



Community Forum in

Launceston

Thank you to everyone who attended the forum and met the MSL board members, it was great to meet so many people and to hear your views on what we are doing and what we can do better for you. It is inspiring to be part of the journey that you are all taking and we appreciate the trust you have in us to serve you.

Readathon

The success of the readathon means that next year we will be offering a family camp in Tasmania. The team are just at the beginning of the planning stage so keep an eye out in future editions for updates.



MS Advisory Committee member

Marlene Pegus mpegus1@bigppond.com,
Romaine Tas 7320

Marlene is retired and has reared 4 children and supported her husband who worked with the local paper mill as a roster shift employee. She was an active member of the local school fund raising committee and engaged voluntarily in many areas of the school activities supporting staff, parents and children and actively communicating with all for the advancement and better understanding for all groups.

It was during this time 32 years ago she was diagnosed with MS. Following diagnoses she was in contact with the local support group on the North West coast of Tasmania and became an active member with keen interest in supporting the members particularly in areas of improvement of services, ease of access to specialists, assistance in travel, information for help and aids and community awareness of the disease. Marlene brings personal experience from years dealing with MS and is keen to see and assist in ways supporting improvements to services for all clients.

i-FIMS Research Study September Update

The i-FIMS research study now has **26** participants taking part in the study in Tasmania. Thank you to all who have expressed interest and are taking part. The i-FIMS study is recruiting 500 people living with MS across Sydney, Canberra, Melbourne and Tasmania. We are hoping to reach **100 people** taking part in the study in Tasmania and we are looking for more participants in the following areas to take part:

- Hobart and South-Eastern Tasmania
- Launceston

If you would like more information about taking part please contact Jessica Turner, at ifims.hobart@neura.edu.au or on 0447 937 071



Mega Swim Hobart

Hobart MS 24 Hour Mega Swim

Saturday 13 – Sunday 14 October 2018

Hobart Aquatic Centre

Come along and support the teams swimming throughout the 24 hours



Peer Support Group Facilitation

Could this be you?

MS Peer Support Groups come in all shapes and sizes. Groups can be casual or more structured, dependant on the type of group the members are comfortable with. Groups can meet in person or over the phone. Groups meet during the day, in the evenings or on weekends. MS currently has 67 Peer Support Groups throughout ACT, NSW, VIC and TAS.



The Peer Support group facilitator's role is to contact new groups members, send reminder emails, bring together the group each month to discuss experiences, share laughter (and some tears), organise guest speakers and have a cuppa with the members. There's a caring component and there's an administrative component.

Deb, who has been facilitating a group for 4 years in NSW says "the benefits of being a group facilitator are many however as I watch the members leave each meeting I feel overwhelmed and rewarded knowing that I have helped the members in their journey with Multiple Sclerosis".

Matt, who facilitates the Men's Telegroup sees the group as another support network and helps him consider how others have dealt with something that he may be experiencing too. The Telegroup that Matt facilitates brings together men to talk about their MS "in a supportive, nonjudgmental environment".

Our Peer Volunteers are people living with multiple sclerosis, or carers of people living with multiple sclerosis who:

- Have been diagnosed with multiple sclerosis for at least 2 years
- Are positive advocates for MS because they know about the support and programs available
- Have completed peer support training and police checks

Are you interested in facilitating a MS Peer Support Group?

Would you like to provide a supportive environment to others living with MS?

Then this may be the role for you!

Contact MS Connect to arrange an interview with one of the Peer Support Program Coordinators.

If you would like more information about groups available in your area please contact MS Connect on 1800 042 138 or email msconnect@ms.org.au.

Neurological Alliance Tasmania



Neurological Alliance Tasmania (NAT) is an alliance of 10 not-for-profit organisations representing or supporting many thousands of Tasmanians living with or affected by progressive neuromuscular or neurological conditions. The Alliance was established in recognition of similar issues affecting client needs across Tasmanian neurological and neuromuscular organisations.

Multiple Sclerosis Limited is represented at NAT by Tasmanian Practice Leader, Jen Lowe. Jen sits as the Secretary of the Alliance. The most pressing issue for the Alliance at present is the lack of neurological services in the north of Tasmania – namely a neurologist.

The Alliance continues to advocate to Tasmanian Health Service and politicians on this important issue.

GO FOR GOLD SCHOLARSHIP

The Go for Gold Scholarship Program is funded by the MS 24 Hour Mega Swim, which is a fun team relay swimming event established by MS Ambassador and gold-winning Paralympian Carol Cooke. The first swim was held in 2001 at the Fitzroy Pool in Victoria and raised \$22,000.

Living with MS is a 24 hour, 7 day a week challenge. A 24 Hour Mega Swim is a feat of endurance that reminds us of this challenge. The Mega Swims are exciting events that bring communities together.

The Go for Gold scholarship program in Tasmania is thanks to the generous efforts of the Tasmanian organisers, swimmers and supporters of the Mega Swim. Last year there were Mega Swim events in Hobart and Launceston, with 147 swimmers in 10 teams across the two events, who raised over \$30,000.



L-R Jen Lowe, G4G recipient Nichole Davison and Sharlene Brown
10th September, Ettie's Restaurant in Hobart.

Nichole Davison was our successful Tasmanian scholarship recipient this year. Nichole's dream is to have a garden where she and her husband can grow produce to cook with and to share with others. Their dream includes growing vegetables, planting a small orchard and building a hothouse from recycled materials – The Happy Shack.

This Go for Gold Scholarship will enable Nichole to realise her long-held dream, which she sees as a light in the dark on her journey, something that will provide her with a meaningful daily quality of life.

She is looking forward to being able to share fresh, organic, "grown with love" produce with family and friends, and maybe even grow enough to share with the local community if everything grows well.

Tasmanian Community Fundraising Update

A HUGE SHOUT OUT to our amazing Tassie fundraisers who are all doing incredible work to raise both funds and awareness for MS! We'd love to give a special mention to these superstar fundraisers:

To **Teresa Warren** who, for the past 12 months, has been diligently filling tin after tin at the Wellington Clinics. In the last 12 months Teresa has raised \$1320.05! Bravo and thank you to everyone who contributed.



To **Dawn Murray** who is heading off today to Spain on her epic adventure to walk the Camino de Santiago - mammoth 330km over 20 days! The trip is a result of Dawn's rugged determination, months of training and her Go For Gold scholarship. Not content with just taking on this adventure Dawn is using it to give back to the MS community and has already raised close to \$1500 on her [#DoltForMS fundraising page](#).

We hope both Dawn and Graeme have an incredible time – you're already legends in our eyes!

Don't forget you can get in touch with Erin any time to request donation tins, discuss/create fundraising plans and get advice, materials and moral support: erin.wicking@ms.org.au 03 9845-2825.

MS EDUCATION

Webinars, Wellness and other Education Events



Wellness Event - Hobart TAS Saturday 13 October, 10.00am – 3.30pm
Held at Blunstone Arena Bellerive registration closes 5 October

Wellness Afternoon Tea - Launceston TAS Sunday 14 October, 2.00pm – 4.00pm
Held at Tailrace Centre 1 Waterfront Drive Riverside registration closes 8 October

Tai Chi by Webinar (6-week series) 9 October - 20 November, 10.30am – 11.15am

Webinar - Getting on Top of Pain Friday 9 November, 11.00am – 12.00pm

NDIS Information Sessions , Various webinars and face-to-face sessions in various locations

For more information please email education@ms.org.au or call [MS Connect™](tel:1800042138) (Freecall 1800 042 138) or check our Website.

PEER SUPPORT MEETING TIMES



CIRCULAR HEAD

Postponed, resuming in November

KINGSTON

Meets: Second Wednesday of the month, 12 - 2pm

Venue: Kingston

Next Meeting: Wednesday 10th October

Guest Speaker: Phil Ladlow, Allcare Physio,
Sandy Bay

Visitor: David Vickery, Kingborough

Access Advisory Committee

Email Alan: ambrundish@gmail.com

EASTERN SHORE

Meets: Second Friday of the month, 10:30am - 12

Venue: Bellerive

Next Meeting: Friday 12th October

Guest Speaker: Social Outing, to be confirmed.

Email Chris: cegm58@icloud.com

DEVONPORT

Casual Coffee Group

*Is no meeting in October, will resume in November

Meets: Third Saturday of the month 10:30am -11:30

Venue: Zest Café & Bakehouse, Devonport

Next Meeting: Saturday 17th November

RSVPs: Dawn : dawn_e_murray@hotmail.com

Social gathering

GLENORCHY

Meets: Last Monday of the month, 6pm - 8pm

Venue: Glenorchy

Next Meeting: Monday 29th October

Guest Speaker: Rosie Mooney,

Brain Injury Association Tasmania

Email : Kerry: kakievit@yahoo.com.au or
peteandkerry84@gmail.com

NORTHERN (Launceston)

Meets: Second Thursday of the month, 11am - 1pm

Venue: Kings Meadows

Next Meeting: Thursday 11th October

Social Gathering

ULVERSTONE

Meets: Fourth Wednesday of the month, 11am - 1pm

Venue: Ulverstone

Next Meeting: Wednesday 24th October

Guest Speaker: Planning Officer,
from Ulverstone Council

Email: Angela: angela.land@ms.org.au

MENS PEER SUPPORT GROUP

Meets: Third Friday of the month from 12:30 - 2:30pm

Venue: Glenorchy

Next Meeting: Friday 19th October

Social gathering, meals at own cost. Open to Men
living with MS and Carers

RSVPs: Sean: sean.omoore62@gmail.com or
Jerome: swanseaelectrical@bigpond.com