



MS Peer Support in NSW & ACT

Group listing

ABOUT MS PEER SUPPORT

Our **MS Peer Support program** is a great way for people affected by multiple sclerosis to connect and support each other — both those living with the disease, and also carers, family and friends.

Giving and receiving practical and emotional support can help you understand a recent diagnosis, manage your symptoms and live well with multiple sclerosis. It's also a great way to make new friends!

You can connect with an MS Peer Support group

face to face, online, or over the phone — whatever makes you feel the most comfortable. Our Peer support groups are facilitated by a person with MS who is a trained facilitator.

It's completely **free** to participate. Our current groups are listed below. We also list areas we have identified for new groups.

If you can't find a group that suits you, please contact MS Connect™ (Freecall 1800 042 138 or email msconnect@ms.org.au) to register your interest and discuss alternative options.

SYDNEY AND SURROUNDS PEER SUPPORT GROUPS

Blue Mountains - Glenbrook

- Second Saturday of the month. Café group. Next meeting Saturday 14 December 2019 at 3pm.

Bondi Junction - Eastern Suburbs

- 1st Thursday of each month. Café group, 11am.

Georges River Area

- Every 2nd Wednesday of the month in Allawah
- Every 3rd Saturday of the month. Coffee group in Carss Park.

Inner West – Broadway

- 1st Tuesday of the month, 5.30pm.

REGIONAL / RURAL NSW & ACT PEER SUPPORT GROUP

Albury Support Group

- 2nd Saturday of each month, 11am.

Armidale - Support Group and Branch

- Every 2nd Month (Feb, April, June, Aug, Oct & Dec) on the 2nd Wednesday of the month, 10.30am

Batemans Bay - Eurobodalla MS Support Group

- 1st Thurs of month, 11.30am–1.30pm

Bathurst Peer Support Group

- Cafe group for young working women (under 50). Meet for lunch at various venues.

Narellan — MS Peer Support Group

- 2nd Fri of the Month, 1.30pm to 3.30pm

NEW Northern Beaches — MS Peer Support Dinner Group

- Last Tuesday of the Month, 6.30pm. First Meeting Tuesday 26 November 2019.

Sydney CBD – People Working in the CBD

- 3rd Wednesday of each Month in the Sydney CBD.

Westmead – MS Peer Support group

- 1st Wednesday of the month, 11.30am.

Bega Valley – Sapphire Coast MS group

- 2nd Wednesday of month, 11am-1pm

Cooma/Berridale

- 1st Wednesday of each month, time and venue varies

Gosford MS Peer Support Group – Narara

- 3rd Wednesday of each month (except Dec & Jan), 11.30am

Grafton - Clarence Valley MS Support Group

- 3rd Wednesday of each month, 11am–1pm

Kingscliff - North Rivers Peer Support Group

- 4th Tuesday of month, 11am – 2pm

Newcastle Peer Support Group

- 3rd Wednesday of the month, 8am-10am, Carrington.

Wollongong Peer Support Group

- 3rd Sunday of each month. Meet at 12pm for lunch at various locations.

ACT

People with MS Support Group, Deakin

- Last Friday of Every Month, except December

TELEGROUPS

Do you like the idea of connecting with other people living with multiple sclerosis? Would you prefer not to have to go out for another meeting?

Telegroups are an effective way of connecting people by phone who have a common need. Telegroups meet by telephone rather than in person.

Young People living with MS

- 1st Saturday of the month, Bi-monthly.

Men with MS Support Group

- 1st Thursday of month, 1.30pm – 2.30pm
- 1st Tuesday of the month, 12pm – 1pm

People with MS – general group for people wanting support & to share information

- 1st Monday of the month, 11.00am to 12.00pm
- 2nd Tuesday of the month, 7pm to 8pm
- 2nd Monday of the month, 7pm to 8pm

Family and Friends

- 1st Tuesday of the month, 7.30pm-8.30pm

After Hours Telegroup for Working People with MS

- 1st Thursday evening of each month, 7pm – 8pm

Mums with MS

- 2nd Tuesday of the month, 1 to 2pm

Women support group

- Fourth Monday of the month, 12.30 - 1.30pm

Women in the 40 to 64 aged group

- Third Tuesday of the month, 10am - 11am

Over 65's support group

- First Tuesday of the month, 10.30am - 11.30am

NEW Greek Speaking Telegroup for PwMS

- 4th Monday of the month, 11am -12pm
4η Δευτέρα του μήνα

Telelink Program

Connecting people newly diagnosed with MS over the phone. To provide peer support to gather information and support over a 6 week program. Offered throughout the year – contact MS Connect on 1800 042 138 for details of the next program.

FACEBOOK GROUPS

Facebook and online groups are moderated by trained MS Peer Support volunteers — click on the links below to access the groups

[Young Carers Facebook Group \(aged 13-21\)](#)

[Carers/Family Members Facebook Group \(21yrs +\)](#)

[People Living with MS Facebook Group \(all ages\)](#)

ABOUT MULTIPLE SCLEROSIS LIMITED (MS)

MS is the pre-eminent source of information, advice and services for people newly diagnosed or living with the disease. We're a combined entity of ACT, NSW, Victoria and Tasmania with more than 55 years' insight into how to live well with the disease. While many things have changed over the years our focus remains the same: to help people live their lives with multiple sclerosis and provide them with the best long term options and life outcomes.

MS IS A REGISTERED NDIS PROVIDER

- Preplanning prior to your conversations (All areas)
- Support Coordination/Connection – assistance to help make your plan active (All areas)
- Community Participation (NSW)
- Exercise physiology and personal training (NSW)
- Specialist Continence Assessment (NSW and Vic)
- Physiotherapy and Occupational Therapy (NSW and Vic)

Please contact MS for more information:

MS Connect™: 1800 042 138

Email: msconnect@ms.org.au

Web: www.ms.org.au