



PLUS
Neuro Wellbeing

Tasmania Newsletter
March 2025

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

**Launceston MS Walk Run + Roll
registrations are now open!**



Sign up to secure your spot and join us on Sunday, 6 April 2025 as we walk, run and roll for an epic day of fun while fundraising for critical support and services for the MS community.

Make the most of 2025: join the challenge and have a blast making a difference at mswalk.org.au.

**Come and speak to us at the Expo
Thursday 6 March at Princess Wharf No. 1**

Your dedicated local health and wellbeing professionals are preparing to welcome you to the **ATSA Independent Living Expo**, Australia's foremost exhibition for assistive technology, rehabilitation and aged-care equipment.

The exhibition, which opens on **6 March at Princes Wharf No 1** is one of Australia's most comprehensive events for people with disability, seniors, carers, and allied health professionals.

Key Hobart Wellbeing Centre staff will take over Stall 96 to take service enquiries/bookings and provide information about how you can achieve your health and wellbeing goals.

At your Hobart Wellbeing Centre, you will have health professionals at your side so that you can achieve your goals and thrive, whether you are living with MS or other neuro conditions (including Parkinson's, Dementia, MND, Epilepsy), or you're interested in healthy ageing or rehabilitation.

At the stall, we will run a fun activity for visitors and have a competition for you to win a free assessment and follow-up appointment.

With 65 years of experience in neuro health, healthy ageing and rehabilitation, MS Plus will personalize the right plan for everyone. You can choose from their expert Exercise Physiology, Physiotherapy Service and so much more.



For your chance to win a FREE Physio session, simply complete the entry card. Good luck!



**Can't get to the Expo or need an appointment right now?
Our health experts have appointments available for you.
Visit our website msplus.org.au/hobart or call 1800 042 138**

what's on

Exploring the latest programs and updates from client engagement and wellbeing



March 2025

Managing fatigue

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 – evening session starting 11 March 2025, 6.30 - 8.00pm

Learn more: msplus.org.au/FACETS

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 16 April 2025, 12:00 – 12:40pm

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

Cost: Free

Peer support

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.

Find a group near you by checking out our interactive map.

<https://www.msplus.org.au/support-services/connecting-with-your-community/peer-support>



A Feeling that Money Can't Buy: A Story of Giving Back



Growing up in the small rural community of Kentucky South, NSW, **life was tough. Our family was large — 10 kids in all — and our father was often away driving trucks, leaving Mum to raise us on her own.** We didn't have much, but Mum made sure we were never hungry or cold, no matter how hard times got.

School meant a long bus ride to Uralla, but I was determined and proud to earn my school certificate. Work came early for me; my Aunt Hazel and Uncle Bill, who lived three miles down the road, offered me odd jobs mowing lawns and making fruit boxes for their orchard. The few dollars I earned felt like a fortune.

One day, Uncle Bill gave me something I never expected — his son's old pushbike. Suddenly, I didn't have to walk miles to work anymore. That bike became my pride and joy; I fixed it up, repainted it, and added every accessory I could find. It was more than just transportation — **it symbolized possibility.**

Years later, working at a mine in Barraba, NSW, I met Bob and Iris Elliott, who changed my life in another unexpected way. When the local pub where I lived burned down, Bob and Iris invited me to stay at their home. They treated me like family, charged me only half the rent, and even helped me save money. **Their kindness and generosity taught me the true meaning of giving back.**

When I received a letter from MS Plus, their mission resonated deeply. **I've seen hardship and know the power of support when it's needed most.** That's why I decided to leave a gift in my Will to MS Plus. They're a charity that truly makes a difference.



To anyone thinking about leaving a gift in their Will — do it. It's a meaningful way to ensure your life continues making a positive impact. **I know I've done something good, and that's a feeling money can't buy.**

Lindsay

Currently, 33,335 people in Australia have MS. Like Lindsay, you can **get a “feeling that money can't buy”** and leave a legacy of your values.

Since 1956, MS Plus has supported thousands of clients and their loved ones. Gifts in Wills can fund research, treatments, peer support programs and well-being centres. Even 1% or 2% after looking after family and friends, can make a difference.

Find out more from Laura at MS Plus. Call **1800 443 867**, visit www.mymslegacy.org.au or email futureplanning@msplus.org.au

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



Are you aged 18 to 60? Researchers at the Menzies Institute for Medical Research need your help to advance our understanding of multiple sclerosis (MS) in an Australia-wide study [MS Genetics (GEMS) study].

We urgently need:

- **People diagnosed with MS** (Off your DMT meds? We need YOU now!)
- **People without MS** (YOU can still contribute!)

Why participate?

We're investigating the connection between the Epstein-Barr virus (EBV) and MS, and your contribution could lead to improved diagnosis, treatment, and prevention of MS.

Participation is easy!

- Complete a brief questionnaire
- Provide three saliva samples (postal submissions are welcome!)
- Optionally, give a blood sample

Ready to make a difference?

To find out if you're eligible scan the QR code or contact:

Chhavi Asthana, Postdoctoral Research Fellow
 Menzies Institute for Medical Research
 17 Liverpool Street, Hobart, TAS, 7000
 t: (03) 6226 4226 e: Chhavi.Asthana@utas.edu.au



Help us pave the way for better MS care. Your participation matters!

This study is approved by the University of Tasmania Human Research Ethics Committee, H0027273 (H-85821). Funding for this study comes from the Australian Government's Medical Research Future Fund (MRF2024516) and National Health and Medical Research Council (2021/GNT2009389)



Free online course:

Understanding Multiple Sclerosis

Understanding MS is an award-winning online course that aims to improve understanding and awareness of MS. 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.

- Course opens: 10 March 2025
- Course duration: 6 weeks
- Estimated effort: 2 hours per week
- Cost: Free

Enrol here: ms.mooc.utas.edu.au/i/mstas