MOVING FORWARD

Welcome to the October newsletter. A big thank you to everyone who joined the Hobart 24 hour Mega Swim either as a participant or supporter, the effort and commitment are greatly appreciated by us all and the funds go to help make a difference for people with multiple sclerosis with very practical support through both the Go for Gold Scholarship program and financial assistance program.

Cancer Council Tasmania has now taken possession of the Sandy Bay building and we understand that they are planning to do some renovations over the next few months so if you are visiting the office you will see some changes.

We have not been able to offer support at the MS Clinic until now as we have needed to have a new signed agreement with the Royal Hobart Hospital which is very close to being signed. This will enable us to return to attending the MS Clinic and we will be able to provide an expanded team of both nurses and social work support and we are looking forward to returning.

We have been fortunate to receive some funds for our financial assistance program so if there are issues that you feel may need some support for, make an appointment at one of the Outreach venues to take the time to speak to the team who can help work out a solution with you which may include access to the scheme.

Best wishes
Sandra

SAVE THE DATE

PEER SUPPORT JOINT CHRISTMAS LUNCH

Open to all peer support groups, clients, carers, friends and family members

Date: Saturday 9 December at 12 noon

Venue: Dr Syntax Hotel, Sandy Bay
(Venue has disability access and toilets, and onsite parking)

Set Menu: $20 one course or $28 two courses
Table service
Drinks available at the bar, purchase as you go

RSVP: Friday 1 December. Please advise attendees, how many courses for each person, names and contact numbers

Bek - thorpe5@hotmail.com
Chris - cegm58@icloud.com
MSL - 6220 1111

Meals must be paid for on the day directly at the venue
VOLUNTEERING

MS VOLUNTEERS CAN PROVIDE SUPPORT

MS has an expanding team of volunteers that are generously contributing their time to support people living with multiple sclerosis. We recruit volunteers to support people living with multiple sclerosis in a broad range of ways including social visiting, transporting to appointments, help pack for moving house, temporary dog walking or light gardening to name a few.

Do you feel you would benefit from the support of a volunteer services? We have a dedicated Volunteer Coordinator, Sandy Kugis who will get straight onto it and find the person for you. It doesn’t happen overnight but it will happen. For us to ensure we have the right person for you, we recruit volunteers based on your request. Then if we receive expressions of interest, we interview, referee check, police check, provide training and away we go. We would love to be able to support you through our volunteer services. We can’t do everything but there is lots we can do!

To request volunteer support please contact MS Connect on 1800 042 138 or msconnect@ms.org.au.

WEAR RED FOR MS AND FUNDRAISE - ANYTIME, ANYWHERE!

Want to fundraise for MS in your organisation or club, but stuck for ideas? Wear Red for MS makes it super easy: just wear red and give a gold coin to MS. Support and event decorations are available to event organisers to help make your event look the part. For more information, and to register, visit http://www.wearredforms.org.au.

Thanks to Wear Red for MS sponsor Petrusma Property (http://www.petrusma.com.au/) for providing ongoing graphic design and printing services to make the year-round implementation of Wear Red for MS possible.

HUB & SPOKE OUTREACH

TIMETABLE AND STAFF

<table>
<thead>
<tr>
<th>Venue</th>
<th>Dates</th>
<th>Appointment Times</th>
<th>Venue</th>
<th>Dates</th>
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<tbody>
<tr>
<td>Beaconsfield</td>
<td>6 Dec - SD</td>
<td>10.15-11am, 11.15-12noon, 1-1.45pm, 2-2.45pm</td>
<td>Bellerive</td>
<td>6 Nov - AS 4 Dec - AS</td>
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<td>Beaconsfield District Health Service</td>
<td>13 Bolton Street</td>
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<td>Bellerive Health Hub Level 3, 33 Cambridge Street</td>
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<td>Burnie</td>
<td>12 Dec - KM</td>
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<td>27 Green Point Road</td>
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<td>LINC, The PaperBark room 30 Alexander Street</td>
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<td>Campbell Town</td>
<td>29 Nov - SD</td>
<td>10.30–11.15am, 11.30am-12.15pm, 1–1.45pm, 2-2.45pm</td>
<td>Cygnet</td>
<td>29 Nov - AS</td>
<td>10.30–11.15am, 11.30am–12.15pm, 1–1.45pm</td>
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<td>70 High Street</td>
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<td>Cygnet Community &amp; Health Centre, Rm 3 1 Frederick Street</td>
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Anthea (AS)  Michael (MM)  Kim (KM)  Sarah (SD)
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<tr>
<th>Venue</th>
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<th>Appointment Times</th>
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<td>Tasmanian Health Service</td>
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<td>160 Agnes Street, George Town</td>
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<td>North West Region</td>
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<td>Kingston</td>
<td>12 Dec - MM</td>
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<td>New Norfolk</td>
<td>6 Dec - MM</td>
<td>10.30–11.15am, 11.30am–12.15pm, 1–1.45pm</td>
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<td>Kingston Community Health Centre</td>
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<td>Community Health Centre, Hazell’s Room</td>
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<td>Nubeena</td>
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<td>29 Nov - KM</td>
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<td>Rosebery Community Health Centre</td>
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<td>Sheffield</td>
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<td>LINC</td>
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<td>Rural Health Tasmania</td>
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<td>51 King Street</td>
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<td>1b Henry Street</td>
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<td>Sorell</td>
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<td>5 Dec - KM</td>
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<td>Room 5, 57 Cole Street</td>
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<td>St Marys</td>
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<td>5 Portland Court</td>
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<td>Rear of St Marys</td>
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<td>St Marys</td>
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<td>Hall, Main Road</td>
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<tr>
<td>Triabunna</td>
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<td>Ulverstone</td>
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<td>Spring Bay Community and Health Centre</td>
<td>3 Melbourne Street</td>
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<td>Ulverstone Community Health Care Centre</td>
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<td>Wynyard</td>
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WE ARE NOW REGISTERED TO PROVIDE NDIS SUPPORT COORDINATION IN TASMANIA, SO YOU CAN CHOOSE US

WHAT IS SUPPORT COORDINATION?

Support Coordination is all about making your NDIS plan active. Many people find it challenging to implement the funded support and services included in their plans.

The NDIS provides funding for Support Coordination to help you put your plan into action and strengthen your ability to manage your own plan in the long term.

You get to choose your own Support Coordinator.

Your Support Coordinator can also assist you to link up with the service providers you choose, navigate the disability sector and coordinate your informal, funded and mainstream supports.

There are three levels of Support Coordination:
1. Support Connection
2. Coordination of Supports
3. Specialist Support Coordination

Your NDIS planner will talk to you about which level of Support Coordination is most appropriate for you in your planning conversation.

What we can do for you

With 60 years’ of insights, we have a deep understanding of how progressive neurological symptoms can impact your everyday life and goals. We know the disability and community sectors back to front, so you don’t have to explain things and repeat yourself to us.

We’ve also spent the past three years participating in the NDIS trial sites, so we understand how the system works and how to get the best out of your Support Coordination.

Our Support Coordinators are here to stand beside you, support you and empower you to make your NDIS plan active. We work with you in partnership to make sure your plan works well for you. We work with people with all kinds of different neurological conditions — not just multiple sclerosis.

We take direction from you about how you want to manage your plan. You might choose to allocate some responsibilities to us, while you take others. The choice and control is yours. And together, we can work toward your goals and improve your life.

We’re excellent listeners, we have great insights into a wide range of providers, and we can help match you with those who meet your values.


What you can do

Make sure you ask for Support Coordination to be included in your plan when you have your planning conversation with your NDIS planner.

If you would like us to provide your Support Coordination or you would like some more information about what we can do for you, please contact MS Connect:

8.30am to 5pm, Monday to Friday
T 1800 042 138 (Freecall)
E msconnect@ms.org.au
EVENTS

MS 24 HOUR MEGA SWIM HOBART

The inaugural Hobart MS 24 Hour Mega Swim was a massive success. Held at the Doone Kennedy Hobart Aquatic Centre on the weekend of October 14-15, it attracted 5 teams with 88 participants. An impressive $12,300+ was fundraised.

We had the honour of Hobart City Council Alderman Damon Thomas opening the event at 12pm as the event went full steam ahead for 24 hours. Each team swam in relay continuously until the finishing horn sounded at 12pm Sunday. Over 450km was swum in total! All participants demonstrated exceptional camaraderie, physical and mental strength and a wonderful sense of humour throughout the event.

Carol Cooke AM, Paralympian and founder of the MS 24 Hour Mega Swim says; “living with MS is a 24 hour, 7 day a week challenge. The MS 24 Hour Mega Swim is a feat of endurance that reminds us of this challenge.”

MS Ambassador Bill Pegus presented awards to all the winners. Congratulations to HC Swim Club Blue who won the prestigious title of Overall Winning Team for 2017, swimming 106km and raising $3,053!

The following awards were also presented on the day with inspirational 11 year old Mollie Davis taking out both the Highest Individual Fundraiser and Youth Awards, single-handedly raising $1,740. HC Swim Club Blue were awarded Best Dressed Team, and the 100m Sprint was won by Max Powell from HC Swim Club White who finished in 1 min, 2 seconds.

A huge thank you to everyone who participated in the event and their supporters, the fabulous MS volunteer crew and major sponsors Doone Kennedy Hobart Aquatic Centre, KORE, Funky Trunks & Funkita. Free massages were provided to participants by Ange, Josh and Wendy from Stoke Massage Therapy and spot prizes were provided by Daci & Daci, The State Cinema, Chemist Warehouse Hobart and Zoodoo Doo.

The MS 24 Hour Mega Swim will be back in 2018 bigger and better than ever. Stay up to date on developments at https://www.msmegaswim.org.au.

FOCUS ON...

MS DONATION TINS

MS donation tins are an easy and highly effective way to raise funds for MS. If you know of a business that would be happy to have an MS donation tin on their counter please contact me, Angela Anderson, Fundraising Events Coordinator TAS, via email at angela.anderson@ms.org.au or by phone on 6220 1111.

RHH Wellington Clinics, Hobart

Wellington Clinics in Hobart, a division of the Royal Hobart Hospital, recently decided to hold free dress fundraisers for MS across four floors of their organisation every Friday. They've just filled their first four tins and raised $313.30, and they've requested four more to keep the fun going and the funds growing. Thanks to MS community supporters Teresa Warren and Susan Land for creating this great fundraising initiative.

Morty's Cafe and Wine Bar, Launceston

Launceston eating institution Morty's Cafe and Wine Bar (https://www.facebook.com/mortyscoffeeandwinebar) have raised $247.45 so far this year via their MS donation tins to support those living with multiple sclerosis. Thank you to MS community member Peter McCullagh for reaching out to Morty's to support MS.

Halys & Sells Chartered Accountants, Hobart

Halys & Sells Chartered Accountants, Hobart raised $34.90 via their donation tin to support those living with MS. Thank you to the team at Halys & Sells for their support.
PEER SUPPORT

THOUGHTS FROM CHRIS GUMLEY

My name is Chris Gumley and I have lived with multiple sclerosis for 29 years. Initially, like a number of people with multiple sclerosis, I kept the diagnosis to myself, family and a few friends, and ‘worked through’ what I could, keeping my ‘head in the sand’ for a long time. Over the years multiple sclerosis has gradually caught up with me, with symptom management now part of everyday life. I went to my first peer support group meeting a couple of years ago and found that meeting with this group of people was beneficial to my wellbeing. The positive impact that the peer support group has had for me has inspired me to become a facilitator myself.

Along with Jane Latimer, I am a Peer Support Facilitator for the Eastern Shore group and also participate in a one on one peer support telephone program. The peer support meetings are monthly where we meet and have a coffee and chat, and usually have a speaker, who is someone that provides the group with information to better support their condition. Some months the group will meet for lunch at an agreed venue, which as seen below is an enjoyable time for all.

Meeting people with similar health concerns, allows participants to feel comfortable discussing their problems without feeling “less of a human being”. Unfortunately, some of the areas of disability will sometimes present to the general public as an inadequacy, and not a symptom of a person’s illness eg. cognitive (“not all there”) or mobility problems (“drunk”). To be able to share experiences with a group of people who understand and who do not need to elaborate their difficulties, is comforting and reassuring whilst at the same time, making you aware that you are not all that different from others and you are not alone. For people affected by MS to be in a supportive environment, with no fear of judgement is fundamental to people facing and managing their difficulties, and moving from a dark place to a brighter world.

PEER SUPPORT MEETING TIMES

CIRCULAR HEAD
Meets: **Temporary date change** 7.30pm – 9pm
Venue: Circular Head Rural Health Service
Next meeting: Monday 13 November
Guest Speaker: Leanne Wease, Mission Australia

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

EASTERN SHORE
Meets: Second Friday of the month, 10.30am - 12noon
Venue: Bellerive Yacht Club, Bellerive
Next meeting: Friday 10 November
Guest Speaker: Angela Land, Peer Support Coordinator

GLENORCHY
Meets: Last Monday of the month, 6pm – 8pm
Venue: Glenorchy RSL, Glenorchy
Next meeting: Monday 27 November
Guest Speaker: Angela Anderson, Multiple Sclerosis Limited, Fundraising Event Coordinator

KINGSTON
Meets: Second Tuesday of the month, noon – 2pm
Venue: The Salty Dog Hotel, Kingston
Next meeting: Tuesday 14 November
Guest Speaker: to be announced

NORTHERN - SOCIAL GATHERING
Meets: Second Thursday of the month, 11am – 1pm
Venue: The Branch Community Centre, Kings Meadows
Next meeting: Thursday 9 November

ULVERSTONE
Meets: Fourth Wednesday of the month, 11am – 1pm
Venue: Surf Life Saving Club, Ulverstone (Lift access available from 10.45am)
Next meeting: Wednesday 22 November
Guest Speaker: Claire Kutz, Community Occupational Therapist