



## DEVONPORT WELLNESS DAY

### Brain Health and Lifestyle Redesign

**Wednesday, 6 November 2019**

11.30am - 3.30pm **Please arrive at 11.00am 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 Wellness Day with MS Education and Wellbeing Program 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 meal whilst hearing about wellness approaches and strategies. The program also includes a wellness activity. You will go home inspired to maintain a brain healthy lifestyle.

**Co-contribution** \$20 per person (plus \$10 per guest/carer) Bursaries are available for those who find the cost prohibitive by contacting [education@ms.org.au](mailto:education@ms.org.au) **Please note:** 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](mailto:education@ms.org.au))

**Venue** Waterfront Function Centre  
17 Devonport Road  
Devonport TAS **Venue is wheelchair friendly and parking is available onsite**

**To book in or for more information** MS Connect 1800 042 138 or email [education@ms.org.au](mailto:education@ms.org.au)

Or [click here](#) to register online. **Registrations close Friday, 1 November 2019**

***The program is proudly supported by W D Booth Charitable Trust***

## MS GO FOR GOLD

On Friday 11 October we held the MS Go for Gold Luncheon in Hobart.

We were thrilled to award 9 scholarships this year to people living with MS in the categories of Travel, Lifestyle & Wellbeing, Education, Employment and Sport. Six of the nine recipients enjoyed lunch with friends and family at the Old Woolstore to celebrate.



The Go for Gold Scholarship Program is funded by the MS 24 Hour Mega Swim, Squash & Racquetball events. The Hobart Mega Swim was held on Saturday 12 – Sunday 13 October at the Hobart Aquatic Centre. 5 teams made up of 96 swimmers swam relay style for 24 hours in support of people living with MS and raised an incredible \$17,909.



**MS** are proud to be the official charity partner of the Devonport Dash in association with the Spirit of Tasmania Tour of Tasmania Elite Cycling Event taking place on Saturday 7<sup>th</sup> December 2019. The event includes a fully accessible, free participation 5km community walk or run as well as the 1.8km Devonport Dash.

The Devonport Dash will take runners around the official cycling circuit! There are some great prizes up to grabs thanks to the generous support of Zap Fitness and The Spirit of Tasmania.

To register visit: [www.doitforms.org.au/event/DevonportDash](http://www.doitforms.org.au/event/DevonportDash)

## **HOBART WELLNESS BREAKFAST - Thursday 14 November 2019**

We invite you to attend our wellness breakfast, to be nourished and invigorated - all before starting work or getting on with your daily commitments!

Hear Elizabeth Stenhouse, Occupational Therapist, Service Delivery Manager with our MS Employment Support Services (ESS) team talk about ways to manage fatigue and other symptoms in the workplace.

Liz and the team will also explain the supports and services available, including our ESS program, and our Peer Support program for people living with multiple sclerosis and working.

Our MS Employment Support consultants understand multiple sclerosis, and this specialist advice is what makes our service so unique. They understand some symptoms seem invisible to others, but can make working difficult and we have a number of strategies for coping with these impacts.

Ultimately they want to empower you to take control of your working life and this service has helped thousands of people living with multiple sclerosis to either stay in their current job or to find new employment.

### **CO-CONTRIBUTION:**

\$10.00 per person (plus \$10.00 per guest/carer)

Bursaries are available for those who find the cost prohibitive by contacting [education@ms.org.au](mailto:education@ms.org.au).

**Please note:** As catering must be confirmed within 7 days of the program, we are unable to offer refunds outside of the that time period (except in extenuating circumstances - please contact us if this applies [education@ms.org.au](mailto:education@ms.org.au))

**WHEN:** Thursday 14 November 2019 7:15am - 9:00am **Please arrive at 7:00am to check in**

**WHERE:** Salamanca Inn (Churchill Room)10 Gladstone St, Battery Point Hobart TAS 7004

**Venue is wheelchair friendly. Limited onsite parking available. Additional metered parking is available in Salamanca Square (drop off area available at front of venue)**

**REGISTRATIONS CLOSE:** Thursday 7 November 2019

\*As the numbers at this program are limited, you are welcome to bring one guest. Registration is essential

Breakfast is provided. Please advise any dietary requirements when you register.

[Register online now\\*](#)

Or Call MS Connect on **1800 042 138** for more information.

**Places are limited and a waitlist will be taken**

## 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.

*Self-care is not about self-indulgence, it's about self-preservation.*

– Audrey Lorde

[www.facebook.com/twuhealthstudies](http://www.facebook.com/twuhealthstudies)

### 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 Tas 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 Tas on 1800 242 636**.

## Launceston's first MS Walk + Fun Run event

saw the Inveresk Precinct coated in red as hundreds of walkers and runners joined in to show their support for the cause.

We had 387 participants come together on Sunday 22 September running/walking the 4.5km and 9.5km courses, to not only spread awareness but also raising an incredible \$23,758 for people living with multiple sclerosis! There were many tears shed, happy cheers and stories shared at the finish line.

MSL CEO John Blewonski, Minister for Women/ Minister for Health Sarah Courtney, Councillor Alan Harris and MS Ambassador Cristelle Denney were all involved and presented awards to our top fundraisers – it was truly a magical day!

A few photos from this magical day, the full gallery of photos can be viewed at:

<https://gallery.scottadamsphotography.net.au/gallery/MSWalkFunRun/>





## PEER SUPPORT MEETING TIMES

### CIRCULAR HEAD

Meets: First Monday of the Month from 7 to 8:30pm  
Venue: Circular Head Rural Health Centre, Smithton  
Next Meeting: Mon 4th November  
\*We are combining face to face group & Telegroup.  
RSVP: [msconnect@ms.org.au](mailto:msconnect@ms.org.au)

### NORTHERN (Launceston) – Social Group

Meets: Second Thurs of the month, 11am to 1pm  
Venue: Kings Meadows  
Next Meeting: Thursday 14th November  
Social Gathering

### WYNYARD PEER SUPPORT GROUP

Meets: First Wednesday of the month, 2 to 4pm  
Venue: Wynyard  
Next Meeting: Wed 6th November  
Guest speaker: Coffee catch up  
RSVP: [msconnect@ms.org.au](mailto:msconnect@ms.org.au)

### ULVERSTONE PEER SUPPORT GROUP

Meets: Fourth Wed of the month, 11am to 1pm  
Venue: Ulverstone  
Next Meeting: Wednesday 6th Nov, 11:30am to 3.30pm  
Will attend the Wellness Lunch at Devonport  
RSVP: [msconnect@ms.org.au](mailto:msconnect@ms.org.au)

### NEW NORFOLK PEER SUPPORT GROUP

Meets: First Wednesday of the month, 10:30am to 12 midday  
Venue: New Norfolk  
Next Meeting: Wednesday 6th November  
Social gathering, coffees and cake etc at own expense  
RSVP: [msconnect@ms.org.au](mailto:msconnect@ms.org.au)

### DEVONPORT

Casual Coffee Group  
Next meeting TBA

### LAUNCESTON UNDER 50'S PEER SUPPORT GROUP

\*Please note day and time change  
Meets: Last Monday of the month, 10:30am to 12:30pm  
Venue: Linc Library, Launceston  
Next Meeting: Sat 26th Oct & Sat 30th November  
RSVP: [msconnect@ms.org.au](mailto:msconnect@ms.org.au)

### KINGSTON

Meets: Second Tuesday of the month, 12 to 2pm  
Venue: Kingston  
Next Meeting: Tuesday 12th November  
Guest speaker: Christmas Lunch  
RSVP: [msconnect@ms.org.au](mailto:msconnect@ms.org.au)

### EASTERN SHORE

Meets: Second Friday of the month, 10:30am to 12midday  
Venue: Bellerive  
Next Meeting: Friday 8th Nov, 10:30am to 12 midday  
Guest speaker: Sam Rundle, Exercise Physiologist  
Utilising exercise to improve strength, fitness, balance, mobility & general health  
RSVP: [msconnect@ms.org.au](mailto:msconnect@ms.org.au)

### GLENORCHY

Meets: Last Monday of the month, 6 to 8pm  
Venue: Glenorchy  
Next Meetings: Mon 28th Oct & Mon 25th November  
Guest Speaker: Social gathering

### MENS PEER SUPPORT GROUP

Meets: Third Friday of the month, 12:30pm to 2:30pm  
Venue: Hobart  
Next Meeting: Friday 15th November  
Social gathering, meals available at own expense  
RSVP: [msconnect@ms.org.au](mailto:msconnect@ms.org.au)

\*Please see November newsletter for Christmas functions in your local area.  
Meals & drinks will be at your own expense.



**Have you connected to the Internet recently?  
Do you have an email address?**

If you wish you can contact MS Connect 1800 042 138 and notify us of your email address, you would receive your Newsletter quicker and we can save some trees.