



**30 May 2019
World MS Day**

**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.

Early details follow:

Date: Thursday May 30, 2019 – World MS Day

Venue: C3 Convention Centre, South Hobart

Time: 10—12md Research Presentations

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

Please save the date and join us on May 30. Further details will follow in April’s Newsletter.

**Introducing Jayne England
MS Advisory Committee Member**



Jayne is 36 years old. She is married with 2 children. Jayne was diagnosed with relapsing remitting MS in November 2009. She was 27 at the time of her diagnosis, her children were aged 4 and 2. Jayne is a qualified beauty therapist and owns and operates her own small business manufacturing, selling and distributing natural scents, oils, fragrances, candles and gift wear. She is an active fundraiser and strong advocate for MS services, supports and research.

Disability Voices Tasmania

Disability Voices Tasmania is a new and exciting project which is exploring ways people with any disability **can come together to have a strong and collective voice.**

Our first step is Asking people with disability and their allies across Tasmania what needs to be done to ensure people with disability have a strong and collective voice of issues of interest and concern.

We will be doing this by asking people to complete a survey. This can be done by:

- Completing the survey online
- Having a survey, you can download and fill out
- Calling the project worker Fiona Strahan and talking to her on the phone
- Asking Fiona to come and talk with your group or organisation

The survey and website will be launched on Tuesday 12th March.

Email: info@disabilityvoicest Tasmania.org.au

Phone: 0429 488 151

Website: www.disabilityvoicest Tasmania.org.au

Facebook: <https://www.facebook.com/DisabilityVoicesTasmania>

Disability Voices Tasmania is supported by a Reference Group of people with disability and representatives from three disability organisations and is funded by the Department of Communities.



Understanding MS Online course ready for enrolments course commences 29 April 2019



The Understanding MS MOOC (massive open online course) which was developed by the [Menzies Institute for Medical Research](#) at the [University of Tasmania](#) in partnership with [Multiple Sclerosis Limited](#) is now ready for enrolments!

This innovative, online educational resource is designed for anyone with a connection to the disease – from people living with MS and their carers, GPs, allied healthcare professionals, support workers and anyone who wants to learn more about MS. This 6-week course is available for free and covers all aspects of Multiple Sclerosis and is based on the highly successful 'Understanding Dementia' MOOC developed by the Wicking Dementia Research and Education Centre.

Course participants will hear from a range of MS experts including people living with MS, carers, researchers, neurologists, MS nurses, allied health professionals, and MS service providers.

To learn more and enrol visit <https://ms.mooc.utas.edu.au> or [Please click here](#). It's free!

Pilates Classes designed for people living with MS

Launceston

We have a Pilates class up and running in Launceston that is being led by Pilates Tasmania:

Class Day & Time: Friday's 1.00pm

Class Length: 45 minutes

Location: Norwood

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

We had some wonderful feedback from a class member after the first class:

"...low key, supervised amazingly and what a beautiful bunch of ladies whom have attended. I felt so good after the class relaxed refreshed (felt like I had a new body) just after one class..."

The class is almost full but if you are interested in attending please email tasenquiries@ms.org.au with your name and contact details. Please note the class is open to all, not just ladies.

Hobart

We are still working on organising a Pilates class in Hobart. We have postponed the class we planned to start this month due to lack of numbers and are now looking at scheduling a class to start in the first week of term 2.

If you are interested in attending a Pilates class for people with MS in Hobart and you have not already registered your interest, please email tasenquiries@ms.org.au with your name and contact details.



2019/20 Entertainment Membership pre-sales are open now.

To support MS please visit our page <http://www.entbook.com.au/240045n>

You can pre-order your digital membership or pre-order a book that will be posted to you in early April.

If you order now you will receive bonus Early Bird Offers that you can use right away.

PLEASE NOTE: We are not offering in person pick up or walk in sales of books in Hobart or Launceston this year.





The **MS 24 Hour Mega Swim** is coming back to Tasmania with 2 fantastic events!

On **18-19 May**, Launceston Aquatic Centre will host the **2019 Launceston MS 24 Hour Mega Swim** and on **12 – 13 October**, Doone Kennedy Hobart Aquatic Centre will host the **2019 Hobart MS 24 Hour Mega Swim**.

So get a team together, challenge yourself, and swim your heart out in support of people living with multiple sclerosis across Australia.

The MS 24 Hour Mega Swim is a fun team relay event, suitable for any level of swimmer. Each team has a swimmer in the water for the entire 24 hours and competes for laps swum and money raised for MS.

Katalina Siburian will be hitting the pool this year in support of her partner's mother who has MS. "It's just so good to experience something that I never would have experience before" Katalina says. "It connects you to what someone with MS experiences every day."

Are you up for the challenge? Register today at msmegaswim.org.au or contact us on 1300 733 690.

EXPRESSIONS OF INTEREST: FUNDRAISING FOR MS IN THE COMMUNITY 2019

We'd love to help you fundraising for MS during 2019! To make sure we can reach out to anyone to be a sounding board for ideas an expression of interest form has been created at:

<https://tinyurl.com/fundraising2019>.

So whether you'd like to bake, run, party, shave or sizzle for MS, you can fill out the form and we'll get back to you to help you make the magic happen!

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
GO FOR
GOLD

2019 MS Go for Gold Scholarship Program

Applications open soon

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.

2019 application dates

Monday 25 March: The application form will be available on our website

Friday 31 May: Applications must be submitted by midnight on this day

For more information please

Visit our [Go for Gold webpage](#) Email goforgold@ms.org.au Call MS Connect 1800 042 138



SOUTHERN Tasmania – Outreach Dates

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 25 MARCH – MR MON 6 MAY – MM	9:30am-10:30am 11am-12noon 1pm-2pm
GLENORCHY LINC – 4 Terry Street	THURS 21 MARCH – MM TUES 7 MAY – MR	9:30am-10:30am 11am-12noon 1pm-2pm
KINGSTON	DATES TO COME	TIMES TO COME
NEW NORFOLK Room 3, 3 Richmond Street, New Norfolk	TUES 16 APRIL – MR	9:30am-10:30am 11:30am-12:30am 1:30pm-2:30pm
SORELL Sorell Community Health Centre, 57 Cole Street	WED 6 MARCH – MR WED 15 MAY – MM	10am-11am 11:30am-12:30pm 1:15pm-2pm

Northern Tasmania – Outreach Dates

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 17 APRIL WED 19 JUNE	10am-11am 11:30am-12:30pm 1:15pm-2pm
BURNIE LINC, 30 Alexander Street, Burnie The Paperbark Room	TUES 21 MAY	12:30pm-1:30pm 2pm-3pm
DEVONPORT Community House, 10 Morris Avenue	MON 4 MARCH MON 3 JUNE	10am-11am 11:30am-12:30pm 1:30pm-2:30pm
SCOTTSDALE LINC, 51 King Street	MON 18 MARCH MON 24 JUNE	10am-11am 11:30am-12:30pm 1:30pm-2:30pm
SHEFFIELD Rural Health, 1b Henry Street	TUES 9 APRIL TUES 3 JULY	10am-11am 11:30am-12:30pm 1:15pm-2pm
ST HELENS Neighbourhood House, 25 Circassian Street	TUES 19 MARCH TUES 25 JUNE	9am-10am 10:30am-11:30am 12:15
WYNYARD Rural Health, 33 Goldie Street	WED 22 MAY	11am-12noon 1pm-2pm

If you would like more information regarding Outreach:

<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>

Sharing the MS Health Professional Program with Your Health Care Team

Did you know that MS also delivers education programs and provides resources for your health care team?



Webinars

We have a range of webinars designed to improve the knowledge and clinical skills of your team. Your team may include one or more of the following professionals: Occupational Therapists, Doctors, nurses, exercise physiologists, speech pathologists, dietitians, physiotherapists, allied health practitioners and personal care assistants.

The 2019 Health Professional Calendar has a superb range of webinar based programs presented by subject matter experts. Everything from MS101, Managing Your Client's Fatigue, Neurophysiotherapy and Self Care for Health Professionals – there really is something for every practitioner. Our programs add to their Continuing Professional development and accreditation.

If you think that a practitioner in your team would appreciate some further information about multiple sclerosis, then please give them the following link and they can see what is available to them in 2019 to book into:

<https://www.ms.org.au/support-services/ms-education-programs/health-professionals.aspx>

InForm Health Professional Newsletter

Your health team may also be very interested to know of the monthly Health Practitioner e-newsletter called InForm. InForm has details of all upcoming health professional webinars, useful research links, e-book recommendations and resources for Health Practitioners. They can subscribe to InForm, by clicking on the link below, and that way they will stay informed about all things multiple sclerosis.

<https://www.ms.org.au/support-services/education/publications-resources/inform-enewsletter.aspx>

MS Shop

If your Health care professional would like to purchase a recording of a webinar they can head to our shop:

<https://shop.ms.org.au/collections/professional-development>

Perhaps when you next go to your health appointment you could let your team know about the Health Professional webinar series, InForm newsletter and the MS Shop.

MS EDUCATION

Webinars, Wellness and other Education Events



Falls and Home Safety: Top Tips and Q&A Tuesday 26 March, 11.00am – 12.00pm

TAS Family Camp at Blue Lagoon Campsite, Dodges Ferry Friday 29 to Sunday 31 March

Sleep Well Monday 1 April, 11.00am – 12.00pm

Let's Talk about Sex and Intimacy in Multiple Sclerosis Tuesday 2 April, 7.00pm – 8.00pm

Get Active Wednesday 3 April, 2.00pm – 3.00pm

Eat Well, Live Well Wednesday 10 April, 11.00am – 12.00pm

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™](https://www.ms.org.au) (Freecall 1800 042 138) or check our Website.

MS Connect Live Chat



There are plenty of ways to contact MS Connect, including via phone and email. But did you know that we also offer live chat on our website?

MS Connect Live Chat is a great way to seek support when you need someone to chat to, but you can't talk over the phone. Whether you're at work, somewhere where you don't want to talk out loud or maybe just prefer chatting online, MS Connect Live chat is available.

Remember, you aren't talking to a robot! Even though you aren't physically calling us, you are still chatting to the same MS Connect Specialists.

You can access the chat function at ms.org.au from 8.30am – 5.00pm every weekday. As always, we're also available at 1800 042 138 or msconnect@ms.org.au

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 18th March, Mon 1st April & Mon 15th April

*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
RSVP: msconnect@ms.org.au

KINGSTON

Meets: Second Tuesday of the month, 12-2pm
Venue: Kingston
Next Meeting: Tues 9th April
Guest speaker: Lynda Hanlon, MSAC (Multiple Sclerosis Advisory Council)
RSVP: msconnect@ms.org.au by Fri 5th April

EASTERN SHORE

Meets: Second Friday of the month, 10:30am - 12
Venue: Bellerive Yacht Club
Next Meeting: Friday 12th April, 10:30am to 12
Guest speaker: Bek Wilcher, Physiotherapist.
Importance of exercise and staying active
RSVP: msconnect@ms.org.au by Monday 8th April

DEVONPORT

Casual Coffee Group
Next meeting TBA

GLENORCHY

Meets: Last Monday of the month, 6-8pm
Venue: Glenorchy
Next Meetings: Mon 29th April
Guest Speaker: TBA
RSVP: msconnect@ms.org.au by Thurs 25th April

NORTHERN (Launceston)

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

ULVERSTONE

Meets: Fourth Wed of the month, 11am to 1pm
Venue: Ulverstone
Next Meeting: Wednesday 24th April
Guest Speaker: Andrew Potter, MS Advocate
RSVP: msconnect@ms.org.au by Fri 19th April

MENS PEER SUPPORT GROUP

Meets: Third Friday of the month, 12:30pm to 2:30pm
Venue: Hobart
Next Meeting: Friday 19th April
Social gathering, meals available at own expense
RSVP: msconnect@ms.org.au by Mon 15th April

NEW NORFOLK PEER SUPPORT GROUP

Meets: First Wednesday of the month, 10:30am to 12
Venue: New Norfolk
First Meeting: Wednesday 3rd April
Social gathering, coffees and cake etc at own expense
RSVP: msconnect@ms.org.au by Fri 29th March

Groups coming your way soon & more details to come:

*Launceston Under 50's Group

*Wynyard, Coffee, catch up and chat 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 contact Angela Land via email or phone.