



As you know, following the advice from the health authorities, we had to close our offices and find new and virtual ways to keep providing you with our much-needed services. However, with the easing of restrictions across Australia, we have decided to gradually and carefully restart our face-to-face activities.

Protecting your health and the health of everyone we work with and for is at the forefront of all decisions we make. So, we have adopted a careful and staged approach to planning.

Over the next three months, we will gradually restart our face-to-face activities and reopen our offices to team members, clients and the broader community. We developed a Roadmap to provide you with some sense of the various horizons we will look toward in resuming face-to-face activities.

Our goal is to ensure that before the end of the year the MS team is back to our regular, pre-COVID-19 operations.

As always, our plans will be subject to advice from the health authorities. You can view our current Roadmap [here](#).



Stay tuned for an update about the 2020 Launceston MS Walk Run + Roll

The MS Walk Run + Roll in Launceston last year was a great day out, with over 300 participants joining for the inaugural year!

The MS Community in Tasmania came together dressed in red to walk, run and roll in support of those living with multiple sclerosis.

While this year may look a little different, we can't wait to invite you to join the MS Walk, Run + Roll this September.

The event details will be announced on 28 July 2020. If you would like to join the mailing list, visit www.mswalk.org.au/launceston



MS GIFT PLANNING

In Memory of Amanda



"I choose MS because MS chose Amanda"

Amanda was diagnosed with MS back in 1990. Since then, Multiple Sclerosis Limited has been close to Peter's heart.

He always admired her strength and willpower to minimise the effect MS had on her life.

"She fought the illness and was determined not to let it define her or limit her life."

Amanda passed on over a decade ago due to an unfortunate car accident. Life cannot always be predictable. Peter's motivation was spurred to continue her legacy. Her determination inspired Peter to help others with MS. He wants them to also live their life with the assistance they need.

Peter was born in Nhill, Victoria. He grew up here on a farm until the age of 10 then his family moved to Frankston, Victoria. His parents worked hard to give him an education and all the things he needed growing up. He later went to University to pursue a career in finance and continued to work in this industry for 40 years.

Now retired, Peter volunteers at a regional hospital. He also enjoys spending his time with his wife, Margaret. They both currently live on a farm, which is home to many animals, some are pets, some are working animals. Yet, of all the animals he has owned past and present it is a horse named Astro he regards so highly. Astro once belonged to his late wife, Amanda.

Peter's decision to leave a gift in his will to Multiple Sclerosis Limited is something that gives him peace of mind. Amanda's memory can be continued.



"I see it as a dedication to Amanda. There are so many fine causes which seek to improve the life of others. I choose MS because it chose Amanda."

"My wife Margaret is most understanding of this wish."

For more information on how you can also leave a legacy please call Laura Henschke or Michael Knox on 1800 443 867 (1800 GIFTMS). You can also write to futureplanning@ms.org.au and check www.mymslegacy.org.au

MS Research Flagship (MSRF) Newsletter

The MS Research Flagship team at Menzies are developing an MS specific newsletter. The newsletter will feature recent activities of the MS research team including project updates, researcher profiles, funding successes, future planned MS research, MS clinical studies and trials and how you can be involved. An introduction to members of the MS Research Flagship's oversight committees will feature, in particular the MS Consumer and Community Reference Committee.

Information and updates on the hugely successful Understanding MS MOOC will be provided, along with scheduled Facebook chats and other events. There are plans for the Newsletter to be produced quarterly.

The team at Menzies are developing a database of people who would like to receive the Newsletter (electronically at this stage) and/or receive information about MS research and community engagement at Menzies in general.

If you would like to be included on this database, please email: Vivienne.Jones@utas.edu.au



The MS Art Exhibition has a long standing 14-year history with Multiple Sclerosis Limited (MSL). It was an integral part of our Social Support Day Program where our artists were able to display and sell their artworks for the public.

The Exhibition is usually held annually in August, coinciding with the birthday of Barry Allen. Barry Allen was a dedicated artist who bequeathed a sum of money for the Barry Allen Art Award. Art submissions are open to people with multiple sclerosis or other progressive neurological conditions in New South Wales, ACT, Tasmania and Victoria.

In 2020 due to COVID-19, unfortunately the art show will not be able to be held in the usual format due to Australian Government health restrictions on social distancing and the closure of Blackburn office.

To recognise the historical importance and value of the Art show to the MS community, MSL plans to host the Art Exhibition virtually in October, and we would like to invite families, carers and friends of people with MS with a focus on resilience through art and a celebration of creativity. Stay tuned for more information!

Art talks, art connects, art heals!

LAUNCESTON VIRTUAL WELLNESS DINNER **Brain Health & Cognition**

While we can't hold face to face Wellness Dinners, we'd love to invite you to a Virtual Dinner on Thursday 27 August, 7.00pm – 8.00pm. All you need is a device that can connect you to the internet, and if you're unsure about how to do this call MS Connect to seek support.

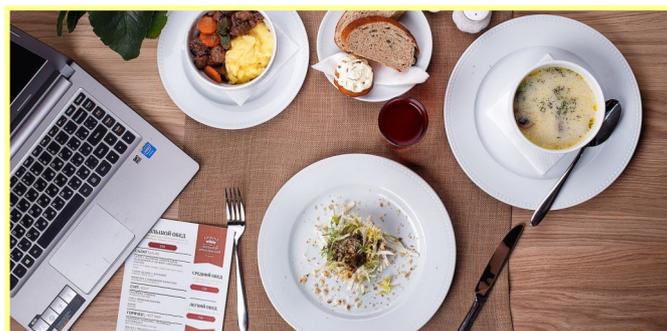
Dr Cynthia Honan, Senior Lecturer and Clinical Neuropsychologist at the University of Tasmania will talk about the ways in which diet, exercise, and sleep might improve cognition and mental functioning. Dr Honan will give us practical tips for improving cognition and mental functioning as well as some other everyday practical tips for managing cognitive symptoms and fatigue.

As this is a virtual Wellness Dinner you are welcome to set the table, light a candle and eat your meal while you listen to this fabulous presentation, or simply bring your cup of tea or coffee. There will be opportunity for questions and handouts will be provided prior to the program.

[Click here](#) to register for the program

You will automatically get a reply email with the link to use at the time of the Dinner.

I hope to see you there – Andrea Salmon.



EDUCATION



The education team at MSL continue to do all they can to meet the information needs of people with MS. They welcome any suggestions and recommendations, so please contact MS connect 1800 042 138 or msconnect@ms.org.au if you have a suggestion for an education topic. The team would love to hear from you.

AUGUST WEBINARS include advice and tips from the NDIS, and MS connect teams.

Managing Fatigue

Friday 7 August 10:30am - 11:30am



Fatigue management is an ongoing challenge for many people with MS, and our webinar may help. The fatigue management webinar will be presented by an MS Consultant Occupational Therapist, who will discuss the types of fatigue people with MS experience and explore fatigue management strategies, identify contributing factors and give advice on where you can access further information and support.

Understanding the NDIS and Preparing for Your NDIS Plan

Tue, Aug 11, 2020 2:00 PM - 3:00 PM



Do you need help in understanding the NDIS and the opportunities it offers? Are your current supports meeting your needs? Join Caitlin Ireland, MS Exercise Physiologist as she answers these questions and more. Caitlin will guide you through the process of developing your personalised goals ensuring you get the most from your NDIS plan.

My Aged Care

Wed, Aug 12, 2020 11:00 AM - 12:00 PM



If you, your loved one or someone you care about is over 65 (over 50 if Aboriginal or Torres Strait Islander) and require formal supports, this presentation is for you! It aims to provide a clear starting point from which to understand the Australian Government's support for older Australians.

Presented by Emily Austin, MS Connect Specialist. Emily worked in the aged care field for many years, assisting people to access services through My Aged Care to support them to maintain their independence both in the home and community.

Brain Health

Wed, Aug 19, 2020 12:00 PM - 1:00 PM



This webinar is presented by MS Executive Manager, Client Engagement and Wellbeing, Jodi Haarsten. Jodi has a background of MS nursing and has been involved with the MS Brain Health Initiative as a member of the global steering committee for 3 years. Jodi is passionate about the brain health initiative and what it means for the care of people living with multiple sclerosis. Jodi will provide a background on how the MS Brain Health Initiative began, the aims of the project and what it means for people with MS now and in the future.

We will also chat about some strategies to improve brain health for those living with multiple sclerosis.

Learn about Multiple Sclerosis – For Family and Friends

Wed, Aug 26, 2020 12:00 PM - 1:00 PM



We also understand that an MS diagnosis affects the person and very often the family and friends and it is important to them to have some understanding of what the disease is, and how best to provide support. While each person and circumstances are unique, the MS Nurse Advisors will shed some light on MS and some tips and advice on what may be helpful. This webinar gives you the opportunity to ask questions and be informed.

For more information on Webinars please email education@ms.org.au or call **MS Connect** (Freecall 1800 042 138).



Peer Group support continues to be vital in these uncertain times. Adaptability and versatility by most of the Peer groups set up around Australia has meant that many people have been able to stay connected in some way. Some groups in places such as Tasmania have enjoyed an opportunity to meet again, supported with guidelines from the Peer workers at MSL and adhering to their local and Australian guidelines.

In August, the MSL Peer group team will be hosting a new telelink group. The focus will be on giving people with MS the skills and information they need to empower them to live life making their own choices. A range of guest speakers are invited on the link to share information & support including expert MS Nurse, Dietician & Psychologist. Contact MS connect if you are interested **1800 042 138** or msconnect@ms.org.au.

Program:

- 10 people are connected through teleconference
- 1.5 hours per week
- 6 weeks

Topics include:

- Understanding multiple sclerosis
- Managing fatigue and other symptoms
- Diet and exercise
- Supporting emotions



PEER SUPPORT MEETING TIMES

CIRCULAR HEAD

Meets: First Monday of the month, 7:00-8:30pm
Venue: Circular Head Rural Health Centre, Smithton
Next Meeting: Monday 3 August
*We are combining face to face group & Telegroup
RSVP: msconnect@ms.org.au

KINGSTON

Meets: Please note change this month!
*Date & venue change
Venue: *Margate
Next Meeting: Thursday 13 August 12 noon onwards
Guest speaker: social gathering at Brookefield Shed, Margate
RSVP: msconnect@ms.org.au

EASTERN SHORE

Meets: Second Friday of the month, 10:30am-12noon
Venue: Bellerive
Next Meeting: Friday 14 August
Guest speaker: TBC
RSVP: msconnect@ms.org.au

GLENORCHY

Meets: Last Monday of the month, 6:00-8:00pm
Venue: Glenorchy
Next Meeting: Monday 31 August
Guest Speaker: Social gathering
RSVP: msconnect@ms.org.au

NORTHERN (Launceston) – Social Group

Meets: Second Thursday of the month
Venue: Kings Meadows
Next Meeting: To be confirmed
Guest speaker: Social gathering
RSVP: msconnect@ms.org.au

DEVONPORT

Casual Coffee Group
Next meeting TBA

LAUNCESTON UNDER 50'S PEER SUPPORT GROUP

Meets: Last Saturday of the month, 10:30am-12:30 pm
Venue: Linc Library, Launceston
Next meeting: To be confirmed
Guest Speaker: Social gathering
RSVP: msconnect@ms.org.au

WYNYARD PEER SUPPORT GROUP

Meets: Second Wednesday of the month, 2:00-4:00pm
Venue: Wynyard
Next Meeting: Wednesday 12 August
Guest speaker: Coffee catch up
RSVP: msconnect@ms.org.au

ULVERSTONE PEER SUPPORT GROUP

Meets: Fourth Wednesday of the month, 11:00am-1:00pm
Venue: Ulverstone
Next Meeting: Wednesday 26 August
Guest speaker: Kim McCarthy
RSVP: msconnect@ms.org.au

MENS PEER SUPPORT GROUP

Meets: Third Friday of the month, 12:30-2:30pm
Venue: Hobart
Next Meeting: Friday 21 August, venue varies
Social gathering, meals available at own expense
RSVP: msconnect@ms.org.au

NEW NORFOLK PEER SUPPORT GROUP

Meets: First Wednesday of the month, 10:30am-12noon
Venue: New Norfolk
Next Meeting: To be confirmed
Social gathering, coffees and cake etc at own expense
RSVP: msconnect@ms.org.au