managing your NDIS plan
- partner with you throughout your plan and review stages

We're here to simplify the process, ensure your voice is heard and help you achieve your goals.

Get in touch with our Plus Connect team on 1800 042 138 or email connect@msplus.org.au

We can help you achieve your #NDIS goals

- ✓ develop a plan that aligns with your goals
- ✓ connect you with the right providers
- ✓ partner with you throughout your plan and review stages



Get in touch today



Specialist - Employment Support Service (E S S) Available in Tasmania - Get in touch!



Plus Employment Support Service

Helping you thrive at work

Tasmania appointments now available

Get in touch today

Struggling with hidden symptoms at work? Don't worry, we're here to help! Our Employment Support Consultants are registered health professionals who get neuro conditions. We can assist you in tackling challenges like concentration problems, stiffness and fatigue on the job.

We can look at the whole picture and help you with strategies to make your work life a lot more manageable.

In-person appointments available in Tasmania. We can go to you, or you can see us at our wellbeing centre in Hobart or Launceston office. You can also access our Employment Support Service via telehealth. Contact Plus Connect at 1800 042 138 or email connect@msplus.org.au today, to access this free service.

Help fight MS one step at a time

This is your chance to leave everything behind and immerse yourself in the history and majesty of Aotearoa New Zealand's scenic South Island! Join us for the 2024 MS Plus Southern Alps Adventure Trek!

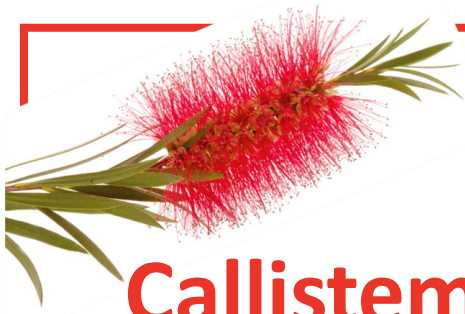
Follow the link for more information:

[Find out more](#)



The MS Plus
Southern Alps Trek
Aotearoa New Zealand
15 April 2024 - 19 April 2024

MS PLUS
Neuro Wellbeing



The Callistemon League



“Jacquie’s Journey” - a cousin’s generosity sparks MS Warrior to leave a legacy

When Jacquie Brown learned that her cousin Zandra and her husband Collin were leaving a gift in their Will to MS Plus, she marvelled at their generosity. **She knew their gift could help support people with multiple sclerosis to lead better lives.**

The gift was particularly poignant to Jacquie because she had been diagnosed aged 50 with late onset multiple sclerosis (MS) in 2005. As soon as Jacquie received the couple’s email, she called to see if they were okay because Will talk can be daunting. **Collin reassured her that they were fine; they had just been doing some forward planning.** But they wanted Jacquie to know they were honouring her experience living with MS.

Jacquie’s energetic fundraising for the cause had inspired them to leave a gift in their Will to support the charity helping her.

The staff at MS Plus had supported Jacquie when her health declined a few years ago. With their guidance, Jacquie navigated the NDIS, obtained an electric scooter when she could no longer walk and accessed home care when she required it. In the 18 years after her diagnosis, Jacquie and her family have kept positive about her MS journey. **“When you learn you’ve got something like this, it’s devastating; it’s awful. Then you pick yourself up and go, ‘Okay, what can I do about it?’ I try to do the best I can and raise some money for others,”** explained Jacquie.

Refusing to let the condition “define who she was,” Jacquie has spent over ten years fundraising for MS Plus. She organised an annual *Do it for MS* event that featured three-course meals, raffles and silent auctions. These lunches and dinners took place at Mamma Lina’s, her favourite Essendon café, where owner Sam Agostino enthusiastically supported Jacquie’s efforts. In that time, she raised over \$85,000 for the charity.

Despite becoming a fundraiser, Jacquie had never considered leaving a gift in her Will. But after talking to Zandra and Collin about their legacy plans, she decided it was something she could easily do.

“I was sure I could do this in my Will and help spread the word to everyone I know. It’s a wonderful feeling to know that you can assist others where you can. I have helped with fundraising and awareness during my life, so why not a small gift in my Will? Zandra and Collin’s legacy gift to MS Plus is amazing. I should have thought of it myself,” she said.

When she last talked to MS Plus, Jacquie was planning an afternoon tea with all her friends. She decided she would announce her legacy intentions at the event in the hopes of sparking a conversation about charitable gifts with her loved ones.

“Like me, I’m sure they haven’t even thought of it before. It’s not until someone mentions it to you that you think it’s logical and helpful. I know I will be helping others for years to come.

“Could you be like Jacquie, Zandra and Collin and consider a gift in your Will for people living with MS? Any gift, no matter how big or small, can make a difference and support those living with MS. Even 1% after all gifts to family and friends. And, it might also help fast-track a cure! To learn more, please call Laura or Rebecca on 1800 443 867, email futureplanning@ms.org.au, or visit www.mymslegacy.org.au.

EDUCATION & WELLBEING

Wellbeing or 'being well' is something that we do, rather than something that you are. The things we do and the way we think can have a big impact on our overall health and quality of life. By engaging in the 5 Ways to Wellbeing, such as connecting with others, being active, learning new things, developing self-awareness and helping others, you can dramatically improve your health. Did you know that research shows happier people live longer, adding up to 7.5 years to their lifespan. Having high levels of wellbeing can also be protective from chronic health conditions such as protection from coronary health disease, reducing the risk of a heart attack by up to 50%!

5 Ways to Wellbeing

Thursday October 5 2:30PM-3:30PM AEST

We hear a lot about keeping physically active and healthy, but when it comes to a healthy mind, it can be harder to know what to do. The '5 Ways to

Wellbeing' are based on extensive research about psychological wellbeing, and in this webinar, we discuss the 5 simple ways you can incorporate this in your everyday life, to live better, longer and healthier!

Mood and emotions in multiple sclerosis

Webinar on demand – Watch anytime!

Research on the use of acceptance and commitment therapy (ACT) for people with multiple sclerosis shows positive outcomes including improved resilience, quality of life, depression and stress. Clinical Psychologist, Birgit O'Sheedy explains ACT and how you can benefit from using ACT's core principles.

Healthy habit change with Dr. Yvonne Learmonth

Podcast – Listen anytime!



Dr. Yvonne Learmonth is an accredited physiotherapist who specialises in physical activity research in multiple sclerosis. She has a PhD in rehabilitation and leads an exercise and cognition research group based at Murdoch University. Yvonne offer tips based on research and evidence to help you make positive changes in your life.

MS Plus Photo ID Card





The MS Photo ID Card is available at no charge for registered MS Plus clients, living in ACT, NSW, Tasmania and Victoria, who have a confirmed diagnosis of multiple sclerosis.

The card can be useful for telling others that you have multiple sclerosis. For example, it can be used at a bank to explain why a person's registered signature may have changed. Sometimes it's also useful to explain why you may have difficulty with vision, balance, coordination or slurring of speech.

To obtain an MS Photo ID Card, you need to download and complete an [application form](#) or [contact Plus Connect](#) Freecall 1800 042 138 Email: connect@msplus.org.au and ask them to post an application to you.

MS ID Card Sample



Client Name: Jane Citizen
Address: 111 Second Street, RED TOWN
DOB: 31 December 1960
Date of issue: 1 January 2021

This card is issued to a person with Multiple Sclerosis. From time to time a person with MS may have difficulty with vision, balance, co-ordination or slurring of speech. Their signature, shown below, may also vary. Please accept the photograph and signature of this person as bonafide.

Signature: _____

MS Plus
54 Railway Road, Blackburn VIC 3130
MS Connect 1800 042 138

Stay connected



Peer Support Groups

CIRCULAR HEAD

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

NOTE: No meeting in October

Venue: Circular Head Rural Health Centre

EASTERN SHORE

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

Next Meeting: Friday 13 October

Venue: Mornington Inn

Guest Speaker: Medication update & managing MS symptoms

GLENORCHY

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

Next Meeting: Monday 30 October

Venue: Glenorchy or Moonah

Social gathering, meals at own cost

NEW NORFOLK

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

Next Meeting: Wednesday 4 October

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 20 October

Venue: Dr Syntax, Sandy Bay

Socialising

LAUNCESTON

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

NOTE: No more meetings for 2023

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 25 October

Venue: Ulverstone Life Saving Club

KINGSTON

Meetings on hold until further notice.

All welcome to other Tassie groups

RSVP: connect@msplus.org.au

Remyelination clinical trial now recruiting

After much anticipation, the TAURUS 2 study from the University of Tasmania's Menzies Institute for Medical Research, is now officially open to participants across Australia including at clinics in both the north and south of the state.

The groundbreaking clinical trial, which aims to determine if magnetic brain stimulation (MBS) is an effective remyelinating treatment for MS, welcomed its first participant to the Menzies clinic in Hobart in November. Since then, 38 people with MS have enrolled and of these 31 have already started on their clinical trial journey.

TAURUS 2 is now actively seeking to welcome more volunteers, with the team hoping to enrol 108 participants by the end of the year.

Clinics at the John Hunter Hospital (Newcastle, NSW) and The Alfred (Melbourne, Vic) opened their doors to participants in April this year, with the Perron Institute (Perth, WA) and the Launceston General Hospital following closely in June and July respectively. The final site, Mater Hospital Brisbane (QLD) is scheduled to be activated before the end of September.

Find out more

Are you interested in being part of this exciting research? Check out our:

 [TAURUS 2 video for participants](#)

 [TAURUS 2 MS trials webpage](#)

For more information about this clinical trial, including what's involved for participants, contact your local area clinical trial coordinator.

Julie Sansom (Hobart)

Email: Julie.sansom@utas.edu.au

Ph: 03 6226 4838

Monika O'Connor (Launceston)

Email: monika.oconnor@ths.tas.gov.au

This study has been approved by the University of Tasmania Human Research Ethics Committee, H0026359 and Hunter New England Human Research Ethics Committee, 2022/ETH01012.

