We are here to help with the NDIS

The NDIS continues to roll out in Tasmania and now those people aged between 50 - 64 are able to access the scheme. We have a dedicated team who are able to help you work through your personal situation to decide if you wish to apply for access to the scheme.

Give the MS Connect team a call on 1800 042 138 and ask them to put you in touch with the NDIS team.

LAUNCESTON OFFICE OPENING 6 December 2018

Thanks to those who braved the heat (30 degrees) to attend our office opening in December.

Some of our Launceston team, Annette, Lucy and Jen were present to say hi to people with MS.

We are pleased to be sharing an office with Epilepsy Tasmania at 462 Wellington Street South Launceston.

We are currently in discussions with the building owners to make the building disability accessible, to ensure it is appropriate and accessible to all.

Pop in and say hi some time.

New Lottery Launched 9 January 2019

Dream of winning a car or gold following on from the success of the 2018 MS Dream Home Lottery the MSL Board has approved $50 Lottery ticket which can be sold in Tasmania.

The MS Dream Car Lottery was launched on Wednesday 9 January and is selling very fast.

The MS Dream Car Prize Package includes:

- **Grand Prize** – Your choice of a Mercedes Benz AMG GLC 63S OR $170,000 in Gold.

- **Early Bird Prize** – Your choice of an amazing Canadian Holiday OR $20,000 in Gold.

Don’t delay buy your ticket today by hoping on to the website msdreamcarlottery.com.au you could be the lucky winner.

Funds raised will go towards supporting services for people living with MS

Announcing our very first family camp in Tasmania 15 - 17 March 2019

Thanks to the generosity of students in raising funds from across all states through the Readathon program we are proud to bring you our very first family camp in Tasmania.

There is a flyer attached to the newsletter with the information on the Camp and we would love to see you there.
Talking to Children about MS

Being diagnosed with multiple sclerosis can have a big impact on the whole family. Whether you have children before or after your diagnosis, many parents living with multiple sclerosis face similar issues.

These issues may include:

- how and when to tell your children about your diagnosis
- how to explain the symptoms you’re experiencing
- coping with symptoms at the same time as parenting — particularly fatigue
- dealing with emotions such as guilt

Here at MS we understand that there may come a time when you need some support to discuss multiple sclerosis with your child. We have a range of age appropriate resources to help you navigate this time.

We also have several publications and a webinar on our website that provide more information about multiple sclerosis and parenting, such as our Family Matters series, Deciding on motherhood information booklet, Has your mum or dad got MS? booklet and Changes and Feelings booklet.

MS Connect can also point you in the right direction by providing links to interactive websites like this one https://www.msforkids.org.au/ for children.

To obtain copies of resources or to speak to an MS Connect Specialist, contact MS Connect 1800 042 138.
Go For Gold 330km Camino de Santiago Challenge….. done!!!

In September 2017 I was lucky enough to be awarded a Go For Gold Scholarship. In September 2018 my partner and I flew off to Spain to complete the challenge. Flying long distances is not my favorite past time these days, however, with the addition of a foot hammock and compression stockings it wasn't too bad.

We started our walk from Leon, a beautiful city, staying in a Monastery on our first night. I chose to travel in autumn a cooler settled time of year, however, Spain was having a heat wave and the first half of the trip was extremely hot (35deg most days) so my cooling scarf was a must, hat soaked in water, and lots of sunscreen. We tried to be away by 8.30 in the morning and finish by 2pm.

The second half of the journey once we climbed up to the mountains, was cooler. Cool mornings and less intense heat during the day. There were more people doing smaller parts of the Camino and the paths were wider and well kept. The journey is about tolerance in the last 100km, with the increase of walkers, walking fast and talking all the time instead of thinking and contemplating. This was a time to get off the beaten path and enjoy the rural Spain countryside finding the coffee shops off the path, better coffee and better company.

Walking into Santiago was difficult after such a long time in rural Spain, cars, buses and trucks. Horns, sirens, noise. I attended Mass in the Cathedral, and the highlight of the trip was seeing the massive incense burner swing! The historic center of the city is beautiful and you can get lost in the small streets, finding markets and chocolate shops. I went back to the Cathedral a few times to see it in different lights with more or less people.

Overall the Camino walk made me stronger in legs, muscle wise and balance. I walked really well and had zero falls! People asked me about my walking, thinking I had had an accident, one of my legs had muscle wastage, I explained MS and why I was doing the Camino. I met a woman one evening, she has MS and has difficulty walking, her husband has done the Camino 4 times, both were in the Canadian Army now retired.

I think it is one of the best things (and most enjoyable) I have done in my life and I have travelled quite extensively in the past. The key is getting out and trying new things and being positive living with MS.

Dawn

COME SEE US AT THE MS CLINIC IN HOBART

Did you know we provide a face to face MS Consultant at MS Clinic (Repat, 90 Davey Street) in Hobart?

We are in room 8, down the end of the corridor, past the neurologists rooms.

This is a free service to people with MS of all ages. We can assist you with just about anything you need – peer support linkages, NDIS, My Aged Care, Centrelink issues – you name it.

If we can’t help we will refer you to someone who can. You can find our Practice Leader, Jen Lowe, there on Mondays, drop in and say hi!

Office News

As of 1 January 2019, we are unable to accept face to face payments of any kind in our Hobart and Launceston offices due to the office set up that we now have in both locations.

If you need to make a payment and you are not sure how to pay for it, please call MS Connect on 1800 042 138 to find out your payment options or you can email: tasenquiries@ms.org.au.
MS EDUCATION
Webinars, Wellness and other Education Events

Smoking and Multiple Sclerosis: I know I should quit, but it’s not easy!
Thursday 31 January, 11.00am – 12

Tai Chi by Webinar (6 classes) Monday 4 February - 18 March, 2.45pm – 3.30

A Conversation with Centrelink: Carer Pensions and Support Wednesday 6 February, 11.00am – 12.00

Multiple Sclerosis and Heat Intolerance – Research Findings Tuesday 5 March, 11.00am – 12.00

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™ (Freecall 1800 042 138) or check our Website.

PEER SUPPORT MEETING TIMES

CIRCULAR HEAD
Meets: First Monday of the Month from 7pm - 8:30
Venue: Circular Head Rural Health Centre, Smithton
Next Meetings: Mon 4th Feb & 18th Feb
*Please note we are hosting a special six week (once a fortnight) Telelink Program in conjunction with Jenny from Circular Head Peer Support Group and Angela Land, Peer Support Coordinator will help co-facilitate. Various guest speakers.
RSVPs : angela.land@ms.org.au or 03 62201121

KINGSTON
Meets: Second Tuesday of the month, 12 - 2pm
Venue: Kingston
Next Meeting: Tues 12th Feb
Social Gathering, Meals available at own expense
RSVP: ambrundish@gmail.com by Thurs 7th Feb

EASTERN SHORE
Meets: Second Friday of the month, 12 midday onwards
Venue: The Mornington Inn
Next Meeting: Friday 8th Feb, 12 midday onwards
Please note as a casual get together change in time
Meals available at own expense
RSVP: Chris: cegm58@icloud.com by Monday 4th Feb

DEVONPORT
Casual Coffee Group
Next meeting TBA
For more details email: angela.land@ms.org.au or PH 03 62201121

GLENORCHY
Meets: Last Monday of the month, 6 pm - 8pm
Venue: Glenorchy
Next Meetings: Mon 28th Jan & Mon 25th Feb
Social Gathering: Meals available at own expense
RSVP: Kerry: peteandkerry84@gmail.com by Thurs 24th Feb

NORTHERN (Launceston)
Meets: Second Thurs of the month, 12 midday
Venue, Kings Meadows, The Punchbowl
Next Meeting: Thurs 14th Feb, 12 midday onwards
BYO BBQ OR Picnic
RSVP: Angela: angela.land@ms.org.au
or PH 03 62201121 by Mon 11th Feb

ULVERSTONE
Meets: Fourth Wed of the month, 11am - 1pm
Venue: Ulverstone
Next Meeting: Wednesday 27th Feb
Social Gathering: BBQ Otto’s Grotto, Fairway Park Ulverston from 11.30am.
RSVP: Angela: angela.land@ms.org.au
& please note that Ulverstone Group attendees welcome to join the Circular Head Telelink.

MENS PEER SUPPORT GROUP
Meets: Third Friday of the month, 12:30pm - 2:30pm
Venue: Hobart
Next Meeting: Friday 15th Feb
Social gathering, meals available at own expense
RSVP: Sean: sean.omoore62@gmail.com by Mon 11th Feb

Groups coming your way soon more details to come: *Launceston Under 50’s Group, & *New Norfolk Group
Also we have had interest in a working/professionals group in Hobart and are looking for someone to become a peer volunteer to facilitate it. Please let Angela Land know if interested via email or phone.