



# Canberra Region Newsletter

## April 2019



### 2019 MS Go for Gold Scholarship Program Applications open 25 March 2019

#### **What is Go for Gold?**

MS Go for Gold Scholarships are open to people living with multiple sclerosis who wish to achieve a dream. The program is funded by our MS 24 Hour Mega Swim Events, with each scholarship being up to \$3000 in value.

This is an opportunity to kickstart whatever dream it is you'd like to achieve, under categories including employment, the arts, lifestyle & wellbeing, sport, travel, music and education.

Go for Gold dreams can be big or small and anything in between.

#### **Who can apply?**

To be eligible for an MS Go for Gold Scholarship the applicant must:

- have a confirmed diagnosis of multiple sclerosis; and
- be a MS client who has been registered with us for a minimum of 12 months.

#### **2019 application dates**

**Monday 25 March:** The application form will be available on our website

**Friday 31 May:** Applications must be submitted by midnight on this day

#### **For more information please**

Visit our [Go for Gold webpage](#) Email [goforgold@ms.org.au](mailto:goforgold@ms.org.au) Call MS Connect 1800 042 138



### **Understanding MS Online course ready for enrolments course commences 29 April 2019**

The Understanding MS MOOC (massive open online course) which was developed by the [Menzies Institute for Medical Research](#) at the [University of Tasmania](#) in partnership with [Multiple Sclerosis Limited](#) is now ready for enrolments!



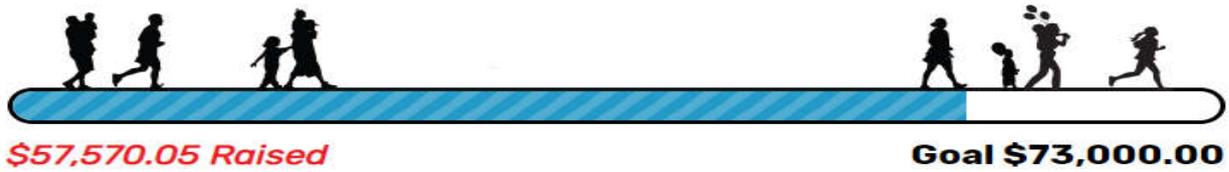
This innovative, online educational resource is designed for anyone with a connection to the disease – from people living with MS and their carers, GPs, allied healthcare professionals, support workers and anyone who wants to learn more about MS.

This 6-week course is available for free and covers all aspects of Multiple Sclerosis and is based on the highly successful 'Understanding Dementia' MOOC developed by the Wicking Dementia Research and Education Centre.

Course participants will hear from a range of MS experts including people living with MS, carers, researchers, neurologists, MS nurses, allied health professionals, and MS service providers.

To learn more and enroll visit <https://ms.mooc.utas.edu.au> or [Please click here](#). It's free!





## 2019 Canberra MS Walk + Fun Run

Is happening on Sunday **31st March 2019** and at the time of this newsletter going to print we have raised \$57,570.05 of our goal of \$73,000.00.

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>

The **MS 24 Hour Mega Swim** is coming back to Canberra for its 11<sup>th</sup> annual event!

On **4 - 5 May, Australian Institute of Sport (AIS)** will host the **2019 Canberra MS 24 Hour Mega Swim**.

So, get a team together, challenge yourself, and swim your heart out in support of people living with multiple sclerosis across Australia.

The MS 24 Hour Mega Swim is a fun team relay event, suitable for any level of swimmer.

Each team has a swimmer in the water for the entire 24 hours and competes for laps swum and money raised for MS.

Are you with us? Register, donate or volunteer today at [msmegaswim.org.au](http://msmegaswim.org.au) or contact us on 1300 733 690.



## Draw. Make. Create with Marianne Huhn

Join Marianne Huhn, the Canberra Potters visiting Artist-in-Residence for a 3 week course and learn to draw, make and create your very own ceramic artwork.

New Course has been added: 23, 30 May and 6 June 2019 at 10.00 am to 12.00 pm.

This is a free course and is suitable for beginners and bookings are essential as places are limited.

To book on line go to: [www.canberrapotters.com.au](http://www.canberrapotters.com.au)

## How's your sun salutation?

Yoga and multiple sclerosis tend to go well together, especially in the management of symptoms and relaxation.

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.

Classes will be held on Tuesday evenings from 6.15pm until 7.30 pm at Gloria McKerrow House

These classes are open to anyone, however the classes can be quite challenging for people with mobility restrictions.

Please wear comfortable clothing and bring a yoga mat and any yoga props you may have.

The following topics will be covered each week.

- ◇ 2nd April Balance
- ◇ 9th April Building Muscle Strength
- ◇ 16th April Stress
- ◇ 23rd April Fatigue
- ◇ 30th April Stress\*
- ◇ 6 May Fatigue\*

Cost: \$18.00 per class or 5 classes for \$60.00

\* Classes repeated for people unable to attend due to school holidays

## Visiting Clinic

The next Clinic will be held at Gloria McKerrow House on 8/9 May and Bridie Phillips and Jenny Morris will be available for appointments. The team can provide information on health issues, connect you to other services and provide information on the NDIS. You can book an appointment through MS Connect on 1800 042 138



## Face-to-Face Event

### **Canberra Wellness Lunch - Woden**

Saturday 6 April  
11.00 am - 2.30 pm  
Bookings essential

## Webinars for April

### **Sleep Well**

Monday 1 April  
11.00 am - 12.00 pm

### **Let's Talk about Sex and Intimacy**

Tuesday 2 April  
7.00 pm - 8.00 pm

### **Eat Well, Live Well**

Wednesday 10 April  
11.00 am - 12.00 pm

### **Get Active—The Benefits of Exercise**

Wednesday 17 April  
2.00 pm - 3.00 pm

### **Mindfulness by Webinar (8 Weeks)**

Mondays 29 April - 24 June  
2.00 pm - 3.00 pm

### **Tai Chi by Webinar (6 Weeks)**

Tuesdays 30 April - 4 June  
6.30 pm - 7.15 pm

To register your interest, please contact MS Connect™ Freecall 1800 042 138 or email [msconnect@ms.org.au](mailto:msconnect@ms.org.au).

## **National Gallery of Australia Love and Desire Exhibition**

There is an Assisted Tour of the Love and Desire Exhibition for people with a disability and their carers.

The tour will be on the 23rd April, at 1.00am. This is a free tour.

You can book via phone: (02) 6240 6519 or email: [access@nga.gov.au](mailto:access@nga.gov.au)

## 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 emailing [ACTactivities@ms.org.au](mailto:ACTactivities@ms.org.au) once we've confirmed numbers we will contact you with more info.

## The Neuro Carers Network

**Monday April 29th at 6:00 pm—8:00 pm**

In conjunction with Carers ACT, we have started a new support group to be held at Gloria McKerrow House. The Neuro Carers Network, is 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.

For more information please email: [support.groups@carersact.org.au](mailto:support.groups@carersact.org.au) or phone (02) 6296 9975.



**Carers**ACT



## 2019/20 Entertainment Membership pre-sales are open now

To support MS please visit our page <https://www.entertainmentbook.com.au/2321u5>

You can pre-order your digital membership or pre-order a book that will be posted to you in early April.

If you order now you will receive bonus Early Bird Offers that you can use right away.

**PLEASE NOTE: These books are not available from our Deakin Office**

Support our fundraiser!

PRE-ORDER NOW!

2019 | 2020 Membership

entertainment

# ANNOUNCEMENT

## The Community Visitor Scheme is coming to the ACT!!!

LIFE can be very lonely however Multiple Sclerosis Limited (MS) is making a difference. MS has been funded for over 25 years to provide volunteer visitors for people living in aged care homes and since 2013 also for people living in their own homes on a home care package for friendship and companionship.

The Community Visitors Scheme helps to address loneliness and social isolation by bringing together volunteers who want to spend time with a lonely member of the community as a friend. They may go for a walk, go out for a cuppa and generally enjoy each other's company. Visits are fortnightly however they can be weekly too.

I am excited to announce we are now servicing the ACT and Kerri – our Program Coordinator will be commencing in early April. I encourage family members to think about their loved ones living at home, who are in receipt of a home care package and the benefits of a regular visit from a new friend. It is simple and easy to submit a referral and it can add real value to a person's life.

If you or someone you know is interested in this amazing program please contact the MS Connect Team on 1800 042 138 or [cvsadmin@ms.org.au](mailto:cvsadmin@ms.org.au) for more information.

Katrina Chisholm has found some interesting information about wheelchairs, and as she is a wheelchair user thought others would like to know this information.

### Macchu Picchu

On the CNN travel page, I found that Macchu Picchu in Peru is now wheelchair accessible. Information can be found on the Getaboutable Facebook page.



### Wheelchair Barbie

As someone who grew up in the "Barbie era", although never having owned one, I was surprised to see that this year, Mattel are launching "Wheelchair Barbie".

## New Product on the Market in the USA the Alinker Bike

With Selima Blair talking about the effect MS has had on her she has been seen using a tri bike. It is called an Alinker, and it's a non-motorized walking bike that was created to help people who have trouble walking, according to the brand's website. The bike is "designed to be so cool that it overcomes the uneasiness towards disabilities that is felt by mainstream society," the website says. "When you are using the Alinker, you are the person with that cool bike rather than someone who is overlooked or ignored." if you want to know more the Australian Distributor: can be found at [www.thecarekiosk.com.au/products/alinker-walker](http://www.thecarekiosk.com.au/products/alinker-walker)



## 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](mailto: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 Wednesday 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

#### **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.