



# Self Help Groups in NSW & ACT

Group listing

## SELF HELP GROUPS

**Support groups** are a great way for people affected by multiple sclerosis to connect and support each other — both those living with the disease, and also carers, family and friends.

**Giving and receiving practical and emotional support** can help you understand a recent diagnosis, manage your symptoms and live well with multiple sclerosis. It's also a great way to make new friends!

In NSW & ACT there are self-help groups for people with multiple sclerosis, some of which have been meeting for many years. These groups have untrained facilitators and may not always be facilitated by a person living with MS.

**If you can't find a group that suits you, please contact MS Connect™** (Freecall 1800 042 138 or email [msconnect@ms.org.au](mailto:msconnect@ms.org.au)) to register your interest and discuss alternative options.

## SYDNEY AND SURROUNDS

### **Bowral — Southern Highlands MS Support Group**

- 2nd Friday of each month, 10.30am–12.30pm

### **Castle Hill — Hills Support Group**

- 2nd Fri of each month, 10am–12pm

### **Fairfield — Spanish Support Group**

- 1st Friday of each month, 10.30–12pm

### **Lidcombe — MS Western Sydney Social & Support Group**

- 2nd Tuesday of each month, 10am–12.30pm

## REGIONAL / RURAL NSW

### **Bega Valley Group**

- Bi-monthly on Wednesdays, 11.30am-1.30pm

### **Cowra Support Group**

- 3rd Wednesday of month, 12pm–2pm

### **Doyalson- Central Coast North Support Group**

- Bi-Monthly on 3rd Thursday of the month, 12pm-2pm

### **Dubbo/Orana**

- 3rd Wednesday of each month, 10.30am–12pm

### **Goulburn Support Group**

- Bi-monthly, 10.30–12.30pm

### **Gosford Sunday Group**

- Sunday lunch

### **Griffith Support Group**

- Meet 4 times a year for lunch, 11–2pm

### **North Ryde — New Directions Support Group**

- 1st Wednesday of each month, 10.30am–12.30pm

### **St Ives — Wildflowers Gardens MS Support Group**

- 4th Friday of each month, 10.30am–2:00pm

### **St Ives — Friendship Group**

- 2nd Friday of each month, 10.30am–2.00pm

### **Jesmond - Newcastle/Lake Macquarie Group**

- 3rd Wednesday of each month, 10am-12pm

### **Maitland Support Group**

- 3rd Friday of each month, 10am-12pm

### **Parkes - Support Group**

- Meeting dates vary, 12pm-2:00pm

### **Singleton & District Support Group**

- 2nd Tuesday of each month, 12pm-2pm

### **Tuggerah - Central Coast MS Support Group**

- Bi-monthly, 2nd Wednesday of the month, 10.30–12pm

## ACT

### **New Group The MS Side Steppers Walking Group, Canberra**

- Weekly, every Wednesday morning, 9.30am in various locations across Canberra. First Meeting will be held on Wednesday 15 November 2017.

### **HSCT for MS Support Group, Deakin**

- 1st Friday of each month, 5.30pm-7pm

### **MS Café Group**

- 3rd Friday of each month, 10am

### **MS Craft Group, Deakin**

- Fortnightly on Friday, 12.30pm–2.30pm

### **Taking Control of MS Group, Deakin**

- 2nd Saturday of each month, 2pm–4pm
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## ABOUT MULTIPLE SCLEROSIS LIMITED (MS)

MS is the pre-eminent source of information, advice and services for people newly diagnosed or living with the disease. We're a combined entity of ACT, NSW, Victoria and Tasmania with more than 55 years' insight into how to live well with the disease. While many things have changed over the years our focus remains the same: to help people live their lives with multiple sclerosis and provide them with the best long term options and life outcomes.

### **MS IS A REGISTERED NDIS PROVIDER**

- Preplanning prior to your conversations (All areas)
- Support Coordination/Connection – assistance to help make your plan active (All areas)
- Community Participation (NSW)
- Exercise physiology and personal training (NSW)
- Specialist Continence Assessment (NSW and Vic)
- Physiotherapy and Occupational Therapy (NSW and Vic)

**Please contact MS for more information:**

**MS Connect™:** 1800 042 138

**Email:** [msconnect@ms.org.au](mailto:msconnect@ms.org.au)

**Web:** [www.ms.org.au](http://www.ms.org.au)