



PLUS
Neuro Wellbeing

Tasmania Newsletter
November 2025

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

Do it for MS!

Join us to Trek Flinders Island for MS



Join us for the experience of a lifetime!
Scan QR Code for information



**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.

Call Plus Connect on 1800 042 138 or email us at connect@msplus.org.au

Find a group near you by checking out our interactive map

<https://www.msplus.org.au/support-services/connecting-with-your-community/peer-support>



what's on

Exploring the latest programs and updates from client engagement and wellbeing



November 2025

New Group Exercise Physiology Classes Starting January 2026!

We're excited to announce new small Group EP sessions beginning from Thursday 8 January 2026 at our Hobart Wellbeing Centre at 246 Murray Street, Hobart. The perfect way to kickstart your health goals in the new year.

Available sessions:

- Mondays: 8.00am (2 of 4 spots remaining)
- Thursdays: 8.00am (2 of 4 spots remaining)
- Thursdays: 12.00pm (4 spots available)



Each class offers small group support to help you stay accountable and progress your exercise goals safely and effectively.

Cost: \$166.99 per hour, shared between the number of clients attending

Cancellation policy: 2 business days' notice required; full fee applies if cancelled within that window

Funding options: Self funded, NDIS, Aged Care, DVA, ESS, and Private Health accepted

Email our Exercise Physiologist, Talita at Talita.Welmans@msplus.org.au with your phone number and she will call you for a brief chat to discuss your suitability or answer any questions you may have about joining a group.

If the times shown above don't suit you, please get in touch to suggest alternate options, we're always open to adding more sessions, based on interest.

Navigate for people newly diagnosed, their friends and families

With the right information, tools and strategies you can live well with a diagnosis of MS. Specifically tailored for people newly diagnosed or for people supporting someone with MS. We'll cover topics such as: Understanding MS, health strategies, navigating the health system, building resilience and accessing support.

Navigate – Newly diagnosed (for people with MS)

Sessions: Two sessions, 60 minutes each

Date: Next program starts February

Cost: Free

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

Navigate – Family & Friends (for anyone supporting someone with MS)

Session: One session, 60 minutes

Date: Next program starts February

Cost: Free

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



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 in February – Day and evening sessions available

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



New Wellbeing Factsheets now available

[Mental Health & MS](#)

[NDIS for people with MS](#)

[Bladder & Bowel Changes](#)

Looking for some bite sized information in an online or printable format? We have a range of new factsheets now available. We've started with Mental Health, NDIS and Bowel and Bladder health, however more are on the way, so keep an eye out.

[Find all of them here](#)

Free Online Course: Deciding about Disease Modifying Therapies for MS

Deciding about Disease Modifying Therapies (DMTs) for MS is a free online course that explains what DMTs are and how they work. The course aims to help people communicate clearly about DMTs and help people living with MS make informed decisions about using them. Across three course modules you will hear from a range of MS experts, including people living with MS, neurologists and an MS nurse. The course was developed by the MS Research Flagship, Menzies Institute for Medical Research at the University of Tasmania in collaboration with the MS community.

Key details

Duration: Self-paced

Effort: 1.5-2 hours per module

Completion certificate: Yes

Cost: FREE

Enrol: <https://ms.mooc.utas.edu.au/i/dmtt>

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**DECIDING ABOUT DISEASE
MODIFYING THERAPIES FOR MS**

massive open online course



ENROL TODAY — FREE

Free Online Course: Mental Health and MS

Mental Health and MS is a free online course that will increase your understanding of how anxiety, depression and MS interact to affect the lives of people with MS. It also provides practical tips for improving mental health. Across three course modules you will hear from a range of MS experts, including people living with MS, clinical psychologists and neurologists. The course was developed by the MS Research Flagship, Menzies Institute for Medical Research at the University of Tasmania in collaboration with the MS community.

Key details

Duration: Self-paced

Effort: 1.5-2 hours per module

Completion certificate: Yes

Cost: FREE

Enrol: <https://ms.mooc.utas.edu.au/i/mht>

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**MENTAL HEALTH
AND MULTIPLE SCLEROSIS**

massive open online course



MS Genetics Study

Help us decode Multiple Sclerosis

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:

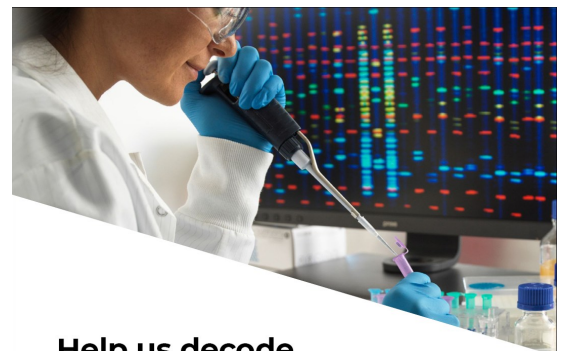
For more information contact:

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

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.



**Help us decode
multiple sclerosis**

JOIN OUR STUDY AND PUT YOUR DNA TO WORK

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MONASH
University

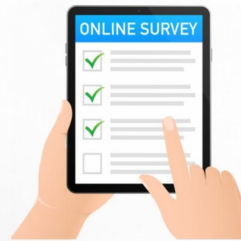


VOLUNTEERS NEEDED

THE MULTIPLE SCLEROSIS AUSTRALIAN WOMEN'S MIDLIFE YEARS (MS-AMY) STUDY

ELIGIBILITY

All women **aged 40 to 69**
with a diagnosis of
multiple sclerosis



REIMBURSEMENT

You will receive a \$25 eGift card
for completing the survey

LOCATION

Surveys will be completed by you
at home



WHAT DOES THIS STUDY INVOLVE?

A once off online survey
that will take about 45
minutes to complete
The survey will ask you
about your:

- family and living arrangements
- work and volunteering roles
- physical, sexual and mental health
- multiple sclerosis

TO FIND OUT MORE OR TO JOIN THE STUDY

Contact the study team on the number or email
below, or scan the QR Code



1800 384 844



ms-amy@monash.edu

This study has been approved by the Monash University Human Research Ethics Committee
Project ID: 45712

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