



# Canberra Region Newsletter

## July 2018



Welcome to the July 2018 edition of the Canberra Region MS Newsletter.



### Community Consultation Forum

On **Friday 27 July 2018**, we will be holding three sessions (morning, afternoon and evening) to obtain ideas and discuss options regarding the future of MSL's property in Deakin, Gloria McKerrow House. These consultations sessions will seek your views on what services you would like to see operate from Canberra and how the use property to deliver more for the ACT community. This is the first in a series of consultations that will allow us to effectively plan for the future.

All sessions will be held in the Orpheus Room at the Hellenic Club Woden, located in Matilda Street Woden.

**Session times are 11.00 am, 1.00 pm and 6.00 pm.**

Please RSVP (indicating your preferred session) by cob Friday 20 July 2018 by emailing [actenquiries@ms.org.au](mailto:actenquiries@ms.org.au) or calling 02 6234 7000.

### Introducing Heather Perry\_our\_new Business Support Officer at Gloria McKerrow House.

For those that I have not had the pleasure of meeting yet, my name is Heather Perry and I commenced working with MS on Monday 18<sup>th</sup> June 2018. I have a knowledge of MS as my mother has been living with MS for 35 years and I have a strong background in administration, executive support and customer service. I have been a Clerk in the Royal Australian Air Force and have worked in various clerical positions with both State and Federal Government..

Please stop by and say hello if you are at Gloria McKerrow House I am in office 7.



### Canberra National Volunteer Week\_“Give a little, Change a lot”

In May, we took the opportunity of National Volunteer Week to thank our generous band of volunteers with events across ACT, NSW, Victoria and Tasmania. In ACT we celebrated our ACT volunteers at the National Portrait Gallery, Canberra on Wednesday 23 May 2018 thanks to the generous subsidy of local business Bendelta.

Among those honoured were Mary Webb and Ian Pennell for their years of continuous service with MS.



### National Gallery of Australia

Assisted Tour for people of all abilities and their carers. The next tour is to be held on 28th August 2018, 10.30 – 11.30 am. The tour is free, bookings are recommended. Phone: 6240 6519 Email: [access@nga.gov.au](mailto:access@nga.gov.au)

(The NGA has wheelchairs available and 2 motorised scooters, but you may need to book the scooters. Also, if you have a mobility parking permit, if you show a copy of the permit, your parking is free.)



## Introducing the MS Employment Support Service ACT

The MS Employment Support Service is expanding and is now available in the ACT.

The MS Employment Support Service is the only MS specialist employment service for people living with multiple sclerosis in Australia that 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.

Tulene McCabe will commence at Gloria McKerrow on Monday 9 July 2018.

Contact MS Connect on 1800 042 138 or [msconnect@ms.org.au](mailto:msconnect@ms.org.au) if you would like to be one of the first to receive this support in the ACT. Visit [www.ms.org.au/employment-stories-act](http://www.ms.org.au/employment-stories-act) for more information.

## MS Nurse Advisor & MS Connect Information Specialist Visit 10 & 11 July



Jane Bridgeman MS Nurse Advisor and Jess Morris MS Connect Specialist will be working from Gloria McKerrow House on the 10 & 11 July

You may have already talked to Jess on the phone and this is an opportunity to drop in and see her in person she will be available on Tuesday 10<sup>th</sup> July from 1-5 pm and Wednesday 11<sup>th</sup> July from 9am – 2pm and no appointment is necessary, Jess can help you with information about services in the ACT area and also link you in with other programs at MS, answer questions about NDIS and My Aged Care and ensure we have your registration details up to date on our system.

Jane will be available to provide nursing consultations and you can organise a consultation with her calling **MS Connect on 1800 042 138.**

## Dru Yoga Therapy Case Study - Call for Volunteers

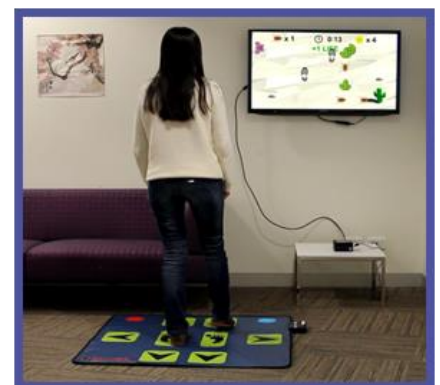
Would you like to be part of a case study group undertaking 6 weeks of Dru Yoga Therapy for people with MS? This case study is being conducted by Ruth Gent as part of her requirements for the Dru Yoga Therapy Diploma. Ruth has been teaching as a Yoga teacher trainer for over 10 years and has a background in teaching Anatomy & Physiology and as remedial massage therapist.

If you are interested in being part of this group case study please contact Ruth Gent: [ruth@dru.com.au](mailto:ruth@dru.com.au) or 0401288921.

## The i-FIMS study Canberra Region July 2018 Update

Thank you to everyone who has become involved, and who has been helping to spread the word about our study. To date in the Canberra region, we have recruited 42 people into the study, and of these 39 have completed assessments of balance, cognition and mobility. We are looking for more participants and hope to get our numbers up to 100.

If you would like more information about this study or to volunteer, please contact the research assistant, Sophie Robinson, at [ifims.canberra@neura.edu.au](mailto:ifims.canberra@neura.edu.au) or on 0400 988 531



## Taking Control Group

The Taking Control Group normally meets on the **second Saturday** of each month at **Gloria McKerrow House** from 2pm to 4 pm. There will be no meetings in July or August. When the Group resumes in September new information about opportunities to participate in the ANU research project into MS will be available and we plan to have a presentation by Dr Jane Desborough, a Research Fellow with the project who is coordinating PwMS participation and consultation. If you weren't able to attend the last meeting when Dr Robyn Lucas presented on Modifiable Lifestyle Factors and MS, a summary of the MS Research Australia seminar is now available on the MSRA website [mara.org.au](http://mara.org.au).

For further information on the Taking Control of MS Group contact the convenor, Vanessa Fanning at [vanessa.fanning@gmail.com](mailto:vanessa.fanning@gmail.com).

## Golf for the disabled

If you are a golfer, whose MS has prevented you from playing, or would like to learn how to play golf, why not attend an Empower Golf "Come and Try" golf clinic.

Empower golf was set up by James Gribble, after he had an accident that caused him to become a quadriplegic. He researched how the disabled could play golf and found that Otto Bock, the German wheelchair manufacturer had developed the Para golfer, a motorised wheelchair that enabled the golfer to be in a standing position and play. Empower Golf provide the equipment and the Come and Try days are free, but subsequent visits may incur a small charge. If you are interested, their web address is: [empowergolf.com.au](http://empowergolf.com.au) and look up events to see where the nearest one is being held. I went one near Wollongong, and there were 3 – 4 women with MS who were trying out golf. For further information You can contact me via email: [Katrina.chisholm@bigpond.com](mailto:Katrina.chisholm@bigpond.com)



## Peer Support Group Meetings

Group	Meet	Contact
<b>Cooma MS Group</b> – Meet for informal lunch get-togethers	First Wednesday of the month	Jacqueline on <a href="mailto:snowymount.ms@gmail.com">snowymount.ms@gmail.com</a>
<b>People with MS</b>	Last Friday of each month	Mary Webb on <a href="mailto:denmar@netspeed.com.au">denmar@netspeed.com.au</a>
<b>Taking Control</b>	Meets: Second Saturday of the month at Gloria McKerrow House 2pm to 4 pm	Contact: Vanessa Fanning <a href="mailto:vanessa.fanning@gmail.com">vanessa.fanning@gmail.com</a>
<b>Canberra Café Group</b>	Meets: Second Friday of the month at 10 am	Contact: Virginia on <a href="mailto:vjfergus@inet.net.au">vjfergus@inet.net.au</a>
<b>MS Side Steppers</b>	10am (30 to 60-minute walk), differing locations around the ACT	Jenn on 0403 759 188 to find out where the walk will be starting from
<b>Under 30s Canberra Weekend MS Café Group</b> <i>Group for younger people living with multiple sclerosis</i>		Email <a href="mailto:mysafe.ms.space@gmail.com">mysafe.ms.space@gmail.com</a> or join Facebook <a href="https://www.facebook.com/mysafe.ms.space">https://www.facebook.com/mysafe.ms.space</a>
<b>Canberra HSCT for MS Support Group</b> <i>People who have had stem cell treatment for MS are sharing their experiences with those wishing to learn more</i>	First Friday of the month 5-7pm at Gloria McKerrow House	Nicola 0448 138 381 or Facebook page: Canberra HSCT for MS Support Group
<b>Batemans Bay/Moruya</b>	Eurobodalla Support Group – call Peter Glen on 0411 597 133	
<b>Anywhere</b>	Local ms online forum - <a href="http://msact.freeforums.net">http://msact.freeforums.net</a>	

## 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, who want to keep their body and brain active and healthy, regardless of their mobility, skill or age. Please come and feed your body and spirit with music and movement, be physically and mentally inspired and stimulated, have fun, meet some new friends and feel good! 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 note this is not a social dance class, and it does not require you to come with a partner.

### **Belconnen Arts Centre**

118 Emu Bank, Belconnen ACT 2616

Fridays 12.00 pm – 1.00 pm

### **Term 3**

23 July – 28 September 2018

### **Tuggeranong Arts Centre**

137 Reed Street, Greenway ACT 2901

Wednesday 10.30 am – 11.30 am

### **Cost**

\$5.00 per person, per class pay on the day. Companion Card holders receive free admission for a support companion

### **Contact**

Creative Program Officer via email  
<mailto:philip.piggin@belconnenartcentre.com.au> or call 02 6173 3300.

### **Extra Information**

Wear clothes comfortable to move in, wear light shoes, and bring a bottle of water.

## Monthly Newsletter



At the last MS ACT and Southern NSW Advisory Board meeting, we discussed having an informal newsletter monthly. The current newsletter is circulated on a quarterly basis but we would like to send out information on a more frequent basis. We also discussed ways in which we could use Gloria McKerrow House, with some new interest groups. I was tasked with Chairing the newsletter group and I am looking for volunteers to assist me. I would also like to have input from you on the following items.

- Name for the newsletter:
- Volunteer columnists: Social events, interesting articles, existing group reports, movie reviews, travel tips etc.
- New Groups: Is anyone interested in having a Book Club or video afternoon?

Any other suggestions? I will kick off with a suggestion for the name of the newsletter, “Gloria’s House” and would love others to come up with a name.

You can contact me via email: [Katrina.chisholm@bigpond.com](mailto:Katrina.chisholm@bigpond.com) I look forward to hearing from you with your views and suggestions.

## Events Calendar July

Date	Time	Event & Location	Contact
11 July Wednesday	10.30 - 11.30 am	<b>Fatigue Management in MS - Webinar</b> Presented by MS Employment Consultant, Diana Groenewald. Diana will help explain the experience of fatigue for people living with multiple sclerosis as well as provide some strategies for managing fatigue.	Register for this webinar by calling  MS Connect 1800 042 138
Every Thursday	9.45 am	<b>Be Better Balanced Exercise Class</b> At Gloria McKerrow House \$10.00 per class (Card only no cash)	To Join this class, drop in
	11.00 am	<b>Wheels in Motion Exercise Class</b> At Gloria McKerrow House \$10.00 per class (Card only no cash)	To Join this class, drop in
17 July Tuesday	10.00 - 11.00am	<b>What is the NDIS? – Webinar</b> A general webinar for anyone wanting to learn more about the National Disability Insurance Scheme. Join us for this informative presentation with the opportunity to have your individual questions answered.	Register for this webinar by calling  MS Connect 1800 042 138
20 July Friday	11.00 – 12md	<b>Let's think about your Thinking</b> an interactive session with Dr Luke Smith, Neuropsychologist. Participants will have the opportunity to engage with Luke throughout the presentation. Luke will be posing questions and asking you to think about your thinking and memory. A great opportunity to learn more about your memory and thinking.	Register for this webinar by calling  MS Connect 1800 042 138
20 July Friday	12.30 pm	<b>Multi-Skilled Art Group</b> At Gloria McKerrow House	To join this class drop in
25 July Wednesday	10.00am	MS Side Steppers (30-60-minute walk) possible locations are Lake Burley Griffin, Lake Tuggeranong, Tuggeranong Hyperdome, or DFO at Fyshwick	Contact Jenn on <b>0403 759 188</b> to find out where the walk will be starting from
27 July Friday 3 sessions	11.00am 1.00pm 6.00pm	Community Consultation Forum Orpheus Room at Hellenic Club Matilda Street, Woden	Contact <a href="mailto:actenquiries@ms.org.au">actenquiries@ms.org.au</a> by Close of business Friday 20th July 2018.
27 July Friday	12.30- 2.00pm	People with MS At Gloria McKerrow House	Mary Webb on <a href="mailto:denmar@netspeed.com.au">denmar@netspeed.com.au</a>
30 July Monday	2.00 – 4.00pm	Preparing for your NDIS Plan – Webinar - preplanning webinar for people who are registered with the NDIS and preparing for their planning conversation.	Contact MS Connect 1800 042 138 to determine suitability for attending this webinar
31 July Tuesday	11.00 – 12midday	Bladder and Bowel changes in MS – Webinar Join MS Continence Nurse Advisor, Fiona Easton and learn about the issues relating to continence, whilst offering tips and strategies that will help you manage your symptoms.	Register for this webinar by calling  MS Connect 1800 042 138