



PLUS
Neuro Wellbeing

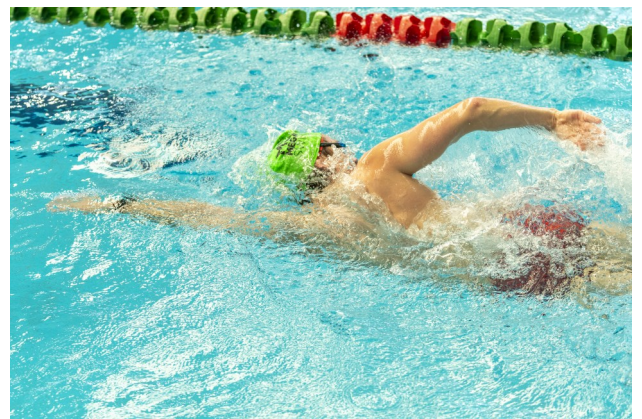
Tasmania Newsletter
August 2025

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

Sign up now for the Hobart MS Mega Swim

Registrations are open for the 2025 Hobart MS Mega Swim to be held at the Doone Kennedy Hobart Aquatic Centre on Saturday, 20 September 2025. The MS Mega Swim is a fun, team relay event, where swimmers are sponsored by friends and family to freestyle, backstroke, butterfly or doggy-paddle for 12-hours.

All funds raised to go to the MS Go for Gold Scholarships, Plus Financial Support Program and services to directly benefit those living with multiple sclerosis.



So, are you with us? Join the Hobart MS Mega Swim today at [MSMegaChallenge](#)

Go for Gold Scholarships 2025

Thanks to the amazing funds raised during our Mega Challenge events, we are excited to announce that the Go for Gold Scholarship applications opened on 15 July 2025.

Could a financial scholarship help you to realise a creative dream, further your education, kickstart a business idea or help you to live well by participating in wellbeing activities.

We have 25 scholarships available, valued up to \$2,000 each. Follow the link to apply now, we would love to hear from you.

**** [Go For Gold Scholarships Link Here](#) ****

You can read an inspiring story from one of our past winners below.



Meet Sam Sam's dream is to travel to Uluru and Kata Tjuta (The Olgas) in the Northern Territory, to hike the area's spectacular trails and explore the openness and tranquillity of the desert. Sam was diagnosed with MS just before her 40th birthday and is impacted by mobility and cognitive issues that meant she needed to end her role as an aged care support worker.

Sam says, 'MS hasn't taken my appetite for adventure and seeing new sights and learning new things, which is why it's important for me to keep pushing forward so I achieve my dreams.'

'I think this trip will also inspire my two daughters to never let anything stop you — just keep trying and moving forward, go and travel wherever your heart desires and keep learning new things.' Sam's scholarship means she can now take the trip of a lifetime with her family and enjoy everything NT has to offer.

what's on

Exploring the latest programs and updates from client engagement and wellbeing



August 2025

Peer Links: learning through shared experience

Sharing experiences with peers in similar situations can bring about a deep sense of understanding and connection that's hard to find elsewhere. Gain practical insights and strategies from those who truly understand your challenges. Peer Links create a collective learning environment that not only offers emotional support but also empowers individuals with new perspectives and solutions.

Peer Links are online facilitated programs. Guest speakers join throughout the program to share tips and strategies.

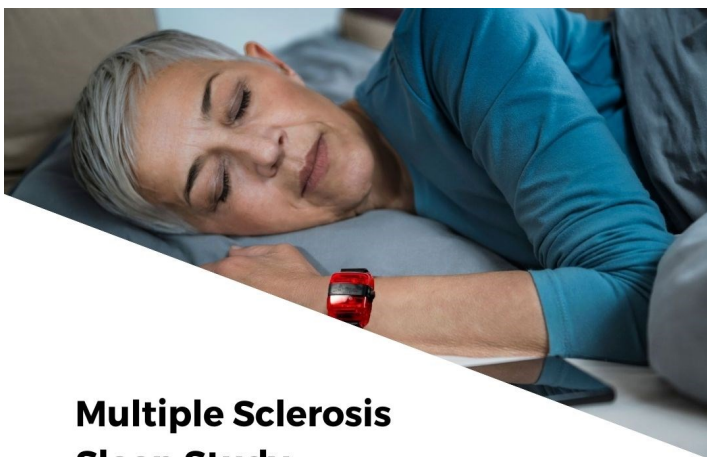
Living & Working with MS

For people actively working and looking for strategies to manage MS in the workplace including legal considerations. The sessions are held over 4 weeks.

When: 26 August, 2, 9 & 16 September
6.30 to 8.00pm

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

Cost: Free



Multiple Sclerosis Sleep Study

Help us collect better data on sleep in people living with multiple sclerosis (MS)

Multiple Sclerosis Sleep Study

Researchers at the Menzies Institute for Medical Research are looking for adults living with MS to participate in a sleep study.

Participation involves:

- Wearing an activity monitor (a research grade FitBit)
- Recording your sleep and MS symptoms for three weeks

Interested? Find out more [here](#) or contact Dr Laura Laslett, Senior Research Fellow at Laura.Laslett@utas.edu.au

This study is approved by the University of Tasmania Human Research Ethics Committee H0029475.

Brett's Legacy: A Life of Purpose, Passion — and Generosity



Brett was born in 1914 in Loxton, South Australia, and from the very beginning, his life was rooted in service, resilience, and community. In his early years, he worked on his father's farm, developing a deep connection to the land—a bond that would shape his entire life.

During World War II, Brett served his country as a Private in the Citizen Military Forces and later in the Volunteer Defence Corps until 1945. When the war ended, he returned to the land he loved, eventually earning several agricultural awards, including one for "Best Improved Pasture." His dedication to farming wasn't just a job—it was his way of giving back to the world.



In 1975, Brett moved to New South Wales, where fate introduced him to Marian, the love of his life. They married in 1977 when Brett was 63, and together they shared 30 joyful years filled with gardening, travel, and quiet companionship. They cultivated beauty wherever they went — whether in their garden or through their journeys across Australia and abroad. Even after Marian passed in 2006, Brett continued their travel dreams, taking a trip to Canada at the age of 94 and making road trips across the country well into his 90s.

Brett's energy and generosity never waned. At 85, while living in a self-care village, he was awarded *Gardener of the Year* for transforming the communal garden into a sanctuary. **He lived by simple but powerful values: kindness, humility, and doing good wherever he could.**

He was often described as a true gentleman—thoughtful, strong, and generous to those in need. Brett believed he had lived a blessed life and wanted others to experience that same fullness. **That's why, after years of supporting MS Plus, he made the heartfelt decision to leave a gift in his Will. It was his way of extending his kindness beyond his lifetime—to help others live well, just as he had.**

By leaving a legacy, Brett ensured his values would live on. His final gift is now helping people living with multiple sclerosis access the support and care they need.

Brett's life reminds us that no matter when or where we begin, we all have the power to leave something meaningful behind. His legacy is not just one of longevity—it's one of love, service, and a deep desire to make the world a little better for others.

You, too, can carry this spirit forward. By leaving a gift in your Will—no matter how big or small—you can change lives for generations to come. Just like Brett.

A gift in your Will could help fund research, better treatments or more services. Become a member of the MS Callistemon League. To learn more, contact Laura at the MS Plus Future Planning Team. Call 1800 443 867, email futureplanning@msplus.org.au or visit www.mymslegacy.org.au