The Canberra MS Walk + Fun Run is back for 2019!

The MS Walk + Fun Run is a combination of the classic fun run model, a big spoonful of community spirit, and a sprinkle of health and wellness, all mixed together to create an opportunity to make a real difference to people living with multiple sclerosis.

The Canberra MS Walk + Fun Run is taking place on **Sunday 31 March** and sets off from Rond Terrace, taking a scenic route around the beautiful Lake Burley Griffin past the iconic sites of Canberra. Choose to walk/run the 5km or 10km course, or for the budding runners out there wanting a challenge, take on the 14.4km course!

Get together a team or participate as an individual. Register, donate or volunteer today at [https://www.mswalk.org.au/event/2019Canberra](https://www.mswalk.org.au/event/2019Canberra)

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**Do you know we have a great MS Community Shop in Tuggeranong?**

We are always looking for good quality clean, sellable donations, such as clothing, kitchen ware accessories, bric-a-brac, records, CDs, DVDs, collectables and the list could go on and on.

Our shop has great access and plenty of parking out the front, donations can be dropped off at the shop between 9.30 and 5 pm Monday to Friday and Saturday 9am – 2pm.

Come and say Hi to Lee and the great team of volunteers who work in the shop.

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**New Workshop**

**Wellness Exercise for Wellbeing**

We know how important exercise is for people living with Multiple Sclerosis, but why is it that we still struggle to find the motivation to get active?

Join us for a fun and interactive day exploring the role of an exercise physiologist and discover how you can find that motivation needed to begin or maintain your exercise journey to live well with MS.

Presented by Louis Robinson, Exercise Physiologist and Jude King, who is an experienced pain counsellor, educator and mindfulness practitioner.

Jude and Louis will be empowering you to take control and find that motivation needed to get moving.

Dance for Wellbeing will lead the group in a dance session to get the body moving........ even when seated!

A healthy lunch is included.

**Please arrive at 10.30 am to check in**

**WHEN:** Saturday 6 April 2019

**TIME:** 11.00AM – 2.30PM

**WHERE:** Canberra Southern Cross Club

92-96 Corinna street Woden ACT

Book online

[https://www.trybooking.com/BAXRG](https://www.trybooking.com/BAXRG)

Or phone MS Connect 1800 042 138
Reading into it….

Are you dreaming of joining a book club with a bit of reading, some discussion and a pinch of socialising? We’ve got just what you’re looking for!

To be held once a month on Tuesday morning at Gloria McKerrow House, the book club will be a chance to get together, have a yarn and discuss what we’re reading.

There are no expectations to be a great literary scholar, just a keen reader with a penchant for conversation.

We’re hoping to access some books from ACT libraries, so please let us know if you are interested by March 1 at ACTactivities@ms.org.au once we’ve confirmed numbers we will contact you with more info.

The book club is planned to start at the end of March. For any enquiries call MS Connect on 1800 042 138.

Ricochet-Dance for All

Ricochet is the focus of a weekly dance class at Belconnen and Tuggeranong Arts Centres, designed for adults with physical challenges. People who experience Multiple Sclerosis, Chronic Pain, Chronic Fatigue, RSI, Arthritis or other various physical challenges are especially welcome to attend, with carers if required.

Please not this is not a social dance class and it does not require you to come with a partner.

Locations and Times:
Belconnen Arts Centre - 118 Emu Bank, Belconnen on Fridays 12 pm – 1 pm
Tuggeranong Arts Centre – 137 Reed Street, Greenway on Wednesdays 10 am – 11 am

Cost: $5.00 per person, per class. Companion Card holders receive free admission for a support companion.

The Neuro Carers Network
Monday March 25 @ 6:00 pm - 8:00 pm

In conjunction with Carers ACT, we are starting a new support group, The Neuro Carers Network, for family and friends who are carers of people with multiple sclerosis, motor neurone disease or other conditions that effect the nervous system and are sharing some similar experiences.

We will be asking participants about what they want from the group and how often we will meet.

First session is on the 25 March at Gloria McKerrow House, 117 Denison St, Deakin.

For more information please email: support.groups@carersact.org.au or phone 6296 9975 or email msconnect@ms.org.au or phone 1800 042 138
Respite Accommodation Service

Did you know we have a respite support service for clients living with MS and other progressive neurological conditions. Even if you live in Canberra you can use this service, if you have received a funding package through the NDIS or wish to self fund a stay we are able to offer an accommodation option.

Based at our Watsonia facility in Victoria, our respite or short term accommodation program is all about taking a short break away from home, in a place that can support your needs properly.

Our modern facilities can accommodate up to 7 clients with various levels of care. The units are equipped with hoists, high and low beds, shared bathrooms and living space with staff support for personal care needs as well as meals.

Our respite or short term accommodation program has seen great benefits for clients, carers and families giving them a break, opportunity to socialise with other clients and access other services during their stay.

For further enquiries please call MS Connect on 1800 042 138 to discuss how you can access the service.

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Education Calendar

Webinars for March:

Multiple Sclerosis and Heat Intolerance Research Findings
Tuesday 5 March
11.00am – 12.00pm

Travelling and Multiple Sclerosis
Wednesday 13 March
11.00am – 12.00pm

Falls and Home Safety:
Top Tips and Q&A
Tuesday 26 March
11.00am – 12.00pm

NDIS – Managing the Funding in your plan
Tuesday 26 March
2.00pm – 3.00pm

Events in April:
Wellness Workshop and Lunch
Canberra Southern Cross Club
Woden (see information on page 1)

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Weekly Restorative - Dru Yoga Classes at Gloria McKerrow House

Mondays:  11.00 am - 12.30 pm with Barb
Wednesdays:  5.45pm – 7.15pm with Karen

These classes are suitable for all abilities.

The cost for these classes is $20.00 per session.
How’s your sun salutation?

Yoga and multiple sclerosis tend to go well together, especially in the management of symptoms and relaxation. But how much do you actually know about yoga?

Running from late March, Gloria McKerrow House will be holding a different sort of yoga workshop, focused on education, targeting common symptoms of multiple sclerosis, and exploring ways to relax the nervous system.

Held by yoga instructor Jayne Bradley, the class aims to offer a greater understanding of yoga and how it can support mental and physical well-being. It will also provide participants a sense of control and balance in their mind and body.

Existing classes will also continue.

If you are interested in joining this new class, there will be a free introduction session on Sunday March 17 at Gloria McKerrow House from 10.00 am to 12.30 pm.

Please RSVP to ACTactivities@ms.org.au. by Friday March 15.

This yoga group will then run for five weeks starting on Thursday March 21 at 6.15pm.

Cost for five sessions is $60 or $18 per single class.

Please note that some poses are challenging and not suitable for participants with balance or mobility issues.

For any enquiries, please contact MS Connect on 1800 042 138

Free to a good home!

One of our members has a Lift/Recliner chair that they are needing to give away. It is being given away free but you will need to collect it as they can not deliver it to you.

It works well, and has normal wear and tear, it will be steam cleaned before the new owner takes it.

If you are interested please send an email to livefreelivelong@hotmail.com and include your contact details and you will be contacted by the owner.
Our fundraising events provide an opportunity for us to reach out and connect with the wider community, educate people about MS, and show those that are living with MS that they don’t have to face it alone.

Without our amazing team of volunteers, our events just wouldn’t be as successful as they are.

We have a huge team of over 1500 volunteers helping us successfully deliver nearly 20 fundraising events annually throughout NSW, VIC, TAS and ACT. These volunteers contribute over 3000 hours of their time, and in 2018 this meant we were able to raise nearly 6 million dollars to fund our support services.

You can join this amazing team, and be recognised for your time, skills and effort by volunteering at an event in your state. Volunteering is a great way to give back to the community, meet new people and learn about our MS Events! There are two events coming up in Canberra that you can be involved with.

The MS Walk + Fun Run, held on Sunday March 31, starts at Rond Terrace with a beautiful 5km, 10km, and 14.4km route along the scenic waters edge. We are looking for volunteers to assist at the Event Village in the Registration, Information and Cloakroom teams, or out on the course, ensuring our participants run safely and are cheered on. Shifts range from approx. 4-6 hours long.

The MS 24 Hour Mega Swim will take place over the weekend of Saturday 4 to Sunday 5 of May, at the Australian Institute of Sport. Volunteers will be assisting with checking in swimmers, updating lap tallys, accepting donations as well as set up and pack down tasks. Shifts are 4 hours long and range from Saturday morning through to Sunday early afternoon.

If you, or someone you know can help out an either of these event, please feel free to contact Robyn on 02 8484 1345 or email actvolunteer@ms.org.au

We hope to see you soon!
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, Deakin**
Last Friday of Every Month, except December

**Batemans Bay - Eurobodalla MS Peer Support Group**
1st Thurs of month, 11.30am–1.30pm

**Cooma/Berridale Peer Support Group**
1st Saturday of each month, time and venue varies

Self Help Groups

**The MS Side Steppers Walking Group, Canberra**
Weekly, every Wednesday morning, 9.45 am in various locations across Canberra.

**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

- **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

Upcoming Telegroups:
**Greek Speaking Telegroups for People living with multiple sclerosis** Fourth Monday of the month – 11am to 12pm. Telegroup is starting in February 2019.