



PLUS
Neuro Wellbeing

Tasmania Newsletter
March 2023

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



**MS WALK
RUN+ROLL**



Sun 28 May 2023
Inveresk Precinct
Invermay TAS 7248

**Walk Run + Roll your way to
ensure no one faces MS Alone**

**Register,
donate or
volunteer
today**



Scan the
QR code to
find out more

Visit mswalk.org.au to find out more.
E events@ms.org.au T 1300 733 690



VOLUNTEER WITH US!

Sunday May 28



AT THE 2023 LAUNCESTON MS WALK RUN + ROLL THIS MAY!

This event is only made possible by the invaluable time and dedication donated to us by a wonderful team of positive, and energetic volunteers.

We have a range of roles to be filled, from assisting participants with information and registration to cheering on teams along the course.

All volunteers will receive a volunteer t-shirt, cap and lunch for their shift, and will be supported every step of the way!

Visit www.mswalk.org.au/volunteer to find out more and apply or contact our Volunteer Manager on 02 8484 1345.

Are you ready to Run For MS?



**Did you know that you can participate in any event and fundraise for MS?
Let's run together in 2023!**

Support MS Plus in the Hobart Airport Marathon Festival 2023.

The Hobart Airport Marathon Festival is set along the spectacular Constitution Dock, Derwent River and Salamanca Wharves, runners and fans will be beguiled by the charming, contrasting blend of heritage, scenery and culture nestled amongst world- class attractions throughout the 2-lap course.

Date: 2 April 2023

Distances: Full Marathon - 42.2km | Half Marathon - 21.1km | 10km | 5km run & 5km walk | 2km Fun run and walk

Don't miss this chance to get outside, get active, and go the extra mile by fundraising for MS.

Find out more: <https://hmf23.grassrootz.com/ms>



For many people with MS, managing the administrative side of the NDIS and accessing available therapies and equipment – all while not feeling 100 per cent – can seem a daunting task.

MS Plus client, Amalia said, 'There is always new equipment available and advances in treatment for people with MS, and it's always good to know that when these new therapies come out that I will have the support and the means to access treatment that could improve my quality of life.'

'The best thing is seeing how all the staff at MS Plus work together for me.'

'Because I get sore and stiff, the idea was to have a lovely massage chair to help reduce my symptoms. My Plan Manager, Amanda discovered two-thirds of the cost was covered under my NDIS plan. To make sure I received the chair, my MS Plus Plan Manager, Support Coordinator and Occupational Therapist all came together to confirm the chair would be beneficial and to secure funding,' Amalia said.

Having a Plan Manager, Support Coordinator and Allied Health team at one organisation means we can work collaboratively to get you the best outcomes possible.

'As a Plan Manager, I help clients with things like processing invoices and paying service providers and providing regular statements showing the financial status of their plans,' Amanda said.

'Most importantly, I work with clients and their support coordinators to understand their goals and support needs, to provide financial assistance and advice, as well as offering increased choice and control in how they access their NDIS funding.'

'A few years ago I found out about Pulsed Electro-Magnetic Field (PEMF) therapy — which recharges the cells in the body a bit like a battery. I did my research and then went straight to my Support Coordinator, who coordinated with Amanda to help fund a PEMF magnetic therapy mat for me,' Amalia said.

'It took a lot of teamwork to get it across the line but, guess what? It was approved earlier this year!

'The best thing is seeing how all the support staff at MS Plus work together for a single client. My Support Coordinator and Plan Manager have made such a great team in helping me,' Amalia said.

Looking to build a strong support team around you who understands neuro?

We have immediate availability in Plan Management and Support Coordination.

Connect with us on 1800 042 138 or email connect@msplus.org.au or

[Click Here](#)

THE MS PLUS IKARA-FLINDERS RANGES ADVENTURE

The MS Plus Ikara- Flinders Ranges trek is filling up and we want you to come along with us to trek, fundraise and experience a landscape like no other!

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.

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

Find out more and join us on this trek

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



A legacy for compassion and courage

In memory of Judith - a brave woman

Judith Webb was a much-loved primary school teacher, volunteer, wife and mother. Her husband Bob says she was an “outgoing redhead with a terrific smile,” who always put others before herself.

“She loved helping people. When we lived in Canberra, she ran a popular church kids club, organised a drop-in centre and food parcels for needy people, and was a visitor at local aged care homes. When we were in London, she cooked Christmas dinner for homeless people,” recalled Bob.

Judith and Bob first met at a youth hostel in Wales in 1966. They talked and laughed as they washed dishes in the communal kitchen. A year later, they married in London. Bob, who grew up on the south coast of England, was happy to follow Judith back to Sydney, where she returned to teaching and community volunteering, and he pursued a PhD in astrophysics. Bob went on to have a distinguished career in the private and public sectors, retiring to part-time sustainability research at the Australian National University, Canberra. The couple, who had two children, lived in Sydney, Adelaide, Canberra and London during their 54 years together. As they entered their 60s, Bob and Judith looked forward to retirement. But in 2007, Judith started having unexpected falls. She undertook several tests, but it wasn't until two years later the family learned that Judith, 66, had late onset primary progressive multiple sclerosis (PPMS), a relatively unusual form of the disease.



“As a teacher, Judith encouraged students to do the MS Walkathons and Readathons to support people with multiple sclerosis (MS). Otherwise, we knew little about the disease. There was no family history, and we didn't know anyone else who had it,” said Bob. The couple turned to Gloria McKerrow House, an MS support centre in Canberra, for assistance. Staff provided practical tips on managing the condition, and Judith also went to the exercise classes tailored to MS patients.

But within a few years, she lost all mobility in her legs, the normal use of her arms and hands, and her eyesight deteriorated. “There were no available treatments for PPMS then. Judith was brave and didn't complain. But she found it hard that she became the one who had to be cared for instead of helping others,” said Bob. Despite a valiant 10-year fight, Judith died in 2020 from an MS-related infection.

Motivated by a desire that others not be faced with the same experience, and as a tribute to Judith's generosity and courage, Bob decided to allocate a portion of his Will to MS Plus for research. “After providing for our kids, Judith and I decided we would give money to overseas humanitarian causes, and to support MS Plus with the funding of MS research.”

Their daughter Kate supports their charitable intentions, and Bob believes their son Andrew, who sadly passed away in 2016, would have liked the plan too. Today, Bob keeps abreast of international PPMS research developments, including those undertaken by MS Australia. **Recently, the first-ever treatment for PPMS was TGA approved.**

“It came too late to help Judith, but it should give hope to others,” he said. “I hope further research will improve MS treatments and maybe even reverse this mean disease. That's why part of my Will is going to MS Plus for research — to remember a brave and loving woman and the people she would have wanted to help.”

To learn how to support people with MS through a gift in your will, contact Laura or Rebecca on 1800 443 867 email futureplanning@ms.org.au or visit www.mymslegacy.org.au.



GIFT PLANNING



EDUCATION



People living with MS, and those around them, understand the necessity of life planning. Managing MS symptoms day-to-day often requires a plan, from planning in rest breaks to manage fatigue to planning where the toilets are on the shopping trip. The big picture planning such as family, work and financial planning, are also all impacted by MS. This month we are focusing on helping you with some areas of life admin.

If you are struggling with an area of MS management, our MS Nurse Advisors are always available to listen and guide.

Work Life Planning

Wednesday 22nd March 5.30pm-6.30pm AEDT

If you are thinking about and making plans about how you are working, this is the webinar for you. In this interview-style webinar, we talk to our Employment Support Consultant Jeff Lawrance, and person living with MS and together we will explore strategies for symptom management in the workplace such as:

- Talking about your MS at work
- Superannuation and insurance
- Plans and strategies to stay in the workforce
- Plans for exiting the workforce

You will have the opportunity to ask questions during the webinar or submit questions prior.

Other useful webinars on our website

Preparing for your medical appointment

Webinar on demand – Watch anytime!

Appointments with your medical team may be few and far between, and there may not be time to have all your questions answered. Join Clinical Nurse, Louise Rath as she provides an overview on how to prepare for your appointments and how to make the most of the time you have with your medical specialist.



Pregnancy and multiple sclerosis

Webinar on demand – Watch anytime!

This webinar is hosted by Associate Professor Anneke Van Der Walt from Alfred Health. Anneke discusses family planning, pregnancy and breastfeeding in women with multiple sclerosis.

Understanding your superannuation and disability entitlements

Webinar on demand – Watch anytime!

In this practical session, you will learn more about superannuation and your disability entitlements. John Berrill, an insurance and superannuation lawyer of Berrill Watson Lawyers will provide advice on how you can maximise your superannuation and insurance benefits.

Tailoring an exercise plan for wellness

Webinar on demand – Watch anytime!

An exercise physiologist is an allied health professional that can design, deliver and evaluate exercise interventions for a wide range of medical conditions, injuries and disabilities. Tasha Babet, Exercise Physiologist in the MS Gym in Lidcombe, Sydney will explain why this important member of your healthcare team might just become your best friend.

Learn from me series – Juggling work and MS

Podcast – Listen anytime!

Join Megan on the new 'Learn from me' Podcast as she shares her incredible experience and valuable insight into working and managing her MS. Megan describes the various strategies and supports she has used to maintain her health and thrive in her workplace both physically and mentally.



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: 6 March

EASTERN SHORE

Meets: Second Friday of the month, 10:30am-12noon
Venue: Note new venue, Mornington Inn
Next Meeting: 10 March
Guest Speaker: Angela Land, navigating the MS website & supports and services.

GLENORCHY

Meets: Last Monday of the month, 6:00-8:00pm
Venue: Glenorchy
Next Meeting: 27 March
Social gathering, meals at own cost

NEW NORFOLK

Meets: First Wednesday of the month, 10:30am-12noon
Venue: New Norfolk
Next Meeting: 1 March
Social gathering, coffee and cake etc. at own cost

MENS GROUP

Meets: Third Friday of the month, 12noon-2:00pm
Venue: Dr Syntax, Sandy Bay
Next Meeting: 17 March

LAUNCESTON

Meets: Last Sunday of the month, 11:00 am onwards
Venue: Seven Monks Café, Kings Meadows
Next Meeting: 26 March
Socialising

SHEFFIELD

Meets: First Monday of the month, 1:00pm onwards
Venue: Sheffield Rural Health
Next Meetings: 6 March
Guest Speaker: TBC

WYNYARD

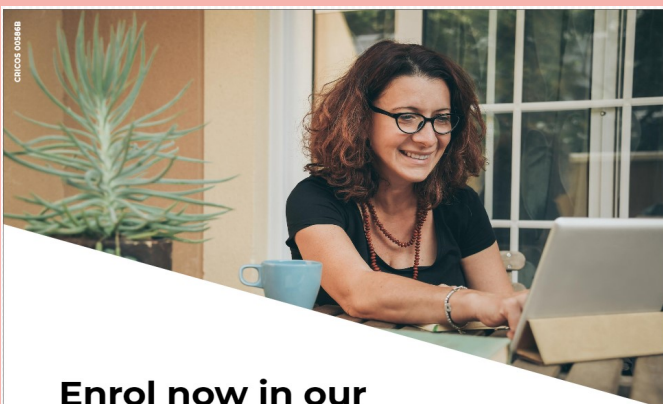
Meets: Third Wednesday of the month, 12noon onwards
Venue: Bruce's Café, Wynyard
Next Meeting: To be confirmed
Coffee catch up

ULVERSTONE

Meets: Fourth Wednesday of the month, 11:00am-1:00pm
Venue: Ulverstone Life Saving Club
Next Meeting: 22 March
Guest speaker: TBC

KINGSTON

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



**Enrol now in our
free online course**

UNDERSTANDING MULTIPLE SCLEROSIS

UNIVERSITY OF TASMANIA
MENZIES
Institute for Medical Research

MS PLUS
Neuro Wellbeing

Understanding MS course starting in March

Understanding MS is an award-winning online course that aims to improve understanding and awareness of MS. More than 32,000 people from 130 countries have enrolled in this free course to date!

It was designed so you can participate at your own pace — this means logging in at any time of the day (or night) that suits you — and the next course opens on 13th March.

Enrol today at ms.mooc.utas.edu.au



The MS Research Flagship presents: Research with Connections 2023

Join the MS Research Flagship for a day of research and community presentations, conversations and celebrations in honour of World MS Day.

Date: 26th May 2023

Time: 9:30am - 3:30pm

Venue: MyState Bank Arena, Hobart

Free event with lunch, tea and coffee provided.
Free, accessible parking.

Tickets: bit.ly/MSFlagshipResearchWConnections2023

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To register for free tickets

[CLICK HERE](#)

NEW ARRIVALS!

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