ACT Wellness Dinner - Brain Health and Lifestyle Redesign
Wednesday 13 November 2019 - 6.30 pm to 8.30 pm
(Please arrive at 6.00 to check in)

Brain health is something we all should take seriously.
For someone diagnosed with multiple sclerosis, brain health is even more important.

We invite you to attend our dinner with MS Education and Wellbeing Coordinator, Andrea Salmon who will help you explore the international recommendations of ways to live a brain healthy lifestyle and she'll also challenge you to make positive lifestyle choices to maximise brain health.

Enjoy a wonderful dinner whilst hearing about wellness approaches and strategies. You will go home inspired to maintain a brain healthy lifestyle.

Co- Contribution: $10 per person (plus $10 per guest/carer) As catering must be confirmed within 7 days of the program, we are unable to offer refunds outside of that time period (except in extenuating circumstances - please contact us if this applies education@ms.org.au).

Registrations: Friday, 8 November 2019
Click this link to register: https://www.trybooking.com/BGGWW
Venue: Town Centre Vikings, Corner Athlon Drive and Rowland Rees Crescent, GREENWAY ACT
This Venue is wheelchair friendly and parking is available onsite

MS GO FOR GOLD

On Wednesday 2 October 2019, Gloria McKerrow House hosted the 2019 Go for Gold Scholarship Awards for the ACT Region.

We were thrilled to award 6 scholarships this year to people living with MS in the categories of Lifestyle & Wellbeing, Travel and Education. Three of our winners attended a lunch with their families, friends, and the MS Limited Directors.

The Go for Gold Scholarship Program is funded by the MS 24 Hour Mega Swim, Squash & Racquetball Events.

Pictured above left is Belinda with Peter Day & John Blewonski and pictured above right is Donna pictured with Peter Day.

Upcoming Nurse Visit to Canberra

MS Nurse Advisor Bridie Phillips will be visiting Canberra on Tuesday 12 November 2019.
To book an appointment, please contact MS Connect Freecall 1800 042 138 or email misconnect@ms.org.au

Taking Control Support Group

The Taking Control Support Group will not meet in November 2019.

The next meeting will be Saturday 14 December 2019, for further information please contact Vanessa by email: vanessa.fanning@gmail.com
**MS Community Christmas Party**

Please join us on
**Thursday 5 December  2.00 pm to 4.00 pm**
To be held at  Gloria McKerrow House, 117 Denison Street, DEAKIN ACT

To assist with catering please by Phone:(02) 6234 7000 or Email: acstenquiries@mos.org.au to advise of your attendance and any dietary requirements.

**RSVP needed by Thursday 28 November 2019 please**

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**Employment Support is here to help!**

We know that working can be tough at the best of times and that having a chronic condition like multiple sclerosis can add further barriers and difficulties when looking for or maintaining your work.

From a recent survey undertaken by KPMG, we learnt that as many as 64% of respondents, people with MS living in the ACT, have had their employment affected by their condition.

Our employment team is here to help you address and support you through a range of challenges you may be experiencing. We commonly assist clients with workplace issues such as disclosure, equipment or modifications in the work environment, right through to symptom management such as addressing fatigue, heat sensitivity, mobility issues and pain.

No matter how big or small you feel your challenges with working are – we are here to help you. Recently we posted out a letter and brochure outlining the employment supports that are available to individuals with a diagnosis of MS, who are aged between 18 and 65 years and are currently employed or seeking employment.

At the ACT MS Symposium held on 29th October, presented by ANU, we had the opportunity to take part in a very special event. You may have met or spoken to staff from our MS Employment Support Service throughout the day. Our Employment Support Service Manager for the NSW/ACT region was also featured on a panel at the Symposium as a subject matter expert, where he was able to provide helpful advice and insights into MS and employment. To register your interest in the MS Employment Support Service or to find out more information, please call MS Connect on 1800 042 138.

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**MS Café Group**

**MS Café Group will now be held on the Second Wednesday of the Month.**

**Upcoming Meetings:**
**Wednesday 13 November, 10.00 am**
Portrait Gallery Café, National Portrait Gallery, King Edward Terrace, Parkes.

**Wednesday 11 December, 10.00 am**
The Museum Café, National Museum of Australia, 1 Lawson Crescent, Acton.

People with MS, their families & friends are welcome to join the friendly environment.

For more information contact Virginia via email: vjfergus@linet.net.au

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**Dance for Wellbeing**

New term has commenced and will conclude the week of December 15. Ricochet—Dance for People with all mobilities is located at Belconnen Arts Centre (Fridays 12.00 pm-1.00 pm) and Uniting Amala, Gordon (Wednesday 10.00 am—10.50 am). For further information contact Philip Piggot at Belconnen Arts Centre by calling 02 6173 3300 or email philip.piggot@belconnenartscentre.com.au.
Taking Care of the Carer

Providing care for a person can be emotionally and physically demanding. It is important to recognise when your resilience is running low so that you can act to replenish yourself and you have something left to give. It is normal for everyone to feel stressed but when stress becomes unrelenting this can negatively affect your health and wellbeing, and how you care for yourself.

Reach Out for Support:
You might not be able to change the demands of your caring role, but you don’t need to face it alone. Familiarise yourself with the support and services that we offer, it might feel hard but don’t be afraid to ask family and friends for help. There may be options to assist you, Carers ACT has some great resources and MS Connect can provide information on funding programs to assist in your caring role.

Maintain Social Connections:
Catching up with friends and family can help you combat isolation and loneliness. Consider joining a Carer support group. Members of the group are likely to be dealing with similar challenges to yourself and will be understanding of how you are feeling. Our Peer Support Program offers one to one phone support from other carers who can relate to your situation and provide valuable support.

Maintain your Health:
Sleep is important even a short nap will restore your energy level, look into joining a walking group, a yoga or a Tai Chi class at your local neighbourhood house, it is a great way to socialise with others whilst getting some exercise.

If you are a Carer and would like to seek support please contact MS Connect on 1800 042 138 or Carers ACT on 1800 052 222.

Webinars For November

Pilates by Webinar (6 weeks)
Thursdays 31 October to 5 December, 10.00 am - 10.45 am (cost involved, Bursaries available)

FACETS by Webinar - Fatigue Management Program (6 weeks)
Fridays 1 November to 6 December, 10.00 am-11.30 am (cost involved)
(12.00 pm finish for first class)

Working with Multiple Sclerosis - Managing Fatigue at Work
Tuesday 19 November, 7.00 pm - 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

New MS Connect Specialist

MS Connect would like to introduce you to our newest team member, MS Connect Specialist, Rachael Best.

Hi, my name’s Rachael and I recently started at MS as an MS Connect Specialist. After completing a Bachelor of Social Science (Legal and Dispute Studies), I worked for the Victorian Government providing advice and information in relation to Tenancy disputes. During this time I completed a Masters in Social Work and commenced my career at Anglicare as a Family Services Practitioner supporting vulnerable and at risk families. Through this work, I discovered a passion for working with people with a disability. “I look forward to getting to know everyone, working with and supporting the MS Community”.

Please don’t hesitate to contact Rachael or any of the MS Connect team with your enquiries. We are here to help.
Do It For MS with a special celebration

Did you know that you can use any special occasion as a way to fundraise for MS? We call it ‘In Celebration’ fundraising and it’s a very meaningful way to bring your friends and family together in support of a great cause. Maybe you have an occasion coming up and you’d like to ask for donations in lieu of gifts?

We can make it easy and help you set up a ‘In Celebration’ Fundraising Page for you where people can give easily online. www.doitforms.org.au/in-celebration just give us a call and we’ll get it set up for you!

Want to collect the good old fashioned way? We can send you out a collection box and a party kit of bunting and balloons and you could collect in person at a physical event/party!

After some inspiration of using a celebration to raise funds? Visit our News section to read how Stephanie turned her birthday into a super successful High Tea event for MS: www.doitforms.org.au/high-tea-with-stephanie

For more info on getting your own fundraiser off the ground, contact Erin on 03 9845-2825 or communityfundraising@ms.org.au and she’ll help you every step of the way. Visit www.doitforms.org.au to see other great fundraising options available.

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

HSCT for MS Support Group, Deakin 1st Friday of each month, 5.30pm-7pm
MS Café Group 2nd Wednesday of each month, 10.00 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.