MS Go for Gold Scholarships enable people living with multiple sclerosis to fulfill a dream or pursue a personal goal that otherwise may be out of reach.

If you are someone living with MS and need a little bit of support to help you achieve your goal, then apply for a MS Go for Gold Scholarship.

There are 25 scholarships of up to $2,000 and you have the freedom to decide how to use the grant. Maybe you want to explore your creative side and make art or learn a new hobby, further your education, change careers or kickstart a business idea, Maybe you're interested in living well by participating in wellbeing activities or purchasing equipment that will have a positive impact on your daily life.

As Lydia, a past recipient of the MS Go for Gold Scholarship says, ‘the Go for Gold Scholarship doesn't have to be an extravagant dream. It can be for everyday wishes…my dream was to study Italian.’

To find out more visit our website www.ms.org.au/go-for-gold

The 2020 Launceston MS Walk, Run + Roll has been cancelled

Our number one priority is the health and well-being of our event participants, volunteers, staff and the local community, and we have made this decision in the best interest of our wonderful MS Community. We want to take this opportunity to thank you for your support. We have been so heartened by the continuing support, since the inaugural MS Launceston Walk Run + Roll in 2019.

However, in response to government direction to slow the impact of COVID-19, we have made the decision to cancel the event that was scheduled to take place on Sunday 20 September 2020.

The financial impact of cancelling our fundraising events is significant. While we face global uncertainty and a changing environment, the need for support and services to assist people living with multiple sclerosis continues.

You can make sure no one faces MS alone. If you would like to help us reach our fundraising goals please visit www.mswalk.org.au to make a donation.

We look forward to welcoming you back to the Launceston MS Walk, Run + Roll in 2021. Please visit our website for more information www.mswalk.org.au

Applications close on Thursday 10 September 2020 at 5:00pm
A message from our CEO

This is a message from our CEO, John Blewonski to all our clients and members of the MS community, with an update on our plans to gradually restart our face-to-face services and reopen offices.

To watch the video, click on the image above, or click here.

If you would like more details about MSL’s operational plans during COVID-19, check our Roadmap to Recovery.

For more resources and information to help you get through COVID-19, check our COVID-19 Resources page.

If you need support or services, please don’t hesitate to contact us on 1800 042 138 or msconnect@ms.org.au.

All the best,

The team at Multiple Sclerosis Limited

Although Tassie is gradually moving towards a greater sense of normality, these are still unsettling times across some parts of Australia.

Our team at MS is still producing resources to support people living with MS in face of COVID-19 www.ms.org.au/support-in-crisis.

If you need support or services, please don’t forget we are only a phone call away 1800 042 138.
Join the 2020 MS Gong Ride Virtual
All you need is a bike and a phone!

This October, your challenge is to rack up the kms on one of eight routes, ranging from 82km up to 3,740km – the equivalent of riding from Perth to the ‘Gong!

Enter now for FREE and choose your own journey this October to FIGHT MS, away from the crowds.

Cycle along local paths, through lush forests, on winding roads, on the way to work or in the comfort of your own home. The 2020 MS Gong Ride Virtual is your challenge, your way.

ANYONE can join, with any fitness level, anywhere in Australia.

Whatever your cycling experience may be and wherever you live, you can take part. No additional equipment is needed, just you and your bike... in your lycra or sweatpants, outside or from the comfort of your gym or home, you can ride a distance that suits YOU, to Fight MS!

Sign up today for FREE to be part of the Ride to Fight MS.

All you need is your bike and your phone (to track your rides). No other equipment is required.

The challenge takes place this October. You’ll have 32 days to complete your challenge and raise vital funds to support the 25,000 people living with multiple sclerosis, and the 10 people diagnosed every week here in Australia.

Will you go the distance this October in the Ride to Fight MS?

To register for FREE visit www.msgongride.org.au

Understanding MS

‘Understanding Multiple Sclerosis (MS)’ is a free online course that aims to improve understanding and awareness of MS. Members of the public will increase their knowledge of MS-related issues and those in the MS Community will be empowered to create and contribute to personalised MS management plans.

The course consists of six modules and is designed for anyone with an interest in Multiple Sclerosis, opens 14 September 9.00am, duration 2 hours per week.

This course was developed by the Menzies Institute for Medical Research in partnership with Multiple Sclerosis Limited, and in collaboration with the Wicking Dementia Research and Education Centre.

Click here for further information and enrolment.
Making life better for others has been one of the major aims of Elizabeth Meredith’s life in her career as a scientist and educator. In turn, her four children, two step-children and nine grandchildren are continuing along this path.

Having been touched by multiple sclerosis (MS) when her daughter was diagnosed, she knows the challenges that living with MS can pose, and appreciates how the loving support of family, especially that of her late husband, can positively affect the lives of those with the illness.

Her ongoing involvement includes supporting the ‘Go for Gold Meredith Scholarship’ which has been awarded continuously since 2004. It was created in memory of Bill, her late husband. Bill volunteered at Multiple Sclerosis Limited for many years and the generous collection at his funeral was the beginning of this loving tribute.

Elizabeth will also be continuing her support for people living with MS by leaving a gift in her Will. However, she hopes that through ongoing financial support and research MS will eventually be eradicated.

To ensure that she can leave a legacy gift, Elizabeth puts aside a small sum each month just for this purpose, knowing that even a modest amount can make a difference.

She hopes that such actions will inspire others to do the same.

If you too believe that your life and your actions can be your message to the world, contact 1800 443 867 (1800GIFTMS) for more information.

Whatever the amount, we are extremely grateful for any gift in a Will left to Multiple Sclerosis Limited. It will provide future vital support so people living with multiple sclerosis can live the best life possible.

Check our website: www.myslegacy.org.au or write to futureplanning@ms.org.au

*We are here so no one needs to face MS alone*

Women’s Health Week 2020

This year we are working with MS Australia (our national peak body) to deliver an exciting online program for Women’s Health Week (7-11 September).

MS Australia is a new Community Partner of Jean Hailes’ Women’s Health Week campaign to help reach women around Australia with important messages about the importance of looking after their health and raise awareness about multiple sclerosis.

With the impact of COVID-19, good health is more important than ever, so during Women’s Health Week 2020 we will focus on encouraging women Australia-wide to ‘check in’ on their health and wellbeing.

Keep an eye out for more information about our online program on our website: www.ms.org.au/womens-health-week
**Live Well with Multiple Sclerosis**  Monday 14 September, 10.00am - 10.30am  
MS Nurse Bridie will cover tips and advice on how to live with MS, a great session for newly diagnosed as well as people living with MS for some time.

**Bladder and Bowel Changes in Multiple Sclerosis**  Tuesday 15 September, 11.30am - 12.30pm  
Many people living with multiple sclerosis experience changes to their bowel and bladder function as a result of their multiple sclerosis and other symptoms. Join MS Continence Nurse Advisor, Fiona Easton and learn about the issues relating to continence, whilst offering tips and strategies that will help you manage your symptoms.

**Pilates by Webinar (6-week series)**  Tuesdays from 15 September, 2.00pm - 2.45pm  
*Cost involved, assistance available*

We are repeating the always popular Pilates session to get you up and moving for spring.

**How can I help someone living with MS?**  Wednesday 16 September, 12.00pm - 1.00pm  
When someone is diagnosed with MS, learning about the disease and what to expect is really important. That applies to family members and friends too. So for family and friends we will explore ways in which you can help, as well as things that may not be so supportive. Join the MS Nurse Advisors for a conversation about how to navigate this experience.

**Managing Finances - Young and Unable to Work**  Thursday 17 September, 10.00am - 11.00am  
Presented by Nicola Beswick, a Certified Financial Planner® at GFM Wealth Advisory. In this webinar, Nicola will look at the scenario of a young person in their 20s or 30s who has recently left the workforce due to their MS. Nicola will discuss their options for income and what else they should consider?

**NDIS Hot Tips and Q&A**  Monday 21 September, 11.00am - 12.00pm  
Join one of our expert MS NDIS Support Services team members for this informative Q&A session. We will address all your NDIS related questions and also give you top NDIS tips to help you progress through your NDIS journey. This is an interactive Q&A session where you are invited to ask your NDIS questions throughout the webinar.

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

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

### EASTERN SHORE
- **Meets:** Second Friday of the month, 10:30am-12 noon
- **Venue:** Bellerive
- **Next Meeting:** Friday 11 September
- **Guest speaker:** Suzi Caflin, Menzies Institute for Medical Research

### GLENORCHY
- **Meets:** Last Monday of the month, 6:00-8:00pm
- **Venue:** Glenorchy
- **Next Meeting:** Monday 28 September
- **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 9 September
- **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 September
- **Guest speaker:** TBC

### MENS PEER SUPPORT GROUP
- **Meets:** Third Friday of the month, 12:30-2:30pm
- **Venue:** Hobart
- **Next Meeting:** Friday 18 September, venue varies
- **Social gathering, meals available at own expense**

### NEW NORFOLK PEER SUPPORT GROUP
- **Meets:** First Wednesday of the month, 10:30am-12 noon
- **Venue:** New Norfolk
- **Next Meeting:** To be confirmed
- **Social gathering, coffees and cake etc at own expense**

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**RSVP for groups to msconnect@ms.org.au**

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### TELEGROUPS

**People with MS – general group for people wanting support & to share information**

- 1st Monday of the month, 11:00am -12:00 noon
- 2nd Tuesday of the month, 7:00 - 8:00pm
- 2nd Monday of the month, 7:00 - 8:00pm

**Men with MS Support Group**

- 1st Thursday of the month, 1:30 - 2:30pm
- 1st Tuesday of the month, 12:00 noon -1:00pm

**Family and Friends**

- 1st Tuesday of the month, 7:30 - 8:30pm

**Mums with MS**

- 2nd Tuesday of the month, 1:00 - 2:00pm

**Women support group**

- Fourth Monday of the month, 12:30 - 1:30pm

**Women in the 40 to 64 aged group**

- Third Tuesday of the month, 10:00 - 11:00am

**Over 65’s support group**

- 1st Tuesday of the month, 10:30 -11:30am

**Contact MS Connect™** Freecall 1800 042 138 or email msconnect@ms.org.au to have a chat about which group will best suit your goals.