MS PLUS
Neuro Wellbeing

# Tasmania Newsletter
October 2024

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

# FREE MS Talks

Join us at the Hobart Wellbeing Centre where we'll discuss important topics to help you manage your condition and enhance your quality of life.

**Balance**
10am
Thursday 31 October

**Fatigue**
10am
Thursday 14 November

**Symptom management (Spasticity and pain)**
10am Thursday 7 November

**Exercise is medicine**
10am
Thursday 21 November

BOOK NOW

ramu.khadka@msplus.org.au
03 6220 1128

# NO TWO PEOPLE'S MS JOURNEYS ARE THE SAME.

At MS Plus, we know that no two people's journeys are the same. Just like no two experiences with the NDIS will be identical. Our team will work with you to help you identify and achieve your personal goals with ease.

Learn More

# Wellbeing tips for work

Living with #MS and other neurological conditions often comes with a number of invisible symptoms. Here are some tips to look after your wellbeing at work.

For more **FREE** employment advice, our team can help!

MS Plus Employment Support Service

Contact us today

**1800 042 138**

connect@msplus.org.au

# Travel with Purpose

Be part of something life-changing! Join us as we embark on a mission to **Conquer the Camino** and Fight MS in Spain. Set off on an epic experience in May 2025 and walk 111kms along the Camino de Santiago to help raise vital funds to support people living with multiple sclerosis. Enjoy the incredible scenery and know that your fundraising will help provide immediate and ongoing support to Australians living with MS.

Want to jump on this incredible opportunity?
Click here for more information:
https://www.doitforms.org.au/event/camino

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# what's on

Exploring the latest programs and updates from client engagement and wellbeing

October 2024

## We can help you manage your fatigue

**Fatigue is a very common symptom of MS. Whether you're trying to keep up with the kids, ease fatigue at work or want to get more out of your day, FACETS provides practical strategies and approaches.**

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:** Next program starts 2 October, other dates available
**Learn more:** msplus.org.au/FACETS
**Register:** https://www.trybooking.com/CUNAE

## Make an MS Nurse part of your MS team!

**Face to face appointments now available!**

MS Nurses are an important part of your MS management team. No matter the question, MS Nurses can provide you with information, reassurance or management strategies.

We work very closely with other MS professionals, so even if you have access to a MS Nurse at your clinic, our nurses are available to answer any of your questions and offer support between your clinic appointments.

Book an appointment with an MS Plus nurse by calling 1800 042 138 **Cost:** Free

## Live well with a new diagnosis of MS – Join Navigate MS

With the right information, tools and strategies you can live well with a diagnosis of MS. Specifically tailored for people newly diagnosed (first two years), we'll cover topics such as: Understanding MS, health strategies, navigating the health system, building resilience and accessing support. This four-week program is designed to build knowledge and empower, allowing time to share experiences and ask questions.

**When:** Next program starts Wednesday 9 October
6.30pm - 8.00pm - Four weeks, Wednesdays, online, one night each week.
**Cost:** Free! Navigate MS is free for people within the first two years of diagnosis.
**Register:** https://www.trybooking.com/CUIEL
**Included:** Receive a workbook, ongoing support from an MS nurse, a set of brain health cards for future reference and access to an optional *Allied Health Advisor appointment.

## * Allied Health Advisor appointments *

Specifically designed for newly diagnosed clients completing the Navigate MS program, we offer individual 30-minute telehealth appointments. These appointments focus on providing preventative health strategies to help you live well with MS.

**Cost**: $80 for a 30min telehealth appointment with an exercise physiologist, dietitian or continence nurse.

# A Story of Indomitable Love: MS Unsung Hero

Many years ago, Susan's **life took an unexpected turn** when she was diagnosed with multiple sclerosis (MS). At the time, she was working at Woolworths and eagerly anticipating starting a family with her husband, Tim. But her health diagnosis altered their plans.

Known for her vibrant personality, infectious laughter, and zest for life, Susan **quickly resolved to face her new reality head-on.** With the unwavering support of her family, friends, and the MS community, she embarked on a courageous journey of discovery and advocacy.

Determined to make a difference, Susan immersed herself in learning everything she could about MS. Her natural inclination to help others led her to become a proud MS Peer Support Volunteer. "**I believe that when you help others, the rewards you receive are immeasurable,"** she says.

Susan, Tim and Rowan

**Susan also made the heartfelt decision to leave a legacy of love by including a Gift to MS Plus in her Will.** Having benefited greatly from the expert advice and support provided by MS, she knew that this was her opportunity to give back. "**I don't feel alone… I know MS and my family are behind me every step of the way."**

Her tireless spirit has inspired many. Susan has organized local events and participated in numerous fundraising activities, always supported by her loving husband Tim, her son Rowan, and a circle of dear friends. "They are my rock," she says with gratitude.

***Listen to Susan's story in this short video:*** ***Susan's story***

**When asked why she decided to leave a legacy to MS Plus, Susan is clear:** "I want to be part of the future of MS and contribute to ensuring that the necessary resources are available to help and support people living with MS. It's crucial that no one has to face MS alone, now or in the future."

Susan is proud to leave behind a legacy that will make a difference. "**It was an easy decision. It's one more way I can give back to my community. I encourage others to consider doing the same."**

**If you need a Will, you can do it for FREE here:** **GATHERED HERE FREE WILL**

You too can leave a lasting legacy of **your values** and support for people with MS. To learn more about how to include a gift in your Will, contact Laura on 1800 443 867. For more information **www.mymslegacy.org.au** or write to **futureplanning@msplus.org.au**

# Let's spit in the face of MS

Menzies is carrying out an Australia-wide study investigating the connection between Epstein-Barr virus (EBV) and MS. It also aims to identify specific biomarkers associated with onset and progression of MS. The knowledge gained from this research will potentially improve MS diagnosis, treatment and prevention.

Our researchers need the help (and saliva) of people aged 18 years and above:

- who DO **NOT** have MS; AND

who DO live with MS and have been diagnosed with MS by a neurologist. In particular, they are keen to include people with MS who are NOT receiving treatment.

Participation involves:

- completing a questionnaire
- providing three saliva samples (postal submissions accepted)
- Giving a blood sample (optional)

**Interested in participating?**

Complete screening survey

**Want to know more?**

Menzies MS genetics study

*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*