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

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**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

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**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

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**Do It For MS with a special celebration**

Did you know that you can use any special occasion as a way to fundraise for MS? We call it ‘In Celebration’ fundraising and it’s a very meaningful way to bring your friends and family together in support of a great cause.

Maybe you have an occasion coming up and you’d like to ask for donations in lieu of gifts? We can make it easy and help you set up a ‘In Celebration’ Fundraising Page for you where people can give easily online, [www.doitforms.org.au/in-celebration](http://www.doitforms.org.au/in-celebration) just give us a call and we’ll get it set up for you!

Want to collect the good old fashioned way? We can send you out a collection box and a party kit of bunting and balloons and you could collect in person at a physical event/party! After some inspiration of using a celebration to raise funds? Visit our News section to read how Stephanie turned her birthday into a super successful High Tea event for MS: [www.doitforms.org.au/high-tea-with-stephanie](http://www.doitforms.org.au/high-tea-with-stephanie)

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.

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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  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)

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
Or click here to register online. Registrations close Friday, 1 November 2019

MS significantly impacts employment

Multiple Sclerosis Australia (MSA), and its member organisations, commissioned research to understand unmet demand and emerging needs of people living with multiple sclerosis (MS). On behalf of MS Australia, KPMG surveyed 2,261 people living with MS and 135 family members and carers across Australia, between March and May 2019. The quantitative research was informed by a baseline review and supplemented by 20 in-depth interviews.

The key insights from this research show that there is a keen interest in services beyond medical specialists, particularly for services that support mental wellbeing and maintaining lifestyle. The research also highlighted challenges with access and affordability of services to better meet the changing needs of people living with MS, along with their families and carers. When considering how to meet these needs, it is important to consider personalisation, as the experience of living with MS is unique to each individual.

Two thirds (64%) of those living with MS said that the condition has affected their employment and ability to earn an income. Overall, when we look at those still of working age (under 55 years), responses indicate a 36% drop in full-time employment. An MS diagnosis has a significant impact on participating in paid employment.

A specialist MS Employment Service is available to Tasmanians who are having issues with employment due to their MS symptoms. The MS Employment Support Service (MS ESS) is a free service staffed with Allied Health professionals - Employment Support Consultants to support people maintain their employment and we have qualified Employment Development Consultants to assist those seeking employment.

If you have been diagnosed with MS are between the ages of 18–64, currently working or seeking employment call MS Connect 1800 042 138 or go to https://www.ms.org.au/support-services/employment-support.aspx for more information on how the Employment Service can assist you.
IT’S REALLY EASY TO ACCESS WEBINARS

Every month the Education & Wellbeing Updates arrive in my email inbox and I see such great webinars on offer. Finally, I decided to give it a go and I couldn’t believe how easy it was. Just three simple steps and I was ready to participate in my first webinar.

In the email update every webinar has a unique registration link for booking. I just clicked on this link and it took me to the webinar service provider, “Go To Webinar.”

Once there I simply entered my details. I was now booked in and it took me around 2 minutes maximum.

Go To Webinar then sent me an email with a link to use on the day of the webinar which enabled me to access the webinar. I was also sent a reminder email the day before the webinar with the link again.

Too easy.

I loved my webinar experience. I made myself a cup of tea, sat in a comfy chair with a notebook and enjoyed a fantastic presentation which empowered me and gave me tips on how to better manage some of the symptoms I experience. At the start I was welcomed, and the facilitator showed us where to type in our questions. People were on from all over the place but I felt a real connection. I even asked questions during the webinar by typing them into the question box and the presenter answered them, which I found really helpful.

I’d definitely recommend them.

Jane, ACT

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

Safer Scooters and Wiser Wheelchairs 2-part Webinar Series

Fridays, 13 & 20 September, 10.30 – 11.30am

Disease Modifying Medication in Multiple Sclerosis

Wednesday 9 October, 10.00am – 11.00am

Mindfulness by Webinar with focus on pain (8-week program) with Jude King

Mondays 14 October to 2 December, 1.00pm – 2.00pm (Cost involved, Bursaries available)

Read Jude’s notes on this program

NDIS Information Sessions - Various webinars and workshops

For more information please email education@ms.org.au

or call MS Connect (Freecall 1800 042 138)

or check our website ms.org.au

If you can’t attend a webinar you are interested in, then you can listen to a recording of that webinar by going to the webinar library:


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. If you are interested in attending please email tasenquiries@ms.org.au with your name and contact details.
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 7th October
*We are combining face to face group & Telegroup.
RSVPs: 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 10th Oct
Social Gathering

WYNYARD PEER SUPPORT GROUP
Meets: First Wednesday of the month, 2-4pm
Venue: Wynyard
Next Meeting: Wed 2nd October
RSVP: msconnect@ms.org.au

ULVERSTONE PEER SUPPORT GROUP
Meets: Fourth Wed of the month, 11am to 1pm
Venue: Ulverstone
Next Meetings: Wed 25th September & 23rd October
RSVP: 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: Wed 2nd October
Social gathering, coffees and cake etc at own expense
RSVP: 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 meetings: Sat 28th Sept & 26th October
RSVP: msconnect@ms.org.au

KINGSTON
Meets: Second Tuesday of the month, 12-2pm
Venue: Kingston
Next Meeting: Tues 8th October
Guest speaker: To be confirmed
RSVPs: msconnect@ms.org.au

EASTERN SHORE
Meets: Second Friday of the month, 10:30am to 12 midday
Venue: Bellerive
Next Meeting: Fri 11th October
Guest speaker: Social lunch
RSVP: msconnect@ms.org.au

GLENORCHY
Meets: Last Monday of the month, 6-8pm
Venue: Glenorchy
Next Meetings: Mon 30th September & 28th October

MENS PEER SUPPORT GROUP
Meets: Third Friday of the month, 12:30pm to 2:30pm
Venue: Hobart
Next Meetings: Fri 20th September & 18th October
Social gathering, meals available at own expense
RSVP: msconnect@ms.org.au

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

2019/20 Entertainment Memberships – Free Postage! It’s not too late to purchase a membership If you have not ordered your 2019 Entertainment Membership yet, you can order a book now and enter the code FREEPOST to avoid the postage costs!

To support MS please visit our page http://www.entbook.com.au/240045n
You can order a digital membership or a book that will be posted to you.

PLEASE NOTE: We are not offering in person pick up or walk in sales of books in Hobart or Launceston this year.