



**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

**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

*do it for* **MS** 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.



## 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](mailto: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](mailto: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](mailto: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

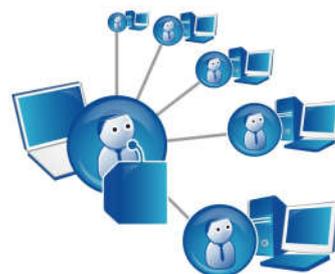
For more information please email [education@ms.org.au](mailto:education@ms.org.au)

or call [MS Connect](#) (Freecall 1800 042 138)

or check our website [ms.org.au](http://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:

<https://www.ms.org.au/support-services/ms-education/webinar-library.aspx>



## 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](mailto: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](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 10th Oct  
Social Gathering

### WYNARD PEER SUPPORT GROUP

Meets: First Wednesday of the month, 2-4pm  
Venue: Wynyard  
Next Meeting: Wed 2nd October  
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 Meetings: Wed 25th September & 23rd October  
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: Wed 2nd October  
Social gathering, coffees and cake etc at own ex-  
pense  
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 meetings: Sat 28th Sept & 26th October  
RSVP: [msconnect@ms.org.au](mailto: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](mailto: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](mailto: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](mailto: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.**