You’re invited to Conquer Cradle Mountain To Beat MS in 2021!

Are you ready to leave 2020 behind and look ahead to a new year, with new adventures?

Please join us in our fight to beat MS; on this once-in-a-lifetime opportunity to trek in one of Australia’s most breathtaking destinations, Tasmania’s Cradle Mountain National Park, from 2–6 October 2021.

This spectacular fundraising trek will take place in Tasmania’s Wilderness World Heritage Area. Trek the spectacular surrounds of Cradle Mountain as we traverse sections of the iconic Overland Trail. Travelling with like-minded adventurers, you’ll spend four days walking across a landscape of glacially carved valleys, ancient rain-forests, fragrant eucalypt forests, golden button grass moorlands and beautiful alpine meadows – all while raising vital funds for MS.

COVID-19 has stopped us in our tracks so far this year, so to ensure you have peace of mind while you plan this incredible adventure, our travel partner Soulful Concepts, has updated their T&C’s to offer improved certainty for the journey ahead.

Download the Info Pack, and get all the information today!

We hope you’ll join us for the adventure of a lifetime!

Join us for a celebration of resilience through art

This year, our long-standing annual MS Art Exhibition is going virtual and we would like to invite the MS community, including carers and families, to join us for a celebration of art and creativity. People with other neurological conditions are also invited to participate.

Under the theme “celebrating resilience through art,” we invite you to share your original art - be it painting, illustration, sculpture, craft or photography - that somehow represents what resilience means to you.

Due to COVID-19 restrictions in Victoria, this year we won’t be able to sell your artwork. We will however, display your art via a virtual art show on our website www.ms.org.au from October 13.

Ready to share your art? Submissions are now open

If you’re keen to participate, you can register and submit your artwork any time from now until 6 October by clicking on the button below.

Register and submit

For more information about our 2020 MS Virtual Art Show, visit our website or contact our team at msart@ms.org.au
“Search for something greater than self”

For 39 years, tens of thousands of cyclists have hit the road in the MS Gong Ride from Sydney to Wollongong to raise funds for people living with multiple sclerosis. Even though this much-loved event had to be postponed until next year due to COVID-19, we innovated and found another way. This year, the Gong Ride is going virtual, which means that not only can you still ride for MS, but you can take part wherever you are.

Robert lives in Tasmania. He is a person living with MS and is passionate about searching beyond his physical limitations for meaning and satisfaction. His interests are wide and varied and this year, he will take part in the MS Virtual Challenge on his recumbent bike. Here, he shares the story of his journey with MS and some words of inspiration for anyone who is looking at ways to reach beyond physical limitations.

I had a background in architecture and art prior to the onset of MS at the age of 28 and had commenced a career in teaching while constantly practising and applying my skills in drawing and painting. Although the devastating effects of MS flawed everything for me and left me legless in body and collapsed in mind and spirit, something inside of me said, “fight every inch of the way.” The one thing I adamantly have to recommend to my fellow persons with MS - develop a passion. Not just an interest, but something which truly is far above the ordinary, and beyond the restricted life imposed upon your present being. Fight every inch of the way.

I try to find a level higher than the everyday, constantly probing life in every way, trying always to find more, thinking and searching beyond the pain of a disabled body.

I have many aspects to my life with MS - recumbent cycling is a passion. I discovered recumbent tricycles about 30 years ago and I ride on a daily basis. From a slow start, about 3 kilometres distance at first, I am now able to cycle up to 40 kilometres a day. You have to be able to get down into the low seat and stand up from this position, which is actually very difficult for me and requires arm strength.

Whilst it's very important that anyone whose thinking of trying recumbent cycling obtain the essential information first, I do think that this adventure may be a possibility for others with MS. My walking has not improved in any way. However, I am filled with a wonderful sense of normality as I slowly speed along the road.

I have recently registered for the MS Virtual Gong Ride; my team name is Chariots of Fire - check out my event page here. I have set a project distance of 750 kilometres for the month and nothing will stop me from doing my very best to honour the commitment. It’s going to be great fun!!!
There was a fantastic response to the MS Go for Gold Scholarship program this year, with over 145 applications received.

No project, dream, goal, business idea or hobby is too big or too small. People living with MS throughout Victoria, Tasmania, the ACT and NSW have applied for many different reasons.

It is now up to the judges to carefully go through all applications against the set criteria to confirm the 25 recipients. This year the MS Go for Gold Scholarships are valued up to $2,000 each.

Recipients will be contacted in late October with the outcome of their application, whether you have been successful this year or whether you should apply again next year.

Recipients will be acknowledged and awarded their Scholarship in a virtual MS Go for Gold Scholarship Presentation held in late October or early November. Everyone will be welcomed to attend and we will share more details around this shortly.

In the meantime you can express your interest to be one of the first people to hear about 2021 MS Go for Gold Scholarship applications on our website at www.ms.org.au/go-for-gold
Decluttering
Monday 5 October, 11.00am - 12.00pm AEDT

This webinar is presented by Julie Cliff from Space and Time. Julie is thrilled to share her passion for decluttering and getting organised. Join us to hear Julie's top tips and tricks for "clearing out stuff" and refreshing our space!

Get Active with MS
Friday 16 October, 10.30am - 11.30am AEDT

This webinar is presented by MS Exercise Physiologist, Eric Morales. Eric will take us through some practical ways to get active.

Let's think about your thinking – An interactive session with Dr Luke Smith, Neuropsychologist
Wednesday 21 October, 10.30am - 11.30am AEDT

This webinar will be presented by Dr Luke Smith. This presentation will be an interactive experience for participants with the opportunity to engage with Dr Luke Smith throughout the presentation. Luke will be posing questions and asking you to think about your thinking and memory. A great opportunity to learn more about your cognition: memory and thinking.

An Overview of MS Medication
Wednesday 28 October, 11.00am - 12.00pm AEDT

MS Nurse Advisor Jane Bridgman, will provide an update on medications in MS. Jane is a registered nurse with 6 years' experience in disability and aged care, progressive neurological conditions and primary health care.

Manage MS Pain - A Recorded Conversation with Pain Physiotherapist, Laura Bruggink
Thursday 8 October, 7.00pm - 8.00pm

In March 2020, Laura Bruggink, an APA Pain Physiotherapist working at the Hunter Integrated Pain Service, provided us with a better understanding of pain in multiple sclerosis and strategies to help manage this symptom.

To register for any of these Webinars click on the links above.

For more information please email education@ms.org.au or call MS Connect™ (Freecall 1800 042 138).
MEETING TIMES

**CIRCULAR HEAD**
Meets: First Monday of the month, 7:00-8:30pm  
Venue: Circular Head Rural Health Centre, Smithton  
Next Meeting: Monday 5 October  
*We are combining face to face group & Telegroup

**KINGSTON**  
*Date & venue change: To be confirmed  
Venue: Margate  
Next Meeting: TBC  
Guest speaker: TBC

**EASTERN SHORE**
Meets: Second Friday of the month, time change as outing 12 midday onwards  
Venue: Bellerive  
Next Meeting: Friday 9 October  
Guest speaker: Going for lunch at Shoreline Hotel

**GLENORCHY**
Meets: Last Monday of the month, 6:00-8:00pm  
Venue: Glenorchy  
Next Meeting: Monday 28 September & 26 October  
Guest Speaker: Social gathering

**NORTHERN (Launceston) – Social Group**
Meets: Second Thursday of the month  
Venue: Kings Meadows  
Next Meeting: To be confirmed  
Guest speaker: Social gathering

**DEVONPORT**
Casual Coffee Group  
On hold

**LAUNCESTON UNDER 50’S PEER SUPPORT GROUP**
Meets: Last Saturday of the month, 10:30am-12:30 pm  
Venue: Linc Library, Launceston  
Next meeting: On hold  
Guest Speaker: Social gathering

**WYNYARD PEER SUPPORT GROUP**
Meets: Second Wednesday of the month, 2:00-4:00pm  
Venue: Wynyard  
Next Meeting: Wednesday 14 October  
Guest speaker: Coffee catch up

**ULVERSTONE PEER SUPPORT GROUP**
Meets: Fourth Wednesday of the month, 11:00am-1:00pm  
Venue: Ulverstone  
Next Meeting: Wednesday 28 October  
Guest speaker: TBC

**MENS PEER SUPPORT GROUP**
Meets: Third Friday of the month, 12:30-2:30pm  
Venue: Hobart  
Next Meeting: Friday 16 October, venue varies  
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: To be confirmed  
Social gathering, coffees and cake etc at own expense

RSVP for groups to msconnect@ms.org.au

**COVID-19 continues to challenge our MS community**

As the different stages of COVID-19 have happened, we’ve heard from many of our clients about the challenges, fears, difficulties and uncertainties that come with living through a pandemic whilst living with MS. Many of our clients are worried about being on immunosuppressive medication, understanding their risk of COVID-19 and how to manage symptoms without access to health services that are a part of their normal regimes.

Adding to that, there is the impact of things like home schooling, redundancies, reduced income, social isolation and increased carer burden. Now, more than ever, we’re seeing just how much all aspects of health, your physical and mental health, can impact on each other.

MS Nurses Jane and Bridie are both working hard to keep up to date with information and have some great resources to provide as well. Jane and Bridie have adapted to working at home where they have set up work stations and continue to be there for our community throughout this time. Our MS nurses are still available at the end of the phone to provide information, support, advice and referral for people living with MS, family members, friends, carers and health professionals.

Feel free to get in touch with our MS Nurses to discuss anything from diagnosis, MS treatments, symptom management, lifestyle choices or your overall wellbeing. **MS Connect** - Freecall 1800 042 138
Seeking NEW Group Facilitators!

Peer Support Groups are under the auspices of MS and are largely self-directed. Group members share common experiences, social activities, education and information about living with MS.

We are looking for anyone who is living with MS and interested in facilitating a group in Launceston and willing to complete the MS Peer Support training. The main roles of a facilitator include leading discussions, organise guest speakers and be the main contact person for group participants.

To be eligible to apply:

You will need to have been diagnosed with MS for at least 2 years, have a positive outlook in life and be a positive ambassador for MS Limited.

Please contact MS Connect™ for more information:

Freecall: 1800 042 138

Email: msconnect@ms.org.au

Web: www.ms.org.au