



MS PLUS
Neuro Wellbeing

Tasmania Newsletter
September 2025

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

Hobart MS Mega Challenge

Looking for something FUN to keep you busy AND a way to give back to YOUR local community?

Join us at the Doone Kennedy Hobart Aquatic Centre on Saturday 20 September as a volunteer at the 2025 Hobart MS Mega Swim.

Help participants to register on the day, ensure they have their team swim caps, and direct them to their team lane, also help us to keep track of lap data, keep the pool deck tidy and cheer on the swimmers in the pool.

So, are you with us? Join the Hobart MS Mega Swim Volunteers today!

<https://www.msmegachallenge.org.au/about/volunteer/apply-to-volunteer>



Disability Insurance benefits

Free private appointments

Lawyer and insurance experts Berrill & Watson Superannuation and Insurance Lawyers are partnering with us again to offer free insurance advice and help you understand your entitlements.

30 minute appointments will be held at our Hobart Wellbeing Centre, 246 Murray Street, Hobart and are completely free.

Wednesday 10 & Thursday 11 September 2025, various times available.

Reserve your time now at <https://www.trybooking.com/DEAPS>

MS Go for Gold Scholarships Applications Close Soon!!

MS Go for Gold Scholarships provide one-off grants to follow a personal dream.

If you're living with multiple sclerosis and need support to help achieve your dream, an MS Go for Gold Scholarship can help.

There are 25 scholarships valued up to \$2,000 each available this year, with categories including:

- personal expression
- education
- living your best life

[Submit your application here](#)

Applications close at **5.00pm, Tuesday 16 September**



what's on

Exploring the latest programs and updates from client engagement and wellbeing



September 2025

Travel tips for people living with a disability

Join us for a free, virtual event designed to empower and inspire people living with a disability to learn practical, accessible, and confidence-boosting travel tips from Andrew at AccessibleOz.

- plan safe and comfortable trips
- navigate airports and accommodations with ease
- get inspired by real stories of accessible adventures

Presented by AccessibleOz

FREE online session

Wednesday 5 November, 12.30–1.30pm

Register at: <https://www.trybooking.com/DDZYE>



Travel tips for people living with a disability

Managing fatigue – Our last FACETS program for the year is filling fast!

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.

Next program starts Wednesday 8 October

This 6 week course is \$150

Register at: <https://www.trybooking.com/CUNAE>

Hobart MS Wellbeing Centre



Hobart Wellbeing Centre, your home of neurological care and support. We see you, we see all of you!

Our dedicated team understands that no two people's experiences living with a neurological condition is the same, that's why we tailor our services and support to your individualised needs.

<https://youtu.be/4uudDScZA0w>

Love That Lingers: Family Fulfils Vic and Kathy's Wish to Give Back



When Vic Bilbrough met Kathy Adamson at the Department of Veterans' Affairs in Melbourne in 1986, the connection was instant. The warm, outgoing supervisor was drawn to the quiet, thoughtful research officer—and she to him. It was the beginning of a deep and enduring love story.



They married in 1991 and filled their lives with music, travel, and laughter. But just two years later, Kathy was diagnosed with an aggressive form of multiple sclerosis (MS), and their lives were forever changed.

Despite the challenges, they made the most of their time—travelling through Europe and spending precious moments with family and friends. Kathy continued working for as long as she could. But when her condition worsened, Vic became her full-time carer, supported by MS Plus and Kathy's devoted parents.

Kathy passed away in 1998 at just 41. Vic never truly recovered from the loss, and when he passed in 2020, he left no will. But his family didn't hesitate. They already knew what Vic and Kathy had wanted.

"Vic had mentioned it many times," said his brother David. **"He and Kathy were so grateful for the support from MS Plus. They talked about wanting to give something back—to help others living with MS. That always stayed with us."**

As executor, David worked closely with his siblings to ensure those wishes were honoured. "We all agreed it was the right thing to do," he said. **"This gift is not just from Vic—it's from both of them. It's what they would have wanted."**

The Bilbrough and Adamson families transformed quiet conversations into meaningful impact—a lasting legacy that will support others living with MS well into the future.

Even a small percentage of what's left after taking care of loved ones can change lives. It costs nothing now, but its ripple effects endure.

Vic and Kathy are remembered not only for their talents—her musical brilliance and his quick wit—but for their kindness, their love, and now for their enduring generosity.

As Vic's older brother Stan put it best: **"He was a great bloke who gave it all a fair crack."**

You too could leave behind a love that lingers and change lives for generations to come. Just like Vic and Kathy and their families.

A gift in your Will could help fund research, better treatments or more services. Through a gift in your Will, you can also become a member of the **MS Callistemon League**.



To learn more, call 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**

Understanding Multiple Sclerosis - Free Course

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

You'll hear from researchers, clinicians and lived experience experts about a range of topics including MS biology and pathology, diagnosis and symptoms, disease management and more.

You can participate at your own pace, including logging in at any time of the day (or night) that suits you.

More than 50,000 people from 170+ countries have enrolled in this free course to date, so why not join them!

- Course opens: 8 September 2025
- Course duration: 6 weeks (estimated effort 2 hours per week)
- Cost: Free
- Enrol at: <https://ms.mooc.utas.edu.au/i/mstas>



Understanding Multiple Sclerosis

FREE ONLINE COURSE | ENROL NOW



MS Genetics Study

Small sample, big impact

Researchers at the **Menzies Institute for Medical Research and QIMR Berghofer** need your help to advance our understanding of multiple sclerosis (MS) in an Australia-wide study.

We urgently need:

- People diagnosed with MS
- 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. This study is recruiting a broad group of people with and without MS from across Australia to donate saliva samples. Your participation is critical to understanding how EBV impacts the immune systems in MS development.

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?

Find out if you're eligible by completing our screening survey via this link:

[Menzies- MS Genetics Study - Screening survey](#) or via the QR code:

For more information contact:

Chavi 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

This study is approved by the University of Tasmania Human Research Ethics Committee, H0027273 (H-85821) and funded by the Australian Government, Medical Research Future Fund and National Health and Medical Research Council.

Small sample, big impact
HELP US DECODE MULTIPLE SCLEROSIS

UNIVERSITY OF TASMANIA
MENZIES Institute for Medical Research



Peer Support – Connecting with others for social and emotional support

Connecting with peers in a similar situation is a wonderful opportunity to share experiences and learn from each other. The PeerTalk program involves up to eight phone calls with a peer support volunteer, matched to you based on your areas of concern. We have volunteers available now ready to chat with you. Whether you have a new diagnosis, have a major life change such as pregnancy or work, or are seeking someone else's experience with medications – our compassionate volunteers are here to chat. For more information contact us at Connect@msplus.org.au or call 1800 042 138.



MONASH
University



VOLUNTEERS NEEDED

THE MULTIPLE SCLEROSIS AUSTRALIAN WOMEN'S MIDLIFE YEARS (MS-AMY) STUDY

ELIGIBILITY

All women **aged 40 to 69**
with a diagnosis of
multiple sclerosis



WHAT DOES THIS STUDY INVOLVE?

A once off online survey
that will take about 45
minutes to complete
The survey will ask you
about your:

- family and living arrangements
- work and volunteering roles
- physical, sexual and mental health
- multiple sclerosis

REIMBURSEMENT

You will receive a \$25 eGift card
for completing the survey

LOCATION

Surveys will be completed by you
at home

TO FIND OUT MORE OR TO JOIN THE STUDY

Contact the study team on the number or email
below, or scan the QR Code



1800 384 844



ms-amy@monash.edu

This study has been approved by the Monash University Human Research Ethics Committee
Project ID: 45712

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