



UNDERSTANDING MS COURSE RANKED BEST IN THE WORLD!!



The FREE online course created by the University of Tasmania's Menzies Institute for Medical Research has been named the best new online course of 2019.

The Understanding Multiple Sclerosis (MS) free online course was developed by the Menzies Institute in collaboration with MS Limited and the Wicking Dementia Research and Education Centre.

It was the most highly ranked course on Class Central, which lists online courses around the world, based on the thousands of reviews made by users for courses released in 2019. Understanding MS is designed for people living with MS, their carers and support networks, and healthcare providers as well as anyone with an interest in learning about the disease. Information on risks, symptom management, interventions and lived experiences are given through a series of videos presented by academics, nurses and allied health professionals, and importantly, people living with MS.



The course is currently open for enrolments and the next iteration begins on March 16. For more information or to sign up go to: <https://ms.mooc.utas.edu.au/>

For more information about Class Central go to: <https://www.classcentral.com/report/best-free-online-courses-2019/>

MS Business Development Manager, Clinical Programs Maree Maher was a key collaborator developing the online training and many of the presenters are our own experts, clients and family members.

We are very pleased with the number of people from across the world who have completed the training.



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.

We are back in Launceston in May for the MS 24 Hour Mega Swim



We are so excited to be back in Launceston for the MS 24 Hour Mega Swim on Saturday 16 and Sunday 17 May 2020 at the Launceston Aquatic Centre. The MS 24 Hour Mega Swim is a fun team relay event where teams have a swimmer in the water for the entire 24 hours and compete for laps swum and money raised.

Are you with us?

You don't have to be a champion swimmer. People of all ages and abilities can take part to make a difference to the lives of people living with MS.

Funds raised from the MS 24 Hour Mega Swim contribute to MS Go for Gold Scholarships, Financial Assistance Programs and providing services to directly benefit those living with multiple sclerosis.

Get in quick! Register before 10 April to take advantage of our early bird discount of 10% off your entry fee. People living with multiple sclerosis receive FREE entry to all MS events.

For more information visit <https://www.msmeegaswim.org.au/> or contact our friendly team on 1300 733 690.



Lemming Lapstars - Overall winning team at the 2019 Launceston MS 24 Hour Mega Swim

GO FOR GOLD SCHOLARSHIPS BACK IN 2020



People in Tasmania living with MS who are registered clients of Multiple Sclerosis Ltd will be eligible to apply for an MS Go for Gold scholarship when applications open again in April.

Since the excitement of last year's awards, when 55 deserving people across Tasmania, Victoria, New South Wales and ACT were awarded sums of up to \$3,000 to achieve a long-held dream, MS has been reviewing the program to make it better for everyone.

We've already agreed that the value of the awards will be raised, and the method of application will be simplified, with full details of the new program being made available just prior to applications opening in April. The awards categories will also be made clearer, although the most popular aspirations for applicants, such as for the arts, education, business support and wellness activities, including sports and travel, will still be covered.

In the meantime MS clients will be invited to take part in an on-line survey to give their views on the Go For Gold scholarship program, so that the improvements we make are driven by those people who will be both eligible and potentially benefit from an award.

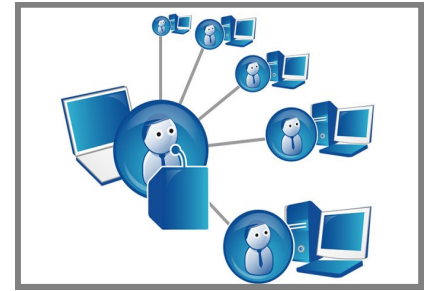
The Go for Gold scholarships have been running alongside the MS 24-Hour Mega Swim events for many years and are fully funded by fundraising from Mega Swim events across all four states.

MS CEO, John Blewonski said, "Having seen at first hand the value Go for Gold scholarships add to recipients' lives, we are committed to continuing the MS Go For Gold scholarship awards and are keen to make sure that the awards are valued, fairly given and celebrated in the MS community. We also want to make it easier for as many people as possible to apply"

Watch out for communications from the MSL Community Fundraising team in April and start to think about what dream you could achieve with an MS Go for Gold scholarship.

MS EDUCATION

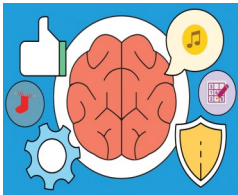
Webinars, Wellness and other Education Events



Manage Pain

Monday 2 March - 6:00pm to 7:00pm

Laura Bruggink is an APA Pain Physiotherapist working at the Hunter Integrated Pain Service. Laura will provide us with a better understanding of pain in multiple sclerosis and strategies to help manage this symptom.



Brain Health

Friday 6 March - 10:00am to 10:30am

This webinar is presented by MS Education Program Coordinator, Andrea Salmon who has a background in Occupational Therapy. Andrea will provide us with an overview of what research tells us about keeping our brains healthy and chat about some strategies to improve brain health for a person living with multiple sclerosis.



Medication Update

Thursday 12 March - 10:00am to 10:30am

MS Nurse Advisor, Jane Bridgman, will provide an update of current medication available for people living with multiple sclerosis



The Value of Pharmacy Reviews

Tuesday 24 March - 10:00am to 10:30am

The webinar is presented by Cabrini Pharmacist, Raisa Brostek. The webinar will cover how your pharmacist can help you, including adherence to medication, cost of medications, side effects of medications, interactions, and storage of medications. Raisa will also provide information about home medication reviews, disease modifying medications and clinical trials.



Mindfulness by Webinar 8-week series (8 classes)

Wednesdays 11 March to 29 April - 1:00pm to 2:00pm (Time to be confirmed)

Cost involved, \$60 for the 8 week program - bursaries available.

Please email education@ms.org.au to enquire about the available bursaries.

Mindfulness utilises a meditation technique that helps shift your thoughts away from your usual preoccupations and toward an appreciation of the present moment – facilitating a feeling of calmness within yourself and a larger perspective on life.

This program is presented by Lydia Vorona from BeStill and will run for 8 weeks. Lydia is a dedicated and experienced mindfulness educator, supporting people to develop greater resilience and wellbeing through the practice of mindfulness. Contact Details - Education Team: education@ms.org.au

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

KINGSTON

Meets: Second Tuesday of the month, 12 - 2:00pm
Venue: Kingston
Next Meeting: ***Date change* Tuesday 3 March**
Guest speaker: Liam from Cygnet re: hand made tricycles

EASTERN SHORE

Meets: Second Friday of the month, 10:30 - 12 noon
Venue: Bellerive
Next Meeting: Friday 13 March
Guest speaker: To be confirmed

GLENORCHY

Meets: Last Monday of the month, 6:00 - 8:00pm
Venue: Glenorchy
Next Meetings: Monday 30 March
Guest Speaker: Social gathering

NORTHERN (Launceston) – Social Group

Meets: Second Thurs of the month
Venue: Kings Meadows
Next Meeting: Thursday 12 March
Guest Speaker: Social gathering

DEVONPORT

Casual Coffee Group
Next meeting: To be Advised

LAUNCESTON UNDER 50'S

**Please note day and time change*
Meets: Last Saturday of the month, 10:30am-12:30pm
Venue: Linc Library, Launceston
Next meeting: Saturday 28 March
Guest Speaker: Social gathering

WYNYARD

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

ULVERSTONE

Meets: Fourth Wed of the month, 11:00am - 1:00pm
Venue: Ulverstone
Next Meeting: Wednesday 25 March
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 20 March
Social gathering, meals available at own expense

NEW NORFOLK

Meets: First Wednesday of the month, 10:30 - 12noon
Venue: New Norfolk
Next Meeting: *** No meeting in March**
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.
RSVP for groups to msconnect@ms.org.au

