



PLUS
Neuro Wellbeing

Tasmania Newsletter
August 2024

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

Feeling fatigue, pain or struggling with balance?



We can help!

At MS Plus , our physiotherapists and exercise physiologists specialise in MS and other neurological conditions. We offer tailored treatments and exercise programs to help you improve your strength, balance, and mobility. With our personalised support, you can effectively manage symptoms like fatigue and pain, so you can maintain a happy and active lifestyle.

We offer flexible appointment options, including face-to-face consultations at our Hobart Wellbeing Centre, home visits and telehealth appointments.



'My approach to patient care revolves around listening to my client's issues and designing achievable goals in collaboration with them. I believe in personalised care that acknowledges each patient's unique circumstances.'



- Ramu
MS Plus Physiotherapist

Book your appointment today

Call us: 1800 042 138

Email us: connect@msplus.org.au

msplus.org.au/plusphysio

msplus.org.au/exercise-physiology

We are now seeking Expressions of Interest for clients living in the Tasman Peninsula who may be interested in our physio service, including assessment and/or exercise, likely to be provided locally in your home. Please call our Hobart Physiotherapist on 03 6220 1128.

Join us at the MS Mega Swim Hobart and help make dreams come true!

The MS Mega Swim is a 12-hour relay event, where friends, families, colleague and neighbours come together to raise funds for people living with MS.

Taking place on Saturday 21 September, the MS Mega Swim is open to everyone, whether you're swimming for an hour or just a few laps! There will be entertainment, music and yummy food to fuel your swim! Join in our trivia games and get your best fancy dress outfits ready!

It's not just about swimming; it's about making a difference for those living with MS. Every lap counts towards raising funds for the incredible MS Plus Go for Gold Scholarships that provide a one-off grant for someone living with MS to follow their dream!

So, build your team, start fundraising and get ready to make a splash at the MS Mega Swim Hobart! We can't wait to see you there!

[Register Here](#)



The 2024 MS Go for Gold Scholarships applications are now open



The MS Mega Challenge has supported over 900 Go for Gold Scholarship recipients in fulfilling a dream and this year we want to help you achieve your dreams!

The scholarships provide one-off grants to follow a personal dream.

If you're living with multiple sclerosis, the scholarships can provide the helping hand you need to follow your passion. Categories include:



- Personal expression: arts, crafts, music - includes materials or participation costs
- Education: academic or lifestyle courses and directly associated costs
- Living your best life: wellbeing activities such as yoga, alternative therapies, travel, or sports equipment/participation fees

No project, dream, goal or hobby is too big or too small.

Applications close 17 September 2024.

[Find out more](#)

Research has shown that exercise can provide a number of other advantages for people living with MS that go beyond physical health. In particular, it has been found that exercise can have significant impacts on a number of common symptoms, as well as improve mental health and overall wellbeing.

Ready to get started on exercising?

Contact Plus Connect to make an appointment with our exercise physiologists today!

[Learn more >](#)

Benefits of exercises for your mind and body

- 01 Reduce fatigue
- 02 Improvements in mood
- 03 Help reduce depression
- 04 Decrease cognitive problems
- 05 Improve emotional quality of life



what's on

Exploring the latest programs and updates from client engagement and wellbeing



August 2024

Upcoming MS Plus webinars and programs



Managing MS in the workplace

Many people are diagnosed with MS while they are in the prime of their careers, and this can make navigating the workplace with MS challenging. Symptoms such as cognitive and physical fatigue, bladder difficulties and mobility changes can impact people in the workplace, and without support, may put people at risk of leaving the workplace or stepping down in their career prematurely. Join occupational therapist, Jacqueline Webster, from the MS Plus Employment Support Service as she explores how you can manage symptoms at work, and what supports may be available.

Date: Tuesday 20 August

Time: 12:00pm–1.00pm AEST

[Register Now!](#)

Navigate MS: Newly Diagnosed Program

We know people newly diagnosed with MS can have many questions and are seeking support and reassurance. Run by MS Nurses, the **Navigate MS: Newly Diagnosed program** is specifically tailored for people who have been diagnosed with MS within the past two years. This free four-week program aims to build knowledge, provide practical advice and strategies, share experiences and learning with peers and empower people to take control of their health to live well with MS.

- brain health strategies
- navigating the health system
- understanding MS
- building resilience and accessing help and support

We'll cover topics including:

Date: Wednesday 7 August 2024, with more dates coming

Time: 6:30pm–8.00pm AEST

To register: Contact Plus Connect on 1800 042 138 or **connect@msplus.org.au**

What's new:

Tips from a dietician to navigate menopause and the impact of diet

In this podcast, MS dietician Julie discusses the impact of diet on menopause and provides practical tips for managing menopausal symptoms through nutrition. Julie discusses hot topics such as soy, foods that can worsen or ease symptoms like hot flushes, and why weight gain occurs during this time. Julie provides evidence-based information and simple tips to improve your eating habits.

[Listen here!](#)





Managing fatigue in teens with MS

For teens living with MS and their families, managing fatigue is important for maintaining everyday activities both at home and at school. In this three-part series, senior occupational therapist Ashlee Cruz from the Royal Children's Hospital Melbourne, offers practical strategies to support teens with MS in managing fatigue.

Part one provides an overview of fatigue in teens with MS and how this can impact on daily activities. In part two, Ashlee provides practical strategies for teens manage fatigue in a sustainable way, and finally in part three, she provides an overview of the various lifestyle changes and strategies that teens and families can implement to help improve quality of life for teens with MS who are dealing with fatigue.

[Watch now!](#)

Get the latest

- Follow **[MS Podcasts](#)** for the latest episode
- Watch on demand webinars and podcasts, and read the transcripts on the **[Resource Hub](#)**
- You can now find resources tailored to young people with MS **[here](#)**.
- Want to know more about our dietician service, employment support service or just want more information? Get in touch with Plus Connect on 1800 042 138 or **connect@msplus.org.au**

Peer Support Groups

We have several Peer Support Groups available in Tasmania that welcome new members any time. If you're interested in joining a peer support group, contact Plus Connect on 1800 042 138.

CIRCULAR HEAD Meets: First Monday of the month, 7:00-8:30pm Venue: Circular Head Rural Health	LAUNCESTON Meets: Third Saturday of the month, 11 am onwards Venue: Various café's in Launceston
EASTERN SHORE Meets: Second Friday of the month, 10:30am-12noon, followed by lunch Venue: Mornington Inn	WYNYARD Meets: Third Wednesday of the month, Midday onwards Venue: Bruce's Café, Wynyard
GLENORCHY * Meets: Last <u>Tuesday</u> of the month, 6:00-8:00pm Venue: Glenorchy or Moonah	ULVERSTONE Meets: Fourth Wednesday of the month, 11:00am-1:00pm Venue: Ulverstone Life Saving Club
NEW NORFOLK Meets: First Wednesday of the month, 10:30am-12noon Venue: New Norfolk	MENS GROUP Meets: Third Friday of the month, 12 midday-2:00pm Venue: Dr Syntax, Sandy Bay

CHANGE OF DAY

*GLENORCHY Now meeting **LAST** Tuesday of the month

what's on ...



Information for people supporting someone with MS

The **Plus Navigate: Friends & Family** program is for people who support someone with MS.

Over two 75-minute sessions, an MS expert will guide discussions, provide information, links to resources and answer any questions. We'll cover a range of topics including:



- understanding MS
- navigating the health system
- where to access help and support
- how to take care of yourself

Dates: Thursday 8 and 15 August 2024

Time: 7:00pm to 8:15pm AEST

To register: [visit here](#)

Young Carers: Navigating Responsibilities and Wellbeing

Young carers play a significant role in our society, often shouldering responsibilities beyond their years. Each young carer has unique circumstances and responsibilities. Clinical Psychologist, Nicola Palfrey from headspace National talks about the world of young carers, their challenges, and the importance of looking after themselves to manage their daily life. [Watch here!](#)

Carers, Family & Friends Toolkit

This online resource provides a range of information and practical tips specifically designed for people who are supporting someone with MS.

Topics include:



Understanding MS for Carers



Looking after yourself



Finances, legal & work



Understanding emotions



Talking about MS



Young Carers



Parents of teens with MS



Navigating support systems



Preparing for emergencies

[Explore the toolkit here](#)

Need help finding a job or excelling in your current role? **WE CAN HELP!**

FREE
EMPLOYMENT
SUPPORT SERVICE



MS PLUS
Neuro Wellbeing

Our **FREE** Employment Support Service is dedicated to assisting people with MS or other neurological conditions. We can help you achieve your career goals and thrive in the workplace. From resume building to interview preparation, workplace adjustments, and symptoms management at work, our expert team is here to support you every step of the way. Why choose us?

- ✓ Tailored support for people with MS or other neuro conditions
- ✓ Experienced allied health professionals dedicated to your work success
- ✓ Free of charge – because everyone deserves access to career support

We're here to help you succeed and achieve your career goals. Reach out to us today!

Call 1800 042 138 or email connect@msplus.org.au

Real estate CEO puts his house in order with gift to MS Plus



Wayne Marriott wants people to remember him as "a good person who did good things."

From childhood, Wayne's Methodist parents encouraged him to be kind and compassionate. His school further reinforced the importance of generosity, shaping his worldview.



Wayne competing at the World Masters Indoor Championships in Toruń, Poland. He's a keen hurdler.

Wayne opened a real estate agency after successful careers in sound engineering and marketing. As principal, he established a culture that expected his staff to be ethical in every transaction. Three decades later, the Sydney-based business is flourishing. Wayne is also considered an industry leader in best practice.

At 70, Wayne feels grateful for his thriving business, good health and loving family. A keen hurdler, he participates in Masters Athletics events for the over 35s in Australia and overseas. He plays bridge and enjoys walks in the Sydney CBD, where he lives with his wife, Etty. They also travel frequently.

"I'm fortunate in life, so I want to give back to the community," he says. While considering causes to support, Wayne took an 'intellectual' approach. This philosophy was in keeping with his science and engineering background. **He eventually settled on youth homelessness and multiple sclerosis (MS) as his focus areas.**

"These causes aren't glamorous," he notes.

"There are sexier charities like breast cancer with their test cricket days. There are better-known humanitarian causes. But for me, shelter is critical because I work in real estate. Youth homelessness is often a hidden problem that needs more attention. **As for MS, it's a disease that could be cured with greater investment in research,**" he explains.

Wayne became interested in MS when his neighbour, Melinda, developed the condition.

"It was tragic because Melinda was only in her early 30s and had just given birth to a daughter. Initially, the effect was small, but there was an uncertain future for her," he recalls.



Wayne Marriott and Etty Matalon

"I found out it's often younger people, especially women, who get the disease. They have their lives turned upside down, and their support needs are varied, escalating and long term," he adds.

Recently, Wayne decided to extend that support beyond his lifetime. He updated his Will to include a gift to MS Plus.

He says his adult children will be okay with the decision as they're already provided for generously and are in his Will. Etty also shares her husband's philanthropic spirit and supports his choice.

"I'm not fussed about how MS Plus uses my gift. I trust the experts will allocate it where it's needed most. That could be research or support. I went to one of their bequestor events recently and saw the impact of their work. They're dedicated to their community, but they need more resources," he says.

"I can feel happier knowing the money I leave behind will help people with MS to live better."

Gifts in Wills from people like Wayne ensure the work of MS Plus can continue until scientists find a cure. To explore giving options, contact Laura from the MS Plus Future Planning team on **1800 443 867**. You can also email futureplanning@ms.org.au or visit www.mymslegacy.org.au.



MS Australia has partnered with the new Australian feature film *Take My Hand*, in which MS is a big part of the storyline. The film is set for a national cinema release on Thursday 22 August.

“ Living in London, at the peak of her career, a mother of three is diagnosed with multiple sclerosis (MS). Following the sudden death of her husband and the loss of her job, she moves back home to Australia, where a chance encounter with her high school sweetheart gives her renewed hope in love as she battles the disease.”

There will be a **series of special Q&A screenings** with select cast and crew, at cinemas across Australia.

[Cinema/booking link](#)

Understanding MS is a free online course with positive impacts!



**Free online course
enrol now**

UNDERSTANDING MULTIPLE SCLEROSIS

UNIVERSITY OF TASMANIA
MENZIES
Institute for Medical Research

MS PLUS
Neuro Wellbeing

MS
AUSTRALIA

Feedback from our March 2024 course found nearly two-thirds (64%) applied their learnings in their everyday lives, and 96% would recommend it to someone else.

The next course opens on 9 September.

[Enrol today](#)