



**Our Vision Find a cure, minimise the impact**

**Staff Farewell**

On the 22 August we said farewell to Jen Lowe who has been our Practice Leader in Tasmania for the past three years.



Jen has led the team in developing a range of different services including the outreach program, the 2018 MS Symposium, the MOOC discussions and has been the familiar face for many at the Hobart MS Clinic this year.

Jen has gone on to a management role within Hobart.

**Bright Idea**

Using a computer is one of the most amazing options that we have had for the past 20 years, its a freedom to explore many worlds and the difference between the haves and the have less's but what if your hands don't want to play...?



The mouse is seen as the thing to have but there are many alternatives and here are some links:

Mice

<http://ergonomictrends.com/best-ergonomic-mouse-reviews/>

<https://www.allthingsergo.com/ergonomic-mouse-guide/>

<https://www.bestproducts.com/tech/electronics/q19124846/>



**For the first time we are bringing the 2019 MS WALK + FUN RUN TO LAUNCESTON ON 22 SEPTEMBER 2019**

This is an all-inclusive community fundraising event helping to make a real difference to people living with multiple sclerosis.

This event raises much needed funds for people living with MS and their families, to ensure nobody has to face MS alone.

A carefully curated day out – 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.

- Location: Inveresk Precinct, TAS 7248
- Date: Sunday 22 September 2019
- Distances: 4.5km & 9.5km
- Price: \$25 (Children under 12 are free)
- Phone: 1300 733 690
- Website: [www.mswalk.org.au](http://www.mswalk.org.au)

## Talking to Children about MS

Being diagnosed with multiple sclerosis can have a big impact on the whole family. Whether you have children before or after your diagnosis, many parents living with multiple sclerosis face similar issues.

### These issues may include:

- how and when to tell your children about your diagnosis
- how to explain the symptoms you're experiencing
- coping with symptoms at the same time as parenting - particularly fatigue
- dealing with emotions such as guilt

Here at MS we understand that there may come a time when you need some support to discuss multiple sclerosis with your child. We have a range of age appropriate resources to help you navigate this time.

We also have several publications and a [webinar on our website](#) that provide more information about multiple sclerosis and parenting, such as our [Family Matters series](#), [Deciding on motherhood](#) information booklet, [Has your mum or dad got MS?](#) booklet and Changes and Feelings booklet (available from MS Connect).

MS Connect can also point you in the right direction by providing links to interactive websites like this one <https://www.msforkids.org.au/> for children.

To obtain copies of resources or to speak to an MS Connect Specialist, please contact MS Connect 1800 042 138.



## THE MS 24 HOUR MEGA SWIM IS COMING BACK TO HOBART THIS OCTOBER!

On **12–13 October**, Doone Kennedy Hobart Aquatic Centre will host the **2019 Hobart MS 24 Hour Mega Swim**.

So, get a team together, challenge yourself, and swim your heart out in support of people living with multiple sclerosis. The MS 24 Hour Mega Swim is a fun team relay event, suitable for any level of swimmer.

Each team has a swimmer in the water for the entire 24 hours and competes for laps swum and money raised for MS. Katalina Siburian will be hitting the pool this year in support of her partner's mother who has MS. "It's just so good to experience something that I never would have experienced before" Katalina says. "It connects you to what someone with MS experiences every day." Are you up for the challenge? Register today at [msmegaswim.org.au](http://msmegaswim.org.au) or contact us on 1300 733 690.



## MS EDUCATION

### Webinars, Wellness and other Education Events

#### Mindfulness by Webinar with focus on pain (8weeks)

Monday 14 October - 2 December 1:00 - 2:00pm

NDIS Information Sessions - Various webinars and workshops

For more information please email [education@ms.org.au](mailto:education@ms.org.au) or call [MS Connect](#) (Freecall 1800 042 138) or check our website [ms.org.au](http://ms.org.au)



do it for MS



## Do It For MS with a Donation Tin

Did you know that MS offers donation tins to organisations/businesses for at least 6 months or until full? It's quick and easy for an organisation to request a tin. By visiting this webform: <https://www.tfaforms.com/4677775> they can give us all their details and we'll organise an authority letter to be made and a tin posted out.

So this month, get thinking about local businesses in your area you think might be keen to help us Do It For MS!

## Do It For MS with your own fundraising activity

Our fundraisers do amazing things and have a great time in their communities raising both funds for and awareness around MS. We'd love you to join the fun. For more info on getting your own fundraiser off the ground, contact Erin on 03 9845-2825 or [communityfundraising@ms.org.au](mailto:communityfundraising@ms.org.au) and she'll help you every step of the way.

Visit [www.doitforms.org.au](http://www.doitforms.org.au) to see other great fundraising options available.



MENZIES+  
Institute for Medical Research

Understanding  
**Multiple Sclerosis**



## FREE ON LINE COURSE – UNDERSTANDING MS

**REMINDER!!** The second iteration of the hugely successful Understanding MS on-line course is open for enrolments at [ms.mooc.utas.edu.au](http://ms.mooc.utas.edu.au). The course commences on the 16 September.

The first iteration of the course received rave reviews from participants with nearly 2,000 people completing the course from over 80 countries. The course received a 97% satisfaction rating from participants and is currently ranked 2 in the world for on-line health and medical research courses, according to class central. Importantly, 61% of course completers report that they have already applied the knowledge they gained in the course.

The Understanding MS on-line course was developed by the University of Tasmania's Menzies Institute for Medical Research in partnership with MS Limited and the Wicking Dementia Research and Education Centre.

Don't miss the enrolment which includes some updated videos, interviews, and information about the role of physiotherapy and exercise physiology in MS. **Enrol Now** It's Free! is run over 6 weeks with a commitment of 2 hours per week and you receive a certificate after completion.

## eBooks

Did you know that MS has an eBook library consisting of 35 titles? For those of you who may not know, an eBook is an electronic book which is made available in digital form, consisting of text, and images, and is readable on your computer, laptop, smart phone or tablet. Instruction guides and video tutorials for downloading our eBooks are available on our website – [www.ms.org.au](http://www.ms.org.au) – and search eBooks.

Our FREE eBook library consists of titles of interest to people with multiple sclerosis and health professionals. People with multiple sclerosis can get the details required to access our eBooks by contacting MS Connect on Freecall 1800 042 136 or email – [msconnect@ms.org.au](mailto:msconnect@ms.org.au). Health Professionals can access them if they have purchased one of the MS professional development webinars.

“The eBook library really complimented the *Learn about MS* webinar I attended and there is a book there specifically for people newly diagnosed”. (Jan, 33 years of age, diagnosed 8 months).

**Some titles which may be of interest are:** *Sink into Sleep: A step by step workbook for insomnia; Navigating Life with multiple sclerosis; and Inspire me well: Finding motivation to take control of your health.*

## 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 Meeting: Mon 2nd September  
\*We are combining face to face group & Telegroup.  
RSVPS: [msconnect@ms.org.au](mailto: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 12th September  
Social Gathering

### WYNYARD PEER SUPPORT GROUP

Meets: First Wednesday of the month, 2-4pm  
Venue: Wynyard  
Next Meeting: Wed 4th September  
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 25th September  
Guest Speaker: Social gathering  
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 4th September  
Social gathering, coffees and cake etc at own expense  
RSVP: [msconnect@ms.org.au](mailto:msconnect@ms.org.au)

### LAUNCESTON UNDER 50'S PEER SUPPORT GROUP

#### **\*Please note day and time change**

Meets: Last Saturday of the month, 10:30am to 12:30pm  
Venue: Linc Library, Launceston  
Next meeting: Sat 31st Aug & Sat 28th Sept  
RSVP: [msconnect@ms.org.au](mailto:msconnect@ms.org.au)

### KINGSTON

Meets: Second Tuesday of the month, 12-2pm  
Venue: Kingston  
Next Meeting: Tues 10th September  
Guest speaker: To be confirmed  
RSVPS: [msconnect@ms.org.au](mailto:msconnect@ms.org.au)

### EASTERN SHORE

Meets: Second Friday of the month, 10:30am to 12 midday  
Venue: Bellerive  
Next Meeting: Friday 13th September  
Guest speaker: Michael Mortensen  
MS Consultant/ MS Nurse,  
MS Treatments & Medications  
RSVP: [msconnect@ms.org.au](mailto:msconnect@ms.org.au)

### GLENORCHY

Meets: Last Monday of the month, 6-8pm  
Venue: Glenorchy  
Next Meetings: Mon 26th August & 30th September  
Guest Speaker: Social gathering

### MENS PEER SUPPORT GROUP

Meets: Third Friday of the month, 12:30pm to 2:30pm  
Venue: Hobart  
Next Meeting: Friday 20th September  
Social gathering, meals available at own expense  
RSVP: [msconnect@ms.org.au](mailto:msconnect@ms.org.au)

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

## 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 12:00pm

**Class Length:** 45 minutes

**Location:** Norwood

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

We have had some lovely feedback about these classes, including this recent comment:

*"It's great that these sessions facilitate discussion and provide support for everyone attending, in addition to providing Pilates."*

If you are interested in attending please email [tasenquiries@ms.org.au](mailto:tasenquiries@ms.org.au) with your name and contact details.

