



**PLUS**  
Neuro Wellbeing

**Tasmania Newsletter**  
**December 2025**

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



## Another Incredible MS Gong Ride!

What a day! The **MS Gong Ride** once again brought our community together in an amazing show of spirit and determination, as **5,555 riders** took on the iconic ride from **Sydney to Wollongong**.

This year, we were thrilled to receive so much **positive feedback** from riders. Many praised the smooth organisation and especially highlighted the **Waterfall Descent**, which was well managed with plenty of space for both riders and emergency services to safely share the road.

Behind the scenes, an **army of incredible volunteers** from Sydney all the way to Wollongong helped make it all possible — keeping the event running smoothly and cheering on our riders every step of the way.

And the best news of all? Together, we've raised an amazing **\$1,264,261** to support people living with multiple sclerosis.

Thank you to every rider, volunteer, and supporter who made this year's ride such a success. You've shown once again that this truly is the **Ride to Fight MS**.



*Wishing you all a very Merry Christmas and Happy New Year, from all the staff at MS Plus.*

As 2025 comes to an end, we'd like to wish everyone a safe and happy festive season and new year!

The MS Plus offices will close from 1.00pm on Wednesday 24 December and will reopen on Monday 5 January 2026.

A limited number of staff will be available on Plus Connect on 29, 30, 31 December, and 2 January. They will be working between 9am and 5pm.

If you have urgent concerns about your health, please contact your doctor or your local hospital's Emergency Department.

If you need support for your mental health help is available through **Lifeline** on **13 11 14**.

Please also note **NDIS information** is available on **1800 800 110**.

You can reach the team on **1800 042 138** or email [connect@msplus.org.au](mailto:connect@msplus.org.au)

# what's on

Exploring the latest programs and updates from client engagement and wellbeing



**December 2025**

## Eat Smart – Simple choices to support your wellbeing

This four week small group program, led by a qualified dietitian will help you discover how simple, everyday food choices can help you feel more energized, improve digestion and become part of your routine.

This practical program covers label reading, meal planning, and building habits that last—so you can enjoy food that truly supports your lifestyle.

We'll cover:

- Getting started - understanding our current state
- Label reading and our good friend fibre!
- Planning for shopping success
- Action planning and behaviour change for long term benefits

**Cost:** \$284 (NDIS eligible)

**Date:** March program available now! **Register now:** <https://www.trybooking.com/DHNDE>



## Eat Smart

Simple choices to support your wellbeing

## Stay Active

The new 'Stay Active' program recently started with rave reviews already! If you're thinking of starting a new exercise program in 2026, this is the perfect way to learn how to do so safely, and conveniently from home.

The six week program will help you stay active and build confidence for daily life, whether that's being able to enjoy activities, keeping up with the kids or being more confident moving around at home. Keeping active can also help with managing fatigue and promote pain management. Tailored exercises and led by an exercise physiologist, this program is suitable for people using walking aids or with mild to moderate impacts on mobility, balance and movement.

- 6 week program, maximum of four people per group
- Online and live with an experienced exercise physiologist (EP)
- NDIS eligible (Program of supports)
- Receipts can be provided for Health Insurance claims
- Suitable for people with any neurological condition impacting their activity

**Cost:** \$334 (NDIS eligible) **Date:** New dates available for February – Day and evening sessions available

**Register now:** <https://www.trybooking.com/DFCFU>





## Managing fatigue Our last FACETS program for the year is filling fast!

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.



## Fatigue Management

**Next programs start in February!**

**This 6 week course is \$150**

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

## Peer Support

### Connecting with others for social and emotional support

The festive season can be a difficult time for some people. With our peer support volunteers, no one is alone. If you're looking to connect with others, or chat to a trained peer support volunteer, please get in touch.

Plus Connect 1800 042 138 or [connect@msplus.org.au](mailto:connect@msplus.org.au)



## MS PLUS PHOTO ID CARD

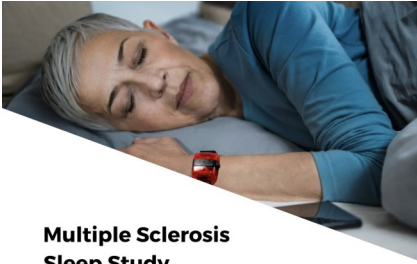
The MS Photo ID Card is available at no charge for registered MS Plus clients, living in ACT, NSW, Tasmania and Victoria, who have a confirmed diagnosis of multiple sclerosis.

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](mailto:connect@msplus.org.au) and ask them to post an application to you.

## MS SLEEP



### Multiple Sclerosis Sleep Study

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



### Help us collect better data on sleep in people with MS

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 3 weeks

Interested? Find out more [here](#) or via this QR code OR contact Dr Laura Laslett, Senior Research Fellow



e: [Laura.Laslett@utas.edu.au](mailto:Laura.Laslett@utas.edu.au)

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

## MS Genetics Study

### Small sample, big impact

Researchers at the **Menzies Institute for Medical Research and QIMR Berghofer** need your help to advance our understanding of multiple sclerosis (MS) in an Australia-wide study.

### We urgently need:

- People diagnosed with MS
- People without MS (YOU can still contribute!)

### Why participate?

We're investigating the connection between the Epstein-Barr virus (EBV) and MS, and your contribution could lead to improved diagnosis, treatment, and prevention of MS. This study is recruiting a broad group of people with and without MS from across Australia to donate saliva samples. Your participation is critical to understanding how EBV impacts the immune systems in MS development.

### Participation is easy!

- Complete a brief questionnaire
- Provide three saliva samples (postal submissions are welcome)
- Optionally, give a blood sample

### Ready to make a difference?

Find out if you're eligible by completing our screening survey via this link: [Menzies- MS Genetics Study - Screening survey](#) or via the QR code:

### For more information contact:

Chavi Asthana, Postdoctoral Research Fellow, Menzies Institute for Medical Research

17 Liverpool Street, Hobart, TAS, 7000

t: (03) 6226 4226; e: [Chhavi.Asthana@utas.edu.au](mailto:Chhavi.Asthana@utas.edu.au)

*This study is approved by the University of Tasmania Human Research Ethics Committee, H0027273 (H-85821) and funded by the Australian Government, Medical Research Future Fund and National Health and Medical Research Council.*



# National MLAK Key Scheme

## From Hobart City Council:

We're pleased to support Hobart residents with disability who require access – not just Hobart City Council LGA residents but people living in greater Hobart area. This is a key to access accessible toilet facilities even when they are locked so can help our clients with MS or other neurological conditions who might have bladder and bowel continence symptoms that are difficult to manage when out in the community. Residents in other areas of Tas could enquire with their local council or get a key through the Master Locksmiths Association for \$20.

They are available for free through Customer Service Counter at 16 Elizabeth Street, Hobart.

To receive an MLAK key, the person with disability or someone applying on their behalf will need to present one of the following:

- a. A Disability Parking Permit
- b. A Disability Card
- c. A letter from a doctor, disability support organisation, or community health centre

These are the locations we are aware of in Tas that use the MLAK keys (as found on National Public Toilet Map & Changing Places websites) so users have access even if at time when facility is locked. There are also many locations in mainland states where MLAK key works as well as it is a national scheme.

- Argyle Street Car Park, 59 Collins St, Hobart
- Salamanca Square, Salamanca Square, Battery Point
- Hobart Central Car Park, 107 Murray St, Hobart
- Kangaroo Bay, Kangaroo Bay Drive, Bellerive
- Simmons Park, 26A Esplanade, Lindisfarne
- Kingborough Community Hub, 7 Goshawk Way,
- Paterson Street – West Car Park, 81 Paterson St, Launceston
- Somerset Surf Club, Bells Parade, Somerset
- ANZAC Park, 2A Bells Parade, Somerset

<https://www.hobartcity.com.au/Services/Community-programs/Equal-access/Accessible-facilities/Master-Locksmiths-Access-Key-MLAK>

<https://masterlocksmiths.com.au/MLAK>

<https://toiletmap.gov.au/>

<https://changingplaces.org.au/>





# All I want for Christmas is my Sanity



## Preparing for Christmas Living with a Chronic Health Condition

Join Sally and Seona – two psychologists living with chronic health conditions & the creators of the But You Look So Good podcast - for a FREE live webinar - designed to help you get ready for Christmas (without losing your mind in the process).

We can't guarantee a stress-free Christmas, but we can help make it bearable, manageable, and maybe even a little joyful.

✨ The key is in the planning – so join us on a LIVE Zoom

## DEC 1, 2025 | AT 12PM (AEDT)

- Energy pacing
- Managing expectations (yours and others')
- Avoiding communication hazards (so many!)
- We want you to enjoy Christmas, not just get through it.



### A little extra Christmas cheer

We want to say thank you for supporting us this year – so we'll be giving away some Christmas gifts (think vouchers, and other fun things!). For your chance to win, sign up, and there'll also be bonus giveaways for those who show up live!

Register to access our Christmas Webinar FREE until 07.12.2025.  
It will then be available for purchase (\$25) from 07.12.2025.

[BUTYOULOOKSOGOOD.COM.AU](https://butyoulooksogood.com.au)

