



PLUS
Neuro Wellbeing

Tasmania Newsletter
September 2022

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

REGISTER NOW

2022 HOBART MS MEGA SWIM

8 October 2022
Hobart Aquatic Centre

www.msmechallenge.org.au

Sign up now to the 2022 Hobart MS Mega Swim taking place on Saturday 8 October and make a huge impact on the lives of people with multiple sclerosis.

By taking part, you'll be making the everyday possible for people living with MS, through vital support and services that help people live well. Your fundraising will also make dreams come true through the contribution to the MS Go for Gold Scholarships. MS Go for Gold Scholarships are awarded to people living with multiple sclerosis who wish to follow a dream.

Marilyn, MS Ambassador and amazing MS Mega Challenge participant since 2003 loves taking part... and you will too!

"I really enjoy raising money for the MS Go for Gold Scholarships, supporting people living with multiple sclerosis who haven't had all the opportunities they would have been afforded, without the disease. My MS doesn't stop me from getting in the pool and being involved." - MARILYN

You really can make a HUGE difference to people living with MS! You can turn dreams into reality AND make sure no one faces MS alone.

Register here: <https://www.msmechallenge.org.au/event/mega-swim-hobart>

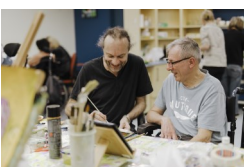


Go for Gold Scholarships 2022

If you're living with multiple sclerosis, the scholarships can provide the helping hand you need to follow your passion. Categories include:

- **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

Head to the MS Plus website for more info and to apply <https://www.msplus.org.au/support-services/connecting-with-the-community/ms-go-for-gold-scholarships>



**Applications close
Wednesday 14 September 2022**



WOMEN'S HEALTH WEEK

5-11 September 2022

womenshealthweek.com.au

Women's Health Week

Jean Hailes FOR WOMEN'S HEALTH

It's all about YOU this Women's Health Week!

Jean Hailes Women's Health Week is the biggest week in Australia focusing on good health and wellbeing for women, girls and gender-diverse people.

This year it's taking place from Monday 5 September through until Sunday 11 September and we'll once again partner with our national peak body MS Australia and the other state organisations to bring you an exciting online program.

This year's theme 'It's all about you' is a timely reminder that it's okay to put yourself first! Each day will have a focus topic including health checks, menopause, pelvic floor health, mental wellbeing and physical activity.

We'll be hosting events and sharing resources on each day of Women's Health Week, including:

- A replay of our popular Menopause and MS webinar with Dr Fatima Khan on Tuesday 6 September as she explores what you need to be aware of if you're experiencing menopause.
- A live webinar with our clinical continence nurse Vanessa focusing on the benefits of strengthening the pelvic floor for people living with MS. On Wednesday 7 September Vanessa will take you through a range of simple exercises you can do to help strengthen your pelvic floor. She will also discuss the use of pelvic floor chair therapy to improve incontinence issues.
- A live webinar with Dr Sally Shaw, a Melbourne based psychologist who specialises in supporting people with neurological conditions and chronic illnesses. On Thursday 8 September on R U OK Day? Sally will explore the important topic of mental health for people living with multiple sclerosis, including how mental health problems can be prevented and managed, along with psychological resources to build resilience and self-efficacy.
- A joint webinar hosted with MS QLD and featuring Paralympic Bronze Medallist, Janine Watson. On Friday 9 September, Janine will share her inspiring story of taking up Taekwondo after being diagnosed with MS at the age of 25. Janine will describe how she has managed to stay active throughout her MS journey, and how she motivates herself to break down barriers that people with MS face every day.

We'll have plenty more happening throughout the week on our website and social channels, including expert tips on the health checks you need.

For more information and to register for our webinars visit msplus.org.au/womenshealthweek

MS Plus Store

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.

We ♥ donations!



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

(hours may vary, please call us)

Education & Wellbeing

Improving your mental health and wellbeing

Thursday 8 September 2022

1:30pm - 2:30pm

Join Dr Sally Shaw, a psychologist who specialises in supporting people with neurological conditions and chronic illnesses as she explores the important topic of mental health for women with multiple sclerosis. This will include how mental health problems can be prevented and managed and how psychological resources such as resilience and self-efficacy can be developed to improve your long-term mental health and emotional wellbeing.

Decluttering (5-week program)

\$60 for the program – assistance available

Fridays from 9 September to 14 October 2022

10:00am - 11:00am

Professional organiser, Julie Cliff, combines her decluttering and coaching skills to help you explore the health benefits, mental and physical, of decluttering. In this 5-week program we will share practical tools to get organised at home as well as challenge the things that get in the way of making the changes that will make life easier. Homework tasks and reflections each week will help put the program into practice.

Places are limited – book early to avoid disappointment!

Everyday wellbeing practices

On demand – Watch anytime!

Wellbeing comprises of both thriving and struggle and both matter when it comes to feeling good and doing well. Michelle Etheve from the Wellbeing Lab will help develop a road map of everyday practices that can help us to thrive even in the midst of struggle.

Menopause and multiple sclerosis

On demand – Watch anytime!

Menopause symptoms are inevitable for all women but for a woman living with MS, the impact can be different. Join menopause specialist, Dr Fatima Khan as she discusses menopause and what women living with multiple sclerosis need to be aware of when experiencing menopause.

How to be a sexual woman with a diagnosis of Multiple Sclerosis

On demand – Watch anytime!

Intimacy and sexuality are major contributors to our quality of life and can be significantly affected by MS. Dr Margaret Redelman talks about how a woman with MS can be a confident, sexual woman. She addresses concerns and issues such as lowered libido, orgasm difficulties and continence fears.

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.



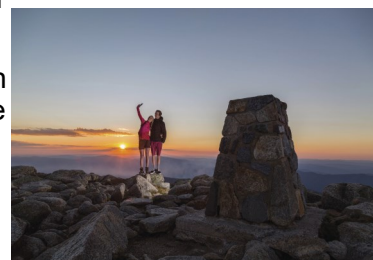
Join us on the MS Snowy Mountains Adventure

This incredible adventure will take you trekking through the majestic Australian Alps, experiencing the beauty of Kosciuszko National Park and Australia's highest point while you fund vital MS support services to ensure no one has to face multiple sclerosis alone.

The funds you raise through this adventure will protect the essential programs and support services people living with multiple sclerosis need to live well at home, in the workplace and in the community – especially now in these challenging times. We cannot thank you enough for your efforts and support.

By being part of the MS Snowy Mountains Adventure you can travel with purpose knowing you are supporting Australians living with multiple sclerosis.

Find out more: <https://www.doitforms.org.au/event/snowy-mountains>



Multiple Sclerosis – Genetics Study Recruiting Volunteers!

We need your help to investigate the Epstein Barr Virus (EBV) strain that may play a crucial role in developing multiple sclerosis (MS).

EBV is a very common infection, but in people who have MS the infection rate is close to 100%. There are many types of EBV, and this study is looking to see if people who get MS have a different type of EBV to those who don't get MS.

This study will also investigate the specific genetic biomarkers associated with MS and help us to get one step closer to finding out what causes MS.

To participate in this study, **we invite**

- **INDIVIDUALS WITH MS** who
 - o Are 18 years and above
 - o Have been diagnosed with MS by a neurologist at any time
- **INDIVIDUALS WITHOUT MS** who
 - o Are 18 years and above
 - o Have NOT been diagnosed with MS or
 - o Have NOT been diagnosed with any similar neurological condition

Participants will be asked to

- o Complete a questionnaire (individuals with MS only)
- o Provide (as per their choice) either
 - a blood sample,
 - saliva samples or
 - both blood and saliva samples

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

To participate in this study and for more information, please call or email:

Chhavi Asthana
Postdoctoral Research Fellow
(03) 6226 4226
Chhavi.Asthana@utas.edu.au

TEAM MEMBERS

- Professor Bruce Taylor
- Dr Yuan Zhou
- Chhavi Asthana

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

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 Plus — is open to anyone with an interest in MS, including people living with MS, their friends, families, and carers.

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



Guitarist's family organises 'note'-worthy gift to MS Plus in wife's memory

In 1986, Vic Bilbrough met Kathy Adamson at the Department of Veterans' Affairs in Melbourne. The gregarious supervisor was smitten with the quietly spoken research officer, and the feeling was mutual. "Vic often joked that Kathy stuck by him, even after meeting the Bilbrough clan," recalled David, his younger brother. It was a love that endured beyond 1998—the year that Kathy, only 41, died from complications arising from multiple sclerosis (MS). Vic passed away 22 years later, still mourning his wife. At Vic's memorial service, people remembered Vic and Kathy for their many accomplishments.

"Kathy was an all-rounder, excelling at violin, piano and singing, softball and netball. She won many awards at Glen Waverley Secondary College," recalled sister Lynne Adamson. Kathy studied arts and German at Monash University and spent a year perfecting her German in Cologne. Lynne remembers Vic as "clever, witty and talented." After finishing high school, Vic clerked in the accounts department at Bunges Flour Mill in Albury. He studied accounting and moved to Melbourne in the mid-1970s to work for the ATO. Later, he moved to Veterans' Affairs where he met Kathy.

Kathy and Vic married in 1991, but while working in Germany and later in Melbourne, Kathy experienced vision problems and became unsteady on her feet. Two years into the marriage, her health declined.

Kathy learned she had an aggressive form of multiple sclerosis. Uncertain how much time they'd have together, Kathy and Vic spent several months travelling around Europe and the UK. They visited Germany, where Kathy had many friends. Kathy worked until she couldn't. Later, she and Vic turned to MS Limited (now MS Plus) for support. As her condition worsened, Kathy's parents assisted with her care, and Vic quit his job to become a full-time carer. Vic's family believe he never stopped grieving for Kathy. He endeavoured to find a more positive life path but died in 2020. Unfortunately, Vic didn't leave a will, but David, his executor, had an inkling of his last wishes.



"Vic mentioned a few times he and Kathy wanted to leave a generous gift to MS Plus as a thank you for the support staff had given them. He also wanted to help another charity and his siblings. The family liked the idea of supporting the MS cause," said David. "By leaving this gift in their names, we hope others will be supported with their MS challenges when they need help," added David.

Could you be like Vic and Kathy and their families and help those with MS?

If you want to know more about leaving a gift in your will ring Laura or Rebecca on **1800 443 867**, email futureplanning@ms.org.au or visit www.mymslegacy.org.au

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

and 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 walk away knowing you have been part of something life-changing!

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

CIRCULAR HEAD

Meets: First Monday of the month, 7:00-8:30pm
Venue: Circular Head Rural Health Centre, Smithton
Guest Speaker: Socialising & brain health for Oct.
Next Meetings: 5 September & 3 October

EASTERN SHORE

Meets: Second Friday of the month, 10:30am-12noon
Venue: Note new venue: Mornington Inn
Guest Speaker: Researcher from Menzies covering genetic study Epstein Barr Virus & MS
Next Meetings: 9 September & 14 October

GLENORCHY

Meets: Last Monday of the month, 6:00-8:00pm
Venue: Glenorchy
Next Meeting: 26 September
 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, 12noon onwards
**** NEW VENUE: Peckish Cafe**
Next Meetings: 24 September
Guest Speaker: Chloe from In Balance on how physio can assist with MS

SHEFFIELD

Meets: First Monday of the month, 1:00pm onwards
Venue: Sheffield Rural Health
Next Meeting: 5 September - 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 Life Saving Club
Next Meeting: 28 September
Guest Speaker: Sept TBC

MENS GROUP

Meets: Third Friday of the month, 12noon-2:00pm
Venue: Hobart
Next Meeting: 16 September

DEVONPORT

***No longer meeting**

RSVP: msconnect@ms.org.au

Christmas in July



Some of the Southern Tasmania members of the MS Peer Support Groups joined together to celebrate Christmas in July at the Maypole Hotel on July 16th. A great time was had by all, as evidenced by the smiles on faces!!

