



Happy 2021 from the MS Community Fundraising Team!

If TV ads are anything to go by we're now past the stage of January where we find ourselves constantly asking "what day is it?" and into the phase where every company seems to want us to be setting huge fitness goals!

We're not here to talk dirty about the latest smoothie-maker or gym membership ... but we are here to let you know that if anyone in your sphere has their sights set on a fitness goal for 2021 then they're in luck because **WE HAVE 2 SPACES LEFT** in the November departure for **Conquer Cradle Mountain To Beat MS!** That's right, a fitness challenge, great friends and spectacular scenery all for a wonderful cause.



This fundraising trek runs from 11-15 November 2021 and more information is available via

<https://soulfulconcepts.com/index.php/ms-cradle-mountain-trek-2021/>





MENZIES +
Institute for Medical Research



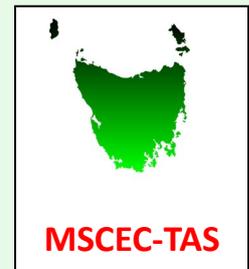
www.menzies.utas.edu.au

MS Research Flagship Program at Menzies, UTAS – MS consumer and community database

The MS Research Flagship team at the Menzies Institute for Medical Research have developed a short survey designed to secure information from people who wish to engage with the MS Flagship. The information provided is stored on the University of Tasmania's secure, password-protected database and is only accessible by MS Research Flagship staff. It has been designed to ensure that any level of engagement with the MS Flagship is tailored to the individuals wishes. For example, you may like to just sign up for the quarterly Newsletter or be notified of new clinical trials, the next iteration of the **Understanding MS free on-line course** or up and coming events and forums.

The short survey can be accessed at <https://redcap.utas.edu.au/surveys/?s=8P8E8D3R7C>. It should only take 5-minutes to complete. Your answers and personal details can be changed or removed at any time by using the password provided on survey completion and submission or by contacting MS Research Community Engagement team at SM-MSResearch.Engagement@utas.edu.au

Multiple Sclerosis Community Engagement Council – Tasmania (MSCEC-TAS) is recruiting!



The MS Community Engagement Council of Tasmania's charter is to represent the needs and views of the MS Community in Tasmania to the Board of MS Limited (MSL) to help them provide the most relevant and effective services and programs possible. The Council members are made up of people living with MS, their carers, members of their support network such as friends, families and health professionals. (Their MS Community)

MSCEC-Tas seeks to be a representative volunteer committee which broadly reflects the MS demographic across Tasmania. As such we are keen to recruit people from the MS Community in Tasmania who meet the following criteria:-

1. Are a person living with MS, a carer of a person living with MS, family or friend or someone living with MS, or health professional in the MS space.
2. Can commit to meetings on-line or F2F 5 times per year of approx. 1.5 hours each meeting.
3. Are willing to reach out to as many people in the MS community through their own personal networks and bring that collective intelligence to the committee and
4. Are willing to work alongside other members of MSCEC-Tas in a respectful, cooperative manner on projects and topics of importance and relevance to the MS Community to better inform services and programs delivered by MS in Tasmania.

We are keen to hear from anybody interested in becoming part of this committee which is focused on being the local voice of the collective needs of people in Tasmania living with MS and bring those views to the attention of the MSL Board. We would really like to hear from people from the **North/North West of the state** but are keen to hear from anybody interested.

If this is of interest to you or someone you know or you would just like more information please contact: Viv Jones, Chair MSCEC-TAS on 0407 486 425 Email: jonesbnv@bigpond.com or Jayne England, Deputy Chair on 0439 873 073 Email: jayne.mscec.tas@gmail.com



MS GIFT PLANNING



Bountiful love for others...and Ruth's thoughtful way to give back

Patricia, who is very proud of her sister's actions tells us: "I'd like to share with you the story of my loving sister Ruth".

Born in 1922, Ruth was one of six kids in our family who grew up during the harsh years of the Depression. Our mother and father were terrific examples to all their children. Dad was never out of work, and for that the whole family was very grateful. Our Mum was a truly charitable woman. She would give vegetables and money to those in need and was also known to take in homeless people.

Our parent's work ethic, kindness and boundless generosity instilled in Ruth a strong responsibility to "give back". Her practical way of doing this was to donate to charity. She also engaged in volunteer work that she felt benefitted the community.

In 1941 Ruth joined the WAAF. She was a true-blue Aussie. After the war she married. She had her daughter Annette and worked in a volunteer capacity. Ruth and Annette loved to travel and together shared many journeys overseas. Sadly, Annette died several years ago from bowel cancer. With her daughter's passing Ruth's passion became her garden.

Ruth loved children and was always very generous to her family and friends. One of her sorrows was she did not have any grandchildren. I am very proud of Ruth's decision to donate in her Will to Multiple Sclerosis Limited and other charities. It was based on her values and bountiful love for others always wanting to give back to the community.

I miss Ruth greatly, but she continues to have an impact on many lives through her generous legacy. **She is making this world a better place for people living with multiple sclerosis."**

We are here so no one needs to face MS alone, now or in the future

Your Will says a lot about you. If you too would like to 'give back', please contact us for more information. You can find how easy it is and what a difference it can make in your life and that of those living with MS.

MS Gift Planning Program – Talk to Laura Henschke or Michael Knox on 1800 443 867 or write to Futureplanning@ms.org.au or visit www.mymslegacy.org.au

COVID-19 & Vaccinations

It's hard to avoid the topic of COVID in the news at the moment. It's what we see on the news, hear on the radio and a common topic of discussion with friends, family or colleagues. Even harder, is discerning which information is accurate and whether it's beneficial to you. We understand that living with MS has its challenges, many are unique, invisible and can differ from person to person. We have continually kept up with the latest goings on, to keep you informed and supported each step of the way.

Recently, we are hearing lots of information about vaccines. With a topic like that, it's natural to have many questions. When will it be available? Is it safe for people with MS? How will it work if I'm on disease modifying therapy? We too have these questions and many more!

We sought some advice from an MS specialist neurologist Associate Professor Dr Anneke Van Der Walt regarding her answers to some frequently asked questions on this topic. Our team recently had a virtual catch up with Anneke to ask some of these FAQ and to hear from an MS specialist neurologist on the topic of COVID-19 vaccinations for MS.

Whether you are living with MS, a family member, friend or carer of a person with MS or a health professional, take the time to watch our webinar. Whilst every situation is different, there are some key points and reassurances that can be taken away from expert information. Stay safe, healthy, socially distanced and we will continue keeping you up to date with what you want to know, when you need it.

[Watch the Q & A session](#)

MS EDUCATION

Wellness and other Education Events

Get Active with MS : The Benefits of Exercise - A Recorded program with Eric Morales, Exercise Physiologist Thu 4 Feb 2021 11:00 AM - 12:00 PM AEDT

Eric Morales, Exercise Physiologist with the MS Gym in Lidcombe, NSW, highlights how good exercise is for us and ways to overcome the barriers that sometimes stop us from getting active.

Managing Fatigue in Multiple Sclerosis Wed 10 Feb 2021 11:00 AM - 12:00 PM AEDT

This webinar will be presented by Andrea Salmon, who will discuss the types of fatigue people with MS experience and explore fatigue management strategies.

Managing MS Fatigue in the Workplace - A recorded program Tue 16 Feb 2021 7:00 PM - 8:00PM

Natalie Holland, one of the MS Employment Support Consultants in NSW recorded this program about managing fatigue in the workplace.

Eat well, Live well - A Recorded Program Fri 19 Feb 2021 11:00 AM - 12:00 PM AEDT

Nicola Graham, one of MSL's Education & Wellbeing program coordinators explains the general principles of eating well in order to live well with multiple sclerosis.

Driving and MS - A Recorded Program Mon 22 Feb 2021 7:00PM - 8:00PM AEDT

Lyndall Cook of Drive Rehab Solutions explores what might happen and how we ensure we stay driving safely.

Minimising Stress and Maximising Mindfulness Wed 24 Feb 2021 11:00 AM - 12:00 PM AEDT

Nicola Graham will discuss the negative impact stress can have and encourage you to consider ways of minimising stress.



Health & Wellbeing Telelink for those who are Newly Diagnosed

More than ever, we need to keep connected with each other and share stories and ideas about new ways of doing things to overcome the unprecedented life challenges we are all facing – and our Telelink groups are a great way to feel supported and support others.

If you have been diagnosed with MS in the last 3 years, you might want to join our upcoming Telelink group to share information and stay connected.

About the program

Our Telelink group will connect a small group of 10 people and meet 1.5 hours per week for a 6-week period and there is a choice of afternoon or evening sessions. Details as per the following:

- every Wednesday, from 10 February - 17 March 2021 6.30pm to 8.00pm
- every Wednesday, from 17 February - 24 March 2021 12.30pm to 2.00pm

A range of guest speakers, including an MS Nurse Advisor, Dietician and Psychologist will join the Telelink to share information and support with the group about:

- symptom management and medications
- importance of exercise
- diet
- emotional adjustment & being the CEO of your MS journey
- how stress can be managed and mindfulness
- Support services available to you



Want to participate?

To register, simply contact our MS Connect team from 8.00am to 6.00pm Monday to Friday on 1800 042 138 or msconnect@ms.org.au



CIRCULAR HEAD

Meets: First Monday of the month, 7:00 - 8:30pm

Venue: Circular Head Rural Health Centre, Smithton

Next Meeting: Monday 1 February

**We are combining face to face group & Telegroup*

KINGSTON

Meets: Third Thurs of the month, 12 noon onwards

Venue: Brookfield Shed, Margate

Next Meeting: Thursday 18 February

Guest speaker: Socialising & meals at own expense

EASTERN SHORE

Meets: Second Friday of the month, 10:30am -12noon

Venue: Bellerive

Next Meeting: Friday 12 February

Guest Speaker: Morning tea & planning for 2021 meetings. Bring a plate please.

GLENORCHY

Meets: Last Monday of the month, 6:00 - 8:00pm

Venue: Glenorchy

Next Meeting: Monday 22 February

Guest Speaker: Social gathering, meals own expense

NORTHERN (Launceston) – Social Group

Meets: Second Thursday of the month

Venue: Kings Meadows

Next Meeting: Thursday 11 February, *new venue

Guest speaker: Social gathering

DEVONPORT

Casual Coffee Group

*meetings resuming soon!

LAUNCESTON UNDER 50'S PEER SUPPORT GROUP

Meets: Last Saturday of the month, 10:30am -12:30pm

Venue: Linc Library, Launceston

Next meeting: Saturday 27 February

Guest Speaker: Socialising & getting to know one another

WYNYARD PEER SUPPORT GROUP

Meets: Third Wednesday of the month, 1:00pm onwards

Venue: Bruce's Café Wynyard

Next Meeting: Wednesday 17 February

Guest speaker: Coffee catch up

ULVERSTONE PEER SUPPORT GROUP

Meets: Fourth Wednesday of the month, 11:00am -1:00pm

Venue: Ulverstone

Next Meeting: Wednesday 24 February

Guest speaker: TBC

MENS PEER SUPPORT GROUP

Meets: Third Friday of the month, 12:30 - 2.30pm

Venue: Hobart (venue varies)

Next Meeting: Friday 19 February

Social gathering, meals available at own expense

NEW NORFOLK PEER SUPPORT GROUP

Meets: First Wednesday of the month, 10:30am -12noon

Venue: New Norfolk

Next Meeting: Wednesday 3 February

Social gathering, coffees and cake at own expense

RSVP for all Peer Support meetings:
msconnect@ms.org.au

Check our COVID-19 resources



Live talks



Webinar



The latest



Podcasts



Video

www.ms.org.au/support-in-crisis