MOVING FORWARD

UPDATE ON OUR TASMANIAN PROPERTY STRATEGY

Last year we met with the local community to determine how best to use our Tasmanian properties, and discuss how we could better meet the needs of the community. The feedback was loud and clear: Tasmanians want our properties to be supporting a stronger, more sustainable service model. This means our properties need to be fit-for-purpose.

Recently, the Tasmanian Cancer Council approached us to see if we were interested in selling our Sandy Bay property. Sandy Bay wasn’t on the market, but it was very timely because we had come to the conclusion that the property wasn’t entirely meeting our needs for the future.

The MS Board, which includes local Tasmanian Directors, carefully considered the offer, thought about what it would mean for Tasmanians, how it supported the community consultation feedback and how it fits into the bigger picture. They decided to proceed with the sale.

The next step will be to find a property in Hobart to lease for our new office. We want the site to be more accessible, convenient, close to public transport, and co-located with aligned health and disability partners. We have a 120-day settlement on the sale, and we have also negotiated for our Hobart team to keep working out of Sandy Bay for a further six months, rent-free. We expect we will move into the new office sometime in early to mid-2018.

This won’t have any effect on the services we currently deliver in Tasmania.

Sandy Bay has been a fantastic base for us since we first purchased it in 1988, and we’re grateful for our time here. We’re looking forward to moving on to bigger and better things, together, in our new property.

Regards
Sandra

THE AUSTRALIAN MS LONGITUDINAL STUDY

The Australian MS Longitudinal Study (AMSLS) comprises a number of surveys each year about the social and medical consequences of living with MS. The results of these surveys are used for advocacy by MS Societies, and ultimately aim to improve the treatment and services for people with MS.

Multiple Sclerosis Research Australia has contracted the Menzies Institute for Medical Research at the University of Tasmania to manage the Study. The AMSLS team at the Menzies works together with the MS Societies, as well as other researchers and stakeholders around Australia to get the most out of the data. The AMSLS team also produces newsletters, updates participant details and handles the day-to-day running of the Australian MS Longitudinal Study.

ELIGIBILITY
To join the AMSLS, you will need to be:
1. An Australian resident living in any State or Territory
2. Diagnosed with MS by a neurologist
3. 18 years or over
It does not matter if your MS is mild, or not causing you any problems, you can still have useful input to AMSLS research.

Further information about the Australian MS Longitudinal Study can be obtained from MS Research Australia’s website at msra.org.au/AMSLS
INTRODUCING TASMANIAN MS AMBASSADORS

The MS Ambassador program consists of approximately 60 people living with the challenge of multiple sclerosis in VIC, NSW, ACT and TAS who are motivated to share with the wider community, via public speaking, their own personal journey and raise awareness of this unpredictable disease, in an uplifting and positive manner in the wider community. The Ambassadors participate in presentations to people with MS, community groups, educational, tertiary and scientific institutions, hospitals, secondary school students and the corporate sector. The MS Ambassador program’s commitment is to educate, motivate and advocate.

Meet our current Tasmanian ambassadors! Robin, Cristelle, Hilary and Bill who have joined out team from the Hobart and Devonport regions.

Follow this link to our program brochure: https://www.ms.org.au/attachments/ambassador-program-brochure-final.aspx
To meet the current MS Ambassador team, visit our section of the website here: https://www.ms.org.au/get-involved/ms-ambassadors.aspx

We would like to recruit more MS Ambassadors to our team from the Devonport and Launceston regions, if you feel passionate about educating the community about MS, please contact MS Connect on 1800 042 138 or email msconnect@ms.org.au and leave your details.

We would love to hear from you!

Trish Misfud, MS Ambassador Program Coordinator

MSAC TASMANIA

We are pleased to advise that nominees of the Multiple Sclerosis Advisory Council (MSAC) in Tasmania received full endorsement of the Tasmanian Project Steering Committee and the MS Limited Board at its meeting on 24 May. Establishment of this Council follows the merger of MS Tasmania with Multiple Sclerosis Limited, which took place in July 2016. The Tasmanian MSAC will be focussing on issues that impact and affect people living in Tasmania with multiple sclerosis, which will have many synergies with the MSACs in Victoria and New South Wales. Members of MSAC Tasmania will be working collaboratively with the established MSACs, aiming to ensure the unique needs of the Tasmanian MS community are adequately represented.

One of the recent issues that MSAC in Tasmania has been working on is the matter of responsibility for disclosure and the process in relation to driving with multiple sclerosis. Appointed and endorsed members of the newly established state-wide Tasmanian MSAC are: Andrew Potter and Vivienne Jones (as Co-Chairs); Sophia Bray, Jayne England, Lynda Hanlon, Denise Pearce, Sean O’Moore, Marlene Pegus, and Jerome Plunkett. Your input and contact with MSAC Tasmania is encouraged through:

Andrew Potter: andrew.potter@msaustralia.org.au
Vivienne Jones: jonesbnv@bigpond.com
M:0437 878 325
M:0407 486 425

EDUCATION PROGRAMS

Wednesday 28 June, 2pm – 3pm Eat Well Live Well register here: https://attendee.gotowebinar.com/register/756303853132761601

Tuesday 4 July, 2pm – 3pm Supporting Carers register here: https://attendee.gotowebinar.com/register/3887798731855464707

Monday 10 July, 2pm – 3pm The Benefits of Exercise register here: https://attendee.gotowebinar.com/register/8431814206772471810
**MEETING TIMES**

**CIRCULAR HEAD**
Meets: First Monday of the month, 7.30pm – 9pm  
Venue: Circular Head Rural Health Service  
Next meeting: Monday 3 July  
Guest speaker: Group discussion (no speaker)

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

**EASTERN SHORE – SOCIAL OUTING**
Meets: Second Friday of the month, noon – 2pm  
Venue: Dr Syntax Hotel, 139 Sandy Bay Road, Sandy Bay (meals at own expense)  
Next meeting: Friday 14 July  
RSVP: Monday 10 July to Chris Gumley  
Email: cegm58@icloud.com

**GLENORCHY**
Meets: Last Monday of the month, 6pm – 8pm  
Venue: Glenorchy RSL, Glenorchy  
Next meeting: Monday 26 June  
Guest speaker: Michael Mortensen, MS Consultant/Case Manager on medications, treatments and symptom management

**KINGSTON – NEW DATE**
Meets: Second Wednesday of the month, noon – 2pm  
Venue: The Salty Dog Hotel, Kingston  
Next meeting: Wednesday 12 July  
Guest speaker: Angela Land, Peer Support Coordinator on MS Connect and other MS services  
RSVP: Monday 10 July to Bernadette Brundish  
Email: berniebrundish@gmail.com

**NORTHERN – CHRISTMAS IN JULY**
Meets: Second Thursday of the month, noon – 2pm  
Venue: The Mowbray Hotel, 254 Invermay Road, Mowbray  
Next meeting: Thursday 13 July  
RSVP: Thursday 6 July to Barry Faulkner  
Email: dollydumplings@dodo.com.au

**ULVERSTONE - CHRISTMAS IN JULY**
Meets: Fourth Wednesday of the month, noon – 2pm  
Venue: Beach Hut Cafe, Beach Road Ulverstone (approx. 500m west of Surf Club)  
Next meeting: Wednesday 26 July  
RSVP: Friday 21 July to Robin Tammens  
Email: robbiet100@hotmail.com

**MORE INFORMATION**
If you have any queries, contact MS Connect from 8.30am to 5pm, Monday to Friday:

T 1800 042 138  
E msconnect@ms.org.au

Phone MS Peer Support is a great way to have a one-on-one conversation with somebody who understands, no matter where you live. We can connect you with one of our trained MS Peer Support volunteers over the phone. You will be offered a set number of phone calls over an extended period of time, usually six to eight calls over a few months. Many people have said it’s a great way to build a relationship, and to give and receive advice. You can choose if you want to speak to another person living with multiple sclerosis, a carer or a family member.

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By phone
TASMANIAN COMMUNITY FUNDRAISING UPDATE

Did you know that MS Mission Services including MS Connect, Nurse Advisor and Peer Support are funded almost 100% by community fundraising events?

There have been some fabulous community fundraising activities in Tasmania in the last month with $22,152.55+ raised this month – read below for more.

*Interested in holding your own community fundraiser for MS? Please contact Angela Anderson, Fundraising Events Coordinator TAS, at angela.anderson@ms.org.au.*

The Red Affair Ball

The 3rd Annual Red Affair MS Charity Ball was held on Saturday 20 May at the Elwick Function Centre. More than 240 people attended and the evening raised $30,000 from sponsorships, donations, auctions, an on-site photo booth and The Tasmanian Story Booklet. From the money raised, $16,500 was generously donated for Client Services here in Tasmania, and the remaining funds have been donated to The Menzies Centre to help fund the research towards a cure for MS. [https://www.facebook.com/theredaffair/](https://www.facebook.com/theredaffair/)

Do it for Spud

Smithton mum Demi Whiteley showed the power of one with her fund-raising campaign in honour of her dad, ‘Spud’, raising $1545 for MS by requesting that friends and family donate to MS in lieu of gifts for her son George’s first birthday. [www.doitforms.org.au/campaign/doitforspud](http://www.doitforms.org.au/campaign/doitforspud)

Riverside High lights the Launceston Town Hall red for MS

Riverside High School students, led by Head Prefect Anna Roberts, arranged for Launceston Town Hall to be lit up red on World MS Day, 31 May, to raise community awareness of MS. Anna has also placed MS fundraising money boxes in the school staff rooms.

Lilydale District School MS Walk Week

Lilydale District School held their MS Walk Week fundraising event from 15–19 May. Students walked in relay every lunchtime and on the final day the entire Lilydale community joined in to walk, wear red and make donations to MS, raising $160. [https://www.doitforms.org.au/campaign/LDS_MSWalkWeek](https://www.doitforms.org.au/campaign/LDS_MSWalkWeek)

Ogilvie High School MS Colour Run

Ogilvie High school, an all girls public high school of 900+ students in Hobart, came up with an innovative approach of running their annual cross country event as a ‘colour run’ in return for gold coin donations to MS. A cheque for $1035 was presented to MS on June 3. Ogilvie has also committed to hold a Wear Red for MS fundraiser during the MS Readathon in August. [https://www.doitforms.org.au/campaign/OgilvieColourXCountry](https://www.doitforms.org.au/campaign/OgilvieColourXCountry)
WEAR RED FOR WORLD MS DAY

The Wear Red for World MS Day initiative (https://www.wearredforms.org.au/), targeted to Tasmanian schools, was conceived of and launched in late March. Fundraisers wore red for World MS Day on 31 May (or dyed their hair red in Carrie Fletcher’s case!) and raised a total of nearly $3000 for MS. A big thanks to the following fundraisers:

- Blackmans’s Bay Childcare Services – $250
- Cambridge Primary School – $247.65
- Carrie Fletcher – $1292
- East Tamar Primary School – $253
- Goondiwindi State Primary School – $300
- Guise Primary School – $150+
- Taroona Primary School – $419.90

A special thanks also to event sponsor Petrusma Property (http://www.petrusma.com.au/) for providing $1000 in cash prizes for schools, graphic design and printing services for the Wear Red for MS initiative.

MEGA SWIM

IMPORTANT UPDATE

The MS 24 Hour Mega Swim is a relay swimming event founded by Paralympian Carol Cooke. The event runs for 24 hours, in recognition of the fact that multiple sclerosis is a 24/7 disease.

- The Launceston MS 24 Hour Mega Swim will be held at the Launceston Aquatic Centre on 5–6 August
- The Hobart MS 24 Hour Mega Swim will be held at the Hobart Aquatic Centre on 14–15 October (rescheduled from 24–25 June)

Form a team, work up a sweat and fundraise for MS! Register now at https://www.msmegaswim.org.au

INDEPENDENT LIVING CENTRE

EQUIPMENT AT HOME TO HELP

ILC Tas invites you to see a display of equipment and talk to an occupational therapist about, for example:

- Useful products to help you eat, drink and cook
- Items to make dressing easier
- Products for recreation and leisure

If you have difficulty doing everyday activities you could benefit from attending.

Community Based Support
24 Sunderland Street
Moonah, TAS 7009

Wednesday 28 June 2017
11am – noon
Drop in anytime within the hour

RSVP encouraged: ph 1300 885 886 or email ilc@ilctas.asn.au

Driving with MS and other neuro conditions

We have had requests for information regarding driving with multiple sclerosis, and we have a webinar on the MS website https://www.ms.org.au/living-well-with-multiple-sclerosis/practical-advice/driving-and-ms.aspx
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<tr>
<th>Venue</th>
<th>Dates</th>
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<td>Bellerive</td>
<td>17 Jul – MM</td>
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<td>Sheffield</td>
<td>22 Aug - KM</td>
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<td>Bellerive Health Hub</td>
<td>14 Aug - AS</td>
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<td>Rural Health Tasmania</td>
<td>28 Nov - KM</td>
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<td>Level 3,33 Cambridge Street</td>
<td>11 Sep - AS</td>
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<td>LINC,</td>
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<td>Community Health Centre</td>
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<td>The PaperBark room</td>
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<td>11.30am– 12.15pm</td>
<td>Room 5, 57 Cole Street</td>
<td>7 Sep - MM</td>
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<td>27 Sep - MM</td>
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<td>1 Frederick Street</td>
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<td>Deloraine</td>
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<td>St Helens</td>
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<td>16 Aug - SD</td>
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<td>Hub 4 Health</td>
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<td>health services,</td>
<td>13 Sep - SD</td>
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<td>5 Portland Court</td>
<td>10.30–11am</td>
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<td>17 East Barrack Street</td>
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<td>Tasmanian Health Service</td>
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<td>Spring Bay Community and Health Centre</td>
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