



**PLUS**  
Neuro Wellbeing

**Tasmania Newsletter**  
**May 2025**

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

## Join The May 50K to achieve your fitness goals while supporting MS research



**Up for a challenge this month?** Leave your limits behind and join us for The May 50K and have a blast walking, running, rolling and more towards our fitness goals. The best part?

The challenge is throughout May, so you can join anytime. Challenge yourself to move 50km, 100km, or 150km in your own time and at your own pace while supporting research into finding a cure for MS.

Join the movement as we cheer each other on, whether you join solo or challenge your friends, family or workplace. Funds raised will support research into the prevention, treatment, and finding a cure for MS. Leave your limits behind this May to leave MS where it belongs, behind us. To sign up and find out more visit [themay50K.org](http://themay50K.org)

## The MS Plus Virtual Art Show is back for 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!

Entries close **Sunday 18 May**. Virtual exhibition of all artworks will be hosted on the MS Plus website from **Tuesday 20 May**. Visit [msplus.org.au/artshow](http://msplus.org.au/artshow)

## Drop in and chat with MS Nurse Michael

MS Nurse Michael Mortensen will be hosting drop in 'Nurse Q & A' sessions during May and June. 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 14 and 28 May, 10:00am to 12:00pm
- 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**.

## Nurse Q & A

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



# what's on

Exploring the latest programs and updates from client engagement and wellbeing



May 2025

## Art as Therapy: how creative expression supports wellbeing

Art comes in many forms and can be enjoyed by everyone. However, there are many benefits to creating beyond just the artwork itself.

Join art therapist Louise Weston from Creating Insights for a guided session exploring the therapeutic power of art. Discover how creative expression can support mental wellbeing, reduce stress, and enhance mindfulness. No artistic experience is needed.

During our interactive session Louise will discuss mindfulness, stress reduction and increasing your awareness of being in the moment, inspiring your creativity.

**When:** Tuesday 29 April, 6:30pm -7:30pm

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

**Cost:** Free

Feeling creative? Don't forget the MS Plus Art Show is now open for entries!



## Exercise Physiology?

### What is it and how can it help to 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.

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

**Cost:** Free

## Free Continence Assessments at the MS Plus Wellbeing Centre

Affecting around 7 million people across Australia, bowel and bladder issues can 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. To make a booking contact Plus Connect on **1800 042 138**.

# 2025 Launceston MS Walk Run + Roll – It's a WRAP



On Sunday 6 April we welcomed 166 Tasmanians to share a wonderful morning, and sense of community, walking, running and rolling around the Inveresk Precinct. Thankfully, the rain held off ensuring the participants enjoyed a dry, yet windy event. Many locals donate their time to the event in ways of emceeing, radio communication and providing a warm up instructor. The event has now been running for 6 years. This year the Launceston Walk Run + Roll raised an amazing \$15,579 for people living with MS. It was such a pleasure to see a strong community come together to support people living with multiple sclerosis.



## Contenance Australia event: Let's talk about continence health

Contenance Australia is hosting a free community event on Saturday 10 May 2025. If you're dealing with bowel or bladder challenges or interested in learning more about the things to look out for, register for the free community event which includes morning tea and lunch!

**When:** Saturday 10 May, 11.15am to 1.30pm

**Where:** Hotel Grand Chancellor, 1 Davey Street, Hobart

**Register:** <https://www.contenance.org.au/lets-talk-about-continence-health-hobart-saturday-10-may>

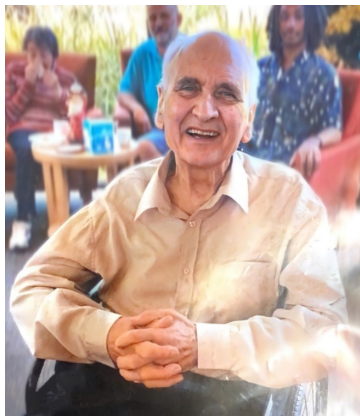
**Cost:** Free



## VALE Gillian Barnard

Gill was a familiar face on the streets of Hobart. Gill had lived with MS for many years and never let this stop her from getting out and about in the community. She was a local legend in Hobart, always fundraising and raising awareness of MS, greeting people in Salamanca Place and the passengers from the cruise ships that arrived in town. Sadly, Gill recently passed away peacefully. Our thoughts go out to Gill's friends and family.

# Grand Designs: A Builder's Legacy for People with MS



Luigi Mazzotti was a familiar sight in the Melbourne suburb of Lilydale. No matter the weather, he'd set off on his motorised scooter, navigating the footpath to his favourite spot—the Degani Café in the Lilydale Marketplace. Along the way, he'd greet everyone with a smile and a warm hello, and the community would respond in kind, embracing him as one of their own. **Yet, despite his local fame, few people truly knew Luigi's story.** And at MS Plus, his name was completely unknown—until a surprising letter arrived after his passing. **This quiet, humble man had left an extraordinary gift in his Will to support people living with multiple sclerosis (MS).** “Many people have a connection to MS, but sometimes we receive beautiful, unexpected gifts like Luigi's,” shared Laura from MS Plus. **“It's a reminder that generosity often comes from the most unassuming places.”**

**A Life of Hard Work and Heart** — Born in 1932 in the picturesque mountain town of Coreglia Antelminelli, Tuscany, Luigi was the only child of Mario and Gida Mazzotti. In 1952, with courage and ambition, he set sail for Australia to build a new life. A skilled cabinet maker, Luigi first found work crafting and repairing furniture. Later, he became a payroll escort at Victorian Railways before carving out a lasting career in the building industry. Though he never married or had children, he was never alone—his friendships were many, and he even brought his parents to Australia to share in his new life.

**A Man of Faith and Independence** — Luigi's deep faith anchored his life. As a devoted member of St Patrick's Church in Lilydale, he formed strong bonds within his parish. Pastoral worker Debbie Edwards often spoke with him, whether at mass or during her visits to Lilydale Aged Care, where Luigi spent his later years. **“Luigi was such a lovely, faithful man with a huge smile and heart,”** Debbie recalled. “I first met him when he still used his walker to come to church. Later, he embraced his scooter as a way to keep his independence even after moving into aged care.” An accident had led to his reliance on mobility aids, but it never slowed his spirit. Until the very end, he remained engaged, present, and full of quiet kindness.

**A Legacy That Builds Hope** — Luigi passed away during Melbourne's prolonged COVID-19 lockdown. At his funeral, his friend Marlon delivered a eulogy that captured his essence: **“Humble and kind.” Luigi wanted his legacy to be one that made a difference.** Through his generous bequest to MS Plus, he ensured that people living with multiple sclerosis would receive the support they need to live fuller, more independent lives.

**Luigi was a builder in every sense—a craftsman who shaped homes and a visionary who constructed a future of hope for others.**

## How Will You Be Remembered?

Your Will tells a story about what you value most. Like Luigi, you have the power to change lives, ensuring people with MS receive the care and support they need. No matter the size, every gift makes a difference. To learn how simple it is to leave a gift in your Will, contact MS Plus today. Your legacy could be life changing for those affected by MS. Luigi's story is recorded in the **MS Celebration of Life Book** see page 68.



**Like Luigi, you can leave a legacy of hope for people living with MS, through a gift in your Will. Any gift, large or small, even 1-2% of what is left, after gifts for family and friends, can go to research or support services.**

Want to know more? Contact Laura, Future Planning Manager, on **1800 443 867**.

You can also email [futureplanning@msplus.org.au](mailto:futureplanning@msplus.org.au) or visit [www.myslegacy.org.au](http://www.myslegacy.org.au).



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

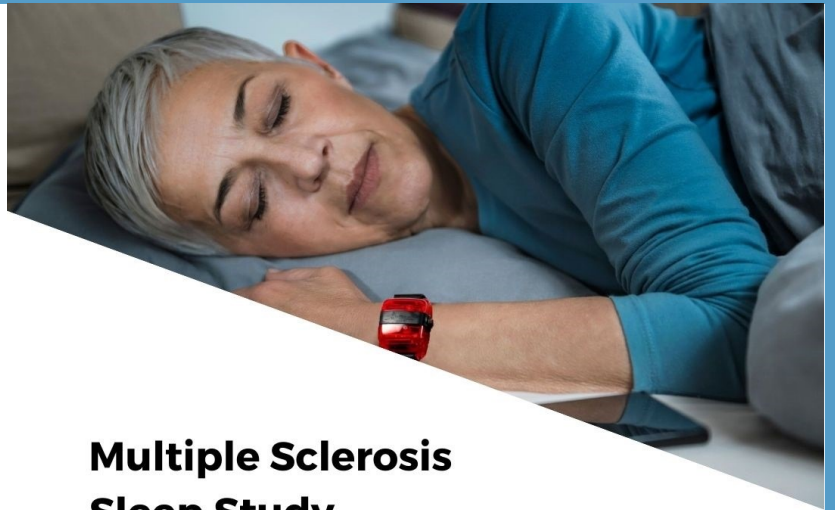
Interested?

Find out more [here](#).

OR 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



## Multiple Sclerosis Sleep Study

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



## Multiple Sclerosis Genetics Study

CALL FOR RESEARCH PARTICIPANTS



Are you aged 18 and above? 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.

**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 above:

For more information contact:

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