



PLUS
Neuro Wellbeing

Tasmania Newsletter
September 2024

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



Need help managing your MS symptoms?

Our neuro-specialised physiotherapists offer tailored support to help you:

- Improve your strength and balance
- Manage symptoms such as fatigue, weakness, stiffness and pain
- Move more freely and confidently

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

Book your appointment today

Call us: 1800 042 138

Email us: connect@msplus.org.au

More info: msplus.org.au/plusphysio

EXPRESSION OF INTEREST: Physio services in the Tasman Peninsula

Are you located in the Tasman Peninsula and interested in accessing physiotherapy services? We are exploring the possibility of offering physio sessions in your area and would love to hear from you.

If you or someone you know could benefit from our physiotherapy services, please register your interest by contacting our team at ramu.khadka@msplus.org.au



The Hobart Mega Swim is 4 weeks away



On 21 September, the Doone Kennedy Hobart Aquatic Centre will host our upcoming Hobart Mega Swim! Teams will take on a 12 hour relay challenge, and it's not too late to join in the fun. Get in touch with your friends, family and colleagues, form a team and make a difference in the life of people living with MS.



[Register Here](#)



The 2024 MS Gong Ride is Almost Here!



Get Ready to Ride: The much anticipated 2024 MS Gong Ride is set to roll out on **Sunday 3 November**, and it's gearing up to be an epic day of cycling, community spirit, and charitable fun!

Get Involved: Registration is open, and spots are filling up fast! So, don't wait—sign up now to secure your place in this exhilarating event. Plus, check out the official MS Gong Ride website for tips on training,

fundraising ideas, and event details.

Don't Miss Out! The MS Gong Ride is more than just a ride; it's a chance to be part of something bigger, to challenge yourself, and to help a fantastic cause. So, dust off your bike, start your training, and get ready to roll. For more details and to register, visit the official MS Gong Ride website <https://www.msgongride.org.au/>

**** See you at the starting line! ****

Conquer the Camino with MS Plus in 2025



Experience a journey like no other and Conquer the Camino with MS Plus. Prepare for a life-changing experience as you embark on the renowned Camino de Santiago pilgrimage, walking the last 111 km from Sarria to Santiago.

Every step you take helps fund vital research and improves care for people living with MS. Whether you're an avid athlete or just passionate about the cause, everyone is welcome to join in and be part of

this inspiring adventure.

Tick off your bucket list and raise funds to ensure that people living with multiple sclerosis have immediate and ongoing access to expert advice and vital support services – so that no one has to face MS alone. Learn more, visit <https://www.doitforms.org.au/event/camino>

Come meet our
neuro-specialists

HOBART DISABILITY EXPO

Join us at the expo!
Meet our team, chat about
your neuro-symptoms and
discover how we can help!



Tuesday 22 October



Princes Wharf (PW1)
Table 14



'I know sometimes the idea of working full time can seem pretty tough if you have a chronic condition'



I know sometimes the idea of working full time can seem pretty tough if you have a chronic condition but if you can link into those resources that will continue to keep you in the workplace.

BRAD

Brad had been feeling unwell for many years before being diagnosed with MS in 2020. After leaving his job in international trade in July that year, Brad went to an optometrist for a standard eye test. The optometrist flagged they may need to do some further investigation.

Brad reached out to MS Plus early on. He was given information about the **free Employment Support Service (ESS)** and put in touch with Employment Development Manager, Chris, who helped Brad to find a new role.

He also works with an Occupational Therapist to help manage his symptoms and make sure they don't impact his performance at work.

[Click here to read Brad's story >](#)



A grandson's legacy: honouring his grandmother and battling MS in her memory

A century ago, my grandmother Alice fell ill. She was a young mother living in Berlin when the doctor diagnosed her with multiple sclerosis (MS). In the 1920s, treatments for MS were scarce. By 1924, after four years of struggle, Alice succumbed to her illness. She was only 33 and left behind her family. My father was 13. It would have been hard.

I'm sad that I never knew my grandmother. It's one reason I'm leaving a gift in my Will to MS Plus. I want a cure found so other people and their families won't suffer.

Fourteen years after Alice died, my parents fled Nazi Germany. After a fraught journey, they arrived in Australia. My father established a successful drapery and Persian rug shop near Sydney's CBD. When I sit in a favourite coffee shop at Edgecliff's East Point Centre, I know I'm close to where his store once was. My mother was a talented hatmaker who worked for a well-known milliner for many years.

My parents came from humble beginnings and worked long hours to provide for us. Their work ethic strongly influenced me. Even though I'm past retirement age, I still work long hours. I often get up at 2:00 am to work with clients in the United States.

I've been in real estate and property development for over 60 years. Now 80, I still advise a few select American and Australian clients. Working longer allows me to keep supporting charity. **Besides being hard workers, my parents were philanthropic. Helping the community has always been important to our family.** I've taken an interest in causes that affected us: breast cancer, vision impairment and MS. I enjoy giving while I'm alive so I can see the impact.

With MS, it's not only about Alice. Three friends also developed the disease. One of them was in the same nursing home as my 93-year-old father. They passed away within a few weeks of each other. It was heartbreaking, as she was so young to be in a nursing home.

In 2009, I began donating to MS Plus to support people with the disease. **I started with annual donations and recently added a gift to my Will. That way I can continue helping after I'm gone.**

Some people prefer to direct their gifts to specific projects. **I'm happy to let MS Plus decide where it's needed most. I've talked to friends about my decision and encouraged them to donate to charity. I tell them that my choice makes me feel good.** Not everyone wants to support charities, and that's okay. But several friends have said that after talking to me, they will leave a gift in their Will to charity.

Years ago, I decided to help MS Plus to honour my grandmother and friends. I want more people to be aware of MS. If people understood what patients go through, they might appreciate the importance of supporting this most worthy charity.

... Ron

Could you be like Ron and work to protect future generations from MS? A gift in your Will could help fund research, better treatments or more services. Become a member of the MS Callistemon League. To learn more, contact Laura at the MS Plus Future Planning Team. Call 1800 443 867, email futureplanning@msplus.org.au or visit www.mymslegacy.org.au



what's on

Exploring the latest programs and updates from client engagement and wellbeing



SEPTEMBER 2024

Upcoming programs

Managing Menopause: Practical Lifestyle Advice

In recognition of Women's Health Week, join us for a **FREE** daytime session featuring insights from our expert MS allied health professionals:

- **Julie Orr**, MS Plus Dietitian, will present a pre-recorded session on how diet impacts menopause and offer practical tips for managing this significant phase of life.
- **Talita Welmans**, MS Plus Exercise Physiologist, will deliver a live presentation on the benefits of exercise during menopause and will be available to answer your questions.

This lunchtime session is designed to empower you with knowledge and strategies to better navigate menopause while managing MS. Don't miss this opportunity to gain valuable insights and boost your confidence in managing these aspects of your health.

Date: Tuesday 3 September 2024

Time: 12:00pm-12:40pm

Location: Online

[Book here](#)

NDIS Upskill: a guide to understanding eligibility and access

Navigating the NDIS can be a complex process. Understanding eligibility criteria and determining the most effective way to initiate access can be challenging. Join us for NDIS Upskill: A guide to understanding eligibility and access a free 40 minute online session to guide you through the new NDIS access process and eligibility information

Date: Thursday 17 October 2024, with more dates added

Time: 12:00pm AEST

Cost: Free

[Book here!](#)

Navigate MS: Living well with a new diagnosis of MS

With the right information, tools and strategies you can live well with a diagnosis of MS. Specifically tailored for people newly diagnosed, 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.

The program runs for four weeks, and evening and day programs run throughout the year. To register contact Plus Connect on 1800 042 138 or connect@msplus.org.au

Get the latest

- Watch on demand webinars and podcasts, and read the transcripts on the [Resource Hub](#)
- 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

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

Peer Links: learning through shared experience

Connecting with peers in a similar situation is a wonderful opportunity to share experiences and learn from each other. Our facilitated four-week Peer Links create a safe space for you to share, support and learn. Guest speakers will join throughout the program to share tips and strategies on topics such as managing MS symptoms, brain health activities, stress management and emotional wellbeing. We have two upcoming programs:

Peer Link *Taking Control*
Peer Link *Working & Living with MS*

To register [book here](#)

Peer Groups

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

**To learn more
or register,
[click 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

what's on ...



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](#)

Understanding MS is a free online course with positive impacts!

Understanding MS is an award-winning online course that aims to improve understanding and awareness of MS. Nearly 50,000 people from 170+ countries have enrolled in this free course to date!

You can participate at your own pace — including logging in at any time of the day (or night) that suits you.

- Course opens: 9 September 2024
- Course duration: 6 weeks
- Estimated effort: 2 hours per week
- Cost: FREE

[Enrol now](#)



Free online course enrol now

UNDERSTANDING MULTIPLE SCLEROSIS

UNIVERSITY OF TASMANIA
MENZIES Institute for Medical Research

MS PLUS Neuro Wellbeing

MS AUSTRALIA