



Our Vision Find a cure, minimise the impact



2019 MS Art Exhibition Launch



Art plays an important role for many people in being able to express themselves and we hold an art exhibition in Melbourne each August. This year we are keen to encourage greater participation and are inviting entries from NSW, ACT, Tasmania to be part of the Exhibition.

Art forms can include **paintings, illustration, photography, textiles, digital, jewellery, pottery, sculptures and more!**

If you are interested in exhibiting your work read through the entry form. which can be downloaded from www.ms.org.au/art.

The form explains how you can enter , and where to take your art to for transport to Melbourne.

Entries will close at 5pm 7 June 2019.

The Barry Allen Art Award and other awards will be announced at the launch on 8 August.

For more information contact MS Connect on 1800 042 138 or email msart@ms.org.au



Our CEO John Blewonski officially launched the Understanding MS Massive Open Online Course (MOOC) in Hobart at the beginning of May.

MOOC is an innovative way to help anybody with an interest in MS understand the disease.

The MOOC is part of the Menzies MS Flagship Program, which recently was awarded \$10 million in federal government funding for its collaborative research working with the wider MS community, nationally and internationally, towards better prevention, treatment and ultimately a cure for multiple sclerosis.

You can head over to Understanding Multiple Sclerosis - MS to learn more about the course.

Congratulations to our friends and partners at the UTAS Menzies Institute on the successful launch of the MOOC!



NDIS Update

Did you know that we can support you to prepare for accessing the NDIS? This includes helping you source evidence, pre-planning and meeting with the NDIS for your planning meeting. In addition, we provide support coordination to people with plans.

We are currently calling out to all of our registered clients under 65 to discuss what the NDIS is and how to access it.

If you need any assistance, or have any questions, please call MS Connect on 1800 042 138



Tasmanian MS Walk + Fun Run

We're excited to announce the launch of the **Tasmanian MS Walk + Fun Run!**

The event will be held on **22 September 2019** at Inveresk Precinct in Launceston.

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's lives.

It's a fantastic day out and we're so excited to be bringing this event to Tassie for the first time!

We're currently seeking a volunteer Team Leader to engage with the local community in Launceston.

If you know anyone who would be suitable, please encourage them to apply at: <https://bit.ly/2OWQ9tP>

Register, donate or volunteer today at www.mswalk.org.au or contact us on 1300 733 690.



MS
GO FOR
GOLD

2019 MS Go for Gold Scholarship Program Applications CLOSE SOON

If you have been thinking about applying for a Go for Gold scholarship now is the time to work on your application, as applications must be submitted by midnight on **Friday 31 May**.

For more information please

Visit our website www.ms.org.au and search for Go for Gold

Email goforgold@ms.org.au

Call MS Connect 1800 042 138 if you need any help with the form



Menzies Institute for Medical Research Multiple Sclerosis Public Symposium

Date: Thursday May 30, 2019 – World MS Day

Time: 1.30pm-4pm (Lunch at 12.30pm)

Venue: C3 Convention Centre, Angelsea Street, South Hobart

The Menzies MS Flagship Program invites you to a public symposium to celebrate World MS Day.

The MS Flagship Program is a collaboration between University of Tasmania researchers and MS consumer organisations working together to generate and translate knowledge on the causes, treatment and prevention of multiple sclerosis. (You may have heard it was recently awarded \$10 million and launched an understanding MS MOOC).

We are welcoming all people living with MS, their carers, families, and community members to join us for a light lunch and to hear from Menzies researchers about our latest findings and current projects.

There will also be a presentation from MS Limited on employment support services, and neurologist Dr Jennifer McIntyre will talk about the role of DMTs.

If you are able to attend, please contact Menzies reception to RSVP on 6226 7700.

MS Connect @ Live Chat

Our MS Connect service is for all people living with multiple sclerosis. This includes carers and family members.

Currently our staff are available Monday to Friday from 8:30am to 5:30pm via 1800 042 138 or msconnect@ms.org.au.

Did you know that you can also send us an online enquiry form via our website? You can – which means you can contact us when it is not convenient or possible to speak to one of MS Connect Specialists and one of the team will get back to you asap.

We also have Live Chat which is chat box that comes up for you on a number of our service pages via our website – this is terrific for busy mums or dads, while you are at work or when you feel more comfortable not speaking directly to someone – many clients have told us this works for them when the topic is particularly sensitive for them.

You are not alone!

Call, write or chat



Tai Chi by Webinar

The education team regularly run six weekly programs of tai chi by webinar. The program has enabled people from across the country to attend in the comfort of their own homes, or wherever they have a working internet connection.

"I have just enjoyed the whole session again and will do another. Thank you"

"I loved that I could do this at home and the sessions were recorded so I could practice in between".

Tai Chi is a centuries-old mind-body practice that involves performing sequences of slow, flowing motions. It's usually done standing, but many of the movements can also be done while sitting. There are many benefits of Tai Chi including: improving balance, lowering blood pressure and improving cardiovascular health. A small study in Germany found that the participants who had taken part in the Tai Chi program had significant improvements in their balance, coordination and depression (Burschka, Keune, Oy et al., 2014).

If you are interested in attending one of these six week programs please contact MS Connect on 1800 042 138 to register to receive our education updates by email or keep an eye out on our 'upcoming events' on our website – www.ms.org.au and search upcoming programs.

We also have an introductory webinar on tai chi which is available in our webinar library.



MS EDUCATION

Webinars, Wellness and other Education Events

Mindfulness by Webinar (8 weeks) Mondays 29 April - 24 June 2.00 - 3.00pm

Tai Chi by Webinar series (6 weeks) Tuesdays 30 April - 4 June, 6.30pm – 7.15pm

Speech and Swallowing in Multiple Sclerosis Tuesday 21 May 11.00am – 12.00pm

Talking to your kids about Multiple Sclerosis Thursday 13 June 11.00am -12.00pm

Mindfulness by Webinar with focus on pain (8 weeks) Monday 14 October - 2 December 1.00 - 2.00pm

NDIS Information Sessions - Various webinars and workshops

MS Symposium—Newcastle NSW (World MS Day) 30 May 9.30am - 3.30pm (Fully Booked)
Live Streaming will be available.

For more information please email education@ms.org.au or call **MS Connect™** (Freecall 1800 042 138) or check our Website.



You don't have to see
my **MS Symptoms**
to believe them

#MyInvisibleMS



Help raise awareness of the invisible symptoms of MS

World MS Day 2019

World MS Day is coming up on May 30 and this year's global campaign theme is all about raising awareness of the invisible symptoms of MS. We encourage you to be a part of the campaign by following the hashtag #MyInvisibleMS

If you're looking for an easy way to get involved – why not wear red for World MS Day? If you need to jazz up your outfit don't forget to check out our MS lapel pins and ribbons which you can purchase at www://shop.ms.org.au/collections/doiiforms Or if you are looking for other ways to get involved visit www.doiiforms.org.au/world-ms-day

Launceston Town Hall Lights Up Red For MS

To celebrate World MS Day 2019 the St John Street façade of Launceston Town Hall will be lit red from Monday 27 May to Sunday 2 June 2019! If you get any good photos don't forget to share them with us via communityfundraising@ms.org.au

Red Affair – A Night For MS

We're excited to share that in honour of World MS Day, the Red Affair is back! This year's cocktail function themed **A Night for MS**, will be held on Saturday 25th May at the Hobart Function Centre and promises to be another incredible event. You can keep up to date with all the latest details including the link to buy your ticket via: <https://www.trybooking.com/book/event?eid=484939&>

Let us help YOU to raise funds an awareness for MS in 2019

If you're interested in putting together your own activity, big or small, get in contact with Erin via communityfundraising@ms.org.au or on 03 9845 2825 and she'll help you make something magic happen this year!

2019 MS 24 Hour Mega Swim Event

The **Hobart MS 24 Hour Mega Swim** will be taking place at Hobart Aquatic Centre on 12 -13 October.

Sign up for this awesome day out! Are you with us?

Register, donate or volunteer today at www.msmegaswim.org.au or contact us on 1300 733 690



Pilates Classes designed for people living with MS
We are running a Pilates class in Launceston that is being instructed by
Pilates Tasmania:



Class Day & Time: Fridays 1pm

Class Length: 45 minutes

Location: Norwood

Cost: The classes are free due to funding MSL has received from City of Launceston Council

If you are interested in attending please email tasenquiries@ms.org.au with your name and contact details.

PEER SUPPORT MEETING TIMES

CIRCULAR HEAD

Meets: First Monday of the Month from 7pm to 8:30
Venue: Circular Head Rural Health Centre, Smithton
Next Meetings: Mon 3rd June
*We are combining face to face group & Telegroup.
RSVPS: msconnect@ms.org.au

KINGSTON

Meets: Second Tuesday of the month, 12-2pm
Venue: Kingston
Next Meeting: Tues 11th June
Guest speaker: Miriam Rainsford, NDIS
RSVPS: msconnect@ms.org.au

EASTERN SHORE

Meets: Second Friday of the month, 10:30am - 12
Venue: Bellerive
Next Meeting: Friday 14th June,
Guest speaker: Fiona Strahan, Disability Voices of
Tasmania
RSVP: msconnect@ms.org.au

DEVONPORT

Casual Coffee Group
Next meeting TBA

NORTHERN (Launceston) - Social Group

Meets: Second Thurs of the month, 11am to 1pm
Venue: Kings Meadows
Next Meeting: Thurs 13th June
Social Gathering

WYNYARD PEER SUPPORT GROUP

Meets: First Wednesday of the month, 2-4pm
Venue: Wynyard
First Meeting: Wed 5th June & Wed 3rd July
Guest speaker: Coffee catch up & getting to know
you
RSVP: msconnect@ms.org.au

GLENORCHY

Meets: Last Monday of the month, 6-8pm
Venue: Glenorchy
Next Meetings: Mon 24th May
Guest Speaker: Lisa Slade & Kerri Tomlin from ESS
(Employment Support Consultants/Occupational
Therapists)

ULVERSTONE

Meets: Fourth Wed of the month, 11am to 1pm
Venue: Ulverstone
Next Meeting: Wednesday 26th June
Guest Speaker: Fiona Strahan, Disability Voices of
Tasmania
RSVP: msconnect@ms.org.au

MENS PEER SUPPORT GROUP

Meets: Third Friday of the month, 12:30pm to 2:30pm
Venue: Hobart
Next Meeting: Friday 21st June
Social gathering, meals available at own expense
RSVP: msconnect@ms.org.au

NEW NORFOLK PEER SUPPORT GROUP

Meets: First Wednesday of the month, 10:30am to 12
Venue: New Norfolk
Next Meeting: Wednesday 5th June
Social gathering, coffees and cake etc at own expense
RSVP: msconnect@ms.org.au

LAUNCESTON UNDER 50'S PEER SUPPORT GROUP

Meets: Last Monday of the month, 10am to 12 midday
Venue: Linc Library, Launceston
First Meeting: Monday 27th May & 24th June
Guest speaker: Getting to know one another
RSVP: msconnect@ms.org.au

*Gathering interest in working persons/professional group & a facilitator to lead & watch this space for Sorell group

SOUTHERN Tasmania – Outreach Dates May

Book with MS Connect 1800 042 138 to make an appointment to see our MS Nurse, Michael Mortensen, or our NDIS Engagement Coordinator, Miriam Rainsford at various centres across Southern Tasmania.

VENUE	DATE(S)	APPOINTMENT TIMES
BRIDGEWATER Brighton Community Health Centre – 27 Green Point Road, Bridgewater		9:30am-10:30am 11:00am-12noon 1:00pm-2:00pm
GLENORCHY LINC – 4 Terry Street, Glenorchy		9:30am-10:30am 11:00am-12noon 1:00pm-2:00pm
KINGSTON Venue LINC, Room A4, 8 Hutchins St, Kingston	TUES 4 JUNE 2019	9:30 - 11.15 am 11:15 - 12:45pm 1:30 - 3.00pm
NEW NORFOLK Room 3, 3 Richmond Street, New Norfolk	DATES TO COME	TIMES TO COME
SORELL Sorell Community Health Centre, 57 Cole Street, Sorell		10am-11am 11:30am-12:30pm 1:15pm-2:00pm

Northern Tasmania – Outreach Dates May & June

Book with MS Connect 1800 042 138 to make an appointment to see our MS Nurse, Annette Crawford at various Centres across Northern Tasmania.

VENUE	DATE(S)	APPOINTMENT TIMES
BEACONSFIELD Beaconsfield District Health Service, 13 Bolton Street	WED 19 JUNE	10:00am-11:00am 11:30am-12:30pm 1:15pm-2pm
BURNIE LINC, 30 Alexander Street, Burnie The Paperbark Room		12:30pm-1:30pm 2:00pm-3:00pm
DEVONPORT Community House, 10 Morris Avenue	MON 3 JUNE	10:00am-11:00am 11:30am-12:30pm 1:30pm-2:30pm
SCOTTSDALE LINC, 51 King Street	MON 24 JUNE	10:00am-11:00am 11:30am-12:30pm 1:30pm-2:30pm
SHEFFIELD Rural Health, 1b Henry Street	TUES 3 JULY	10:00am-11:00am 11:30am-12:30pm 1:15pm-2pm
ST HELENS Neighbourhood House, 25 Circassian Street	TUES 25 JUNE	9:00am-10:00am 10:30am-11:30am 12:15pm
WYNYARD Rural Health, 33 Goldie Street		11am-12noon 1:00pm-2pm

More dates coming soon, look out for them on our website and in the next newsletter edition.

If you would like more information regarding Outreach:

[:https://www.ms.org.au/support-services/individual-assessment/outreach-tasmania.aspx](https://www.ms.org.au/support-services/individual-assessment/outreach-tasmania.aspx)