



PLUS
Neuro Wellbeing

Tasmania Newsletter
August 2022

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



Applications
now open!



Go for Gold
Scholarships 2022

MS Go for Gold Scholarships provide one-off grants to follow a personal dream. There are 25 scholarships available, each valued up to \$2,000 with categories including:

- Personal expression
- Education
- Living Your Best Life

Applications close **Wednesday 14 September.**

Apply now

Understanding MS **free** course — enrol now!

From diagnosis to risk factors and symptom management, the 'Understanding Multiple Sclerosis' free online course is for anyone wanting to learn more about MS — and enrolments are now open for September 2022.

This award-winning course has been an international success. To date, 30,000 people from more than 130 countries have enrolled.

Modules for this six-week course are all online, giving you the flexibility to choose when and where you learn, and to study at your own pace. The course — developed by the Menzies Institute for Medical Research in partnership with MS Limited — is open to anyone with an interest in MS, including people living with MS, their friends, families, and carers.



What does the course cover?

Over six modules, the course integrates scientific information with lived experience from members of the MS community. Modules are taught through engaging videos and interactive activities. Written summaries are clear and accessible and additional resources are signposted. The course covers the following topics:

- Biology and pathology
- Demographics and introduction to risk
- Disease management and support strategies
- Diagnosis and symptoms
- Risk factors
- Living with MS

The September course features new content on MS and sleep, haematopoietic stem cell transplantation (HSCT) and trends in MS prevalence. Captions are also now available on all course videos.

Sign up now

The next course begins on 12 September 2022. Enrol for **free** now at ms.mooc.utas.edu.au

Education and Wellbeing

Managing a relapse in multiple sclerosis

Wednesday 17 August 2022

11:00 am to 11:45 am AEST

For many people diagnosed with MS, relapses will be a part of their MS journey. So, what is a relapse and what can you do when you're having one? Join MS Nurse Advisor, Bridie Phillips as she answers these questions and provides strategies on how to best manage an MS relapse.

Multiple sclerosis symptoms and management tips

On demand – Watch anytime!

Learn more about common MS symptoms and how best to manage them. The session is led by our Executive Manager Client Engagement and Wellbeing, Jodi Haartsen who is also an experienced MS nurse.

Disease modifying therapies in multiple sclerosis

On demand – Watch anytime!

What is the best treatment for your MS? Tune in as MS Nurse Advisor Jane Bridgman walks you through the list of available treatments for MS, their benefits and risks, and their potential side-effects and ways to manage them.

Learn about multiple sclerosis – for recently diagnosed

On demand – Watch anytime!

What is MS? How is MS Diagnosed and who gets it? Join registered MS Nurse, Jane Bridgman as she unpacks the basics and discusses the disease process, symptoms, and treatments. This webinar is suited to those who are recently diagnosed and might be a great refresher for those who have been living with MS for some time.

MS Podcasts

Relapse Series: Episodes 1 to 4
Listen anytime!



PODCASTS

Join us for a series of podcasts where we talk about MS relapses with MS Nurse Practitioner, Jodi Haartsen and MS Nurse, Jane Bridgman. Find out what a relapse is, why they happen, what to do when you're having one and the road to recovery after experiencing one:

Episode 1: What is an MS relapse?

Episode 2: I think I'm having a relapse, what do I do?

Episode 3: I'm having a relapse. What now?

Episode 4: Road to recovery after a relapse

TRAVEL WITH MS IN 2022!

Travel is back in 2022 and you can be part of something life-changing, by travelling with purpose on an MS fundraising adventure.

We have more amazing destinations on offer than ever before!

Summit an iconic Australian panorama, explore scenic coastlines or get your passport stamped and travel abroad, there's an MS challenge adventure for everyone!



Places still available.

[Apply now](#)

MS GIFT PLANNING

Gifts left in Wills will be crucial to the speed of MS research discovery, and improvements to quality of life for people who have MS.

Every gift helps bring us closer to a day where no one loses their quality of life because of MS. Every gift helps spare loving family members from the loss of someone they love and need.

If you'd like information about including MS in your Will in honour of someone you love or want to make a difference in the lives of people living with MS, contact us.

It's a meaningful way to remember them, and a life-changing gift to future generations.

For a no-obligation chat, please contact our friendly Gift in Wills manager Laura on futureplanning@ms.org.au, visit mymlegacy.org.au or call 1800 443 867.

In honour of my beloved mum....



When my mum Jude was diagnosed with Multiple Sclerosis (MS), it changed our families lives forever. We lost our beautiful Mum in 2012, so I am channeling my grief into good; I am determined to help others who live with MS, and support research to find new treatments and a cure.

"MS is something so incredibly close to my heart. I've been involved with raising money for MS for close to 20 years. It was something I decided to do when my Mum was diagnosed. At that time, there was so little known about the disease," remembers Bek.

Back then, there were no treatments available for MS. Not one. People like my Mum Jude were simply told they'd have to let the disease run its course. For me, that simply wasn't good enough. I became a passionate volunteer and began fundraising for MS research.

"I wanted to do as much as I could. I have volunteered in both Tassie and Qld over the years. I volunteered at the MS Nursing Home in Brisbane for four years and sadly lost a very close client to MS during that period. I also participated in several events to raise funds for MS including the MS Moon Walk, MS Mud Runs and the Point to Pinnacle – to name just a few! I also do individual fundraising events every year for World MS Month in May and have my own MS Page on Facebook. 'Bek's Help Fight MS. Raising awareness and funds for Multiple Sclerosis'.

"I've also previously had the pleasure of running the MS Peer Support Group in Hobart South, and met some truly amazing people," said Bek.

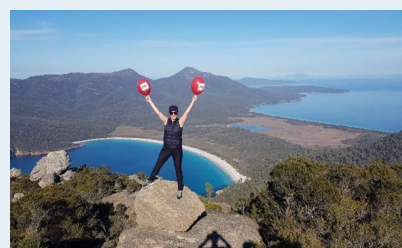
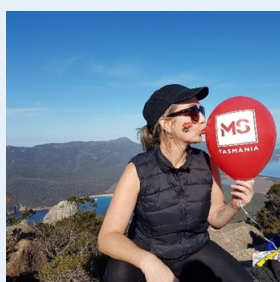
I have seen great progress in care and treatment for people with MS and I want that to continue – for the sake of people like my beautiful mum. ~ Bek Thorpe

Over the last 20 years, donations from people like Bek have funded breakthrough research and helped improve the quality of life for Australians with MS. It's working! A person diagnosed with MS today has access to more and better treatments than Bek's mum did. There is also more support for carers and families.

But the job is far from done, and Bek is determined to keep pushing. She continues to raise money for MS in honour of her mum. She wants to see a future where MS no longer has power over people's lives. Where nobody has anything to fear from an MS diagnosis.

"MS is my passion. As long as I am around, I will continue to raise awareness and funds towards a cure!" says Bek.

Bek has dedicated her life to helping people with MS, and there's a way she can continue making a powerful difference even after she's gone – by including MS in her Will.



Stay connected



Peer Support Groups

CIRCULAR HEAD

Meets: First Monday of the month, 7:00-8:30pm
Venue: Circular Head Rural Health Centre, Smithton

EASTERN SHORE

Meets: Second Friday of the month, 10:30am-12noon
Venue: Note new venue, Mornington Inn

GLENORCHY

Meets: Last Monday of the month, 6:00-8:00pm
Venue: Glenorchy
Social gathering, meals own cost

NEW NORFOLK

Meets: First Wednesday of the month, 10:30am-12noon
Venue: New Norfolk
Next Meeting: To be confirmed
Social gathering, coffees and cake etc at own cost

KINGSTON

Meetings on hold until further notice.
All welcome to other Tassie groups

NORTHERN (Launceston) – Social Group

Meets: First Thursday of the month
Venue: Punchbowl Christian Centre, Punchbowl Rd, Punchbowl
Next Meeting: On hold until further notice

LAUNCESTON

Meets: Last Saturday of the month, 10:00am-12 Midday
Venue: Linc Library, Launceston
Guest Speaker: TBA

SHEFFIELD

Meets: First Monday of the month, 1pm onwards
Venue: Sheffield Rural Health Socialising

WYNYARD

Meets: Third Wednesday of the month, Midday onwards
Venue: Bruce's Café, Wynyard
Next Meeting: To be confirmed
Coffee catch up

ULVERSTONE

Meets: Fourth Wednesday of the month, 11:00am-1:00pm
Venue: Ulverstone

MENS GROUP

Meets: Third Friday of the month, 12 midday -2pm
Venue: Hobart

DEVONPORT SUPPORT GROUP

*No longer meeting

RSVP: msconnect@ms.org.au

MS MERCHANDISE

Visit our online store for a large range of Kiss Goodbye to MS Merchandise

<https://shop.ms.org.au/collections/kiss-goodbye-to-ms>



- ◆ T-Shirt
- ◆ Tote Bags
- ◆ Pens
- ◆ Cosmetic Bag
- ◆ Running Singlets
- ◆ SoL Cup
- ◆ & More

