



**Our Vision Find a cure, minimise the impact**

**Tasmanian Council of Social Service (TasCOSS)**

*'Challenging Ourselves, Changing Tasmania'*



Jen Lowe, presented at the Tasmanian Council of Social Service (TasCOSS) two-day conference in June on the Peer Support program . The theme of the Conference was 'Challenging Ourselves, Changing Tasmania'; which focused on the need for us to consistently work to challenge ourselves and others to improve opportunities for people living on low incomes in our communities.

She was able to share the story of MS' fantastic peer support groups as a part of the conference's aim to share projects that challenged a system. Her presentation was well received with many questions about the structure of the Peer Support Program . Jens poster highlighted the location of the different face to face Peer Support programs. Details of the different groups and meeting times are on the last page of the newsletter and if you are interested in finding out about joining or starting a group give MS Connect a call.

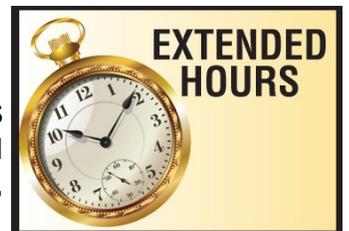


Mark Wyley is our newest NDIS support coordinator working at the Launceston office. He has several years' experience working in the disability sector as well as a personal experience of managing an NDIS plan for a family member. Mark joins us after working as a planner at the NDIS. He brings a wealth of knowledge to the role and will be a great support for his clients. Mark lives in Launceston, enjoys all types of sports and has a knack for trivia. Over the coming weeks Mark will be making contact with our existing NDIS support coordination clients in the Launceston area.

Welcome to the team Mark!"

**EXTENDED MS CONNECT HOURS**

Following feedback from the MS Community we are extending the hours of MS Connect as a 6 month trial commencing 1 July 2019, one of our team members will be available from 8am until 6pm Monday to Friday to respond to your phone calls, emails, live chats.



If the line is busy please leave a message and one of the team will get back to you, we have a commitment to respond to you within one working day.

The team are here to answer your questions, provide you with support and ensure that you get the right advice.

There are several ways to contact MS Connect:

- Freecall:** 1800 042 138
- Email:** [msconnect@ms.org.au](mailto:msconnect@ms.org.au)
- Fill in the** [online enquiry form](#)

## **Neuromyelitis Optica (NMO) /Neuromyelitis Optica Spectrum Disorder (NMOSD) also known as Devic's Disease**

### **NEW PEER SUPPORT TELEGROUP**

Neuromyelitis Optica (NMO) /Neuromyelitis Optica Spectrum Disorder (NMOSD) also known as Devic's Disease is an autoimmune demyelinating disease that affects the spinal cord and optic nerves.

Symptoms can be very similar to multiple sclerosis. Unlike multiple sclerosis, the symptoms are a direct result of past damage to the spinal cord and optic nerve.

NMO is difficult to diagnose and is often mistaken for multiple sclerosis, however, this accurate diagnosis is important as the treatment of the two types of disease are very different.

A new Peer Support Telegroup is being developed to help connect people with NMO. Telegroups are an excellent way to connect people by phone to share valuable information, knowledge and support.

The telegroup will be facilitated by two peer support volunteers who are living well with NMO and are very keen to connect and support people with NMO.

Please call MS Connect on 1800 042 138 if you are interested in joining this new telegroup.

### **So many ways to Do It For MS!**

The diversity of our fundraisers proves to us that there are so many ways to Do It For MS! From stalls at craft markets to selling ribbons to morning teas - you really can have a great time fundraising for MS.

As we approach charity running season there are two key events coming up that many Tassie runners flock to. So if you want to tick off a bucket list fun-run you should consider joining the Point To Pinnacle or Melbourne Marathon Festival as a Team MS runner!

#### **Point to Pinnacle**

**Hobart**

**17 November 2019**

21.4km - half marathon, 10km

Registrations open August 1st: <http://www.pointtopinnacle.com.au/>

#### **Melbourne Marathon Festival**

**Melbourne**

**13 October 2019**

42.196km Marathon, 21.1km half marathon, 10km, 5.7km and 3km events

Register: <http://melbournemarathon.com.au>



For more info on joining Team MS for either of these events (or for other fundraising support) contact Erin on 03 9845-2825 or [communityfundraising@ms.org.au](mailto:communityfundraising@ms.org.au) and she'll help you every step of the way. Funds raised help MS continue to provide life changing services to people living with multiple sclerosis!

Visit [www.doitforms.org.au](http://www.doitforms.org.au) to see other great fundraising options available.



Register now for the inaugural 2019 Launceston  
MS Walk + Fun Run on 22<sup>nd</sup> September 2019

TASMANIA, 22 SEPTEMBER 2019

A carefully curated day out – 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 living with MS.

Location: Inveresk Precinct, TAS 7248  
Date: Sunday 22 September 2019  
Distances: 4.5km & 9.5km  
Price: \$25 (Children under 12 are free)  
Phone: 1300 733 690  
Website: [www.mswalk.org.au](http://www.mswalk.org.au)  
Email: [msevents@ms.org.au](mailto:msevents@ms.org.au)

This is an all-inclusive community fundraising event helping to make a real difference to Aussies living with multiple sclerosis. This event raises much needed funds to provide information, advice, services and support for people living with MS and their families, to ensure nobody has to face MS alone.

<https://youtu.be/dU7Qmkg6c68>



## The 2019 Hobart MS 24 Hour Mega Swim is happening again this October!

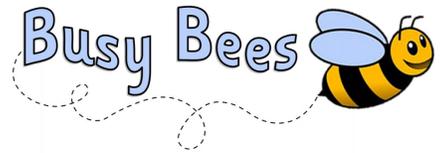
The MS 24 Hour Mega Swim is a fun team relay event where teams have a swimmer in the water for the entire 24 hours and compete for laps swum and money raised, in support for people living with multiple sclerosis. It is one of Australia's most popular and fastest-growing fundraising events, bringing communities together.

People of all ages and abilities can take part in the MS 24 Hour Mega Swim with each team creating a roster to suit each swimmer. Some swim for 10 minutes, others for 4 hours! The MS 24 Hour Mega Swim is a competition with points awarded to each team; 1 point for every \$10 raised (banked funds) and 1 point for every 500m swum.

Location: Hobart Aquatic Centre, 1 Davies Avenue, Queens Domain, TAS, 7000  
Date: 12pm, Saturday 12 October 2019 to 12pm, Sunday 13<sup>th</sup> October 2019  
Entry Fee: \$45 – Adult, \$35 Junior (Under 16)  
Phone: 1300 733 690  
Website: [www.msmegaswim.org.au](http://www.msmegaswim.org.au)  
Email: [megaswim@ms.org.au](mailto:megaswim@ms.org.au)

## Supporting busy, young people to live well with MS

Young people live busy and hectic lifestyles. For a young person living with MS, life is a juggling act of managing time between work, study and social activities and then doctors appointments, are also thrown in.



The MS Peer Support Program helps people with MS access practical and emotional support from people who also live with MS. The program is currently running programs that are tailored to people under 30 who are busy and would like to maintain a healthy lifestyle while living with MS.

Roiya from NSW is 28 years of age and thinks that “accessing peer support services is great because you hear stories, tips on how to deal with symptoms, changes you can make to your lifestyle but most importantly, to remind you that you’re not alone. Roiya enjoys talking with “so many different people and hearing their story, because everyone has their own story of living with MS”.

The MS Peer Support Program runs the following programs for young people:

### Under 30s Telegroup

Links young people living with MS over the phone, once a month on the first Friday of every month at lunch time. So you can dial in during your lunch break if you are at work or studying.

### Under 30s Pop Up Telelink

A phone-based, short-term Peer Support programs facilitated by the MS Peer Support Coordinators. Six sessions weekly, each session lasting 90 minutes long. Its suitable for when joining an ongoing group doesn't suit your needs and you are time poor but would like to access information to live well with MS and to chat to others in a similar life stage.

If you are under 30 and interested in accessing these supports or would like more information please contact MS Connect on 1800 042 138 or by email [msconnect@ms.org.au](mailto:msconnect@ms.org.au)

## 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 12pm

**Class Length:** 45 minutes

**Location:** Norwood

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

We have had some lovely feedback about these classes, including this recent comment:

*“It’s great that these sessions facilitate discussion and provide support for everyone attending, in addition to providing Pilates.”*

If you are interested in attending please email [tasenquiries@ms.org.au](mailto:tasenquiries@ms.org.au) with your name and contact details.



## Farewell Lucy



This month we say thank you and farewell to Lucy Pratt. Lucy has been with us for just over 12 months and has been a great team member. We wish her well for her future endeavours and know she will be very useful to people in the NDIS as an occupational therapist.

## 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 Meeting: Mon 5th August  
\*We are combining face to face group & Telegroup.  
RSVPS: [msconnect@ms.org.au](mailto:msconnect@ms.org.au)

### 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 8<sup>th</sup> August  
Social Gathering

### WYNYARD PEER SUPPORT GROUP

Meets: First Wednesday of the month, 2-4pm  
Venue: Wynyard  
Next Meeting: Wed 7th August  
Guest speaker: Coffee catch up  
RSVP: [msconnect@ms.org.au](mailto:msconnect@ms.org.au)

### ULVERSTONE PEER SUPPORT GROUP

Meets: Fourth Wed of the month, 11am to 1pm  
Venue: Ulverstone  
Next Meeting: Wednesday 28<sup>th</sup> August  
Guest Speaker: To be confirmed  
RSVP: [msconnect@ms.org.au](mailto:msconnect@ms.org.au)

### NEW NORFOLK PEER SUPPORT GROUP

Meets: First Wednesday of the month, 10:30am to 12  
midday  
Venue: New Norfolk  
Next Meeting: Wednesday 31st July  
Social gathering, coffees and cake etc at own expense  
RSVP: [msconnect@ms.org.au](mailto:msconnect@ms.org.au)

### LAUNCESTON UNDER 50'S PEER SUPPORT GROUP

Meets: Last Monday of the month, 10am to 12 midday  
Venue: Linc Library, Launceston  
Next Meeting: Monday 26th August  
RSVP: [msconnect@ms.org.au](mailto:msconnect@ms.org.au)

### KINGSTON

Meets: Second Tuesday of the month, 12-2pm  
Venue: Kingston  
Next Meeting: Tues 13<sup>th</sup> August  
Guest speaker: To be confirmed  
RSVPS: [msconnect@ms.org.au](mailto:msconnect@ms.org.au)

### EASTERN SHORE

Meets: Second Friday of the month, 10:30am to 12 midday  
Venue: Bellerive  
Next Meeting: Friday 9<sup>th</sup> August, 10:30am to 12 midday  
Guest speaker: Building Resilience,  
Menzies Institute for Medical Research  
RSVP: [msconnect@ms.org.au](mailto:msconnect@ms.org.au)

### GLENORCHY

Meets: Last Monday of the month, 6-8pm  
Venue: Glenorchy  
Next Meetings: Mon 26<sup>th</sup> August  
Guest Speaker: To be confirmed

### MENS PEER SUPPORT GROUP

Meets: Third Friday of the month, 12:30pm to 2:30pm  
Venue: Hobart  
Next Meeting: Friday 16<sup>th</sup> August  
Social gathering, meals available at own expense  
RSVP: [msconnect@ms.org.au](mailto:msconnect@ms.org.au)

\*Gathering interest in working persons/professional group & a facilitator to lead - watch this space for Sorell group

### Outreach services update

Our Outreach services, where our MS consultants run clinics in regional areas, have been put on hold for now. We are looking at how best to deliver these services in the future.

Our IMS consultants are working away as normal and will still be doing home visits as needed. The MS Connect team which includes Nurses and Social Workers, are there for you as well, they are there to provide information and advice, and link you in to supports and services.

There are several ways to contact MS Connect:

**Freecall:** 1800 042 138

**Email:** [msconnect@ms.org.au](mailto:msconnect@ms.org.au)

Go to our [website](#) to fill in an online enquiry form or have a live chat

MS Connect have recently extended their hours to 8am - 6pm, Monday to Friday.

