



ACT Multiple Sclerosis Symposium

Tuesday 29 October 2019 - **Registration is now open!**



Hear from leaders in the field as they discuss personalised and integrated management of Multiple Sclerosis.

The event will also host a panel discussion where you can ask people living with MS, researchers and clinicians questions about the condition.

To top it off, a poster session featuring cutting-edge research by ANU postgraduate students will keep you informed of the most recent research developments at the ANU.

When: Tuesday 29 October 2019, 9.30 am - 3.30 pm
Where: John Curtin School of Medical Research, Australian National University, 131 Garran Road, Acton ACT 2601
Cost: Register for free: www.bit.ly/MSSymposium2019



The International Progressive MS Alliance

Update from Vanessa Fanning

The International Progressive MS Alliance is a global collaboration to understand and treat progressive MS. It is funding global research as well as collaborating with governmental regulatory agencies such as the FDA, and the European Medical Agency on the licencing of treatments for MS.

The mission of the Alliance to accelerate new treatments and to improve the quality of life of people living with PMS worldwide.

The work is guided by 3 priorities:

- To Better Understand what causes MS
- Progression.
- To accelerate clinical trials
- To enhance well-being of People with Progressive MS

You can find out more about the Alliance at

www.progressivemsalliance.org

A number of us are thinking that it would be good to get together an informal group of people who are affected by or interested in the various progressive forms of MS.

The idea is that we would meet over lunch in an accessible venue every couple of months and share information, perspectives and mutual support.

If you would be interested in hearing more about this or joining a mailing list, please contact Vanessa.fanning@gmail.com

Congratulations

Go for Gold Scholarship Winners

Congratulations to our six Go for Gold Scholarship winners in the ACT Region .

The Scholarships have been awarded to the following categories:

- 4 Travel Scholarships
- 1 Health & Wellbeing Scholarship
- 1 Education Scholarship



The awards will be presented to recipients on Wednesday 2 October 2019 at Gloria McKerrow House.

It's really easy to access webinars

Every month the Education & Wellbeing Updates arrive in my email inbox and I see such great webinars on offer. Finally, I decided to give it a go and I couldn't believe how easy it was. Just three simple steps and I was ready to participate in my first webinar.

In the email update every webinar has a unique registration link for booking. I just clicked on this link and it took me to the webinar service provider, "Go To Webinar."

Once there I simply entered my details. I was now booked in and it took me around 2 minutes maximum.

Go To Webinar then sent me an email with a link to use on the day of the webinar which enabled me to access the webinar. I was also sent a reminder email the day before the webinar with the link again. Too easy.

I loved my webinar experience. I made myself a cup of tea, sat in a comfy chair with a notebook and enjoyed a fantastic presentation which empowered me and gave me tips on how to better manage some of the symptoms I experience. At the start I was welcomed, and the facilitator showed us where to type in our questions. People were on from all over the place but I felt a real connection. I even asked questions during the webinar by typing them into the question box and the presenter answered them, which I found really helpful. I'd definitely recommend them.

If you can't attend a webinar you are interested in, then you can listen to a recording of that webinar by going to the webinar library: <https://www.ms.org.au/support-services/ms-education/webinar-library.aspx>

If you do not receive emails with details of upcoming education events you can just call MS Connect on 1800 042 138 and they will subscribe you.

Jane, ACT

Webinars For October

Disease Modifying Medication in Multiple Sclerosis

Wednesday 9 October, 10.00 am—11.00 am

Mindfulness by Webinar with focus on Pain (8-week program) with Jude King

Mondays 14 October to 2 December, 1.00pm – 2.00pm

(Cost involved, Bursaries available)

[Read Jude's notes on this program](#)

Working with Multiple Sclerosis - Managing Fatigue at work

Tuesday 19 November, 7.00pm – 8.00pm

Sleep Well with Multiple Sclerosis

Wednesday 27 November, 11.00 am - 12.00 pm

NDIS Information Sessions

Various webinars and workshops

To register your interest, please contact MS Connect Freecall 1800 042 138 or email msconnect@ms.org.au



Wellbeing and Fitness at Gloria McKerrow House

Massage Therapy – By Appointment

contact Massage Therapist directly for appointments and charges

- ◆ Monday & Tuesday - contact Kate on 0419 604 367
- ◆ Thursday & Friday - contact Annie on 0415 710 025

Yoga Classes - contact instructors for further information and charges

Classes held on Monday & Wednesday are suitable for all levels of balance & mobility.

Classes held on Sunday are not suitable for participants with significant balance or mobility issues.

- ◆ Monday 11.00 am – 12.30 – Yoga with Barbara contact on 0419 477 959
 - ◇ Barbara Baikie is an experience Dru Yoga teacher, who was diagnosed herself with MS over 25 years ago and has used yoga and meditation as a healing tool.
- ◆ Wednesday 5.45 pm – 7.15 pm – Yoga with Karen contact on 0409 622 832
- ◆ Sunday - Yoga with Jayne is on every Sunday in the month of October.
 - ◇ Refer to Yoga with Jayne Facebook or Instagram account for times
 - ◇ Alternatively email yogawithjayne@yahoo.com or text 0411 522 076

Be Better Balanced – for further information contact Heather on 6234 7000

A chair-based class for people still able to walk but struggling with balance, stamina and general movement difficulties. The classes are well rounded and paced, making it fun and accessible.

- ◆ Thursday 9.45 am – 10.45 am – charges \$10.00 per class or 10 classes for \$90.00

Wheels in Motion – for further information contact Heather on 6234 7000

A class designed for people in wheelchairs or who are having difficulty walking. In this class the focus is on upper body mobility as well as making use of a motorised exercise bike for those it suits. This is a small group and where possible individual work is done on each person to mobilise leg movement.

- ◆ Thursday 11.00 am – 12.00 pm – charges \$10.00 per class or 10 classes for \$90.00

MS significantly impacts employment

Multiple Sclerosis Australia (MSA), and member organisations, commissioned KPMG to conduct research to understand unmet demand and emerging needs of people living with multiple sclerosis

The key insights from this research show that there is a keen interest in services beyond medical specialists, particularly for services that support mental wellbeing and maintaining lifestyle. The research also highlighted challenges with access and affordability of services to better meet the changing needs of people living with MS, along with their families and carers.

Two thirds (64%) of those living with MS said that the condition has affected their employment and ability to earn an income.

The MS Employment Support Service (MS ESS) is a **free service** staffed with registered allied health professionals to support people maintain their employment and to assist those seeking employment.

If you have been diagnosed with MS are between the ages of 18–64, currently working or seeking employment call MS Connect 1800 042 138 or go to:

<https://www.ms.org.au/support-services/employment-support.aspx>

to see how we can help you

Movie Review -The Audience

Submitted by Michael Bradley

The tenth anniversary of the National Theatre Live Company was marked with an impeccable encore screening. Helen Mirren's marathon performance as Queen Elizabeth II is moving, at times bringing great pathos, other times sharp wit. The plot is chiefly the regular conversations that take place between the sovereign and her prime ministers.

Accompanied by a fellow cast member as her child self, Mirren acts how Queen Elizabeth has physically changed over her long reign.

In some touching scenes, she even tries to advise her younger self. The large collection of Prime Ministers are well acted.

I would recommend going if it screens again.



Peer Support and Self Help Groups

Please find below the ACT Peer Support and Self-Help Groups currently meeting in and around the ACT. Telegroups, that run over the phone are also listed. To register your interest, please contact MS Connect™ Freecall 1800 042 138 or email msconnect@ms.org.au.



MS Peer Support Groups

Young People Living With MS (under 35s)

Bi-monthly, first Saturday of the month.

People with MS Support Group, Gloria McKerrow House, Deakin

Last Friday of Every Month (except December), 12.30 pm to approx. 2.00 pm

Batemans Bay - Eurobodalla MS Peer Support Group

1st Thurs of month, 11.30am–1.30pm

Cooma/Berridale Peer Support Group

1st Wednesday of each month, time and venue varies

Self Help Groups

The MS Side Steppers Walking Group, Canberra

Weekly, every Wednesday Morning, 10 am at Carpark in Bowen Park on Bowen Drive, Kingston ACT

HSCT for MS Support Group, Deakin

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

MS Café Group

3rd Friday of each month, 10.30 am

Taking Control of MS Group, Deakin

2nd Saturday of each month, 2pm – 4pm

Art Group, Deakin

Weekly, Every Second Friday Afternoon, 12.30pm – 2.30pm

Mindfulness Practice Meeting, Deakin

Monthly, Last Friday of Each Month, 10.30am – 12pm.



MS Peer Support Telegroups

Current Telegroups:

- **Men's support group** First Thursday of the month – 1.30pm to 2.30pm
- **Women's support group** Fourth Monday of the month – 12.30pm to 1.30pm
- **Women in 40 to 64 group** Third Tuesday of the month – 10am to 11am
- **Over 65's group** First Tuesday of the month – 10.30am – 11.30am
- **After hours group for working people** Second Wednesday night of the month – 7.00pm to 8.00pm
- **Family and friends telegroup** First Tuesday of the month – 7.30pm to 8.30pm
- **General support groups** First Monday of the month – 11am to 12pm, Second Monday of the month – 7pm to 8pm, Second Tuesday of the month – 7pm to 8pm
- **Mums with MS support group** Second Tuesday of the month – 1pm to 2pm
- **Greek Speaking Telegroups for People living with multiple sclerosis** Fourth Monday of the month – 11am to 12pm. Telegroup start date to be advised, please register interest with MS Connect.