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

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

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!
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.

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.
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/doitforms Or if you are looking for other ways to get involved visit www.doitforms.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.

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**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.

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

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