



PLUS
Neuro Wellbeing

Tasmania Newsletter
October 2022

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




REGISTER NOW

**2022 HOBART
MS MEGA SWIM**

8 October 2022
Hobart Aquatic Centre

www.msmegachallenge.org.au

Are you with us? Join us at the 2022 Hobart MS Mega Swim

There's still time to sign up for the **2022 Hobart MS Mega Swim** on Saturday 8 October. Join us with your family and friends for fun, fitness and friendship by swimming in a relay and raise money to assist people living with MS.

The MS Mega Challenge is open to everyone... all ages and abilities!

Get ready to be a part of a unique and amazing opportunity, you don't need a team to join in on the fun, register as a solo and we'll find you your swim squad!

Where: Hobart Aquatic Centre - 1 Davies Avenue,
Queens Domain TAS 7000

Date: Saturday 8 October 2022

Time: From 10:00AM - 10:00PM

Come together for a fun challenge in support of people living with multiple sclerosis.

Sign up today so no one faces MS alone
msmegachallenge.org.au



PLUS SUPPORT COORDINATION



Ready to take control
of your NDIS plan?
We can help.

CONTACT US

Our experienced Support Coordinators have a deep understanding of neurological conditions and can partner with you to:

- map out your funds so that they're going towards the things that matter to you most
- connect you with providers that are aligned with you and your values
- teach you the practical parts of managing your NDIS plan

“Wayne lives on the northern beaches. He used to be a surf life saver and a lifelong avid surfer. All of his social networks are connected to the beach but because of his MS and poor wheelchair he has not been able to get onto the sand for 16 years. Last month, Wayne trialed this chair on the sand and after applying for funding, has now been approved and is waiting for his very own to arrive. He was almost in tears about being back on the sand for the first time in so long.

Not only does Wayne win but so does the community, as now he will be able to start mentoring young surf life savers again and assist with their training. He also gets to watch his sons up close while they are surfing and feel like he is part of the activity and more active in family life. It opens so many opportunities for him.” Lisa Davis, MS Plus Support Coordinator



Our experienced MS Plus Support Coordinators can partner with you to ensure your NDIS plan meets your goals and will help map out your funding so it's going towards the things that matter most to you.

We do this by:

- developing a plan for how you'll spend your funds
- finding providers that work for you and your values
- helping you understand the practical parts – how to login to the portal
- remaining on hand throughout your plan and plan review.

Click here to find out more about our [Support Coordination service](#) or contact our MS Plus team to get started on **1800 042 138** or connect@msplus.org.au.

Join us on The MS Plus Ikara-Flinders Ranges Adventure in 2023

Discover a beautifully rugged and colourful landscape in a timeless land of history and wonder.

Experience the geological grandeur forged over more than 540 million years. Ancient gorges invite exploration, beauty reveals itself at every turn, and sunsets look like they have been painted on to the uninterrupted horizons.

Millions of years have carved beauty that will stay etched in your memory forever and you will walk away knowing you have been part of something life-changing!

Find out more: <https://www.doitforms.org.au/event/flinders-ranges>

Education & Wellbeing



Nutrition facts and fallacies for someone living with MS

Thursday 20 October, 5:30 pm to 6:30 pm

Join Advanced Accredited Practicing Dietitian, Associate Professor Yasmine Probst as she dispels some common misconceptions about nutrition and MS. Yasmine will discuss diets that claim to benefit people with MS. This webinar will leave you with a better understanding of what a good diet looks like for someone living with MS and ways to stay motivated to stick to it.

Gut Health and MS

On demand – Watch anytime!

Dr Wolfgang Marx, a researcher at Deakin University updates us on the progress of his research into the effect of gut bacteria on symptoms and progression of MS. Of particular interest to Wolfgang is the role of polyphenols – compounds found abundantly in spices, fruits, and vegetables – in multiple sclerosis and the gut microbiome.

Improving your mental health and wellbeing

On demand – Watch anytime!

Dr Sally Shaw, a Melbourne-based psychologist who specialises in supporting people with neurological conditions and chronic illnesses explores the important topic of mental health for people with multiple sclerosis. Joining Sally is MS Ambassador, Kelly Engelhardt to speak about her MS journey and strategies she puts in place to look after her mental health.

Managing a relapse in MS

On demand – Watch anytime!

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.

Decluttering

On demand – Watch anytime!

This webinar is presented by Julie Cliff from Space and Time. Julie is thrilled to share her passion for decluttering and getting organised. Join us to hear Julie's top tips and tricks for "clearing out stuff" and refreshing our space!

CARING FOR OUR CARERS THIS NATIONAL CARERS WEEK

National Carers Week this year will run from Sunday 16 October to Saturday 22 October. It is an opportunity to recognise, celebrate, and raise community awareness about the diversity of Australia's 2.65 million carers and their caring roles.

As part of Carers Week, MS Plus is excited to launch our new Carers Strategy. Supporting a partner, family member or friend living with MS can be incredibly meaningful and rewarding. We also understand it can be challenging at times and impact your ability to achieve your own goals and live well.

That's why we have identified a set of common needs and developed a strategy to meet these needs based on research with more than 250 people who support someone living with MS.

Throughout Carers Week, we will be shining a light on the different types of people who provide support to someone living with MS on our social media. We will also be highlighting the types of support they provide and how we can better care for our carers using the key actions identified in the MS Plus Carers Strategy.

To find out more about National Carers Week visit msplus.org.au/carersweek



Stay connected



Peer Support Groups

RSVP: msconnect@ms.org.au

CIRCULAR HEAD

Meets: First Monday of the month, 7:00-8:30pm
Venue: Circular Head Rural Health Centre, Smithton
Next Meeting: 3 October
Guest Speaker: Brain health, Angela Land

EASTERN SHORE

Meets: Second Friday of the month, 10:30am-12noon
Venue: Note new venue, Mornington Inn
Next Meeting: 14 October
Guest Speaker: TBC

GLENORCHY

Meets: Last Monday of the month, 6:00-8:00pm
Venue: Glenorchy
Next Meeting: 31 October
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

MENS GROUP

Meets: Third Friday of the month, 12 midday-2:00pm
Venue: Hobart
Next Meeting: 21 October
Guest speaker: Socialising

LAUNCESTON

Meets: Last Saturday of the month, 12 midday onwards
Venue: Note new venue, Peckish Café
Next Meeting: 29 October
Guest Speaker: Chloe from In Balance on how physio can assist with MS & socialising

SHEFFIELD

Meets: First Monday of the month, 1:00pm onwards
Venue: Sheffield Rural Health
Next Meeting: 3 October
Guest speaker: TBC

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 Life Saving Club
Next Meeting: 26 October
Guest speaker: TBC

KINGSTON

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

MS Study by the University of Tasmania, Menzies Institute for Medical Research

GUT-BRAIN IN MS: PROBIOTIC TRIAL

The University of Tasmania is looking for volunteers living with Relapsing Remitting Multiple Sclerosis (MS) to take part in a clinical trial investigating the effects of probiotics on the gut-brain connection and cognitive symptoms in MS.

As a participant, you will undertake a 12-week treatment with a probiotic supplement (random allocation to active probiotic or placebo).

Prior to starting the treatment, and again at the end of the treatment, you will be asked to:

- complete a questionnaire
- undertake a brief interview
- undertake some face-to-face assessment tasks
- provide blood, urine and stool samples

The questionnaire should take around 1 hour and the interview/tasks no longer than 2.5 hours to complete. You will be reimbursed \$60 for your participation at the end of the final assessment session.

To participate, or for further information, please contact:

Ms Terry Purton

School of Psychological Sciences, College of Health and Medicine, University of Tasmania
t: 03 6324 3129, e: terry.purton@utas.edu.au

This study is being funded by The Clifford Craig Foundation and MS Australia and has been approved by the University of Tasmania Human Research Ethics Committee (H0026849).

MULTIPLE SCLEROSIS GENETICS STUDY

RECRUITING VOLUNTEERS NOW!

We need your help to investigate the Epstein Barr Virus (EBV) strain that may play a crucial role in developing multiple sclerosis (MS). This study also aims to identify specific genetic biomarkers associated with onset and progression of MS.

To participate in this study, we invite

People with MS who:

- Are 18 years and above
- Have been diagnosed with MS by a neurologist


People without MS who:

- Are 18 years and above
- Have NOT been diagnosed with MS, and
- Have NOT been diagnosed with any similar neurological condition


Participation involves:

- Completing a questionnaire (people with MS only)
- Providing a blood sample, saliva samples or both (your choice)

Study location:

 Menzies Institute for Medical Research
17 Liverpool Street, Hobart, TAS, 7000

Contact:

 Chhavi Asthana, Postdoctoral Research Fellow
t: (03) 6226 4226 e: Chhavi.Asthana@utas.edu.au

This study is approved by the University of Tasmania Human Research Ethics Committee, H0027273 (H-85821)

MS Research
Flagship

UNIVERSITY OF TASMANIA

MENZIES 
Institute for Medical Research