



**PLUS**  
Neuro Wellbeing

Tasmania Newsletter  
July 2025

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

## The 2025 MS Go for Gold Scholarship applications open this month!

### How can we help you live your dream?

Our 2025 MS Go for Gold Scholarship applications are opening soon! The scholarships provide one-off grants to follow a personal dream, funded by the supporters of our MS Mega Challenge events.

If you're living with MS or another neurological condition, the scholarships can provide the helping hand you need to follow your passion. We have 25 scholarships worth up to \$2,000 each up for grabs!

Please keep an eye on the MS Plus website.

**Applications open Tuesday 15 July 2025**



[Find out more](#)

## Volunteer at the Hobart MS Mega Challenge

### Not a swimmer but still want to be involved in the Hobart MS Mega Challenge?

#### Why not volunteer?

Volunteers are a vital part of our events; we couldn't do it without them! They bring the good vibes and ensure that the event runs smoothly. If you're interested in supporting Australians living with MS in a different way, then sign up to volunteer today!

**Visit:** <https://www.msmegachallenge.org.au/volunteer>



### Learn MS for family & friends

Plus Navigate MS: Family & Friends is a two part program designed for people who support someone with MS. You'll learn about the condition, engage in informative discussions with experts and connect with a supportive community.

**When:** Programs starting in both July and November.

**Time:** 7.00 – 8.15pm

**Register:** [www.trybooking.com/CKEQH](http://www.trybooking.com/CKEQH)

**Cost:** Free

# what's on

Exploring the latest programs and updates from client engagement and wellbeing



July 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. 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.

Coming up over the next few months we have sessions on Women's Health, Men's Health and employment. Program dates and times can be found through the booking link.

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

**Cost:** Free

## Art therapy guided group program – Support mental health, wellbeing and enhance mindfulness

This two part small group session, facilitated by a qualified art therapist, aims to provide opportunities to support mental health and wellbeing. Using creative expression and mindfulness, we can discover ways to ground ourselves, become attuned to our needs, and explore art making and materials to support pain management.

**Cost:** \$120

**Book:** <https://www.trybooking.com/DBWJU>



**Experience  
the benefits of art  
therapy**

for mental health,  
mindfulness and wellbeing

## Live well with a new diagnosis of MS – Join Navigate MS

With the right information, tools and strategies you can live well with a diagnosis of MS. Specifically tailored for people newly diagnosed (first two years), we'll cover topics such as: Understanding MS, health strategies, navigating the health system, building resilience and accessing support. This four-week program is designed to build knowledge and empower, allowing time to share experiences and ask questions.

**When:** Programs are starting in both July and November, one night each week from 6.30 - 8.00pm for four weeks, completed online from the comfort of your own home

**Cost:** Free! Navigate MS is free for all people within the first two years of diagnosis

**Register:** <https://www.trybooking.com/CUIEL>

**Included:** Receive a workbook, ongoing support from an MS nurse, a set of brain health cards for future reference and access to an optional \*Allied Health Advisor appointment (see below)

**Cost:** \$80 for a 30minute telehealth appointment with an exercise physiologist or dietitian

**\*Allied Health Advisor appointments** - Specifically designed for newly diagnosed clients completing the Navigate MS program, we offer individual 30-minute telehealth appointments. These appointments focus on providing preventative health strategies to help you live well with MS.

**Frequency, urgency or leakage can be signals that it's time for a bladder or bowel assessment. Addressing issues early is key to effective bowel and bladder health.**

**Don't wait, book your free assessment now!**

Affecting around 7 million people across Australia, bowel and bladder issues impact daily living, social activities and our ability to exercise. Whether the challenge is frequency, urgency or difficulty, there is help and addressing issues early is key! Free continence assessments are now available at the Hobart Wellbeing Centre.

**Book:** To make a booking contact us on 1800 042 138

**Cost:** Free

**APPLY NOW**

## Two scholarships for Tasmanians living with MS



**PROGRESS IN  
MS RESEARCH  
CONFERENCE**

3-5 DEC  
2025  
BNE.QLD

### Be a part of the 'Progress in MS Research' Conference

MS Australia has received funding from the Tasmanian Masonic Benevolent Foundation to fund two Tasmanians living with MS to attend MS Australia's [Progress in MS Research](#) conference, to be held in Brisbane from 3-5 December 2025. The funding covers the costs of conference registration, return airfares, accommodation and incidentals such as meals and airport transfers. The focus of the funding is on people who would not be able to afford to attend the Conference without this financial support. The two selected candidates would be required to write a blog post for MS Australia detailing their experiences at the Conference.

If you would like to be considered for this opportunity, please send an email to MS Australia at [advocacy@msaustralia.org.au](mailto:advocacy@msaustralia.org.au) and outline in **less than 100 words** why you think you would be the best candidate for this opportunity.

## Conquer the Camino to Fight MS

On 24 May, 17 incredible fundraisers including our very own Events Campaign Manager, Sophie Drummond, set off on a 5-day trek to complete the final 117.3kms of the Camino de Santiago pilgrimage taking in the breathtaking Spanish countryside, including fields of wildflowers, local cows and many historical churches and villages along the way to Santiago.



Together they have raised over \$100,000 for MS and made a huge difference to the lives of people living with MS.

**Go Team!!**

## Congratulations to our 2025 Art Show winners!!

Congratulations to the winners of our MS Virtual Art Show for 2025, officially announced on Friday 30 May for World MS Day.

The Barry Allen Art Award: Chasing Mountains with a Disability by **Leon Waldhuter**

Highly Commended - Painting: It's all in her Head by **Laura Trapnell**

Highly Commended - Drawing/Illustration: Suitcases by **Gwen Rodgers**

Highly Commended - Sculptural/Craft Artwork: Delicate Fortitude by **Olivia Tahen**

Highly Commended - Digital Artwork and Photography: Can't catch me now by **Deanna Renee**

Carers Award: Discussion by **Debra Hornby**

Carers Award Special Mention: Sea Monster **Ari Benedetti**



[See the full Virtual Art Show Gallery](#)

# Trailblazer. Storyteller. Legacy Giver.



## Celebrating the Remarkable Life and Legacy of Betty Stewart (Lillian Hollis)

**Betty Stewart (Lillian Hollis) lived a life that defied expectations — a vibrant force of ambition, creativity, and compassion whose legacy continues to inspire.**

The extraordinary life of Betty Stewart (**Lillian Hollis**) is a story of energy, ambition, and inspiration. Betty passed away at the remarkable age of 99 — still sharp, vibrant, and full of the same drive that defined her life. She lived each moment to the fullest, forging her own path and leaving behind a powerful legacy.



Raised in a loving and supportive home by her devoted mother, Betty was instilled with strong values from an early age. *“Mother taught me that to achieve success in my life and career, I would have to work hard,”* Betty once said. It was this foundation that shaped her tenacity, ambition, and independence — qualities that would take her further than most women of her time.

*“She was born before her time,”* says her cousin Barbara. *“Betty lived and worked in a man’s world — and did tremendously well despite the challenges.”*

Betty began her career humbly as a temp at 3AW Radio Station. But she had big dreams — and the grit to make them real. Overcoming the many barriers faced by women in business, she eventually started her own PR firm—becoming one of the first women in Australian show business to own and run a company of her own. **Over the decades, she worked with international stars including The Trapp Family, Shirley Bassey, Jane Russell, and most notably, The Beatles.**

Betty worked well into her 70s, only retiring in 1992 to “smell the flowers” and spend more time with her beloved husband, Ray. Retirement didn’t slow her down. Instead, she turned her energy to writing, penning her memoir *A Survivor in a Star-Spangled World*, which she proudly self-published in 2000 — a reflection on her vibrant, six-decade-long career.

Barbara remembers Betty as *“a very caring and generous person,”* always ready to lend a hand to those in need. True to her generous spirit, **Betty chose to leave a gift in her Will to MS Plus.** Multiple sclerosis became a cause close to her heart after a family member was diagnosed more than 20 years ago.

Betty’s life was a shining example of dedication, trailblazing energy, and compassion. **Through her gift, her legacy lives on — helping others live their lives to the fullest, just as she did.**

Since 1956, MS Plus has supported thousands of people living with multiple sclerosis and their loved ones.

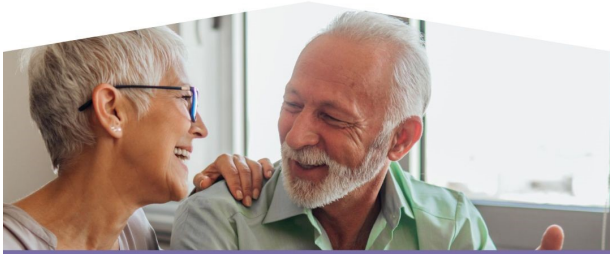
By leaving even 1% or 2% of your estate — after taking care of family and friends — you can protect future generations from MS.

Find out more from Laura at MS Plus. Call **1800 443 867**, visit [www.mymslegacy.org.au](http://www.mymslegacy.org.au) or email [futureplanning@msplus.org.au](mailto:futureplanning@msplus.org.au)

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

## AGEING WELL WITH MULTIPLE SCLEROSIS

massive open online course



ENROL TODAY — FREE

**Ageing Well with MS** is a free online course that explores what ageing is and how it intersects with multiple sclerosis. The course provides physical, mental and emotional strategies for healthy ageing and looks at planning for the future. Across three course modules you will hear from a range of MS experts, including clinical professionals, researchers and people living with MS. The course was developed by the MS Research Flagship, Menzies Institute for Medical Research 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/ageing>

## MS Genetics Study

**Give a little, change a lot!** Researchers at the **Menzies Institute for Medical Research** 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. The study is recruiting a broad group of people with and without MS from across Australia to donate saliva samples. However we are particularly interested to hear from people with MS in Tasmania and Queensland who are either newly diagnosed or not taking disease modifying therapies. Your participation and a small blood sample is critical to understanding how EBV impacts the immune system 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:

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