



Our Vision Find a cure, minimise the impact



World MS Day 2019

To celebrate World MS Day on May 30 we have plenty in store to support the global campaign which this year is focused raising awareness of the invisible symptoms of multiple sclerosis. The hashtag [#MyInvisibleMS](#) is your ticket to finding people and content on sites such as Facebook, Twitter and Instagram so you are up-to-date with what is happening around the world on World MS Day.

We are encouraging all the community to **'Wear Red'** on World MS Day and if you need to jazz up your outfit don't forget to check out our MS lapel pins and ribbons which you can purchase at:

<https://shop.ms.org.au/collections/doiiforms>

Red Affair – A Night For MS

We're excited to share that in honour of World MS Day, the Red Affair is back! This year's cocktail function themed *A Night for MS*, will be held on Saturday 25 May at the Hobart Function Centre and promises to be another incredible event. You can keep up to date with all the latest details including the link to buy your ticket via: www.trybooking.com/BBPJN



Multiple Sclerosis Research Engagement Workshop & Symposium in Hobart

"Interactive Brainstorming and showcasing the next Big Ideas in MS"

The Menzies Institute for Medical Research are hosting a research workshop and public information symposium.

Date: Thursday May 30, 2019 World MS Day

Venue: C3 Convention Centre, South Hobart

Time: 10:00am - 12noon Research Presentations

Time: 2:00pm - 4:00pm pm Presentations from MS Researchers, neurologists, PHD students



Let us help YOU to celebrate World MS Day

If you're interested in putting together your own activity, big or small, get in contact with Erin via communityfundraising@ms.org.au or on 03 9845 2825 and she'll help you make something magic happen for this big occasion. **Stay tuned for more shining examples of great Tasmanian based World MS Day events!**

Currently the NDCO Team (National Disability Coordination Officer Program) is working on a resource **"I am the expert of me"**.

The intent of this resource is to help people build skills and confidence to share information about disability with potential education providers and employers. This includes information about adjustments or supports that may be needed.

How can you help? We need as many people as possible who have a lived experience of disability to complete a survey. Have you shared or tried to share information about your disability with an education provider or employer? Is this you? We'd love to hear from you!

This survey is completely anonymous.

Link to the survey: <https://forms.gle/GhiPqGZPeHUXFBLz7>



SOUTHERN Tasmania – Outreach Dates May

Book with MS Connect 1800 042 138 to make an appointment to see our MS Nurse, Michael Mortensen, or our NDIS Engagement Coordinator, Miriam Rainsford at various centres across Southern Tasmania.

VENUE	DATE(S)	APPOINTMENT TIMES
BRIDGEWATER Brighton Community Health Centre – 27 Green Point Road, Bridgewater	MON 6 MAY – MM	9:30am-10:30am 11:00am-12noon 1:00pm-2:00pm
GLENORCHY LINC – 4 Terry Street, Glenorchy	TUES 7 MAY – MR	9:30am-10:30am 11:00am-12noon 1:00pm-2:00pm
KINGSTON	JUNE DATE TBC	TIMES TO COME
NEW NORFOLK Room 3, 3 Richmond Street, New Norfolk	DATES TO COME	TIMES TO COME
SORELL Sorell Community Health Centre, 57 Cole Street, Sorell	WED 15 MAY – MM	10am-11am 11:30am-12:30pm 1:15pm-2:00pm

Northern Tasmania – Outreach Dates May & June

Book with MS Connect 1800 042 138 to make an appointment to see our MS Nurse, Annette Crawford at various Centres across Northern Tasmania.

VENUE	DATE(S)	APPOINTMENT TIMES
BEACONSFIELD Beaconsfield District Health Service, 13 Bolton Street	WED 19 JUNE	10:00am-11:00am 11:30am-12:30pm 1:15pm-2pm
BURNIE LINC, 30 Alexander Street, Burnie The Paperbark Room	TUES 21 MAY	12:30pm-1:30pm 2:00pm-3:00pm
DEVONPORT Community House, 10 Morris Avenue	MON 3 JUNE	10:00am-11:00am 11:30am-12:30pm 1:30pm-2:30pm
SCOTTSDALE LINC, 51 King Street	MON 24 JUNE	10:00am-11:00am 11:30am-12:30pm 1:30pm-2:30pm
SHEFFIELD Rural Health, 1b Henry Street	TUES 3 JULY	10:00am-11:00am 11:30am-12:30pm 1:15pm-2pm
ST HELENS Neighbourhood House, 25 Circassian Street	TUES 25 JUNE	9:00am-10:00am 10:30am-11:30am 12:15pm
WYNYARD Rural Health, 33 Goldie Street	WED 22 MAY	11am-12noon 1:00pm-2pm

If you would like more information regarding Outreach:

[:https://www.ms.org.au/support-services/individual-assessment/outreach-tasmania.aspx](https://www.ms.org.au/support-services/individual-assessment/outreach-tasmania.aspx)



Have you listened to our new Not Alone podcast yet? Why not try an episode a day? You might learn something new about some common MS symptoms and wellness topics. Let us know what you think.

<https://www.ms.org.au/support-services/education/podcasts.aspx>

RURAL PEER SUPPORT GROUPS

Did you know that peer support is scientifically proven?

“Much evidence supports that peer support is a critical and effective strategy for ongoing health care and sustained behaviour change for people with chronic diseases and other conditions, and its benefits can be extended to community, organizational and societal levels.” (extract from UNC School of Medicine). It is great to learn from others that have been where you are or sharing the same journey. A person that truly ‘gets you’.



Peer supports comes in many forms, for MS we have one to one Phone support with a matched peer volunteer, peer support groups that meet face to face and groups that connect over the phone, and the benefits extend to everyone involved, these include:

- *increased knowledge of multiple sclerosis and ways to cope with the challenges
- *Empowerment to become more self sufficient
- *Improved self-reported health care and outcomes, becoming more proactive
- *Improved mental health and improved life expectancy.

Susan who runs the Echuca Peer Support Group shares that she accidentally fell into the role of coordinator of the Echuca MS Support Group, “I stayed in that role as I love being involved because the group is a unique opportunity to connect with others on the same journey. Through our meetings I’ve made great friends, learned a lot from professionals and enjoyed myself being able to help others.”

Wendy who attends the groups says, “It’s nice getting together with people who feel the same as you do and walk like you do.” And Sherrin who has been part of the group for the past 8 years says, “I have been fortunate to have lovely people giving me support as I manage my health and young family. The group helps keep us up to date with current treatments and MS information while enjoying a cuppa.”

Living in a regional or remote area can be particularly challenging and while some areas like Echuca in Victoria are fortunate to have face to face groups, for other people living with multiple sclerosis in regional and remote location, perhaps a telephone based group would work better. Moira tells us of why meeting with others is important. “What I enjoy about the group is we all look out for one another.”

If you would like to get involved or just want more information about the Peer Support Program including Face to Face groups that are located more rurally please contact MS Connect on PH 1800 042 138 or email msconnect@ms.org.au

MS EDUCATION

Webinars, Wellness and other Education Events

[Mindfulness by Webinar \(8 weeks\)](#) Mondays 29 April I-24 June 2.00 - 3.00pm

[Tai Chi by Webinar series \(6 weeks\)](#) Tuesdays 30 April - 4 June, 6.30pm – 7.15pm

[Managing Spasticity in Multiple Sclerosis](#) Monday 13 May, 11.00am – 12.00pm

["Let's Think about Your Thinking - An Interactive Session with Dr Luke Smith"](#)

Wed 15 May, 11.00am – 12.00

[Fatigue Management in Multiple Sclerosis - General Strategies](#) Friday 17 May, 11.00am – 12.00pm

[Speech and Swallowing in Multiple Sclerosis](#) Tuesday 21 May 1.00am – 12.00pm

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

Pilates Classes designed for people living with MS



We are running a Pilates class in Launceston that is being instructed by Pilates Tasmania:

Class Day & Time: Fridays 12:00noon

Class Length: 45 minutes

Location: Norwood

Cost: The classes are free due to funding MSL has received from City of Launceston Council

The class is almost full but if you are interested in attending please email tasenquiries@ms.org.au with your name and contact details.

PEER SUPPORT MEETING TIMES

CIRCULAR HEAD

Meets: First Monday of the Month from 7pm to 8:30
Venue: Circular Head Rural Health Centre, Smithton
Next Meetings: Mon 15th April and Mon 29th April
*Please note we are hosting a special six week (once a fortnight) Telelink Program .
RSVPS: msconnect@ms.org.au

KINGSTON

Meets: Second Tuesday of the month, 12-2pm
Venue: Kingston
Next Meeting: Tues 14th May
Guest speaker: Michael Mortensen, MS Consultant & Nurse
RSVP: msconnect@ms.org.au

EASTERN SHORE

Meets: Second Friday of the month, 10:30am - 12
Venue: Bellerive Yacht Club
Next Meeting: Friday 10th May, 10:30am to 12
Guest speaker: Social outing in celebration of World MS Month *please note there may be a change of time and venue
RSVP: msconnect@ms.org.au by Monday 6th May

DEVONPORT

Casual Coffee Group
Next meeting TBA

NORTHERN (Launceston) - Social Group

Meets: Second Thurs of the month, 11am to 1pm
Venue: Kings Meadows
Next Meeting: Thurs 9th May
Social Gathering

GLENORCHY

Meets: Last Monday of the month, 6-8pm
Venue: Glenorchy
Next Meetings: Mon 27th May
Guest Speaker: May Social Outing in celebration of World MS month *please note there may be a change in venue for this month only
RSVP: msconnect@ms.org.au by Fri 24th May

ULVERSTONE

Meets: Fourth Wed of the month, 11am to 1pm
Venue: Ulverstone
Next Meeting: Wednesday 22nd May
Guest Speaker: Rachel Tecson, Podiatrist
RSVP: msconnect@ms.org.au by Fri 17th May

MENS PEER SUPPORT GROUP

Meets: Third Friday of the month, 12:30pm to 2:30pm
Venue: Hobart
Next Meeting: Friday 17th May
Social gathering, meals available at own expense
RSVP: msconnect@ms.org.au by Mon 13th May

NEW NORFOLK PEER SUPPORT GROUP

Meets: First Wednesday of the month, 10:30am to 12
Venue: New Norfolk
First Meeting: Wednesday 1st May
Social gathering, coffees and cake etc at own expense
RSVP: msconnect@ms.org.au by Fri 26th April

Groups coming your way soon & more details to come:

*Launceston Under 50's Group

*Wynyard, Coffee, catch up and chat group starting May/June

Introducing the inaugural Tasmanian MS Walk + Fun Run



We're excited to announce the launch of the **Tasmanian MS Walk + Fun Run!** The event will be held on 22 September 2019 at Inveresk Precinct in Launceston.

The MS Walk + Fun Run is a combination of the classic fun run model, a big spoonful of community spirit, and a sprinkle of health and wellness, all mixed together to create an opportunity to make a real difference to people's lives.

It's a fantastic day out and we're so excited to be bringing this event to Tassie for the first time!

We're currently seeking a volunteer Team Leader to engage with the local community in Launceston. If you know anyone who would be suitable, please encourage them to apply at: <https://bit.ly/2OWQ9tP>

Register, donate or volunteer today at www.mswalk.org.au or contact us on 1300 733 690.

2019 MS 24 Hour Mega Swim Events



The **Launceston MS 24 Hour Mega Swim**, hosted by Launceston Aquatic Centre is happening on 18 -19 May.

The **Hobart MS 24 Hour Mega Swim** will be taking place at Hobart Aquatic Centre on 12 – 13 October 2019.

You still have time to sign up for these awesome days out! Are you with us?

Register, donate or volunteer today at www.msmegaswim.org.au or contact us on 1300 733 690.



MS
GO FOR
GOLD

2019 MS Go for Gold Scholarship Program **Applications open NOW**

What is Go for Gold?

MS Go for Gold Scholarships are open to people living with multiple sclerosis who wish to achieve a dream. The program is funded by our MS 24 Hour Mega Events, with each scholarship being up to \$3000 in value.

This is an opportunity to kickstart whatever dream it is you'd like to achieve, under categories including employment, the arts, lifestyle & wellbeing, sport, travel, music and education. Go for Gold dreams can be big or small and anything in between.

Who can apply?

To be eligible for an MS Go for Gold Scholarship the applicant must:

- have a confirmed diagnosis of multiple sclerosis; and
- be a MS client who has been registered with us for a minimum of 12 months.

Application Closing date Friday 31 May

For more information please

Visit our website www.ms.org.au and search Go for Gold.

Email goforgold@ms.org.au Call MS Connect 1800 042 138 .

Mums with MS Telegroup: 'The power of connecting Mums with MS'

In 2018 the MS Peer Support Program began a telegroup to connect Mums with MS. This has been very well received by mums with multiple sclerosis with up to 10 mums joining in on the phone once a month for an hour.

As the peer support coordinator I have been amazed at the impact this program has made in reducing the isolation and fear often faced by Mums with MS. We are extremely grateful for the support Liz Bullock and Nikki Sampson the Peer Support Volunteers who facilitate this group have provided. They have kindly offered their insights of the program:



Connecting over the phone makes it so easy to access support

Liz knows that No one knows better than a mum with MS what you might struggle with. It's a way to connect with those who understand you without having to worry about getting to an actual place first. So we can talk to mums in different cities, and different states from the comfort of our own surroundings"

She states that "I got to "unload" my troubles to a group without having to deal with the confrontation of being face to face. Being on the phone does make it easier to share deeply personal things". Nikki added that she felt "A sense of belonging to a group that is going through the same process as me, I did not feel alone and overwhelmed thinking that i was the only one experiencing this"

The confidential nature of the group allows mums to really open up and share invaluable support

The leaders of the group are trained peer support volunteers who enjoy supporting other mums

Liz loves being a facilitator, "Personally I got to hear stories from other mums, and see that there are a lot of things that we all struggle with. For example, mother guilt and its impact on those who have to sometimes look after themselves first due to their illness. I feel really good about being part of the MS volunteer group, and giving something back to the community that has in different ways supported me since my diagnosis nine years ago".

The support shared by the Mums was life changing:

"The group of mums that attend the monthly call become close quite quickly, which makes it easy to share and listen. The mums often get advice from each other, build each other up when it is needed and over time it becomes a safe place to just get stuff off your chest" Liz.

"Mums will get a private space to be able to share their experiences and get feedback and ideas, but most of all support" Nikki .

If you are a Mum with MS and would like to share information and support with other Mums please call MS Connect on 1800 042 138 and ask to be connected. We are always keen to add to our peer support team.

MS Ambassador Program

We need you

The MS Ambassador program is on the lookout for new applications in Tasmania. To be a successful MS Ambassador, you need to be a person living with multiple sclerosis who is interested in sharing their personal story and experiences with the wider community.

The role of an MS Ambassador includes public speaking engagements, media appearances and event appearances on behalf of MS. You should be comfortable with public speaking, confident in presenting to large groups of people and passionate about educating people about multiple sclerosis.

You can learn more about the program www.ms.org.au/attachments/ambassador-program-brochure-final.aspx and take a look at our current ambassadors www.ms.org.au/get-involved/ms-ambassadors.aspx

If this sounds like something you'd like to do, we want to hear from you!

Please [email](mailto:msambassadors@ms.org.au) us a small paragraph about why you are interested in being part of the program, along with your contact details. msambassadors@ms.org.au Applications will be open until all spots are filled.

