



PLUS
Neuro Wellbeing

Tasmania Newsletter
December 2022

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

2022 Annual Report and Highlights Video

We are pleased to share our 2022 Annual Report — our first as MS Plus — launched at our Annual General Meeting on Wednesday 2 November 2022.

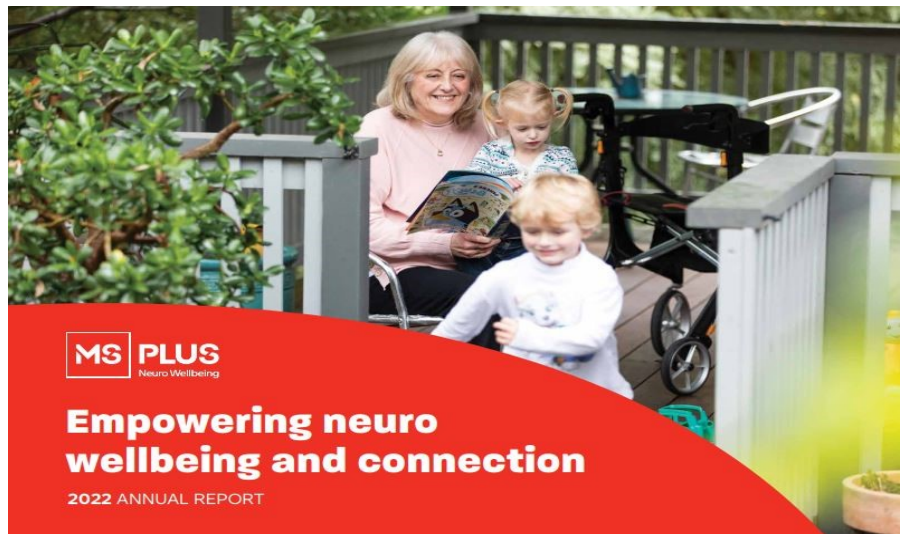
It includes a snapshot of year three of our Strategic Directions 2020–2025 plan and highlights the impact we have had to support people living with MS and other neurological conditions.

The year was marked with the ongoing challenges of COVID-19, which particularly impacted many of our usual fundraising activities, but at the same time we delivered many changes and improvements, as part of our drive to provide the very best care, advice and support to the MS community.

Highlights include:

- Launching new MS Plus brand, including a new, modern look for the organisation and service delivery for other neurological conditions
- Developing Plus Connect — the new gateway for access to MS Plus Services
- Progressing to tender stage of our Lidcombe redevelopment, to create a state-of-the-art Wellbeing Centre
- Delivering a Diversity and Inclusion Strategy to better support our clients, staff and volunteers
- Implementing a new Outcomes Measurement and Social Impact Framework
- Adopting a new Clinical Governance Framework
- Completing the development of a new Carers Strategy.

You can read the 2022 Annual Report and watch the 2022 Annual Highlights video by visiting www.msplus.org.au/annualreport



Festive Season Opening Hours

As we bid farewell to 2022, we'd like to wish everyone a safe and happy festive season and new year!

The MS Plus offices will close from 3pm on Friday 23 December and will reopen on Tuesday 3 January 2023.

A limited team of Plus Connect staff will still be here to support you from Wednesday 28 December through until Friday 30 December 2022, 9am-5pm

You can reach the team on **1800 042 138** or email connect@msplus.org.au

If you have NDIS enquiries – contact NDIS 1800 800 110.

If you are struggling and need immediate crisis support – call Lifeline 13 11 14.

10,000 riders take on the 40th MS Gong Ride

On Sunday, 6 November, 10,000 cyclists took on the ride of their life for Australia's most iconic charity cycling event – the breathtaking MS Gong Ride from Sydney to Wollongong. It was the first time the fundraiser for Australians living with multiple sclerosis was held since 2019.



In 2022 the MS Gong Ride also celebrated its 40th anniversary and topped over \$40million raised to fund support and services for people living with MS as well as fund research into finding a cure.

This iconic event has fundraised over \$2.6 million so far – essential funds that will help Australians fight multiple sclerosis (MS) and fund vital research into a cure.

Our top 3 fundraising teams were Team MICH Fulton Hogan in third place with \$56,968, MS Avengers in second place with \$65,333 and in first place Soft Cogs Inc, who raised an impressive \$96,167.

It's not too late to donate. Visit msgongride.org.au to join the fight against MS and help fund vital services and research into a cure.



For the love of family – and a better future

Since Darrin Hill was diagnosed with multiple sclerosis (MS) in 2014, he's become passionate about raising money to support lifechanging research and services for people who live with MS. So has his family. Last year, his 10-year-old daughter Emily had an idea: she wanted to make a difference, just like her dad. Emily wrote to her principal for permission to organise an MS Readathon. She and her classmates raised more than \$3,000, and her school is now keen to make MS Readathon an annual event.



It's love and generosity like this that keep Darrin smiling. *"Sometimes my fifteen-year-old son, Ethan, does things like mowing the lawn or taking out the bins to help me, or Emily offers to massage my legs,"* he says. Darrin remembers the day his life changed. *"After hearing the neurologist advise me I had MS, I heard nothing for the next hour. Thankfully my wife Julie was present,"* he says. It was an awful situation, *"but my diagnosis did put the jigsaw together"*.

Treatments for MS have improved immensely in recent years, thanks to fundraising efforts like Emily's. The kindness and generosity of the MS 'family' means organisations like MS Plus can provide support and services to support people affected by MS. But there's still a long way to go. *"As anyone with MS would understand, the good days are great, but the bad days can be devastating. That's life and we will soldier on,"* Darrin says. He is grateful for the care he receives from friends, colleagues and the doctors who help him live life to the fullest. *"At the end of the day you need to play the cards you are dealt."* Since his diagnosis, Darrin has continued to work as a consultant in the energy sector. His workmates have also pitched in to support the MS cause. *"I have an annual event with work colleagues,"* he says. *"We organise a BBQ, salad and drinks within our Yarraville office for World MS Day. This has been taking place for three years now, with all monies raised going straight to the MS Society."* Darrin believes that we can brighten the future together.

You can help fast-track a cure for MS and care until we're there. You will be supporting people like Darrin and their loved ones, by including a gift in your Will.

A gift of any size will make a real difference. After consulting with family and friends, even 1% or 2% can make a difference. You can fund more brilliant research, and make sure services and support continue to give people with MS the best possible quality of life.

It's a powerful way that you can give the gift of more good days — and one day, a cure. A gift in your Will costs nothing right now. It makes a profound and lasting difference in the future. For a no-obligation chat, please contact our friendly Gift in Wills Manager, Laura, at futureplanning@ms.org.au, visit mymlegacy.org.au or call 1800 443 867 today.



Webinars

2022 in Review – Research Update

Wednesday 7 December, 5.30pm–6.30pm

In this webinar, Brett Drummond from MS Translate will share impactful research updates from 2022. Brett will cover the most prominent recent developments in research and medicine in the field of MS and what that means for you. Please bring your questions along!

Nature connection and mindfulness

On demand – Watch anytime!

Mindfully connecting with nature is increasingly being shown to have beneficial effects on our physical, mental, emotional and spiritual wellbeing. Join Louise from Centennial Parklands NSW for a unique wellbeing program and experience the power of (re)connecting with yourself and the natural world.

Multiple sclerosis symptoms & management tips

On demand – Watch anytime!

People with multiple sclerosis will often experience a range of symptoms over their lifetime. Join MS Plus Executive Manager and experienced MS nurse practitioner, Jodi Haartsen as she explores common MS symptoms and strategies on how best to manage them.

Preparing for your medical appointment

Monday 12 December, 5.30pm–6.30pm

Appointments with your medical team may be few and far between, and there may not be time to have all your questions answered. Join Clinical Nurse, Louise Rath as she provides an overview on how to prepare for your appointments and how to make the most of the time you have with your medical specialist.

Take charge and become the CEO of your life with Dr Sally Shaw

On demand – Watch anytime!

Being the CEO of your life means that you are living life, on your terms. Psychologist, Dr Sally Shaw, will take you through the steps of reframing your perspectives, taking control of your life and creating a new reality to live better with multiple sclerosis.

Coping with the heat

On demand – Watch anytime!

With an increase in temperature during the summer months, many people living with multiple sclerosis experience discomfort and pain. Join Occupational Therapist, Annabelle Brodsky as she explores practical strategies to manage heat intolerance and tips and tricks to enjoy this season a little more.

Be part of something life changing!

Step towards a future free from MS, as you trek the spectacular Ikara–Flinders Ranges National Park.

Join us on the MS Plus Ikara–Flinders Ranges National Park Adventure and discover a beautiful rugged and colourful landscape in a timeless land of history and order while raising funds for MS. This year we aim to raise \$30,000!

This is your chance to leave everything behind and immerse yourself in the dramatic beauty of the Ikara–Flinders Ranges National Park, walking away with treasured moments.

“This trek was the best experience of my life. I have Relapsing Remitting MS but have realised this disease does not have to stop me. I have overcome fears and barriers within myself and realised I can reach for my goals no matter how slow I go. I learnt so much about flora and fauna and gained so many new friendships.” - Nicole Arthur, 2019 MS Red Centre Adventure

**THE MS PLUS
IKARA-FLINDERS
RANGES ADVENTURE**
28 MAY 2023 - 2 JUNE 2023



Christmas Parties



North West Coast

Christmas Lunch
Wednesday, 14 December
11:30am
Devonport Country Club

RSVP Judy: jsa27276@gmail.com

Circular Head & Surrounds

Christmas Dinner
Thursday, 8 December
7.00 pm
Stanley Hotel

RSVP Jenny: jennywallis@iprimus.com.au

Southern Tassie

Christmas Lunch
Saturday, 10 December
12 midday
Maypole Hotel

RSVP Angela Land: 62201121 or
Chris: cegm58@icloud.com

Launceston / Northern

Christmas Lunch
Saturday, 3 December
12 midday

Hog's Breath Cafe
RSVP Margret:
margretcooke8@gmail.com or
Louise: loujoyce72@gmail.com



Please Note: MS Peer Support face to face groups are pausing throughout January and resuming in February.

MS Plus Shop

Reduce Reuse Recycle is a term we often hear from groups who sell preloved items.

We continue to be amazed at the amount of new and near new items we receive each week and offer for sale at fair prices.

Collectors visit our stores looking for pieces to add to their collection, whether it be a designer handbag or a royal Doulton figurine, and others are looking to reduce landfill by purchasing pre-loved items with lots of life left in them.

For what ever reason you choose to buy from community shops, remember not only are you reducing landfill and saving resources but you are supporting an amazing charity just like MS Plus.

Don't forget to visit us and say hi, drop in donations and maybe find a pre-loved item you must have.

145 Hobart Road, Kings Meadows, Launceston

Monday - Friday: 9.00am – 5.00pm

Saturday: 9.00am – 2.00pm

Phone: 03 6285 2088



Magnetic Brain Stimulation: a potential new treatment for MS?

A ground-breaking phase two clinical trial assessing the effects of magnetic brain stimulation (MBS) on MS has started recruiting participants at the University of Tasmania's Menzies Institute for Medical Research and will soon be rolled out across six sites nationally. It follows on from a phase one trial which found that MBS **was** safe and has significant potential to sustain brain insulation in MS.

What does it involve?

Professor Kaylene Young, lead neuroscientist, says "for MBS we place a magnetic coil over the head. The coil can non-invasively activate nerve cells in the brain to subtly change their activity. MBS is already used to treat depression, but we are delivering MBS in a different way that we think will protect brain insulation in people with MS."

Professor Bruce Taylor, neurologist and principal investigator, says "TAURUS, our phase one clinical trial, delivered MBS to 14 people with MS for four weeks and showed that the stimulation is safe. In TAURUS.2 we will measure the effect of MBS on MS symptoms including upper and lower limb function, cognition, fatigue, anxiety, depression, sleep and quality of life."

"TAURUS.2 will also use advanced brain imaging techniques such as MRI to assess whether MBS effectively increases brain myelin levels in people with MS. We will continue to assess the safety of this potential treatment as well," Professor Taylor says.

Who can participate?

Over 100 people with MS are being recruited for this trial which will be conducted at sites in northern Tasmania, Victoria, NSW, WA and Queensland in addition to the Menzies Institute for Medical Research in Hobart.

You may be able to participate if you:

- Are age 18-65
- Can walk unaided or with a stick
- Can attend short daily appointments at Menzies (Mon-Fri) for four weeks
- Can complete two MRI and three clinical assessments
- Do not have a history of seizures or serious brain injury
- Have not received MBS before

Get in touch

For more details about this clinical trial please call **Julie Sansom** on **03 6226 4838**.

This study has been approved by The University of Tasmania Human Research Ethics Committee, H0026359

UNIVERSITY of TASMANIA

MENZIES 
Institute for Medical Research



Magnetic brain stimulation being delivered to a trial participant.

MS Research
Flagship