



PLUS
Neuro Wellbeing

Tasmania Newsletter
April 2025

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

Leave your limits behind this May

Looking for a fun way to challenge yourself while making a difference? The May 50K is back, and registrations are now open!

Join the movement to support life-changing research into the prevention, treatment and finding a cure for MS by challenging yourself to walk, run, or roll 50km (or more) during May.

Whether you go solo or team up with friends or as a workplace, this is your chance to set your own pace or smash your fitness goals while supporting MS research.

Leave your limits behind this May to leave MS where it belongs, behind us.

Sign up free today at themay50k.org.



Drop in and chat with MS Nurse Michael!

Nurse Q & A

Drop into the Hobart Wellbeing Centre and chat with MS Nurse Michael over a cup of tea!



MS Nurse Michael Mortensen will be hosting drop in 'Nurse Q & A' sessions. Drop into our Hobart Wellbeing Centre at 246 Murray Street, Hobart and enjoy a cup of tea with Michael where you can ask all your burning questions, get advice, or learn about topics such as symptom management, treatments or lifestyle. Let us know you're coming so we can put the kettle on, or turn up on the day!

When:

- Wednesday 9 & 23 April, 10:00am to 12:00pm
- Wednesday 14 & 28 May, 10:00am to 12:00pm
- Wednesday 11 & 25 June, 10:00am to 12:00pm

Register at: <https://www.trybooking.com/CZZKY>

For a private appointment with an MS Nurse contact Plus Connect on 1800 042 138.

Launceston MS Walk Run + Roll registrations are open



Registrations are open for the MS Walk Run + Roll Launceston! Sign up to secure your spot and join us on Sunday 6 April 2025 as we walk, run and roll for an epic day of fun while fundraising for critical support and services for the MS community.

Make the most of 2025: join the challenge and have a blast making a difference at mswalk.org.au.

Call for Volunteers:

Join us for the 2025 Launceston MS Walk, Run + Roll!

Are you passionate about supporting your local community and making a positive impact? We need YOU! The 2025 Launceston MS Walk, Run + Roll is just around the corner, and we're looking for enthusiastic volunteers to help ensure the event runs smoothly.

Event Details:

- **Date:** Sunday 6 April
- **Location:** Inveresk Precinct, Invermay

Whether you're helping with registration, guiding participants along the route, cheering on the Walk, Run and Rollers or handing out the coveted finisher medals, your support will help make this event a success for all those involved.

Please follow the link mswalk.org.au/volunteer to find out more!



The MS Plus Virtual Art Show is back in 2025!

The MS Plus Virtual Art Show, now in its 19th year, provides people living with neurological conditions an opportunity to express their creativity and their unique experience of MS through art. This year's art show theme will again align with the World MS Day theme: My MS Diagnosis: Navigating MS Together.



You may choose to submit a piece that represents the story of your diagnosis, how you found supports, what support in those early days looked like for you, how it felt to be diagnosed or really anything you feel portrays your experience living with MS. You are limited only by your imagination!

Applications open **Tuesday 1 April**. Visit msplus.org.au/artshow

what's on

Exploring the latest programs and updates from client engagement and wellbeing



April 2025

Managing Fatigue

Fatigue is a very common symptom of MS and can significantly impact your work, but there are strategies you can learn to help.

FACETS (Fatigue: Applying Cognitive behavioural and Energy Effectiveness Techniques to LifeStyle) is an evidence-based program designed for people living with MS to help manage fatigue using 'energy effectiveness' techniques and cognitive behavioural therapy strategies.

Developed by researchers from Bournemouth University and Poole Hospital in the UK, the group program is delivered by trained professionals with no more than 12 participants. The program involves weekly 90min sessions over 6 weeks.

We have two new program dates available now:

When: FACETS – evening session starting in May!

Learn more: msplus.org.au/FACETS

Register: <https://www.trybooking.com/CUNAE>

Cost: \$150

Exercise Physiology?

What is it and how can it help improve my symptoms?



Exercise Physiology
What is it and how
can it help me?

Join exercise physiologist Talita Welmans to understand what 'EP' is and how it can help you. In this free lunchtime session we'll cover:

- Why an Exercise Physiologist (EP) is an essential part of your healthcare team.
- How EPs support people with MS in managing symptoms like fatigue, mobility, and strength.
- Practical strategies and real-world examples of how exercise is medicine for MS.

How EPs assist with broader health concerns, including metabolic conditions such as high blood pressure, cholesterol, and diabetes, as these can sometimes be a bigger concern than MS itself.

When: Wednesday 30 April, 12:00 to 1:00pm

Register: <https://www.trybooking.com/DABHN>

Cost: Free



Peer Links – new programs coming soon!

Sharing experiences with peers in similar situations can bring about a deep sense of understanding and connection that's hard to find elsewhere. Peer Links are online facilitated sessions delivered over three or four weeks. Guest speakers will join throughout the program to share tips and strategies on topics such as managing MS symptoms, lifestyle, stress management and emotional wellbeing.

Accompanying our ever-popular Working & Living with MS and Taking control Peer Links, we have two new programs starting later this year: Women's Health in October and Men's Health in July. Peer Links are open for registration now.

Register at: <https://www.trybooking.com/CUJNM>

When: Various dates

Cost: Free

Have you got questions about your bladder and bowel health?



Sara, Coloplast Continence Nurse Advisor

Come and join us at our Hobart Wellbeing Centre at 246 Murray Street for a free continence clinic run by Coloplast.

An accredited Clinical Nurse Advisor will answer all questions to help manage bladder and bowel issues, including product recommendations, technique training, referral to support programs and advice on common concerns.

When: Wednesday 2 April



Register: To register or for further information please email nursingsupportAU@coloplast.com or call 1800 316 649

Cost: Free

Private face to face or online appointments can also be arranged.

Please scan the QR code or call 1800 316 649 to book a time.



Peer Support Groups



Peer support – find your nearest group

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.

Find a group near you by checking out our interactive map <https://www.msplus.org.au/support-services/connecting-with-your-community/peer-support>.

A Legacy of Love, Strength, and Service



Some people leave behind more than just memories—they leave behind a legacy of kindness, resilience, and unwavering dedication to others. My mother, Alice, was one of those extraordinary people.



Born in the small, close-knit community of Cowes on Phillip Island, Alice grew up during the Great Depression and the hardships of war. **In those difficult times, people survived by standing together helping, caring, and serving one another.** That spirit became the foundation of my mother's life, shaping her into the selfless and compassionate woman we all knew and loved.

In 1946, Alice met the love of her life, Jack Robinson. They married in 1949, raising three children—Neil, Barbara, and Stuart. Life took them from their quiet island home to Melbourne, where Mum devoted herself to our family and the community. She was a pillar of strength at our schools, volunteering in parent committees, managing the canteen, and supporting our local church. **She never sought recognition—she simply saw a need and stepped in to help.**

But Alice's greatest acts of love and service came when life tested her most. Jack, the man who had stood by her side for over four decades, developed severe arthritis and passed away far too soon in 1993. **Around the same time, my brother Stuart was diagnosed with multiple sclerosis (MS).**

Without hesitation, Mum became Stuart's devoted caregiver, facing each day with quiet determination and boundless love. For years, she cared for him at home, never once complaining—only doing what she knew had to be done. Even as she grew older, her strength never wavered. But when the time came when she could no longer care for Stuart alone, MS Plus stepped in, providing the compassionate respite care he needed at their accommodation unit in Williamstown, Victoria.



In 2019, Mum passed away, leaving behind not just a lifetime of service—but a future of hope. In her Will, she made a generous gift to MS Plus ensuring that others living with MS would receive the same kindness and support that had meant so much to our family.



Alice's legacy is one of love, care, and unwavering generosity. Through her gift, she continues to make a difference in the lives of those who need it most. Because of her, no one facing MS will have to walk this journey alone.

Her story doesn't end—it lives on in the lives she's touched and the hope she's given to so many.

Neil Robinson

P.S Fast-track a cure for MS, Care until we're there. For more information on how you can express your life values through a gift in your Will to MS Plus, contact Laura on **1800 443 867** or visit www.mymslegacy.org.au

Fast-track a cure for MS, care until we're there
Protect future generations from MS

Help create positive change and improve the lives of people with MS

JOIN THE AUSTRALIAN MS LONGITUDINAL STUDY TODAY

Together we can help improve the quality of life for people living with MS.

Visit msaustralia.org.au/amsls



The Australian MS Longitudinal Study (AMSLS) is a survey-based research study that collects real life data from people living with MS. Participating in the AMSLS involves completing 2-3 surveys each in the comfort of your own home, either online or as a paper-based questionnaire. The data is then used by policy makers and medical and support services to improve health outcomes for people living with MS.

To have the most impact, the AMSLS needs as many participants as possible. So help create positive change by joining the AMSLS today.

Find out more or join:

<https://www.msaustralia.org.au/amsls/>

The AMSLS is a partnership between Menzies Institute for Medical Research and MS Australia.

Mental Health and MS

A free online course that will increase your understanding of how anxiety, depression and MS interact to affect the lives of people with MS. It also provides practical tips for improving mental health.



MENTAL HEALTH AND MULTIPLE SCLEROSIS

massive open online course



ENROL TODAY — FREE

Across three course modules you will hear from a range of MS experts, including people living with MS, clinical psychologists and neurologists. The course was

developed by the MS Research Flagship, Menzies Institute for Medical Research at the University of Tasmania in collaboration with the MS community.

Duration: Self-paced (1.5-2 hours per module)

Completion certificate: Yes

Cost: Free

Enrol now: <https://ms.mooc.utas.edu.au/i/mht>

Volunteers needed to help spit in the face of MS!

The Menzies Institute for Medical Research is carrying out an Australia-wide study investigating the connection between Epstein-Barr virus (EBV) and multiple sclerosis (MS). It also aims to identify specific biomarkers associated with onset and progression of MS. The knowledge gained from this research will potentially improve MS diagnosis, treatment and prevention.

The researchers need the help (and saliva) of people living with MS who are 18 years and above, have been diagnosed with MS by a neurologist and, importantly, are NOT receiving treatment.

Participation involves:

- completing a questionnaire
- providing three saliva samples (postal submissions accepted)
- giving a blood sample (optional)

To volunteer, complete our [screening survey](#) (approx. 5-10 minutes). It can also be accessed by scanning the QR code.



For more information contact Dr Chhavi Asthana, Postdoctoral Research Fellow, [MS Research Flagship](#), Menzies Institute for Medical Research.

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). Funding for this study comes from the Australian Government's Medical Research Future Fund (MRF2024516) and National Health and Medical Research Council (2021/GNT2009389).

Deciding about Disease Modifying Therapies (DMTs) for MS

A free online course that explains what DMTs are and how they work. The course aims to help people communicate clearly about DMTs and help people living with MS make informed decisions about using them. Across three course modules you will hear from a range of MS experts, including people living with MS, neurologists and an MS nurse. The course was developed by the MS Research Flagship, Menzies Institute for Medical Research at the University of Tasmania in collaboration with the MS community.

Duration: Self-paced (1.5-2 hours per module)

Completion certificate: Yes

Cost: Free

Enrol now: <https://ms.mooc.utas.edu.au/i/dmtt>