You will be aware that State and Federal governments are implementing additional restrictions to minimise risk of coronavirus (COVID-19) spread in Australia. This includes the closure of schools and non-essential services in some states.

Accordingly based on this advice, Multiple Sclerosis Limited (MSL) has decided to close its offices and suspend all face-to-face appointments until further notice.

While a difficult decision to make, this is an important step towards minimising risk and protecting the health of clients, staff, supporters and the broader MS community.

Please be assured that MSL will, to the best of our ability, do our best to keep providing services.

Services available as per usual

Current services are being provided online, by phone or Telehealth to ensure the safety of our staff, clients and participants. This includes MS Connect, webinars, employment support, allied health support, and NDIS support coordinator.

If you require support or would like more information about services available, contact us on 1800 042 138 or msconnect@ms.org.au

We will keep you updated

Our team knows how important it is to get timely and trusted information to help you manage your health in relation to coronavirus (COVID-19).

MSL is following advice from state and federal Government health professionals and working closely with MS organisations to ensure you have up-to-date information that is relevant to you.

There is a dedicated page on our website, which is monitored daily, to share the latest COVID-19 advise and information with you: www.ms.org.au/coronavirus

A message from our CEO

This is a message from our CEO, John Blewonski to all our clients and members of the MS community.

To watch the video, please click here.
In these unusual times, MS Connect continues to provide support to our clients, carers, family and health professionals. Our team is working from the safety of their homes and they are only a phone call away.

If you are feeling uncertain about the barrage of COVID-19 information we are hearing in the media, or you have questions about the multiple sclerosis symptoms you are experiencing or you want to find out more about the services we can still connect you with, or even just feeling isolated, a great place to start is by calling MS Connect.

We are available Monday to Friday 8am to 6pm and if you call outside those hours, we will get back to you as soon as possible.

You are not alone, we are all in this together.

**MS Connect (8am to 6pm, Mon to Fri)**
1800 042 138 (free call)
msconnect@ms.org.au

---

**MS Employment Support Service is expanding with two new Employment Support Consultants joining the team!**

**Julia Pendreigh**
Julia is a very experienced Occupational Therapist who has many years’ experience working in helping people manage chronic illness and disability in community health settings in both Australia and the United Kingdom. Julia enjoys cooking, walks along the beach, family life and humour in all forms!

**Anne Denney**
Anne Denney also joins the Employment Support Service based in Launceston.

Anne is a physiotherapist who has previously spent time working at Launceston General Hospital helping clients with a variety of health conditions and disabilities. Anne is looking forward to working with the MS community and helping clients to maintain their employment. Anne likes spending time on the farm with her dogs Ivy and Lola; and horses, Thea (pictured), Philip and Whisky. Anne also loves playing the saxophone in a local Big Band!

If you need help with managing your symptoms and you are working, please contact MS Connect for a referral to the Employment Support Service.

All our consultants can help you over the phone or video conferencing platforms at the present time, so you do not need to attend any appointments out of the home.
More than a decade ago when podcasts were still very new, technology limitations meant that only a very few listened to Podcast. Fast forward 10 years and that has changed considerably; Podcasts have become a popular medium to share information.

We are very excited to offer our clients the MS Podcast series! With new episodes each month you can listen to strategies on how to live well with multiple sclerosis. Our first podcasts include Mental Resilience during Covid-19, Sleep, Eat Well and Live Well with Multiple Sclerosis, Sexuality, Bladder issues and Exercise.

You can find the MS Podcasts on Apple Podcasts, Google Podcasts and very soon on Spotify. Of course, you can also access them from our website ms.org.au

We hope you enjoy them, and we’d love to hear your suggestions for new episodes.

Please send your ideas for future MS Podcasts to education@ms.org.au

Below is a list of recordings of previous webinars. To view, click on the topic and it will take you to the page with the associated handouts and further reading.

A Conversation about COVID-19 with Neurologist, Associate Professor Anneke van der Walt
Eat Well, Live Well
Get active - Preventing falls
Get active - Benefits of exercise
Get active - Focus on balance
Live well with multiple sclerosis
Live well with multiple sclerosis - Take charge and become the CEO of your life
Mindfulness, Meditation and Relaxation
Sleep well with multiple sclerosis
‘John, my first husband was diagnosed with multiple sclerosis in the 1960’s. I did not receive any financial help or other assistance, though I wish I had. That was government policy at the time.’ Those were very, very tough times for John and Marjorie.

‘In the 60’s the role of the then Multiple Sclerosis Society of NSW was not so well known, and we had little contact. However, family and friends were of tremendous help.’

Living through that difficult time gave Marjorie a first-hand understanding of the challenges people living with multiple sclerosis face. ‘I learnt how informed, caring and expert support can make a huge difference to the whole family.’

Marjorie has seen the impact that multiple sclerosis has on everyone. As a social worker, she also saw it with her clients. This personal experience aided her decision to support Multiple Sclerosis Limited (MS). She decided to help now and for well into the future.

She has joined the ‘MS Callistemon League’. She is leaving a legacy of her love via a gift in her Will to Multiple Sclerosis Limited. Marjorie’s decision to leave a legacy gift is a very strong statement of her values. She doesn’t want anyone to face MS alone.

Marjorie’s legacy will serve as an example for her stepchildren and step-grandchildren. Encouraging them to also live by these caring and supportive values.

She tells us: ‘I have lived through it... so MS is a cause close to my heart’.

Marjorie encourages others to join her in her quest to ensure ‘no one needs to face MS alone.’

Any gift, large or small can make a difference.

For more information please contact Laura Henschke or Michael Knox on 1800 443 867 or www.mymslegacy.org.au

Applications open June 10, 2020
We are still here!

Living with multiple sclerosis or caring for someone with the condition can be challenging – especially people newly diagnosed, who can feel particularly vulnerable. Presently during COVID 19 isolation, more than ever, connecting with others is important for mental and emotional wellbeing.

Face to Face Peer Support now Phone Groups!
We may have postponed all our Face to Face Peer Support Groups but we are still here and continue to deliver our Peer Support Program! Many of our Face to Face groups have converted to phone group meetings and will continue to catch up as usual but from the comfort and safety of their home. The service continues to be free and all you need is a phone.

1:1 Peer Phone Support
Phone MS Peer Support is a great way to have a one-on-one conversation with somebody who understands, no matter where you live. The service is available for People living with multiple sclerosis, carers and family members.

Telegroups
Our MS Peer Support Telegroups enable people with similar interests or experience to connect by telephone as an alternative to face to face groups. Some groups have a particular focus, such as young carers or parents, while others are a mixed bunch of ages and roles.

Current Telegroups

• **Under 30s Telegroup**
  First Friday of every month - 12.30pm - 1.30pm First Meeting to begin on Friday 5 April 2019

• **Men’s support group**
  First Thursday of the month – 1.30pm - 2.30pm
  Last Tuesday of the month – 12 noon - 1pm

• **Women’s support group**
  Fourth Monday of the month – 12.30pm - 1.30pm

• **Women in 40 to 64 group**
  Third Tuesday of the month – 10.00am - 11.00am

• **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 - 8.00pm

• **Family and friends telegroup**
  First Tuesday of the month – 7.30pm - 8.30pm

**General support groups**
First Monday of the month – 11.00am - 12.00pm
Second Monday of the month – 7.00pm - 8pm
Second Tuesday of the month – 7.00pm - 8.00pm

**Mums with MS support group**
Second Tuesday of the month – 1.00pm - 2.00pm

**Telelinks**
Telelinks are phone based, 6 week peer support programs facilitated by one of our dedicated Peer Support Coordinators with weekly guest speakers on topics agreed by the members. Our next Telelink commences on Tuesday 5th May at 10:30am and is aimed at People over 65 living with multiple sclerosis.

If you are interested in accessing these supports, please contact MS Connect on 1800 042 138 between 8am – 6pm Monday to Friday or email msconnect@ms.org.au