



PLUS
Neuro Wellbeing

ACT Newsletter
September 2025

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

The 2025 MS Gong Ride is Almost Here!

The ride to fight MS is back and better than ever in 2025.

FIGHT MS

TAKE ON AUSTRALIA'S MOST
EPIC CHARITY CYCLING EVENT

SUNDAY 2 NOV 2025



REGISTER TODAY



We would love riders of all ages and abilities to join us on this epic ride from Sydney to Wollongong.

The ride will take you through the stunning Royal National Park, from Stanwell Tops, savour the remarkable views out across the Pacific Ocean and before crossing the finish line in Wollongong, you will cross the breathtaking Sea Cliff Bridge.

Register now and experience the ride of a lifetime to help fight multiple sclerosis.

[Click here to Register](#)

Applications close soon!!



MS Go for Gold Scholarships provide one-off grants to follow a personal dream.

If you're living with multiple sclerosis and need support to help achieve your dream, an MS Go for Gold Scholarship can help.

There are 25 scholarships available this year, valued up to \$2,000 each with categories including:

- personal expression
- education
- living your best life

[Submit your application here](#)

APPLICATIONS FOR 2025 ARE NOW OPEN!

Applications will close at **5pm Tuesday 16 September**

MS MEGA CHALLENGE

2025 Canberra Mega Swim – Wrap Up

2025 Canberra MS Mega Swim was held on Saturday 2 August. We welcomed 226 participants and 12 teams, and raised an outstanding \$61,680 in fundraising absolutely smashing our target of \$50,000!

A big **thank you** to MS Ambassador Bronwyn Saunders who was in attendance cheering on the swimmers and State Minister for Health - Rachel Stephen-Smith who opened the event from pool deck and welcomed the participants.

We would like to also give a BIG shoutout to the YASS Torpedos who were not only the Highest Fundraising Team, raising a whopping \$19,4951, but had 3 members who topped our individual fundraising leaderboard.



1. Hugh Rainger
2. Emlyn Hughes
3. Rosie Rainger

Emlyn is the Yass Torpedo's Team Captain and at just 9 years old was diagnosed with MS. He is now 10 and completed the event with his 29 other teammates. Emlyn shows how resilient and strong an individual can be when facing a neurological condition such as MS.

Well done to ALL of our swimmers and their support crews. We could not have achieved this without you.



Understanding Multiple Sclerosis

FREE ONLINE COURSE | ENROL NOW



FREE COURSE

Understanding Multiple Sclerosis is an award-winning online course that aims to improve understanding and awareness of MS.

You'll hear from researchers, clinicians and lived experience experts about a range of topics including MS biology and pathology, diagnosis and symptoms, disease management and more.

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

More than 50,000 people from 170+ countries have enrolled in this free course to date, so why not join them!

- Course opens: 8th September 2025
- Course duration: 6 weeks
- Estimated effort: 2 hours per week

Cost: FREE

ENROL NOW

Love That Lingers: Family Fulfils Vic and Kathy's Wish to Give Back



When Vic Bilbrough met Kathy Adamson at the Department of Veterans' Affairs in Melbourne in 1986, the connection was instant. The warm, outgoing supervisor was drawn to the quiet, thoughtful research officer—and she to him. It was the beginning of a deep and enduring love story.

They married in 1991 and filled their lives with music, travel, and laughter. But just two years later, Kathy was diagnosed with an aggressive form of multiple sclerosis (MS), and their lives were forever changed.

Despite the challenges, they made the most of their time—travelling through Europe and spending precious moments with family and friends. Kathy continued working for as long as she could. But when her condition worsened, Vic became her full-time carer, supported by MS Plus and Kathy's devoted parents.

Kathy passed away in 1998 at just 41. Vic never truly recovered from the loss, and when he passed in 2020, he left no will. But his family didn't hesitate. They already knew what Vic and Kathy had wanted.

"Vic had mentioned it many times," said his brother David. **"He and Kathy were so grateful for the support from MS Plus. They talked about wanting to give something back—to help others living with MS. That always stayed with us."**

As executor, David worked closely with his siblings to ensure those wishes were honoured. "We all agreed it was the right thing to do," he said. **"This gift is not just from Vic—it's from both of them. It's what they would have wanted."**

Even a small percentage of what's left after taking care of loved ones can change lives. It costs nothing now, but its ripple effects endure.



Vic and Kathy are remembered not only for their talents—her musical brilliance and his quick wit—but for their kindness, their love, and now for their enduring generosity.

As Vic's older brother Stan put it best: **"He was a great bloke who gave it all a fair crack."**

You too could leave behind a love that lingers and change lives for generations to come. Just like Vic and Kathy and their families.

A gift in your Will could help fund research, better treatments or more services. Through a gift in your Will, you can also become a member of the **MS Callistemon League**.



To learn more, ring 1800 443 867, email futureplanning@msplus.org.au or visit www.mymslegacy.org.au

2025 ACT MSCEC Members

Our local MS Community Engagement Council (MSCEC) provides a pathway for the ACT MS community to express their opinions to the MS Plus Board. Our 2025 ACT MSCEC members are:

Anne Bruestle
Shelly Parer
David Robertson; and
Bronwyn Saunders

what's on

Exploring the latest programs and updates from client engagement and wellbeing



SEPTEMBER 2025

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.



Travel tips for people living with a disability

Presented by 'Accessibility Oz'

Cost: **FREE**
Where: **Online session**
When: **Wednesday 5 November, 12.30–1.30pm**

[**Click here to book**](#)

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 90min sessions over 6 weeks.

Cost: **\$150 for this 6 week course**
When: **Next programs start 8 October**

[**Click here to book**](#)

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



Exercise Classes at Gloria McKerrow House

Be Better Balanced

A combination of chair and circuit-based exercises designed for individuals who can still walk but have challenges with balance, stamina, and overall mobility. Classes are comprehensive and well-paced, ensuring they are enjoyable for everyone.

When: Tuesdays 9:30am — 10:30am Thursdays 10:00am – 11.00am (online available)

Wheels in Motion

A class designed for people in wheelchairs or who are having difficulty walking. In this class the focus is on upper body mobility as well as making use of a motorised exercise bike for those it suits. This is a small group and where possible individual work is done on each person to mobilise leg movement.



When: Thursdays 11.00am – 12.00pm

Cost : 10 classes for \$130

Please call 1800 042 138 to register

Online Mindfulness Meditation



...for people with Multiple Sclerosis and other neurological conditions.

Join us every Friday afternoon, from 3:30pm - 4:30pm and experience the relaxing benefits of meditation.

Email Helen Woodbridge (woodbridgehelen@hotmail.com) and she'll send you a Zoom link for the session every Friday. Carers and family also welcome!

Peer Support

We have two Peer Support Groups available in the ACT, and new members are welcome at any time.

People with MS (PwMS) Taking Control Group

Our group meets twice a month and seeks to connect people living with MS in the Canberra region, for friendship and information sharing, with a focus on living well with MS.

Meets: 1. 12.30 to 2.00pm - 2nd Friday, 2 September 2025 **Venue:** Zoom only

2. 12.30 to 2.00pm - Last Friday, 26 September 2025 **Venue:** Gloria McKerrow House, Deakin

Contact Vanessa Fanning/Mary Webb at pwmstcg@gmail.com to be added to our email list, and/or join our Facebook group 'Canberra Region MSers'. In line with privacy principles, you can unsubscribe at any time.

ACT Weekend MS Peer Support Group

Meets: 10am, 3rd Saturday of each month

Venue: ACT Café, Canberra

Contact Plus Connect on 1800 042 138

