



## The 2022 MS Walk Run and Roll was held on Sunday 29<sup>th</sup> May at Inveresk Precinct, Invermay

Thank you, Launceston for coming to celebrate the resilience and diversity of our amazing MS community! Together we have raised \$27,350 for people with MS!

A big thank you to MS Ambassadors, Cristelle Denney, and Mark Jablonski for sharing their time, enthusiasm and support to make the 2022 MS Walk Run + Roll TAS possible.

Thank you to our amazing volunteers who made Sunday possible, by signing you in, cheering you on, and welcoming you back into the event village.

The funds raised from the MS Walk Run + Roll ensure that people living with multiple sclerosis get the vital support they need to meet their goals and live well and ensure that no one has to face MS alone.



### JOIN THE AUSTRALIAN MS LONGITUDINAL STUDY TODAY

Together we can help improve the quality of life for people living with MS.

Visit [msaustralia.org.au/amsls](http://msaustralia.org.au/amsls)



This year we're celebrating the 20-year anniversary of the Australian Multiple Sclerosis Longitudinal Study (AMSLS), a partnership between the Menzies Institute for Medical Research and MS Australia.

About 3000 people now participate in this survey-based research study, and the real-life data collected is used by MS medical and support services to help improve MS services, treatments and advocacy and ultimately improve the quality of life for people living with MS.

Research themes range from employment through to influential environmental and lifestyle factors, with the latest study focusing on sleep.

If you're over 18 years old you're eligible to join, and by sharing your stories about living with multiple sclerosis you can help support vital research. The more participants the greater the impact of our research, so consider joining today.

Visit the MSA website to register: [www.msra.org.au/AMSLS](http://www.msra.org.au/AMSLS)

For further information please contact the Australian MS Longitudinal Study team.

Phone: 03 6226 4739

Email: [AMSLS.info@utas.edu.au](mailto:AMSLS.info@utas.edu.au)

Upcoming Event!

## Take the plunge for people with MS

Make a splash for people living with multiple sclerosis at the 2022 Hobart MS Mega Swim taking place on Saturday 8 October at the Hobart Aquatic Centre.

Swim your heart out at this fun team relay event where teams of up to 15 swimmers are sponsored by family, friends and colleagues to freestyle, backstroke, butterfly or doggy-paddle for 12 hours, raising vital funds to support people living with MS.

Swimmers of all ages and abilities are welcome – swim one lap or fifty, for ten minutes or four hours! You just need one team member in the pool at all times.

**Where:** Hobart Aquatic Centre  
1 Davies Ave  
Queens Domain TAS 7000

**Date & Time:** 8 October 2022 from 10.00AM - 10.00PM

To sign up today visit [msmegachallenge.org.au](https://msmegachallenge.org.au)

The amazing funds raised by the Hobart community will support MS Go for Gold Scholarships, which are awarded to people living with multiple sclerosis to fulfil a dream or pursue a personal goal. **The applications for the Go for Gold Scholarship will open on the 11<sup>th</sup> of July 2022.**

### Not too keen on swimming? Volunteer at a time that suits you!

Even if you are swimming – you could volunteer before or after your swim to get an insight into how the event runs “behind the scenes”

Volunteer shift times are flexible to suit YOU – we need volunteers across all hours and would love your support!

In this event, volunteers will assist our swimmers with sign in, updating team lap tally, support with donations and MORE.

You can find out more information and apply **NOW** at [www.msmegachallenge.org.au/volunteer](https://www.msmegachallenge.org.au/volunteer) or contact our Volunteer Manager, Robyn on 02 8484 1345 or email [eventvolunteer@ms.org.au](mailto:eventvolunteer@ms.org.au)



Lace-up those runners and run for MS!

Do you love to run or need a goal to keep you moving during the cooler months?

Did you know that many running events let you pick which charity to fundraise for?

When you pick MS, you're helping raise funds to help us deliver essential services for people living with MS.

We'll also support you along the way, keep you motivated, and help you with any fundraising questions you might have. AND if you raise over \$500, we'll kit you out with a Run for MS Singlet.

See what runs are happening near you and sign up here: <https://ms.grassrootz.com/>



## The MS Sapphire Coast and Snowy Mountains Adventures



Trek across breath-taking Australian locations and be part of something life-changing by travelling with purpose on an MS fundraising adventure.

Choose the Sapphire Coast and journey through one of the last great coastal wilderness areas in Australia or Discover the majesty and history of the Australian Alps as part of the MS Snowy Mountains Adventure.

Not only will you make a real difference for those living with MS, but you will also form bonds with fellow travellers, be guided every step of the way, and supported to meet your fundraising target.

To find out more, please visit <https://www.doitforms.org.au/get-involved/ms-challenge-adventures>

## MS GIFT PLANNING

### ‘In memory of Amanda – because MS did not define her’

Amanda, Peter’s first wife had multiple sclerosis (MS). This story is about Peter’s desire to tribute her.

Peter was born in Nhill, Victoria. He grew up on a farm until the age of 10 until his family moved to Frankston, Victoria. His parents worked hard to give him an education and all the things he needed growing up. He later went to University to pursue a career in finance and continued to work in this industry for 40 years.

Now retired, Peter volunteers locally and enjoys spending his time with his wife, Margaret. They both currently live on a farm, which is home to many animals, some are pets, some are working animals. Yet, of all the animals he has owned past and present it is a horse named Astro he regards so highly. Astro once belonged to his late wife, Amanda.



Amanda with her horse 'Astro'

Amanda was diagnosed with MS back in 1990 and since then, Multiple Sclerosis has been close to his heart. He always admired her strength and willpower to minimise the effect MS had on her life.

**“She fought the illness and was determined not to let it define her or limit her life.”**

However, there were some days that the difficulties of MS would overcome her. Making Peter aware of how unfair MS can be. **“Sometimes it did limit her which caused immense frustration.”**

Amanda passed on over a decade ago due to an unfortunate car accident. As life can’t always be predictable, his motivation was spurred to continue her legacy. Her determination inspired Peter. He also wants to help others with MS live their life with the assistance they need.



Peter & Margaret

**“I see it as a dedication to Amanda. There are so many fine causes which seek to improve the life of others. I chose MS because it chose Amanda.”**

Peter’s decision to leave a gift in his will to MS is something that gives him peace of mind. Peter knows Amanda’s memory can be continued.

**“My wife Margaret is most understanding of this wish.”**

If you too, like Peter, would like to leave behind a testimony of your values, contact us. **Any amount will help. Many people like to consider 1% or 2% of what remains after gifts to family and friends.**

Through a gift in your Will you can ensure that people with MS can face the challenges and keep their dreams.

We are here to help: MS Future Planning Team. Call Laura or Rebecca on 1800 443 867 (1800 GIFTMS) write to [futureplanning@ms.org.au](mailto:futureplanning@ms.org.au) or visit [www.mymslegacy.org.au](http://www.mymslegacy.org.au)

## THE MAY 50K

May has been a fun-filled month with 19,467 people mostly across Australia getting active to raise money to accelerate research into the prevention, treatments and ultimately a cure for multiple sclerosis. So far, the national movement has raised \$3,434,124 to leave MS where it belongs, behind us.

One of our youngest participants was 10-year-old Connie, who was diagnosed with paediatric MS just 18 months ago.

Being diagnosed so young, Connie and her family don't know what the future holds, so it's a very uncertain time for them. While other kids are enjoying their childhood, young Connie is struggling with fatigue and her MS is slowing her down from doing the things she loves.

But Connie is one tough little lady and did not let MS stop her from being involved in The May 50K. She got active with her family, and we went out to The May 50K community encouraging people to join her team 'Connie's Crew'. We received a fantastic show of support with a whopping 890 people joining Connie's team! This not only put a big smile on Connie's face, but united everyone towards making MS a thing of the past. So far, Connie's Crew has raised over \$283,000 and has clocked 44,961.99km.

Connie and her family are still just at the beginning of her journey living with MS and like all our participants living with MS, they have enjoyed being involved with The May 50K as they too want to create a future free of MS.

Every dollar raised during The May 50K stops MS in its tracks.

The May 50K is a virtual fitness and fundraising challenge to run or walk 50 km (or more!) during the month of May while raising funds for life-changing research into MS. During The May 50K, you can pick your distance. While most people stick with 50km, some passionate people challenge themselves to walk 500km!

One in three Australians will be directly impacted by multiple sclerosis.



Since 2000, the treatment options for MS have increased from only 1 to 14 available treatments today, and that's all thanks to research. Kiss Goodbye to MS researchers are certain that with more funding, it's not a matter of 'if' we can stop and reverse MS, it's a matter of 'when'. Research not only gives hope but confidence. Confidence that there will be a future where MS no longer has an impact on peoples' lives like it does today.

With sufficient funding, Kiss Goodbye to MS researchers are 10 years away from stopping MS.

If you didn't have the chance to join in The May 50K this year, there's always next year and it's never too early to start training!

Fundraising for The May 50K is open until the end of June and donations over \$2 are tax deductible. You can donate here to help leave MS in the past, where it belongs. <https://www.themay50k.org/>



The **MS Community Shop** located at 145 Hobart Road, Kings Meadows is like Aladdin's cave, full of treasures! There is a wonderful assortment of books to read, CDs to play or DVDs to watch on those cold days and nights.

As the days get shorter and colder it might be time to buy some new, warmer winter clothes; maybe another thicker coat or jacket or a gorgeous winter scarf.

Pop in, say hi to the team and remember donations are always gratefully accepted.



**Monday - Friday:** 9.00am – 5.00pm

**Saturday:** 9.00am – 2.00pm  
(hours may vary, please call us)

**Phone:** 03 6285 2088





**Understanding your Superannuation and Disability Entitlements**

**Wednesday 13 July, 10.30am – 11.30am**

Learn more about the features of superannuation, what you're entitled to and how to maximise your superannuation and insurance benefits. This is a very practical session, so dig out your latest Superannuation Statement and John Berrill, an insurance and superannuation lawyer from Berrill Watson Lawyers will walk us through our entitlements. John will also discuss some of the other issues faced by people with disabilities such as Centrelink benefits & employment rights.

**Working with Multiple Sclerosis**

**On demand – Watch anytime!**

Are you aware of your rights and responsibilities and your employer's obligations in your workplace? This program is led by MS Employment Support Consultants, Maria Nguyen and Jacqueline Efthimiou and it includes strategies for symptom management in the workplace, discussion about disclosure of multiple sclerosis at work, superannuation and insurance considerations and who to contact regarding work issues.

**Managing your Finances – When you're young and unable to work**

**On demand – Watch anytime!**

What can you do when you're told you can no longer work? Join Nicola Beswick, a Certified Financial Planner® at GFM Wealth Advisory as she looks at the scenario of a young person in their 20s or 30s who has recently left the workforce due to their MS. Nicola will discuss their options for income and other strategies they should consider.

**Optimal Breathing**

**On demand – Watch anytime!**

Let's learn more about the most essential of life functions – our breathing! Optimal breathing may help to reduce fatigue, breathlessness, anxiety and/or depression, dry mouth, chronic allergies or headaches and more. Discover effortless techniques to make breathing easier during exercise and find out how you can improve your health and wellbeing simply by optimising your breathing. Presented by MS Senior Physiotherapist, Jen Pietersz.



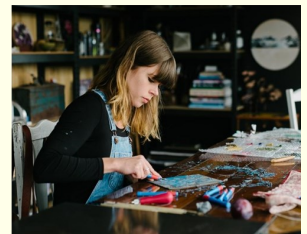
**APPLICATIONS OPEN ON 11<sup>TH</sup> JULY!**

If you are someone living with MS and need some support to help you achieve your dream, then an MS Go for Gold Scholarship can help!

MS Go for Gold Scholarships are awarded to people living with multiple sclerosis, who wish to follow a dream. Focusing on achieving a dream is a great way to build a stronger sense of wellness, have a break from focusing on multiple sclerosis, and a fantastic opportunity to inspire others at the same time!

Scholarships are presented in the following categories:

- Personal expression: *Arts, crafts, music - includes materials or participation costs*
- Learning: *Academic or lifestyle courses and directly associated costs*
- Living your best life: *Wellbeing activities such as yoga, alternative therapies, travel or sports equipment/participation fees*



No project, dream, goal, business idea or hobby is too big or too small! People have applied for many different reasons.

If you need more inspiration on what past recipients have utilised their MS Go for Gold Scholarship on, please check out the link below:

**<https://www.msmechallenge.org.au/blog/category/g4g-recipients>**

To register your Expression of Interest for the 2022 MS Go for Gold Scholarships **[CLICK HERE](#)**

## MS Peer Support Christmas in July



**Date:** 16 July 2022  
**Time:** 12 Midday  
**Venue:** The Maypole Hotel  
119 New Town Road  
(Next to Dan Murphys, New Town)

**RSVP:** 8 July 2022  
Chris Gumley – [cegm58@icloud.com](mailto:cegm58@icloud.com) or Angela Land – Ph: 62201121



### CIRCULAR HEAD

**Meets:** First Monday of the month, 7:00-8:30pm  
**Venue:** Circular Head Rural Health Centre, Smithton  
**Next Meeting:** 4 July  
\*We are combining face to face group & Telegroup  
Kim Repcak Resilience

### EASTERN SHORE

**Meets:** Second Friday of the month,  
10:30am-12noon  
**Venue:** Note new venue, Mornington Inn  
**Next Meeting:** Saturday 16 July, Christmas in July

### GLENORCHY

**Meets:** Last Monday of the month, 6:00-8:00pm  
**Venue:** Glenorchy  
**Next Meeting:** Saturday 16 July, Christmas in July  
**Guest Speaker:** 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 and upcoming  
Christmas in July on Saturday 16 from 12 midday.

### NORTHERN (Launceston) – Social Group

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

### DEVONPORT SUPPORT GROUP

\*No longer meeting



### LAUNCESTON

**Meets:** Last Saturday of the month,  
10:00am-12 Midday  
**Venue:** Linc Library, Launceston  
**Next meeting:** 30 July  
**Guest Speaker:** TBA

### SHEFFIELD

**Meets:** First Monday of the month, 1pm onwards  
**Venue:** Sheffield Rural Health  
**Next meeting:** 4 July  
**Guest speaker:** Socialising

### WYNYARD

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

### ULVERSTONE

**Meets:** Fourth Wednesday of the month,  
11:00am-1:00pm  
**Venue:** Ulverstone  
**Next Meeting:** **Christmas in July**,  
Thursday 21 July, from 11:30am at  
Windows on Westella, Ulverstone  
**Guest speaker:** Terry Purton,  
McKenzie Centre, gut health & wellness



### MENS GROUP

**Meets:** Third Friday of the month, 12 midday -2pm  
**Venue:** Hobart  
**Next Meeting:** Saturday 16 July, Christmas in July  
Social gathering, meals available at own expense

**RSVP:** [msconnect@ms.org.au](mailto:msconnect@ms.org.au)