

**OFFICE OPENING – LAUNCESTON**

Please join Multiple Sclerosis and Epilepsy Tasmania to officially open our new Launceston office.

We will be providing light refreshments at the outside area in front of our new office and you are welcome to join us.

Please note we are planning on doing some works to the building to ensure its fully accessibility.

**WHEN:** Thursday 6<sup>th</sup> December 2018

**WHERE:** 462 Wellington Street,  
South Launceston

**TIME:** 11:30am start

**RSVP:** MS Connect 1800 042 138

COB Monday 3<sup>rd</sup> December 2018  
or email: [tasenquiries@ms.org.au](mailto:tasenquiries@ms.org.au) with any dietary requirements you have.

Come and meet our Launceston staff Lucy and Annette and our Practice Leader Jen. We look forward to seeing you .

**BACK TO MS CLINIC**

From Practice Leader, Jen Lowe

We are pleased to announce we have returned to the MS Clinic (Repat, 90 Davey Street, Hobart).

The neurology team have requested our social work services, be available as they have identified that this is missing from the services that are offered at Clinic.

Our role will be to cover what is important and needed by you; support you in accessing our wide variety of services including peer support, volunteering, NDIS, education sessions and employment to name a few. We can assist in navigation of complex systems such as My Aged Care, NDIS, Centrelink, refer to external services who may be able to assist you.

Anthea Stutter will be providing this support, and at times accompanied by myself, so drop in and say hello.

**FINANCIAL ASSISTANCE**

With Christmas approaching, we understand this this can put pressure on budgets and we have some one-off financial assistance funding available to people with MS who are registered with us raised from the Mega Swims.

While the amount we have is not large if you have a need for assistance perhaps you need a small grocery voucher, or gift card to buy some necessities to get you through please give us a call in MS Connect or any of the Tasmanian team if you see them.

**Pilates Classes – are you interested?**

We would like to offer Pilates classes designed for people living with MS, run by Pilates Tasmania, in Hobart and Launceston.

The classes will be small size (6 – 12 people) and we would offer them at a reduced cost. We need to gauge your interest in the program before we finalise arrangements please

email: [tasenquiries@ms.org.au](mailto:tasenquiries@ms.org.au) to register your interest, including your name, contact details and which class you would go to – Hobart or Launceston.



**pilates tasmania**

pilates for everybody

**NDIS Roll out—we are here to help**

The next phase of the rollout starts 1 January next year for people in the 50—64 age group. If you would like help to access the scheme ring MS Connect 1800 042 138 and ask for one of the NDIS team to provide you with assistance to prepare your application

## Summer is coming ....

.... And I'm dreading it! That's the opinion of many people living with multiple sclerosis as the hot weather plays havoc with their symptoms and their ability to do everything they usually do.

The earliest medical reports of thermal sensitivity in multiple sclerosis come from Charles Ollivier d'Angers who noted in 1824 that a hot bath induced numbness in the right leg and reduced feeling and dexterity in the hands of a patient with the disease.

The mechanisms are complex and research being undertaken at University of Sydney with Ollie Jay and the Thermal Ergonomics Laboratory & Charles Perkins Centre is shedding more light on this phenomenon.

As they learn more about the impact of multiple sclerosis on body temperature regulation and the individual's ability to preview temperature, they're able to provide us with ways to combat the phenomenon where people with multiple sclerosis experience a temporary worsening of their symptoms when the weather is hot or when they've been exercising. Watch out for another webinar with Ollie Jay providing an update on his research.

The Get your ACT together tool on the ms.org.au website has a section on Heat which is well worth checking out. Answer the questions and print your personalised plan.

In a nutshell, the best ways to manage the impact of heat, if you notice it makes your symptoms worse, is to avoid the heat where possible. Keep the house cool with air conditioners and blinds, plan your activities to avoid having to be out in the heat, invest in a cooling necktie or cooling vest and when you're exercising build in rest breaks and drink plenty of cold water. It could be worth checking out your eligibility for a Utilities Concession.

There is a recording in our webinar library on the website, Coping with the Heat, that has lots of good advice and a live webinar will be taking place on November 22 on the same topic.

It's manageable but requires a bit of planning. So give MS Connect a call and get their advice to embrace the coming summer!



## i-FIMS Research Study November Update

The i-FIMS (Interactive Step Training to Reduce Falls in People with **MS**) research study now has 44 participants taking part in the study in Hobart and Launceston. Thank you to all who have expressed interest and are taking part. The i-FIMS trial involves playing fun games with your feet, in your own home to help train your balance and reduce your risk of falling.

### **We are looking for more participants to take part in the trial in the following areas:**

Hobart and South-Eastern Tasmania  
Launceston  
Devonport & Ulverstone  
Circular Head

Professor Stephen Lord spoke to ABC Radio Hobart's Sarah Gillman about the i-FIMS trial. If you would like to listen you can go to the following webpage and click on the recording for Friday 9<sup>th</sup> November. His interview starts at 47:17.  
<https://www.abc.net.au/radio/hobart/programs/mornings/episodes/>

### **How do I get involved?**

If you would like more information about taking part please contact the research assistant, Jessica Turner, at [ifims.hobart@neura.edu.au](mailto:ifims.hobart@neura.edu.au) or on 0447 937 071.

<https://www.neura.edu.au/clinical-trial/step-training-ms/>



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

We will be phoning clients in the coming weeks to see if 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.

## The benefits of attending an MS Peer Support Group

MS Peer Support Groups come in all shapes and sizes. Groups can be casual or more structured and can meet in person or over the phone. MS currently has 67 Peer Support Groups connecting people living with multiple sclerosis throughout ACT, NSW, VIC and TAS.

Linda, who attends a group in NSW at her local RSL finds the friendships and sharing of information very helpful. Attending peer support groups provides access to that real empathy, where others can relate to your situation.

Mark, NSW agrees and said it's "good to talk to people that are going through the same experience and reminds me that I'm not alone in this".

Sheryl says, "I think the best thing about an MS Support Group is meeting people that have the same condition with varying degrees of oddities as you have! As well as being a lovely social exercise, we're all the same in a lot of ways but different in others and it can not only be supportive but educational, informative and extremely helpful to share with others living with MS".

All Peer Support Groups are led by trained Volunteers who are also living with multiple sclerosis. Volunteers assist with the facilitation and organisation of the groups and identify the needs of their members.

Are you interested in connecting with others living with MS?

Please contact MS Connect to get more information about the groups available in your area on 1800 042 138 or email [msconnect@ms.org.au](mailto:msconnect@ms.org.au).



## Tasmanian Community Fundraising Update

### THANK YOU TO ELIZABETH COLLEGE

A HUGE shout out to our amazing Tassie fundraisers who are all doing incredible work to raise both funds and awareness for MS.

This month we'd like to give a special shout out to Brittany and Jorgia from Elizabeth College.

\$20 Boss is an immersive entrepreneurship program for secondary school students, created by the Foundation for Young Australians.

Students are provided \$20 of start-up capital to create, launch and operate their venture over the course of a school term.

Each business donates all their profits to their chosen charity. It is a fun way to learn about business as well as develop problem solving and decision making skills.

Students Jorgia and Brittany created J & B Bracelets, a business that made and successfully sold handmade bracelets. J & B Bracelets' chosen charity is MS.



"Don't forget you can get in touch with Erin any time to request donation tins, discuss/create fundraising plans and get advice, materials and moral support: [erin.wicking@ms.org.au](mailto:erin.wicking@ms.org.au) 03 9845-2825."

## MS EDUCATION

### Webinars, Wellness and other Education Events

Tai Chi by Webinar (6-week series) 9 October -  
20 November, 10.30am – 11.15am

Webinar - Coping with the Heat Thursday 22 November,  
10.30am – 11.30am

NDIS Information Sessions , Various webinars and face-to-face sessions in various locations

For more information please email [education@ms.org.au](mailto:education@ms.org.au) or call [MS Connect™](tel:1800042138) (Freecall 1800 042 138) or check our Website.



## CHRISTMAS PEER SUPPORT MEETING TIMES

### EASTERN SHORE , KINGSTON GROUP GLENORCHY & MENS GROUP

**Date:** Saturday 8 December  
**Time:** 12 Midday  
**Venue:** The Black Buffalo  
14 Federal Street  
North Hobart  
**RSVP:** Monday 3 December  
**Email:** Chris Gumley  
[cegm58@icloud.com](mailto:cegm58@icloud.com)  
**Or Phone:** Angela Land  
03 6220 1121



### ULVERSTONE & DEVONPORT PEER SUPPORT GROUPS

**Date:** Wednesday 12 December  
**Time:** 12 Midday  
**Venue:** Windows on Westella  
100 Westella Drive  
Ulverstone  
**RSVP:** Friday 7 December  
**Email:** Robin Tammens  
[robbiet100@hotmail.com](mailto:robbiet100@hotmail.com)



Please note meals and drinks at own expense  
Christmas lunch, this gathering is in substitute of normal meetings.

### NORTHERN (Launceston)

Christmas Lunch TBA  
Please contact Angela Land for further information  
Email: [angela.land@ms.org.au](mailto:angela.land@ms.org.au)  
Phone: 03 6220 1121  
Social Gathering

### CIRCULAR HEAD

Date: Monday 3 December, 7pm onwards  
Venue: The Bridge Hotel, Smithton  
RSVP: [jennywallis@iprimus.com.au](mailto:jennywallis@iprimus.com.au)  
Meals at own expense