



Our Vision

Find a cure, minimise the impact

HOBART COUPLES RETREAT

Saturday 22 to Sunday 23 February at Salamanca Inn



Expressions of Interest now open! (Limited spaces remaining)
Email by **Friday 24 January 2020** to education@ms.org.au with your response to the following:

1. Your name and your partner's name
2. Tell us why you want to attend the Hobart Couples Retreat?
3. Will you require a disability access room?
4. Option to attend an additional night (Sunday) - Would you like to attend 1 night or 2 nights?

Cost: \$50 per couple, bursaries available.

By registering to participate in MS programs, services or activities, you accept and agree to be bound by these [Terms and Conditions](#). To register click on the links above. For more information please email education@ms.org.au or call [MS Connect™](#) (Freecall 1800 042 138).

MS 24 HOUR MEGA SWIM returns to Launceston in 2020

You can swim to support people living with Multiple Sclerosis at the MS 24 Hour Mega Swim on 16-17 May.

We're excited to bring this fun team relay event back to Launceston Leisure & Aquatic Centre and encourage people of all ages and abilities to take part.

Each team will have a swimmer in the water for the entire 24 hours and compete for number of laps and money raised.

Teams create rosters to suit their swimmers, so if you can swim for 10 minutes or 4 hours then your laps can help toward raising vital awareness and funds to support Aussies living with MS.

Funds raised from MS 24 Hour Mega Swim contribute to MS Go for Gold Scholarships, which make a dream come true for someone living with MS.

To get involved visit <https://www.msmegaswim.org.au/>

MS COMMUNITY SHOP IN LAUNCESTON - OPENING SOON!

MS Shops are excited to announce the opening of our first Tasmanian shop in Launceston, this will be a new venture for shops as we start to increase our presence in local communities.

The new shop will be located at **145 Hobart Road, Kings Meadows** and we anticipate opening late April 2020. We will be recruiting an experienced retail shop manager and a team of volunteers, this will commence in March 2020.

Please tell your family and friends that we will be needing donations in mid-April, perhaps it is a good time to look around and see if you have any items in good condition that you would like to donate.

We will be recruiting volunteers over the age of 16 who can commit to one shift of 4.5 hrs per week.

If you would like further information please call Kerry on 03 98452907



WELCOME

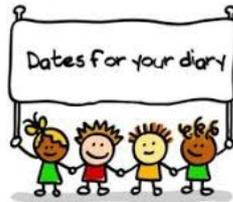
Anna Bennett is our newest NDIS Support Coordinator working at the Hobart office.

Anna has several years experience working in the Disability Sector and enjoys working with Participants to achieve their goals.

She loves spending time with her family, friends, dog Romeo and heading out and about four wheel driving, camping or just reading a good book.



"Welcome to the team Anna!"



- MS Mega Swim - Launceston, Saturday 16 - Sunday 17 May
- MS Walk Run + Roll - Launceston, Sunday 20 September
- MS Mega Swim - Hobart, Saturday 10 - Sunday 11 October
- MS Readathon - Statewide, August



TAS FAMILY CAMP



EXPRESSION OF INTEREST

Friday 13 March 5.00pm to
Sunday 15 March 2.00pm (approximately)

Camp Clayton, Tasmania

Are you a family living with multiple sclerosis? Do you think you would benefit from an opportunity to get away from everyday demands and spend quality time as a family?

You are invited to express your interest in joining us for the MS Tasmanian Family Camp 2020. The camp is open to Families **with primary school aged children**, where one parent is living with multiple sclerosis.

The purpose of the camp is to offer families the opportunity for time away together, to connect with other families living with multiple sclerosis and learn more about how it impacts on family life and strengthen your relationship as a family — all in a fun and relaxed environment.

There is co-contribution cost for the camp of **\$50* per family**. Transport to and from the camp venue is not provided.

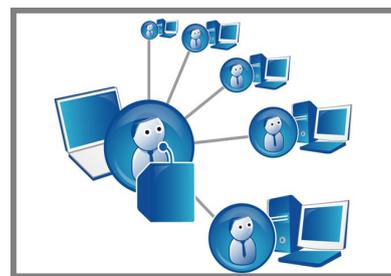
While we aim to make the program accessible for everyone, we are unable to provide personal care. You are welcome to call to discuss how personal care may be provided at the camp.

Space is limited so please register your interest as soon as possible by calling MS Connect **1800 042 138** or email education@ms.org.au. Preference will be given to families who have not attended a TAS Family Camp in the past.

*We don't want the co-contribution or cost of travel to prohibit you from attending. Please contact us if you are facing financial hardship as we have a small number of bursaries available.

MS EDUCATION

Webinars, Wellness and other Education Events



Fatigue Management in Multiple Sclerosis—General Overview

Tuesday 11 February—10:00am to 10:30am

Presented by MS Employment Consultant, Jacqueline Efthimiou, this webinar will help explain the experience of fatigue for people living with multiple sclerosis as well as provide some strategies managing fatigue.

Pilates by Webinar

Tuesdays 11 February to 17 March - 3:00pm to 3:45pm

A six week program presented by Ella Wong, Director of Pilates Tasmania who has been practicing Pilates since 2004. Ella teaches Pilates to a range of people with various conditions, including multiple sclerosis and understands the limitations faced by those living with the condition and has tailored this program to ensure it is available to all, by either chair position or standing position.

Please email education@ms.org.au or for enquiries call Annie Sassin on 03 9845 2728

REGISTRATIONS CLOSE Tuesday 4 February 2020



Working with multiple sclerosis

Thursday 13 February - 6:00pm to 7:00pm

Are you aware of your rights and responsibilities and your employer's obligations in your workplace? Led by MS Employment Consultants, Shannon Moyle and Harshi Franciscus, this program will include strategies for symptom management in the workplace, discussions about disclosure of multiple sclerosis at work, superannuation and insurance considerations and who to contact regarding work issues.

Preparing for your Neurologist Appointment

Tuesday 18 February - 10:00am to 10:30am

Your appointments with your neurologist may be few and far between, and you may not have very long to ask a lot of questions. Join MS Nurse Advisor, Jane Bridgman as she provides an overview on how to prepare for your neurologist appointment. Jane will also provide some tips and tricks on how to get the most from your appointment.

FACETS by webinar - A Fatigue Management Program (6 classes)

Wednesdays, 19 February to 25 March - 6.00pm to 7.30pm (8.00pm finish for first class)

FACETS (Fatigue: Applying Cognitive behavioural and Energy Effectiveness Techniques to LifeStyle) is an evidence-based group program for people living with multiple sclerosis to support self-management of fatigue.

The program was developed in the United Kingdom by researchers from Bournemouth University and clinical staff from Poole Hospital.

The FACETS program incorporates 'energy effectiveness' techniques and ways of working that maximise the energy people have – alongside cognitive behavioural strategies, helping participants learn helpful ways of thinking about fatigue.



CONTACT DETAILS - FACETS Team: facets@ms.org.au or msconnect@ms.org.au

The cost of the 6-week program, including workbook and all resources is \$80 per person. Participants are encouraged to have a family member or friend alongside them for the first session.*

**You may be eligible to access NDIS funding for this program. Speak with your Local Area Coordinator or your Support Coordinator.*

MS is the preeminent source of information, advice and services for people living with multiple sclerosis.



We are a combined entity of ACT, NSW, Victoria and Tasmania with 60 years' insight into how to live well with the disease.

We offer a suite of services and support to help minimise the impact of multiple sclerosis on your life and ensure your journey is not undertaken alone, while the search for a cure continues.

We do this with the help of the thousands of Australians who are inspired to walk, run, cycle, swim, fundraise, donate or volunteer so together, we can face multiple sclerosis.

Our MS Connect service provides information and advice, and links you in to supports and services 8am - 6pm Monday to Friday.

Freecall: 1800 042 138

Email: msconnect@ms.org.au

NURSE ADVISOR

Many people with MS still experience ongoing difficulty accessing specialist MS Clinics which are typically concentrated in major cities and metropolitan areas, and their communication with neurologists is usually limited to once or twice a year, meaning that most of the time they may feel alone in dealing with the impacts of MS on daily life.

Treatment for those living with MS has however, advanced significantly over the years, with 12 disease modifying therapies now available on the PBS, advances in formal funding via the rollout of the NDIS and an abundance of information available on the internet.

These advances have also seen the need for those living with MS to be more self-reliant when it comes to reaping the benefits of all that is on offer.

This need of course, requires significant life administration and effort on the part of the patient, as evidenced in journal articles which state that patients are now seen as “engager” rather than “receiver,” with the role of the healthcare professional changing from “provider” to “supporter.”*

Whilst numerous studies (such as the *International Brain Health: Time Matters* initiative, authored by several specialists including Prof Gavin Giovannoni and Prof Helmut Butzkueven), have shown that, for a person living with MS, engagement in their own healthcare is actually beneficial, studies have also shown that telephone support and help lines can decrease social isolation, improve self-efficacy and satisfaction, increase decision-making confidence and may also decrease hospitalisations for some patient groups.

Simply picking up the phone and calling someone can also contribute to higher health status and quality of life, making it easier to discuss difficult topics such as bladder/bowel changes, sexual difficulties and cognitive changes.

In response to this changing landscape, our own MS Nurse Advisor Service is a phone and internet-based service designed to provide equal access for everyone to information, advice, support and referral from MS specialised nurses.

Making a call to our MS Nurse Advisor service can really help. We have a vast range of benefits to offer over the short and long term, so please feel confident in contacting MS to request to speak with one of our MS Nurse Advisors.

The service is available 5 days a week, with all enquiries welcome. Whether it's a quick question or a long chat, we're here for you.

Give us a call on 1800 042 138 today.

Should you wish to read the full scientific article, it can be accessed via <https://doi.org/10.1016/j.msard.2015.02.005>

PEER SUPPORT MEETING TIMES

CIRCULAR HEAD

Meets: First Monday of the Month 7:00 - 8:30pm
Venue: Circular Head Rural Health Centre,
Smithton
Next Meetings: Monday 3 February
*We are combining face to face group & Telegroup.

KINGSTON

Meets: Second Tuesday of the month, 12 - 2:00pm
Venue: Kingston
Next Meeting: Tuesday 11 February
Guest speaker: To be confirmed

EASTERN SHORE

Meets: Second Friday of the month, 10:30 - 12 noon
Venue: Bellerive
Next Meeting: Friday 14 February
12 midday onwards
Guest speaker: Social gathering, Mornington Inn
Meals at own expense

GLENORCHY

Meets: Last Monday of the month, 6:00 - 8:00pm
Venue: Glenorchy
Next Meetings: Monday 24 February
Guest Speaker: Social gathering

NORTHERN (Launceston) – Social Group

Meets: Second Thurs of the month
Venue: Kings Meadows
Next Meeting: Thursday 13 February
At Punchbowl Reserve, 12 midday onwards BYO

LAUNCESTON UNDER 50'S

Meets: Last Saturday of the month, 10:30 - 12:30pm
Venue: Linc Library, Launceston
Next meeting: Saturday 29 February
Guest Speaker: Social gathering

WYNYARD

Meets: First Wednesday of the month, 2 - 4:00pm
Venue: Wynyard
Next Meeting: Wednesday 5 February
Guest speaker: Coffee catch up

ULVERSTONE

Meets: Fourth Wed of the month, 11:00am - 1:00pm
Venue: Ulverstone
Next Meeting: Wednesday 26 February
Guest speaker: planning & brain storming meeting

MENS PEER SUPPORT GROUP

Meets: Third Friday of the month, 12:30 - 2:30pm
Venue: Hobart
Next Meeting: Friday 21 February
Social gathering, meals available at own expense

NEW NORFOLK

Meets: First Wednesday of the month, 10:30-12noon
Venue: New Norfolk
Next Meeting: Wednesday 5 February
Social gathering, coffees and cake etc at own expense

To join a MS Peer Support Group contact MS Connect on 1800 042 138 or email msconnect@ms.org.au and one of our Peer Support Program Coordinators will contact you.

Benefits of MS Peer Support Groups

Have you thought about attending an MS Face to Face Peer Support Group? Chances are you may be a little nervous about what to expect.

Staying engaged and connected is proven to be of benefit to general wellbeing and is an important factor of living well with multiple sclerosis. Peer Support is about improving quality of life through mutual support, connection and friendship.

MS Face to Face Peer Support Groups are welcoming and bring together people living with multiple sclerosis or carers who understand and share common experiences, concerns, goals and interests. We currently have 11 Face to Face Peer Support groups meeting across Tasmania with the recent additions of Wynyard and Launceston Under 50's. Our groups are aimed at various demographics such as age, gender, cultural background, professionals and mums to name a few!

MS Peer Support Volunteer Group facilitator Katherine says of the group, "we are a friendly bunch, who keep our meetings casual and low stress."

Join us for a cup of tea and a chat, and together we can face MS with the strength of many.





Have you connected to the Internet recently?

Do you have an email address?

If you wish you can contact MS Connect 1800 042 138 and notify us of your email address, you would receive your Newsletter quicker and we can save some trees.