MOVING FORWARD

With the rollout of the NDIS scheme to include those people aged between 35—49 we are beginning to contact people to make sure that they are aware of the Scheme and to offer our assistance in considering if they wish to apply to the Scheme. Our team will identify that they are from the MS Engagement team so please take up the opportunity to talk with them. If you want to move more quickly you can ring MS Connect and request one of the Engagement team to ring you.

We have had a great response to the Symposium being held on World MS Day 30 May in Hobart. I appreciate it is difficult for people coming from the north of the State and I am hoping we can deliver a Symposium in 2020 based in the north. If you are travelling we do have a fund to assist you get there so please give us a call.

Minister Pertrusma is opening the program and I have included a copy of the program for you.

I know that at times life does get difficult and I wanted to let you know that we have a special fund known as Financial Assistance which we can use to help you out. We have received great support recently and have money sitting in the account, if you have a need please give the team in MS Connect a call and they will help you fill out an application form which is then assessed by the team who has responsibility for the program. Some examples of recent requests have included a washing machine, fridge, air conditioner, fans, and wheelchair repairs, so please think about applying.

Best Regards
Sandra

MS Employment Support Service – expanding into TASMANIA

The MS Employment Support Service is expanding and from July 1, 2018 will be available in Tasmania! There will be a local MS Employment Support Consultant and this service will be available throughout the state.

The MS Employment Support Service is the only MS specialist employment service for people living with multiple sclerosis in Australia. We can help you succeed at work, whether that is staying in your current job or finding new employment. This may be to find strategies to better manage your symptoms, it may be utilising technology or equipment to enable you to function more effectively in the workplace, assistance to write a resume and practice interviews or may include providing education to your employer. The team will be there to help you every step of the way until you feel secure in your current job or have found a new job.

We are taking expressions of interest now so contact MS Connect on 1800 042 138 or msconnect@ms.org.au if you would like to be one of the first to receive this support in Tasmania from July 1.
MS EDUCATION Webinars and other Education Events

Webinar - Improve your Memory: Thinking and Memory in Multiple Sclerosis
Monday 21 May 2018 11.00am – 12.00pm

Tasmanian Symposium Wednesday 30 May 2018 9.00am – 3.00pm

Webinar - A Conversation with Centrelink Tuesday 19 June 2018 2.00pm – 3.00pm

NDIS Information Sessions Various webinars and face-to-face sessions in various locations

For more information please email education@ms.org.au or call MS Connect™ (Freecall 1800 042 138)

HOBART
Are you looking for an opportunity to exercise in a safe and supportive environment? Active for MS is a new group starting at Your Health Hub in Bellerive. It will run by Bek Wilcher who is a Physiotherapist with an interest in MS.

It is essential to book in with Bek for an initial assessment before attending the group.

The group will run on Fridays between 9:30-10:30am. The class will cost $20/ session and is able to be claimed on private health.

PEER SUPPORT GROUPS

CIRCULAR HEAD
Please note day and date change
Meets: Thursday 31st May from 7:30pm to 9pm
Venue: Circular Head Rural Health Service, Smithton
Guest Speaker: Andrea Salmon, Business Development Manager MS Connect

EASTERN SHORE
Meets: Second Friday of the month, 10:30am to 12
Venue: Bellerive Yacht Club, Bellerive
Next Meeting: Friday 8th June
Guest Speaker: Jess Turner, Exercise Physiologist & Research Assistant
I-FIMS Program, Interactive Step Training to Reduce Falls in People with MS

GLENORCHY
Meets: Last Monday of the month, 6-8pm
Venue: Glenorchy RSL, Glenorchy
Next Meeting: Monday 25th June
Guest Speaker, Michael Mortensen, MS Consultant regarding Symptom Management and Medications

*Devonport Peer Support Casual Coffee Group
Meets: Third Saturday of the month 10:30am -11:30
Venue: TBC, please call MS Connect 1800 042 138 or email angela.land@ms.org.au
Next Meeting: Saturday 16th June
Social gathering

*Wynyard Peer Support Casual Coffee Group

KINGSTON
Meets: Second Wednesday of the month, 12.00 - 2pm
Venue: The Salty Dog Hotel, Kingston
Next Meeting: Wednesday 13th June
Guest Speaker: Jess Turner, Exercise Physiologist & Research Assistant
I-FIMS Program, Interactive Step Training to Reduce Falls in People with MS

NORTHERN (Launceston)
Meets: Second Thursday of the month, 11am to 1pm
Venue: The Branch Community Centre, Kings Meadows
Next Meeting: Thursday 14th June
Social Gathering

ULVERSTONE
Meets: Fourth Wednesday of the month, 11am to 1pm
Venue: Surf Life Saving Club, Ulverstone (Lift access from 10:45am)
Next Meeting: Wednesday 27th June
Guest Speaker: Annette Crawford, MS Consultant

*Devonport Peer Support Casual Coffee Group
Meets: Third Friday of the month from 12:30 - 2:30pm
Venue: The Caryle Hotel, Glenorchy
Next Meeting: Friday 15th June
Social gathering, meals at own cost. Open to Men living with MS and Carers

*NEW Groups
To celebrate World MS Day on May 30 we have plenty in store to support the global campaign which this year is focused on how research is #BringingUsCloser to better treatments and a cure for multiple sclerosis.

We are encouraging all the community to ‘Wear RED’ on World MS Day and if you need to jazz up your outfit we are selling pins and lapels which you can purchase at www.shop.ms.org.au We would also love to hear from you if you are holding your own World MS Day event that we can publicise on our website so please contact community.fundraising@ms.org.au

The MS Symposium in Hobart will be held on World MS Day at the Hobart Function & Convention Centre. If you haven’t already reserved your spot registrations close May 21 so contact MS Connect on 1800 042 138 or msconnect@ms.org.au for this FREE event. You will hear from a range of speakers to inform, educate and challenge you including Dr Kaylene Young, Menzies Institute, Dr. Tomas Kalincik, Neurologist, Dr. Litsa Kriopoulos, Psychologist, Ngaire Hobbins, Nutritionist and Kim Goodes from TasCoss. To find out more information and the program for the day visit www.ms.org.au/world-ms-day

You may also notice a few iconic buildings light up red for World MS Day including Launceston Town Hall and in Hobart Kennedy Lane, Elizabeth Mall, Railway Roundabout and Franklin Square fountain as well as Wrest Point Casino – all in support for raising awareness for World MS Day.

The hashtag #BringingUsCloser is your ticket to finding people and content on sites such as Facebook, Twitter and Instagram so you are up-to-date with what is happening around the world on World MS Day.

Outreach Clinics Appointments available call MS Connect 1800 042 138
4 June Bellerive 11– 2.15pm Michael
13 June Genorchy 11—2.30pm Michael
18 June Devonport 10.30—3.00pm Annette
20 June New Norfolk Anthea

Do you Know what MS Connect is providing
In April the highly knowledgeable and experienced team of MS Connect Specialists answered 1669 enquiries from people living with MS, their carers and family members and their health care professionals. In Tasmania we have 121 calls We linked people with into MS services such as the Nurse and Social Work Advisors, and provided information about accessing the NDIS, My Aged Care and other support services.

One of our newly registered clients said “I was so grateful to speak with Alyssa at MS Connect. She was so understanding and provided such wonderful emotional support in helping me understand about my new diagnosis and the supports which are available for me.”

This service is available to you from wherever you live, by calling 1800 042 138 or by emailing msconnect@ms.org.au
Tasmanian Community Fundraising Update

World MS Day 2018

World MS Day is on Wednesday 30 May this year and we love having a great variety of events through-out May to raise funds and awareness for MS, but you can Do It For MS all year round! Check out our website www.doitforms.org.au for more information or to register your plans.

Contact Erin Wicking 03 9845 2825  5 days a week for any assistance with your fundraising plans.

Run For MS in 2018

Tasmanian Running Festival
City Park, Launceston
3 June 2018
10km, 5km and 2km events

Point to Pinnacle
Mount Wellington
18 November 2018
21.4km half marathon

We’ve launched an exciting new program to help encourage fundraisers to pound the pavement for MS – Run For MS! Check out the Run For MS program via https://www.doitforms.org.au/run-for-ms

MS 24 Hour Mega Swims 2018

Launceston MS 24 Hour Mega Swim
Saturday 4 – Sunday 5 August 2018
Launceston Aquatic Centre

Hobart MS 24 Hour Mega Swim
Saturday 13 – Sunday 14 October ‘18
Hobart Aquatic Centre

Visit www.ms megaswim.org.au to register and for more information.

Register before June 22 (Launceston) or 31 August (Hobart) and not only will you have a great time with your friends and family, but you will also save on your entry fee. Plus registration for people with MS is FREE!

Come be part of the Event Management team for the MS 24 Hour Mega Swim! We are seeking fun, driven individuals or groups to come together and assist with the delivery of the annual 24-hour swimming event at Hobart Aquatic Centre on 13-14 October. Send us an email at megaswim@ms.org.au or call 1300 733 690 to find out more information about this great opportunity.

Fundraiser Shout Out

The York Hotel at Granton [hyperlink to https://www.facebook.com/The-York-Hotel-12-Mile-Steakhouse-158032947634196/] has just installed an MS donation tin thanks to MS community members Wendy and Shane Reid. Hats off to Wendy and Shane for organising this. Their last tin raised $159.95 and we’re so thankful for their ongoing support!
Go for Gold 2018

Applications are now open for the 2018 MS Go for Gold Scholarships, so it's time to start thinking about what dream you want to follow!

You have until Monday 25 June to submit your application. For an application form, plus more information on the program and previous recipients' stories, visit our online Go for Gold hub or contact MS Connect on 1800 042 138.

Update from Gold for Gold 2017 Winner

Deb from the north west of Tasmania had a dream to be able to garden which brings her peace, happiness and a state of well-being. Excitingly, MS was able to help Deb, through a Go for Gold scholarship, to realise that dream. Receiving her funds in September last year, Deb has been able to build the hot house which provide vegetables for not only her own family, but for a local charity also.

Deb’s sense of community is something to be admired and certainly was a worthy G4G winner.

Pictured Board Director Des Graham with Deb Edgerton.

Partners supporting Partners – Family members are needed to provide Peer Support

Are you supporting a husband, wife, daughter, son with multiple sclerosis?

The Peer Support Program is looking for suitable volunteers to share your invaluable knowledge, experience and support with other carers new to supporting a person with multiple sclerosis.

Peer Support currently provides support by phone, through groups and online to connect carers and provide valuable information and support. However, more carers are needed to keep this amazing program going.

A recent recipient of peer support as a carer said:

‘When the invitation came to me it was like a life ring. You speak to others who speak like you. You hear the sighs, the laughter, the tears, even the silence that are all so familiar...just like yours. You're not alone’.

‘Then you hear advice as simple but powerful on how to not 'drink your tea or coffee' cold. This means don't forget yourself. Light bulbs are lit for you as tools of managing your Well-being, resourceful information on MS & it's link to many other symptoms are shared’.

‘Listening was so powerful. I hadn’t realised until I had that privileged time once a week to stop & connect. I'm not alone now. My thinking & feelings are all validated & yet for years I thought I was losing it. What an honour to have been part of these powerful moments. I shall never forget them’.

If you’ve been caring for someone living with multiple sclerosis for over two years, have a positive experience of support and are interested in applying to volunteer to support other family members please contact MS Connect on 1800 042 138
STAFF UPDATE IN TASMANIA:
From Jen Lowe, Practice Leader

We are delighted to welcome Annette Crawford, to the position of MS Consultant (RN), based in our Launceston office, located with Epilepsy Tasmania at 30 Brisbane Street Launceston. Annette commenced Monday 30th April, and will work 4 days per week (Mon-Thurs).

Annette has 36 years’ experience as a Registered Nurse, working in both public and private hospitals in Launceston. Her most recent role was as the Staff Educator for an aged care provider. In this role she was responsible for training and education for all staff across three sites.

In addition to being an RN, Annette holds Certificate IV in Training and Assessing, and is a qualified Health Coach. We look forward to Annette meeting you as she travels around the north north / west region.

We are very pleased to announce that Jo Skinner has commenced as Business Support in our Hobart office. Jo is part time and will work Tuesday to Friday.

Jo has recently relocated back to Hobart after spending quite some time living overseas and in Melbourne. Her most recent role was working with the Victorian Commission for Gambling and Liquor Regulation in Melbourne, where she held various roles.

TASMANIAN TELELINKS - MS LINK UP TO LIVING WELL

- 10 people are connected by telephone
- 1.5 hours per week
- 6 weeks
- Facilitated by MS Staff
- Expert guest speakers
- Tasmania only

Aim: To provide an opportunity to share information, education and support to live well with multiple sclerosis

The Programs:

For People Recently Diagnosed
For Men Living with MS
For Over 65’s
For People who are Working
For Carers and Family Members

Please contact MS Connect 1800 042 138 for further information.