



MOVING FORWARD



We have finally had the official opening of our office in Hobart ,on the 11 July, the Premier Will Hodgman opened the Neuro Hub and it was great to see over 50 people attend the opening. If you are in the Hobart area it would be great to see you drop in, we now have signage at the front of the building as well as up at our office.

If you would like to meet the MSL Board members, we are holding our Tasmania community forum this year in Launceston to ensure that people at the top end of the state have the opportunity to meet the Board, provide them with feedback and insights of how we are serving you, and what we can do to improve our support to you.

The invitation is a separate sheet at the back of the newsletter and I hope you are able to make it.

The MS Advisory Committee (MSAC) co chaired by Viv Jones (jonesbnv@bigpond.com) and Andrew Potter (andrew.potter@msaustralia.org.au) will be having a planning day on 6 August to review the past year and establish the MSAC work plan for the coming year. If you have any feedback for them they would welcome it and can be reached by email.

We have a new service available in Tasmania, the MS Employment Specialist Service this is the first time we have been able to offer the service outside of Victoria and NSW and the team are looking forward to receiving referrals so don't hesitate to contact MS Connect to find out more.

I look forward to seeing you through the coming months.

Sandra

MS Peer Support Program: Dinner Peer Support Groups



MS peer support groups come in all shapes and sizes. Many peer support groups meet during the day however dinner groups are now becoming more popular to fit into our busy lifestyles. Dinner groups allow access to social support afterhours as people who work or have commitments during business hours can attend. Kylie, who facilitates a group in NSW says "I find the dinner group has a very different feel to the more structured or large support groups. The smaller, intimate group feels more inclusionary".

Dinner groups are a relaxed atmosphere where members can wind down after a long day and grab a glass of wine with dinner. If you are interested in starting a Dinner Peer Support Group in Tasmania contact MS Connect on 1800 042 138 or email msconnect@ms.org.au and they can link you into the Peer Support team.



Introducing our new CEO John Blewonski

On behalf of the MSL Board, I am pleased to announce the appointment of Mr John Blewonski as the new Chief Executive Officer (CEO) of MSL to commence on 5 November 2018.

John is a highly credentialed and respected leader in the community services and not-for-profit sector, bringing over 26 years' experience.

John is currently CEO of VincentCare Victoria, where over the past eight years he has been responsible to the Board for the implementation of its strategic direction and operational delivery, with oversight of more than 400 FTE staff, including responsibility for Finance, Human Resource, Risk and broader corporate systems. John concurrently leads VincentCare Community Housing, an organisation which offers a range of accommodation options for people at risk of Primary Homelessness, managing housing properties, independent living units across regional Victoria; and rooming house properties. In 2016, John undertook a secondment as CEO of St Vincent de Paul Society in Victoria.



Before this John operated at Anglicare Victoria for eleven years, commencing as Executive Manager Corporate Services with accountability for operational leadership of key functional areas, and later moving into the role of Deputy Chief Executive Officer/Chief Operating Officer, managing the Agency's corporate and community services. Earlier in his career John held the position of Director Community Relations & Development.

John's current Board appointments include those with the Council to Homeless Persons (CHP) where he serves as Chairman; Catholic Social Services Victoria; DHHS Launch Site (Housing Access) Senior Leadership Group; and the Victorian Housing Minister's Homelessness Advisory Committee.

Under John's leadership VincentCare is also transitioning to the consumer directed environment including the delivery of Commonwealth Home Care Packages and a NDIS funded Disability Employment Program. "The NDIS and My Aged Care are significant social reforms which present wonderful opportunities for those in our community living with a disability. While offering consumers a greater say in terms of choice and self-direction, navigating these new systems present significant challenges." said John Blewonski.

"I am very much looking forward to working with the team at MSL to ensure all those living with MS have access to the best advice and support appropriate to their needs and achieving their goals."

MSL's process for the selection of our new Chief Executive Officer has been extensive and we appreciate the level of input provided by all those involved in the process. The Board was delighted with the level of interest shown in the position by a large number of highly qualified candidates, which is an indication of the standing of MSL in the eyes of the community. We congratulate John on his appointment, and look forward to working with him as he takes up the challenges and opportunities that are ahead in the coming years.

W Peter Day
Chairman, on behalf of the Board of MS Limited

MS is excited to present a **Masterclass for Health Professionals in Tasmania,**
“**Managing Impaired Mobility in Multiple Sclerosis and Progressive Neurological Conditions.**”

A Masterclass is a fabulous opportunity to spend time with a clinical expert delving deeper into the evidence and spending practical time learning and perfecting new techniques to incorporate into clinical practice. It's a wonderful opportunity to obtain those pearls of wisdom which take decades of clinical experience to acquire.

THE PROGRAM

“**Managing Impaired Mobility in Multiple Sclerosis and Progressive Neurological Conditions.**”

This Masterclass is facilitated by Dr. Phu Hoang, MS Consultant Physiotherapist, and senior research officer at NeuRA. Phu has worked as a clinical physiotherapist with people with progressive neurological conditions for 18 years and published over 20 related papers.

The Masterclass will provide theory and hands on experience to enable participants to successfully improve mobility for their clients.



Attendees:

Health practitioners working in a rehabilitative environment, especially OTs, physiotherapists, exercise physiologists and rehabilitation specialists.

Learning Objectives:

- Increased understanding of common clinical problems affecting mobility
- Effective evidence based tools for managing mobility, spasticity, balance, joint contractures and improving walking function
- Greater confidence in assessing and identifying underlying issues
- Understanding of evidence based interventions for physical symptoms in MS
- Opportunity to practice interventions under expert guidance and obtain feedback

WHEN AND WHERE

Where: Bellerive Yacht Club 64 Cambridge Road, Bellerive, TAS 7018
When: Tue 24th July 2018, 2 – 4.30pm. Registration from 1:30pm
Duration: 2.5hrs
Booking: <https://www.trybooking.com/394145>

Registration Fees

Individual Registration: **\$75** Full Time Students **\$35**

MS EDUCATION PROGRAM - Webinars and other Education Events

Presentation - Dr. Phu Hoang, Physiotherapist and Researcher: "The Benefits of Exercise for People with Multiple Sclerosis" Hobart TAS Tuesday 24 July, 7.00pm – 8.00 and Wednesday 25 July, 10.00am – 11.30

Webinar - Bladder and Bowel Changes in Multiple Sclerosis Tuesday 31 July 2018 11.00am – 12.00

Webinar - Eat Well, live Well Wednesday 8 August, 11.00am – 12.00pm

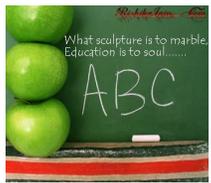
Webinar - Get Active with MS - Falls Prevention Tuesday 21 August 2018 10.30 – 11.30

Webinar - Brain Wellness in Multiple Sclerosis Thursday 30 August, 11.30am – 12.30pm

Webinar - Medication Update Tuesday 4 September, 2.00pm – 3.00pm

Webinar - Learn about Multiple Sclerosis Tuesday 18 September, 7.00pm – 8.00pm

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

Insight into the MS Social Work Advisor Service



Master of Social Work Student, Yukako Wada (known as Yu) has been working with the MS Social Work Advisor team for the last 2 months. She has kindly written about her experience.

“I have been fortunate in the last 2 months to be able to assist the MS Social Work Advisors for my social work placement. As I had never supported people with multiple sclerosis (MS), I was surprised at first to discover how difficult things are for people living with MS. The surprise was soon taken over by respect. I have been inspired by the many clients who maintain their hopes and aspirations despite the impact of MS. My first impression of Kat and Michael’s role was that it was almost ‘pure’ social work. Most often, it starts where the person is, proceeds to a collaborative plan, which they both agree to follow and ends when both agree it should.

The outcomes are very often positive and the feedback to the service is excellent. While this may sound like a common-sense way of working, it is quite unusual in the field of social support. In most services, workers are rushed off their feet while performing prescribed tasks, bogged down by paperwork, rushing appointments and barely able to listen to what their clients have to say. At MS, Kat and Michael make sure they do. They can take time and because it is a phone based service are able to provide service to people living with MS in the most remote places without the added burden of travelling to appointments.

I can see this as the core of what makes this person-centred approach so valuable to people living with MS and their carers. Throughout my own placement, I have been impressed with the way the team apply their in-depth knowledge, insight and experience to extremely complex issues such as emotional dilemmas, family relationship issues, domestic violence, financial and housing problems, service access for Disability Support Pension, NDIS and MyAged Care. I have been touched by their enthusiasm and passion and I hope that I will be able to take the person-centred approach of the MS Social Work Advisors to wherever I go in the future.

If you would like a referral to a MS Social Work Advisor please call MS Connect 1800 042 138.

COMPLIMENTS & FEEDBACK



Thank you to one of our clients for this feedback regarding our MS Consultant (RN) Annette Crawford:

” I appreciated the warmth and understanding of your recent visit. Most of all, I liked best your encouragement and enthusiasm with regard to a positive outlook. The realisation of what we are, and the acceptance of limitations perhaps outside our control is vital to a person living with Multiple Sclerosis. I did mention how wonderful I have found the webinars to be, and my admiration for the heart and soul everyone in your organisation is giving. This special kind of love means so much and when one really thinks about it we are overwhelmed.”



Did you know that the NDIS Rollout will be offered to people in the 35-49 year age group from the 1 July 2018, if you would like information or you need help applying contact MS Connect on 1800 042 138 or email msconnect@ms.org.au



MS Employment Support Service in TASMANIA

The MS Employment Support Service has commenced in Tasmania, and we welcome Kerrie Tomlin and Lisa Slade to the team.

Based in our Hobart office the MS Employment Support Service is the only MS specialist employment service for people living with multiple sclerosis in Australia that can help you succeed at work, whether that is staying in your current job or finding new employment.

This may be to find strategies to better manage your symptoms, it may be utilising technology or equipment to enable you to function more effectively in the workplace, assistance to write a resume and practice interviews or may include providing education to your employer.

If you would like a referral to the Employment team contact MS Connect 1800 042 138 or visit www.ms.org.au/support-services/employment-support for more information.



Kerrie



Lisa

PEER SUPPORT MEETING TIMES

CIRCULAR HEAD

TBA For August, postponed

KINGSTON

Meets: Second Wednesday of the month, 12 midday to 2pm

Venue: The Salty Dog Hotel, Kingston

Next Meeting: Wednesday 8th August

Guest Speaker: Jen Lowe, MS Limited products and services

EASTERN SHORE

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

Venue: Bellerive Yacht Club, Bellerive

Next Meeting: Friday 10th August

Guest Speaker: Viv Jones, Menzies Institute for Medical Research

DEVONPORT PEER SUPPORT Casual Coffee

Meets: Third Saturday of the month from 10:30am to 11:30am

Venue: The Drift Café, Devonport

Next Meeting: Saturday 18th August

RSVPs: Dawn : dawn_e_murray@hotmail.com
Social gathering

GLENORCHY

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

Venue: Glenorchy RSL, Glenorchy

Next Meeting: Monday 27th August

Guest Speaker: TBA

NORTHERN (Launceston)

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

Venue: The Branch Community Centre,

Kings Meadows

Next Meeting: Thursday 9th August

Social Gathering

ULVERSTONE

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

Venue: Surf Life Saving Club, Ulverstone (Lift access from 10:45am)

Next Meeting: Wednesday 22nd August

Guest Speaker: Danny Redman, Massage Therapist

MENS PEER SUPPORT GROUP

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

Venue: The Caryle Hotel, Glenorchy

Next Meeting: Friday 17th August

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

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 three superstar fundraisers:

To Sophia Bray for her ongoing fundraising for MS in the community this time harnessing the power of peoples love for good ol' chocolate! Thanks to her efforts she's been able to donate \$1595 to MS.

To Amanda and Abbie Hardinge for racing towards their Walk The Wall to Fight MS fundraising goal. Currently their fundraising sits at \$9912 which is so very close to their amazing \$10,000 goal! Extra points for creativity with their fundraising, Amanda recruited two of her friends to fundraise for her through the Gold Coast Marathon – so congrats to Amanda, Meegan and Andrew for pounding the pavement for MS!

Did you know MS currently have MS donation tins hosted in

- The York Hotel- Claremont
- Wellington Clinics - Hobart
- Morty's Café and Wine Bar- Launceston

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.

Run For MS! Check out the Run For MS program via <https://www.doitforms.org.au/run-for-ms>

Point to Pinnacle

Mount Wellington
18 November 2018
21.4km half marathon
<http://www.pointtopinnacle.com.au/>

Hobart MS 24 Hour Mega Swim

Saturday 13 – Sunday 14 October 2018

Hobart Aquatic Centre

Register before 31 August you will also save on your entry fee.

Plus registration for people with MS is FREE!



STAFF UPDATE IN TASMANIA: Welcome to Miriam Rainsford



I would like to introduce you to a new member of our team. Miriam has joined us in the Hobart, as an NDIS Engagement Coordinator. Miriam will work Mon, Tues, Wed one week and Tues, Wed the next.

Miriam comes to us with a long list of qualifications - Graduate Diploma of Science (Psychology), Bachelor of Science with First Class Honours (Psychology), Doctor of Philosophy (Psychology), and is currently completing her Master of Counselling and Psychotherapy, as well as her PhD (as well as a couple of degrees in music!).

Miriam has been working for Richmond Fellowship in Hobart in an NDIS program - Project ReachABLE, and this will be invaluable experience and expertise to assist people with MS access the NDIS. Miriam will be doing call outs over the next month or so – so expect a call from Miriam!