



PLUS
Neuro Wellbeing

Tasmania Newsletter
February 2025

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

Launceston is taking on the MS Walk Run + Roll in 2025!

Get ready to lace up those shoes, rally your team, and mark your calendars, because the Launceston MS Walk Run + Roll is back for 2025!

This is your chance to be among the first to grab your spot for an epic day supporting people living with MS. Spread the word to your friends, family and colleagues and make sure you bring along your furry friends because, yes, all dogs are welcome (encouraged even)!

Visit <https://www.mswalk.org.au/>

to sign up today!



Hobart Wellbeing Centre Everything you need for wellbeing and connection in one place!

Our services

- Employment support service
- Exercise physiology
- Information and advice
- NDIS access support and services
- Contenance support
- Diet and nutrition
- Occupational therapy
- Physiotherapy

Contact us
Call 1800 042 138

Email us
connect@msplus.org.au



Come visit us!
246 Murray Street,
Hobart

For More information [Click Here](#)

what's on

Exploring the latest programs and updates from client engagement and wellbeing



February 2025

Working with a chronic condition The benefits of employment reach far beyond just financial, however navigating work with a chronic condition can bring its own challenges.

Whether you're trying to stay employed or find work, join our employment experts to learn strategies for maintaining your career, or rejoining the workforce, while managing your condition.

Free programs. Register now

Working with a chronic condition: Tips to stay employed

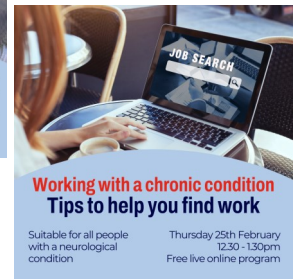
Tuesday 18 February, 6:00 - 7:30pm

<https://www.trybooking.com/CXJSO>

Working with a chronic condition: Finding work

Tuesday 25 February, 12:30 - 1:30pm

<https://www.trybooking.com/CXJTV>



Managing fatigue at work Fatigue is a very common symptom of MS and can significantly impact your work, but there are strategies you can learn to help.



FACETS (Fatigue: Applying Cognitive behavioural and Energy Effectiveness Techniques to LifeStyle) is an evidence-based program designed for people living with MS to help manage fatigue using 'energy effectiveness' techniques and cognitive behavioural therapy strategies.

Developed by researchers from Bournemouth University and Poole Hospital in the UK, the group program is delivered by trained professionals with no more than 12 participants. The program involves weekly 90min sessions over 6 weeks. We have two new program dates available now:

When: FACETS for work – lunchtime session 5 February 2025, 12:00 - 1:30pm

FACETS – evening session starting 11 March 2025, 6:30 - 8:00pm

Learn more: [msplus.org.au/FACETS](https://www.trybooking.com/CUNAE) **Register:** <https://www.trybooking.com/CUNAE> **Cost:** \$150

Getting started with NDIS? We can help Applying for NDIS can be an overwhelming experience and the recent changes to the scheme may have left you scratching your head!

We're here to help you on your NDIS journey, starting with the application! Join our free NDIS Upskill lunchtime session to learn more about the NDIS, eligibility and process to help demystify the process.

When: Next session is 11 February 2025, 12:00 - 12:40pm

Register: <https://www.trybooking.com/CUANY> **Free**



Peer Talk - Speak with someone who understands

Peer Support Peer Talk

Connect with a
peer volunteer
one-on-one



Peer Talk is a one-to-one peer support program. Trained peer volunteers who live with MS and understand the challenges you might be facing are available to speak with you. You'll be matched with a peer volunteer who has a specific interest or experience that matches closely to your circumstance.

Peer Talk is available anytime. For some people just one phone chat is enough, for others a few conversations might be better suited.

Book a Peer Talk appointment or learn more: 1800 042 138

connect@msplus.org.au

Cost: Free

Peer Support Groups



We have several Peer Support Groups available in Tasmania that welcome new members any time. If you're interested in joining a group contact Plus Connect on 1800 042 138.

CIRCULAR HEAD

Meets: First Monday of the month,
7:00-8:30pm

Venue: Circular Head Rural Health

EASTERN SHORE

Meets: Second Friday of the month,
10:30am-12noon, followed by lunch

Venue: Mornington Inn

GLENORCHY

Meets: Last Monday of the month,
6:00-8:00pm

Venue: Glenorchy or Moonah

LAUNCESTON

Meets: First Friday of the month at
11:00am

Venue: Various cafés in Launceston

ULVERSTONE

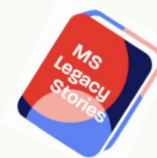
Meets: Fourth Wednesday of the month,
11:00am-1:00pm

Venue: Ulverstone Life Saving Club

Nursing a desire to help the MS community

In 2015, 21-year-old Cass David was working in a Melbourne dental clinic and considering a career in nursing. But then, she began to feel unwell.

*"It started with headaches, and then my speech changed. My motor skills deteriorated next. I struggled to play my guitar," she recalls. **"The maxillofacial surgeon I worked with at the clinic told me to get an MRI. I did, and soon found out I had MS."***



Cass tried to stay positive. **"Negativity and anger drain your energy and push people away. We all face challenges, and I thought, this is mine, but I'll do my best to manage it."**

Her best meant pursuing her nursing degree and using her experience to help others.

While Cass doesn't usually share her diagnosis with patients, she knows that her dual role as a patient and a nurse gives her a unique perspective on pain management and resilience. In the early stages, Cass's MS was aggressive, leading to frequent hospital stays. But thanks to new medications and self-care measures like a good diet, aerial yoga, massage and osteopathy, her condition improved.



In 2021, Cass and her partner moved to Alice Springs for "the adventure of a lifetime." She became a flight nurse with the Royal Flying Doctors Service, flying thousands of kilometres across Australia to provide urgent care to patients in remote communities. *"You see everything from farm accidents and heart attacks to snakebites," she says.*

Cass also works as an emergency care nurse at Alice Springs Hospital. **"I wanted to experience intense nursing now before my condition might limit me. Many people in rural communities have complex health issues, and you encounter conditions here that aren't as common in metropolitan settings. It's been invaluable learning,"** she explains.

Throughout her MS journey, Cass has received support from MS Plus. The team helped her understand her condition, navigate the NDIS for equipment and connect with others living with MS. Grateful for their assistance, Cass, now 30, has regularly donated to MS Plus. Recently, she took her commitment a step further by leaving a gift to MS Plus in her Will. **"I've received so much help from MS Plus. The research and services they provide wouldn't be possible without funding. My gift can go where it's most needed,"** she says.

Cass used Gathered Here, a free online will-writing service and said it was easy to include a charity. [Gathered Here Online Will](#). "It was straightforward. I'm happy knowing that my contribution will help others in the future."

Cass's journey with MS hasn't been easy, but she remains optimistic. "I've come a long way in 10 years. I lug a 25-kilo ventilator every time I get on a plane, but I can do it. I'm fortunate to be in a better place now, but I know not everyone with MS is as lucky. I don't take anything for granted. **I want to live life to the fullest, and I want that for others, too.**"

Could you be like Cass? By including a gift of any size in your Will, you can leave a legacy of your own values. This way you can help MS Plus continue its vital work for a cure, better treatments and expanded services for people living with MS. Cass is now a member of the **MS Callistemon League**, a group of extraordinary people who are leaving a legacy of kindness, care, and ultimately – transformation.

For more information, contact Laura Henschke at **1800 443 867**, email futureplanning@msplus.org.au or visit www.mymslegacy.org.au

***Fast-track a cure for MS, care until we're there
Protect future generations from MS***



Free online course enrol now

UNDERSTANDING MULTIPLE SCLEROSIS



Understanding Multiple Sclerosis is an award-winning online course that aims to improve understanding and awareness of MS worldwide. It consists of six modules addressing the areas of biology and pathology, diagnosis and symptoms, demographics, risk factors, disease management and support strategies, and living with MS. More than 50,000 people from 170+ countries have enrolled in this free course to date, so why not join them! This course was developed by the Menzies Institute for Medical Research in partnership with MS Plus and MS Australia.

Key details

Course opens: 10 March 2025

Duration: 6 weeks

Effort: 2 hours per week

Completion certificate: Yes

Cost: FREE

Enrol now: <https://ms.mooc.utas.edu.au/i/mstas>

Mental Health and MS is a free online course that will increase your understanding of how anxiety, depression and MS interact to affect the lives of people with MS. It also provides practical tips for improving mental health. Across three course modules you will hear from a range of MS experts, including people living with MS, clinical psychologists and neurologists. The course was developed by the MS Research Flagship, Menzies Institute for Medical Research at the University of Tasmania in collaboration with the MS community.

Key details

Duration: Self-paced

Effort: 1.5-2 hours per module

Completion certificate: Yes

Cost: FREE

Enrol now: <https://ms.mooc.utas.edu.au/i/mht>



MOOC

MENTAL HEALTH AND MULTIPLE SCLEROSIS

massive open online course



ENROL TODAY — FREE



MOOC

DECIDING ABOUT DISEASE MODIFYING THERAPIES FOR MS

massive open online course

Deciding about Disease Modifying Therapies (DMTs) for MS

is a free online course that explains what DMTs are and how they work. The course aims to help people communicate clearly about DMTs and help people living with MS make informed decisions about using them. Across three course modules you will hear from a range of MS experts, including people living with MS, neurologists and an MS nurse. The course was developed by the MS Research Flagship, Menzies Institute for Medical Research at the University of Tasmania in collaboration with the MS community.

Key details

Duration: Self-paced

Effort: 1.5-2 hours per module

Completion certificate: Yes

Cost: FREE

Enrol now: <https://ms.mooc.utas.edu.au/i/dmtt>



ENROL TODAY — FREE