



PLUS
Neuro Wellbeing

Tasmania Newsletter
October 2025

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



Hobart MS Swim 2025 – It’s a Wrap

On Saturday 20 September, Kirsty along with her team at the Kennedy Doone Aquatic Centre and the MS Event Team were thrilled to welcome 7 amazing teams — 113 swimmers in total — who took on the challenge of swimming for 12 hours! We had the wonderful MS Plus Ambassador Mark Jablonski share his MS journey and welcome the teams to the event. As always, John Blewonski, CEO was in attendance to meet and greet the swimmers and thank them for their support.

Not only did the swimmers take on the 12 hour swimming challenge, but participated in the **Best Dressed Parade** with some very creative fashions on pool deck! Some took on the adrenaline fuelled **Big Splash** competition – jumping from the 3m, 5m, 7m and even the 10m diving platforms and to add an extra competitive edge to the day the teams each chose a swimmer to take part in the **100m sprint**.

Best Dressed Team: Art Robotic Turtles **Big Splash Winner:** Tim Price

100m Sprint Winning Team: Friends Swimming

Tomatoes Swim Club led the way as our top fundraising team, raising an incredible \$10,040. **Matt Williams** made a splash as our top individual fundraiser with \$2,360. And a big shoutout to **Ollie Chesterman**, our top junior fundraiser, raising an impressive \$1,745.00.

Topping the distance charts, **Friends Swimming** swam an impressive 52.6km. Our overall winning team Award went to **HC Swim Club** – Congratulations for being **AWESOME!!**

We also had a wonderful team of **Volunteers** helping to keep the event running smoothly. We can’t run these events without the support of our volunteers – so a big **THANK YOU** to Lara, Polly, Jackie and Christina ♡

A huge thank you to every swimmer and supporter who made this such a **MEGA** day. Together, they raised an extraordinary \$33,255 to help people living with MS — what an achievement!



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 90 minute sessions over 6 weeks.

Date: Next programs start 8 October **Cost:** This 6 week course is \$150

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

what's on

Exploring the latest programs and updates from client engagement and wellbeing



October 2025

NEW Group Exercise Online! Improve fitness, build confidence from anywhere!

Stay active, independent and healthy with our EP-led online group classes. These sessions 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 lead 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: Starts Tuesday 14 October

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



Stay Active

Stay active, independent and healthy with our EP-led online group classes

- Live online 6 week program
- Max 4 people per group
- Exercises tailored to your ability and goals
- NDIS eligible

Travel tips for people living with a disability

Join us for a free, virtual event designed to empower and inspire people living with a disability to learn practical, accessible, and confidence-boosting travel tips from Andrew at Accessible Oz.

- Plan safe and comfortable trips
- Navigate airports and accommodations with ease
- Get inspired by real stories of accessible adventures

FREE online session 12.30–1.30pm, Wednesday 5 November

Register at: <https://www.trybooking.com/DDZYE>

Continence Support

Empowering you to take control and improve your confidence, relationships and everyday life.



Free bowel and bladder assessments available now

Unintentional leakage, urgency, difficulty or frequency can all be signs of bladder or bowel issues. There is support available. In most cases there are simple approaches to fix the problem, but the key is to address issues early, so don't delay this important health issue.

Free continence assessments are available at the Hobart Wellbeing Centre at 246 Murray St, Hobart.

To make a booking contact Plus Connect on 1800 042 138.

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 5 & 12 November

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 5 November

Cost: Free

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



Peer Support – Connecting with others for social and emotional support

Connecting with peers in a similar situation is a wonderful opportunity to share experiences and learn from each other. The PeerTalk program involves up to eight phone calls with a peer support volunteer, matched to you based on your areas of concern. We have volunteers available now ready to chat with you. Whether you have a new diagnosis, have a major life change such as pregnancy or work, or are seeking someone else's experience with medications – our compassionate volunteers are here to chat. For more information contact us at Connect@msplus.org.au or 1800 042 138.



Join the AMSLS today

Are you ready to make a positive difference?

The **Australian Multiple Sclerosis Longitudinal Study (AMSLS)** has been running for over 20 years. It's a collaborative research initiative between the Menzies Institute for Medical Research and MS Australia, collecting real-world data from Australians living with MS. This valuable data helps inform policy decisions and guides MS-related medical and support services—driving positive change and improving lives.



To maximise its impact, the AMSLS needs as many participants as possible.

If you're living with MS in Australia and aged 18 or over, you can register at: <https://www.msaustralia.org.au/amsls>

Want to know more? Watch this [short video](#).

MS Genetics Study

Give a little, change a lot

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



We're recruiting!

Join the MS Research Flagship Consumer and Community Reference Committee

The MS Research Flagship at the Menzies Institute for Medical Research is guided by a Consumer and Community Reference Committee (C&CRC), established in 2019 as part of its governance structure. The committee includes up to 18 members—people living with MS, their carers, supporters, and allied health professionals—and is supported by a dedicated Consumer and Community Involvement (CCI) Manager. The Chair and Deputy Chair of the C&CRC represent the MS community on the Flagship's Steering Committee. The committee is now seeking to recruit up to four new general members.



If you're passionate about improving MS research and care, we'd love to hear from you.

For more information or an initial discussion, please contact the committee's CCI Manager Viv Jones at Vivienne.jones@utas.edu.au. You may also like to visit the Flagship's website [HERE](#).

Do it for MS – In Celebration

Do you have a **Special Occasion** coming up?

Why not consider one of our Do it for MS **In Celebration** packs to help you not only celebrate those important moments – engagements, weddings, birthdays or any other special days you share with loved ones, but also help raise much needed funds to support people living with MS.

Our **In Celebration** cards can be customised to meet your requirements and are a wonderful way to show your support for people living with MS.



Above is a sample of the designs we have on offer. Or why not view our full range [here](#)