MOVING FORWARD

The sale of Sandy Bay is progressing with the sale going unconditional and the expected settlement on the 29 September. We have negotiated a lease to remain at Sandy Bay and this will enable us to take time to find the right place for us to move to. The blocks of land in St Helens have been on the market for several years and recently we have had interest in them and have sold three of the four blocks. The money from the properties will be placed into the investment portfolio that the organisation has continued to develop.

Thank you to everyone who took part in the Mega Swim in Launceston it was a great effort with an outstanding amount raised.

The Board will be meeting in Hobart at the Tasmanian Museum and Art Gallery as part of their commitment to visiting all states on the 22 August and there is a community forum being held between 11.00am and 1.00pm, to give you an opportunity to meet the Board and talk to them, it is not too late to come along.

We have been successful in receiving funding from the Launceston Council and Kingborough Council to support two wellness days and we will be advertising these as the dates are finalised.

I am very keen to make sure that we are providing you with the information you need so if there is anything that you would like me to cover please let me know at Sandra.walker@ms.org.au

Look forward to keeping you in touch with what is happening.

Sandra

COMMUNITY EDUCATION SESSIONS

WHO IS THIS FOR?
Our MS Consultants will be running community education sessions for anyone interested in learning more about multiple sclerosis and the services MS offers to Tasmanians.
This can include people living with multiple sclerosis, carers, interested community members, community service workers, allied health staff, service providers – anyone.
If you are interested in attending these sessions, please contact MS Connect on 1800 042 138 or msconnect@ms.org.au.

<table>
<thead>
<tr>
<th>Venue</th>
<th>Date</th>
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<th>Venue</th>
<th>Date</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>Campbelltown Health and Community Service, 70 High Street, McGee Room</td>
<td>27 Sep</td>
<td>2pm</td>
<td>Sorell Community Health Centre, 57 Cole Street</td>
<td>5 Oct</td>
<td>10am</td>
</tr>
<tr>
<td>New Norfolk Derwent Valley Community House, Old School Building, Willow Court, The Avenue</td>
<td>4 Oct</td>
<td>10am</td>
<td>Smithton Wyndarra Community Centre, 43 Smith Street</td>
<td>3 Oct</td>
<td>9.30am</td>
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</tbody>
</table>
OUTREACH SUPPORT SERVICE

BOOK AN APPOINTMENT FOR A CONSULTATION WITH A MS TEAM MEMBER

The bookings are going well for our outreach program and the team are continuing to add new locations as we get feedback from you.

You are invited to book in an appointment with an MS team member to discuss anything related to your multiple sclerosis, including (but not limited to):

- diagnosis and treatment options
- symptom management including fatigue, bowel and bladder issues, sexual dysfunction, pain and relapse
- information and advice about other lifestyle choices
- navigating local supports and services

To book an appointment, please contact MS Connect on 1800 042 138 or msconnect@ms.org.au.

TIMETABLE AND STAFF

<table>
<thead>
<tr>
<th>Venue</th>
<th>Dates</th>
<th>Appointment Times</th>
<th>Venue</th>
<th>Dates</th>
<th>Appointment Times</th>
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<tbody>
<tr>
<td>Beaconsfield</td>
<td>4 Oct - SD</td>
<td>10.15-11am</td>
<td>Bellerive</td>
<td>11 Sep - AS</td>
<td>10–10.45am</td>
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<td>Beaconsfield District Health Service</td>
<td>6 Dec - SD</td>
<td>11.15-12noon</td>
<td>Bellerive Health Hub</td>
<td>9 Oct - AS</td>
<td>11–11.45am</td>
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<td></td>
<td></td>
<td>1-1.45pm</td>
<td>Level 3, 33</td>
<td>6 Nov - AS</td>
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<td>2-2.45pm</td>
<td>Cambridge Street</td>
<td>4 Dec - AS</td>
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<tr>
<td>Bridgewater</td>
<td>20 Sep - MM</td>
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<td>Burnie</td>
<td>19 Sep - KM</td>
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<td>30 Alexander Street</td>
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<td>2.15-3pm</td>
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<td>Campbell Town</td>
<td>27 Sep - SD</td>
<td>10.30–11.15am</td>
<td>Cygnet</td>
<td>27 Sep - MM</td>
<td>10.30–11.15am</td>
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<td>Campbell Town Health &amp; Community Service</td>
<td>29 Nov - SD</td>
<td>11.30am-12.15pm</td>
<td>Cygnet Community &amp; Health Centre, Rm 3</td>
<td>29 Nov - AS</td>
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<td>70 High Street</td>
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<td>1 Frederick Street</td>
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<tr>
<td>Deloraine</td>
<td>18 Oct - SD</td>
<td>10–10.45am</td>
<td>Devonport</td>
<td>18 Sep - KM</td>
<td>10–10.45am</td>
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<td>Deloraine District Hospital and Community Health Services, 17 East Barrack Street</td>
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<td>11–11.45am</td>
<td>Tasmanian Health Service</td>
<td>11 Dec - KM</td>
<td>11–11.45am</td>
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<td>12.45–1.30pm</td>
<td>North West Region</td>
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<td>1.45–2.30pm</td>
<td>23 Steele Street</td>
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Anthea (AS) Michael (MM) Kim (KM) Sarah (SD)
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<tr>
<th>Venue</th>
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<th>Appointment Times</th>
<th>Venue</th>
<th>Dates</th>
<th>Appointment Times</th>
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<tr>
<td>Glenorchy</td>
<td></td>
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<td>Kingston</td>
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<tr>
<td>Glenorchy LINC – Room 3, 4 Terry Street</td>
<td>11 Oct - MM</td>
<td>10–10.45am, 11–11.45am, 12.45–1.30pm, 1.45-2.30pm</td>
<td>Kingston Community Health Centre 29 John Street</td>
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<td>New Norfolk</td>
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<td>Nubeena</td>
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<td>Community Health Centre, Hazell’s Room Richmond Street</td>
<td>23 Aug - AS, 18 Oct - MM, 6 Dec - MM</td>
<td>10.30–11.15am, 11.30am–12.15pm, 1–1.45pm</td>
<td>Tasman Health &amp; Community Service 1614 Nubeena Road</td>
<td>25 Sep - AS, 18 Dec - MM</td>
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<td>Rosebery</td>
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<td>Rosebery Community Health Centre Hospital Road</td>
<td>29 Nov - KM</td>
<td>9-9.45am, 10-10.45am, 11-11.45am, 1-1.45pm</td>
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<td>Sheffield Rural Health Tasmania 1b Henry Street</td>
<td>22 Aug - KM, 28 Nov - KM</td>
<td>10–10.30am, 10.45–11.15am, 11.30am–12noon, 12.30–1.15pm, 1.30-2pm</td>
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<td>St Helens</td>
<td>4 Sep - KM, 13 Nov - KM</td>
<td>9–9.30am, 9.45–10.15am, 10.30–11am</td>
<td>St Marys Hub 4 Health Rear of St Marys Hall, Main Road</td>
<td>4 Sep - KM, 13 Nov - KM</td>
<td>1.15–1.45pm, 2–2.30pm, 2.45–3.15pm</td>
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<td>10.30–11.15am, 11.30am–12.15pm, 1-1.45pm</td>
<td>Ulverstone Ulverstone Community Health Care Centre 48 Water Street</td>
<td>20 Sep - KM, 13 Dec - KM</td>
<td>10–10.45am, 11-11.45am, 12.45–1.30pm, 1.45–2.30pm</td>
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<td>Wynyard</td>
<td>2 Oct - KM, 4 Dec - KM</td>
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TASMANIAN COMMUNITY FUNDRAISING EVENTS UPDATE

LAUNCESTON MS 24 HOUR MEGA SWIM

The inaugural Launceston MS 24 Hour Mega Swim was a massive success. Held at the Launceston Aquatic Centre on the weekend of August 5 and 6, it attracted 4 teams with 59 participants. An impressive $18,061 was fundraised.

We had the honour of Mayor Albert van Zetten opening the event at 12pm as the event went full steam ahead for 24 hours. Each team swam in relay continuously until the finishing horn sounded at 12pm Sunday. Over 300km was swum in total. All participants demonstrated exceptional camaraderie, physical and mental strength and a wonderful sense of humour throughout the event.

Carol Cooke AM, Paralympian and founder of the MS 24 Hour Mega Swim says; “living with MS is a 24 hour, 7 day a week challenge. The MS 24 Hour Mega Swim is a feat of endurance that reminds us of this challenge.”

MS Ambassador Robin Tammens presented awards to all the winners. Congratulations to Team Lemming Lapstars who won the prestigious title of Overall Winning Team for 2017! With a combined amazing effort of swimming 70.55kms, they also raised $8,420!

The following awards were also presented on the day:

**Highest Individual Fundraiser**
Errol Kilov, fundraised a huge $4,470!

**Youth Award**
Charlotte Pilsbury-Milne from Team Launceston Church Grammar Junior School for her outstanding fundraising efforts, raising $455, this was followed closely by Gabe Collette of the same team who raised $450.

**Best Dressed Team**
The Riverside Aquatic team were awarded Best Dressed Team, with the Tri-Alliance team mascot Richard the Bear receiving an honourable mention.

**100m Sprint**
Jack Sladden from Team Riverside Aquatic who finished in 58.8 seconds.

A huge thank you to everyone who participated in the event and their supporters, the fabulous MS volunteer crew and major sponsors Launceston Aquatic Centre and Funky Trunks & Funkita. Spot prizes were provided by Tasmanian River Cruises, Launceston Aquatic Centre and Cube Cafe, and a huge fruit basket gifted from Young's Vegie Shed helped sustain swimmers throughout the event. Can't wait to do it again next year, Launceston!
UPCOMING

MS 24 HOUR MEGA SWIM - 14– 15 OCTOBER IN HOBART: REGISTER NOW!

The MS 24 Hour Mega Swim is coming to Hobart! It will be held at the Hobart Aquatic Centre on 14-15 October (rescheduled from 24-25 June). Spread the word and get involved. Whether you swim a little or a lot, we want you there. There are some fantastic prizes to be won and all registered participants receive a Mega Swim t-shirt, swim cap and tote bag. Register now at https://www.msmegaswim.org.au.

#DoItForMS AND BECOME A MS COMMUNITY FUNDRAISING LEGEND!

Fundraising for MS is not only important because it supports MS Mission Services including MS Connect, Nurse Advisor and Peer Support, it's great for the general community too. People who hold fundraising events report having fun and enjoying a wonderful sense of community connection. Feel that feeling for yourself and register your own community fundraiser online at https://www.doitforms.org.au/ or contact Angela Anderson, Fundraising Events Coordinator TAS, at angela.anderson@ms.org.au or 62201111 for information and support.

MS READATHON

Thousands of kids, adults and teachers have signed up for this year’s MS Readathon which kicked off on 1 August.

Superstars young and old are sharing their inspiring fundraising stories in their efforts to help others.

Let us introduce you to Sarah-Rose L who went door knocking with mum Ange for a whole weekend in wintry Victoria and raised over $500, whilst Girl Guides, the Gympie Gumnuts from Queensland, opened their books on 1 August as part of their Open Book badge. So far, they have raised $3,238 and are ranking 3rd highest team in the country - WOW!

Then there are our amazing MS Ambassadors who are out and about visiting schools and their many wonderful students, educating their audiences about multiple sclerosis and how they can help others just by reading.

There is still time to get involved, so spread the word. Both students and teachers can register at msreadathon.org.au.

EDUCATION PROGRAMS

- Depression and MS - Monday 4 September
  https://attendee.gotowebinar.com/register/7274810217442633473
  Presenter: Sally Shaw - Counselling Psychologist

- What is MS Fatigue? - Wednesday 13 September
  https://attendee.gotowebinar.com/register/4717124068801613570
  Presenter: Tegan Hanich, MS Employment Consultant - Occupational Therapist
  This program will help explain the experience of fatigue for people living with multiple sclerosis. Later programs will explore management strategies.
SEEING MS AWARD NOMINATIONS NOW OPEN!

Multiple sclerosis symptoms are often invisible - and the same can go for people who work in the background creating awareness about this often-misunderstood condition.

The Seeing MS Award aims to change that, recognising one person who’s gone above and beyond to expose the invisible disease, helping the general community understand it and having a positive impact on the MS community.

And we’re call for your nominations now!

If you know someone who fits the bill, download the nomination form, have a read, fill it out and email it to execadmin@ms.org.au by Friday 22 September.

We’re looking forward to reading and being inspired by your stories, and ultimately presenting the Seeing MS Award to yet another worthy recipient!

MS TELEGROUPS

**Men with Secondary & Primary Progressive MS**
1st Thursday of the month, 1.30 - 2.30pm

**People with MS – general group for people wanting support & to share information**
1st Monday of the month, 11.00 to 12.00nn

**People with MS living in residential care**
1st Wednesday of the month, 11.00 - 12.00nn

**Carers/ family members**
2nd Tuesday of the month, 10.00 to 11.00am

Anyone living with multiple sclerosis can access peer support and participation is free. To find out more please call MS Connect on 1800 042 138.

PEER SUPPORT MEETING TIMES

**CIRCULAR HEAD - SOCIAL GATHERING**
Meets: First Monday of the month, 7.30pm – 9pm
Venue: Circular Head Rural Health Service
Next meeting: Monday 4 September

**DORSET**
Meets: Occasionally throughout the year
Meeting dates: TBA, invitations will be sent

**EASTERN SHORE**
Meets: Second Friday of the month, 10.30am – 12 noon
Venue: Bellerive Yacht Club, Bellerive
Next meeting: Friday 8 September
Guest speaker: Ebony Lacey and Jackie Gangell from Community Based Support on funding

**GLENORCHY - SOCIAL OUTING**
Meets: Last Monday of the month, 6pm – 8pm
Venue: TBA
Next meeting: Monday 25 September

**KINGSTON – SOCIAL GATHERING**
Meets: Second Wednesday of the month, noon – 2pm
Venue: The Salty Dog Hotel, Kingston
Next meeting: Wednesday 13 September

**NORTHERN**
Meets: Second Thursday of the month, 11am – 1pm
Venue: The Branch Community Centre, Kings Meadows
Next meeting: Thursday 14 September
Guest Speaker: Maggie McKenzie - Physiotherapist that specialises in Neurological diseases

**ULVERSTONE - SOCIAL GATHERING**
Meets: Fourth Wednesday of the month, 11am – 1pm
Venue: Surf Life Saving Club, Ulverstone (Lift access available from 10.45am)
Next meeting: Wednesday 27 September