



PLUS
Neuro Wellbeing

Tasmania Newsletter
June 2025

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

Hobart MS Mega Swim - Save the Date!

Saturday 20 September 2025

Mark your calendars for the 2025 Hobart MS Mega Swim. Once again we will be hosting the 12-hour Mega Swim Challenge. Will you join us to make it the biggest one yet? All money raised helps support people living with MS.

Register your interest today at [MSMegaChallenge](https://www.trybooking.com/CZZKY)



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!



Have you had a chance to come in and chat with MS Nurse Michael yet? Drop into our Hobart Wellbeing Centre at 246 Murray Street, Hobart and enjoy a cup of tea while you 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 11 and 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.

what's on

Exploring the latest programs and updates from client engagement and wellbeing



June 2025

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.

Register: To make a booking contact Connect Plus on 1800 042 138

Cost: Free

Back by popular demand — Exercise Physiology What is it and how can it help improve my symptoms?



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

We had so much interest in this session that we're offering it again! 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 25 June, 12:00 to 1:00pm

Where: Hobart Wellbeing Centre, 246 Murray Street, Hobart

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

Cost: Free



Peer Links – new programs available now

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>

When: Various dates and times — refer to the booking link for full details

Cost: Free

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.

When: FACETS – next programs start Tuesday 22 July

Learn more: [msplus.org.au/FACETS](https://www.msplus.org.au/FACETS)

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

Cost: \$150

Peer Support – find your nearest group

We have several Peer Support Groups available in Tasmania that welcome new members any time. If you are 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>.



The MS Plus Virtual Art Show Exhibition



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 aligned with the World MS Day theme: ***My MS Diagnosis: Navigating MS Together.***

Visit: [MS Art Gallery](#) to view the exhibition.

Ageing Well with MS

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>

AGEING WELL WITH MULTIPLE SCLEROSIS

massive open online course



ENROL TODAY — FREE

Multiple Sclerosis Sleep Study

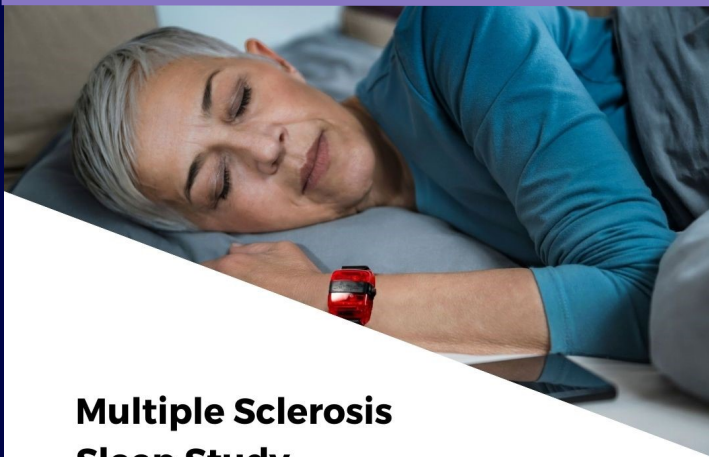
Researchers at the Menzies Institute for Medical Research are looking for adults living with MS to participate in a sleep study.

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.



Multiple Sclerosis Sleep Study

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



Free online course for World MS Day

Multiple Sclerosis Symptoms & Diagnosis

01 May - 15 June

Learn about MS symptoms, the diagnostic process, and the impact of a diagnosis. Explore the global barriers to early MS diagnosis and solutions across the world.



UNIVERSITY of TASMANIA

MENZIES 

Institute for Medical Research

World MS Day Menzies Public Seminar

presented by the Multiple Sclerosis Research Flagship

You're invited to attend a special seminar in honour of World MS Day.

Our MS Research Flagship researchers will be presenting on a range of topics including the reach and impact of their online MS courses, their work with stem cells and its implications for diagnosis, and MS prevention strategies.

DATE

Thursday, 29 May, 2025

TIME

1:00pm–2.00pm

VENUE

Menzies Institute for Medical Research,
17 Liverpool Street, Hobart

Lecture Theatre 115, MS2

RSVP

Members of the public are encouraged to register by 28 May, 2025 via the link below:

WorldMSDay2025_Hobart.eventbrite.com.au

msrf.enquiries@utas.edu.au

