Menzies Institute for Medical Research – Public Talk

MENZIES INSTITUTE FOR MEDICAL RESEARCH

Multiple Sclerosis (MS) Northern Tasmania Recourse Showcase

Wednesday 4 December, 6.00-7.30pm
University of Tasmania, Inveresk Railyards
2 Invermay Road, Launceston

Are you living with MS, or do you know someone living with MS?

Do you want to know more about MS resources in northern Tasmania?

The Menzies Institute for Medical Research is proud to host three expert speakers;

- Dr Lauren Giles: Neurologist, Launceston General Hospital
- Lisa Slade: Employment Support Consultant (occupational therapist), Multiple Sclerosis Limited
- Dr Suzi Claffin: Menzies Institute for Medical Research, University of Tasmania

Our speakers will give short presentations covering the work of the new MS clinic and neurology service at the Launceston General Hospital, programs offered by Multiple Sclerosis Limited and the MS MOOCQuestion (massive open online course), Understanding Multiple Sclerosis**, a free online course that aims to improve understanding and awareness of MS. The presentations will be followed by a Question and Answer session.

(**MS MOOC was developed in partnership with Menzies Institute for Medical Research, Multiple Sclerosis Limited, and Wicking Dementia Research and Education Centre)

Register via the link at www.menzies.utas.edu.au or call Menzies reception on 6226-7700

Have you signed up for the Devonport Dash yet?

MSL is 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 December 2019.

Entry is completely free, you can choose to walk or run 5km, or challenge yourself to a 1.8km dash.

If you sign up and raise any amount over $1 for MS before the end of November, you will go into the draw to win a 12-month gym membership with ZAP Fitness!

To register: www.doitforms.org.au/event/DevonportDash
Peer Support for Working People living with MS

Working people live a busy and hectic lifestyle. For a person working and living with MS, there is a juggling act of managing time between health appointments, work, family commitments and social activities.

The MS Peer Support Program helps people with MS access practical and emotional support from people who also live with MS. The program is running programs that are tailored to people who are working and would like to maintain a healthy lifestyle while living with MS.

The MS Peer Support Program runs the following programs for people working and living with MS:

**After Hours Telelink for Working People Living with MS**

A phone-based, short-term Peer Support program facilitated by the MS Peer Support Coordinators. Sessions are held weekly over six weeks with each session lasting 90 minutes. It’s suitable for when joining an ongoing group doesn’t suit your needs and you are time poor but would like to access information to live well with MS and to chat to others in a similar life stage. The next scheduled telelink will start February 2020.

**After hours Telegroup for working people**

Links people working and living with MS over the phone, once a month on the second Wednesday night of every month at 7pm – 8pm. So you can dial in after work with a cuppa to unwind and chat with other likeminded people.

**Face to Face Dinner Peer Support Groups**

There are also face to face dinner groups that tailor to working people. If you are working and living with MS and interested in accessing these supports, please contact MS Connect on 1800 042 138 or email msconnect@ms.org.au

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**DEVONPORT WELLNESS LUNCH**

On a beautiful sunny day over looking the waterfront Carers and People living with MS gathered to gain insight into Brain Health and Lifestyle Redesign.

The program was supported by the W D Booth Charitable Trust.

Twenty eight people attended and enjoyed hearing from Andrea Salmon, Occupational Therapist and MS Education Program Coordinator on this topic but also the ability to interact, ask questions and ponder and reflect what they could possibly change to ensure overall wellbeing and brain health?

Attendees also participated in breakout sessions where they shared ideas, thoughts and visions, providing an opportunity to interact and share stories with one another.

The session was dynamic asking attendees to take control and look at behaviors they could change to achieve their goals.

**We had lots of positive feedback including:**

"Devonport Wellness lunch was fantastic, lots of information to keep brain active, eat healthy and exercise, with introduction to Pilates and I thoroughly enjoyed the Devonport Wellness Lunch because of all the valuable information which was provided by Andrea Salmon. Also it was lovely to be able to share suggestions & tips with other attendees relating to services available in our local area. The delicious lunch was such a bonus too”

Next time you have an opportunity, do attend one of our face to face education events. There is power in adding to our knowledge but also the amazing opportunity to interact with others that ‘get you’ and are going through similar experiences to yourself!

**Education Team**
If you are living in Tasmania and you are looking for help then you are in luck.

Exactly that website exists and it is a mature and helpful site that provides information that is easily searchable on 100’s of agencies that can help with thousands of different requests.


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**Partners and Parents supporting Partners with MS – More Peers Needed**

Family members often call MS Connect wanting to speak to another person who can relate to their situation and has experience in supporting a person with MS.

The support, information and empathy provided by peers can be vital in supporting families in adjusting to a diagnosis of MS and offering valuable support. The Peer Support Program currently needs more people to share their valuable knowledge and experience.

If you are a partner or parent of someone living with multiple sclerosis, please contact MS Connect on 1800 042 138 to find out how you can join our Peer Support program.

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**MS Connect**

Mark Crockett from NSW credits MS Connect with saving his life by linking him into services and supports during his darkest days.

‘Like a lot of men, I don’t open up easily. But the woman who answered my call was so reassuring, I immediately told her everything—that I was desperately depressed, that I’d lost hope and I couldn’t see the future.

She was totally calm, and she had a soft voice that made me feel as though all would be well. As she talked me through all the services, she could put me in touch with, I could feel hope rising somewhere deep inside me again.

Whatever problems I faced, she convinced me that MS Connect could help me find a solution. For loneliness, there were peer support groups. For money worries, there were social work advisors waiting to help. And for my depression, they could help me find a counsellor near my home.’

Excerpt from Christmas MS Appeal

Did you know that MS Connect have extended their hours to be even more accessible for you? Our phone line 1800 042 138 is available from **8am to 6pm**. If we don’t answer your call if we are busy, please remember to leave a message and one of our experienced MS Connect Specialists will get back to you as soon as they can.

Remember, you can always email with your enquiry to msconnect@ms.org.au or use either our web enquiry form or ‘Live Chat’ functions on the website www.ms.org.au

The MS Connect Team members work hard to ensure people living with multiple sclerosis do not face multiple sclerosis alone. We have an active program of getting in touch with registered clients we have not had contact with for some time. Often, when they receive our calls, the person living with multiple sclerosis is grateful to be connected back to services as they may have lost touch, or they are unaware of all the services we provide. The MS Connect Team get a great buzz in reconnecting people with our services as we recognise how valuable this may be to someone who is feeling isolated.

**MS Connect Availability at Christmas**. The MS Connect Team will be taking a break for the holiday season from Christmas Day 25 December and return to work on the 2 January.
PEER SUPPORT MEETING TIMES

*Please note most groups have alternative plans for their December/Christmas functions and all groups are having a break for the month of January

CIRCULAR HEAD
Christmas Dinner
Monday 2 December
Venue: Bridge Hotel, Montagu Road, Smithton
*meals & drinks own expense
RSVP: msconnect@ms.org.au by Thurs 28 Nov.

NORTHERN (Launceston) – Social Group
Meets: Second Thurs of the month, 11am to 1pm
Venue: Kings Meadows
Next Meeting: Thursday 13 February 2020
Social Gathering

WYNYARD PEER SUPPORT GROUP
*Please note no meetings in December and January
Meets: First Wednesday of the month, 2-4pm
Venue: Wynyard
Next Meeting: February 2020
Guest speaker: Coffee catch up
RSVP: msconnect@ms.org.au

ULVERSTONE PEER SUPPORT GROUP
Christmas Lunch
Wed 11 December, from midday
Venue: Blue Wren Tea Gardens, Penguin Road, Ulverstone
*Meals & drinks own cost
RSVP: msconnect@ms.org.au

Meets: Fourth Wed of the month, 11am to 1pm
Venue: Ulverstone
Next Meeting: February 2020

LAUNCESTON UNDER 50’S PEER SUPPORT GROUP
*Please note no meetings in December and January
Meets: Last Saturday of the month 10:30am to 12:30 pm
Venue: Linc Library, Launceston
Final meeting: Sat 30 November next meeting February 2020 RSVP: msconnect@ms.org.au

DEVONPORT
Casual Coffee Group
Next meeting TBA

*All southern groups: Eastern Shore, Glenorchy, Kingston, New Norfolk and Men's Peer Support Group are having a combined Christmas lunch.

Christmas lunch
Saturday 14 December 2019 12 midday
Venue: The Black Buffalo, 14 Federal Street, North Hobart
*meals & drinks own expense
RSVP: Friday 6 December msconnect@ms.org.au

2 Course $39  |  3 Course $45

Entrée:
Smoked Ham, Tomato and Mozzarella Arancini with Aioli and Fig Relish
OR
Smoked Salmon Terrine with Pickled Cucumber and Lemon

Main:
Maple Glazed Ham and Turkey with Rosemary
Baked Potatoes, Carrots, Green Beans and Cranberry Jus
OR
Herb Crusted White Fish with Sundried Tomato and Green Olive Risotto Cake, Rocket Salad and Crème Fraiche
OR
Mustard Crusted Roast Beef with Creamy Mash, Baked Vegetables, Onion Marmalade and Horseradish Cream Sauce

Dessert:
Buffalo Pavlova—Meringue with Whipped Lemon Curd Cream, Summer Fruit Compote and Strawberry Confetti
OR
Christmas Pudding with Cardamom Custard and Locally made Whisky Ice Cream