



**Our thoughts** are with our fellow Tasmanians at the moment with various bushfires burning across the state. We encourage people to be well-prepared always, but particularly at these times. Planning can be increasingly important for people living with mobility issues.

The Tasmanian Fire Service website is a great source of up-to-date information, and their philosophy of 'Prepare, Act, Survive'.

<http://www.fire.tas.gov.au/Show?pagelD=colbushfirePrepareActSurvive>

Familiarise yourself with your Community Protection Plan, and be prepared to leave quickly. It is important for people with mobility issues to not isolate yourself, speak to your family members, friends or neighbours about your fire safety plan. Keep a phone near your bed and be ready to call 000 if a fire occurs.

If you are deaf, hard of hearing or have a speech impairment, there are six ways of contacting emergency services.

If you find yourself in an emergency which is either life threatening or where time is critical, you can contact fire services, police or ambulance:

- By TTY – dial 106
- By internet relay – and ask for triple zero (000)
- By captioned relay – and ask for triple zero (000)
- By SMS relay – text 0423 677 767
- By video relay – login to Skype and contact one of the NRS contact names
- By ordinary phone – dial 1800 555 727 and ask for triple zero (000)

**Financial well-being: 'When a little advice can help a lot'**

In June 2018 we commenced an exciting partnership with the Pro-Bono Financial Advice Network (PFAN). The Pro Bono Financial Advice Network is an industry-wide collaboration across the financial services industry that connects financial advisers who are willing to give pro bono financial advice with MS clients.

PFAN Chairman, Nick Hakes said "We fundamentally believe in the value of financial advice and the life-changing impact it has on people's lives. PFAN advisers will volunteer their professional expertise in partnership with MS to help clients gain certainty and peace of mind about their financial futures.

The vision of the PFAN Board is to demonstrate the financial advice profession's commitment to the greater good of society and, in so doing, to have positively impacted the lives of those in need".

"For many people financial insecurity can cause considerable anxiousness. We are so pleased that Pro Bono Financial Counsellors are available to support clients with such an important aspect of their lives. Since June, we have had many clients take advantage of this service and with very good outcomes. We are very pleased to be able to offer this service to our clients." said Esis Tawfik, Senior Manager, Support Services.

To access this service, go to [Pro Bono Financial Advice](#) and complete the client form or contact MS Connect on 1800 042 138

**i-FIMS Research Study February Update**

I-FIMS (Interactive Step Training to Reduce Falls in People with MS) research study now has 48 participants taking part in the study in Hobart and Launceston. Thank you to all who have expressed interest and are taking part. The i-FIMS trial involves playing fun games with your feet, in your own home to help train your balance and reduce your risk of falling.

We are looking for more participants to take part in the trial in the following areas:

- Hobart and South-Eastern Tasmania
- Launceston
- Devonport & Ulverstone
- Circular Head

How do I get involved?

If you would like more information about taking part please contact the research assistant, Jessica Turner, at [ifims.hobart@neura.edu.au](mailto:ifims.hobart@neura.edu.au) or on 0447 937 071.



Some of the games you play stepping!

## SOUTHERN Tasmania – Outreach Dates 2019

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
<b>BRIDGEWATER</b> 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
<b>GLENORCHY</b> LINC – 4 Terry Street	THURS 21 MARCH – MM TUES 7 MAY – MR	9:30am-10:30am 11am-12noon 1pm-2pm
<b>KINGSTON</b>	<b>DATES TO COME</b>	<b>TIMES TO COME</b>
<b>NEW NORFOLK</b> Room 3, 3 Richmond Street, New Norfolk	TUES 16 APRIL – MR	9:30am-10:30am 11:30am-12:30am 1:30pm-2:30pm
<b>SORELL</b> 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 2019

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
<b>BEACONSFIELD</b> Beaconsfield District Health Service, 13 Bolton Street	WED 17 APRIL WED 19 JUNE	10am-11am 11:30am-12:30pm 1:15pm-2pm
<b>BURNIE</b> LINC, 30 Alexander Street, Burnie The Paperbark Room	TUES 19 FEBRUARY TUES 21 MAY	11am-12noon 12:30pm-1:30pm 2pm-3pm
<b>DEVONPORT</b> Community House, 10 Morris Avenue	MON 4 MARCH MON 3 JUNE	10am-11am 11:30am-12:30pm 1:30pm-2:30pm
<b>SCOTTSDALE</b> LINC, 51 King Street	MON 18 MARCH MON 24 JUNE	10am-11am 11:30am-12:30pm 1:30pm-2:30pm
<b>SHEFFIELD</b> Rural Health, 1b Henry Street	TUES 9 APRIL TUES 3 JULY	10am-11am 11:30am-12:30pm 1:15pm-2pm
<b>ST HELENS</b> Neighbourhood House, 25 Circassian Street	TUES 19 MARCH TUES 25 JUNE	9am-10am 10:30am-11:30am 12:15
<b>WYNYARD</b> Rural Health, 33 Goldie Street	WED 20 FEBRUARY WED 22 MAY	9:30am-10:30am 11am-12noon 1pm-2pm



Delivered by the  
National Disability  
Insurance Agency

Hobart Office for the NDIS has changed address.

NDIS planning team has moved from the Centrelink Barrack Street Office.

**The NDIS is now located on Ground Floor, 111 Macquarie Street Hobart.**



## Top Tips for Managing Heat Sensitivity this Summer

Many people with multiple sclerosis experience a temporary worsening of their symptoms when the weather is very hot or humid or they run a fever, sunbathe, get overheated from exercise, or take very hot showers or baths. For example, some people notice that their vision becomes blurred when they get overheated - a phenomenon known as Uhthoff's sign.

These temporary changes can result from even a very slight elevation in core body temperature (one-quarter to one-half of a degree) because an elevated temperature further impairs the ability of a demyelinated nerve to conduct electrical impulses.

An estimated 60–80% of MS patients experience temporary worsening of clinical signs and neurological symptoms with heat exposure

It is important to remember that heat generally produces only temporary worsening of symptoms and does not cause more disease activity (demyelination or damage to the nerves themselves). The symptoms are generally rapidly reversed when the source of increased temperature is removed.

There are many things you can do to help manage the effect of heat intolerance on you this summer. You may like to download a copy of Beat the Heat Booklet or a Heat Sensitivity Fact sheet.

[Beat the Heat booklet](#) 

[Symptoms: Heat Sensitivity](#) 

### Where to get Help

Health Direct 24 hour health advice 1800 022 222 <https://www.healthdirect.gov.au/>

### Keep an eye on the weather

Keep up to date with weather warnings to help plan your day with the Bureau of meteorology app downloadable from your app store or at <http://www.bom.gov.au/>

### Energy Australia 133 466

For information about concessions and/or rebates offered by some state/territory governments to eligible participants, including for medical cooling and heating.

[www.energyaustralia.com.au/home/bills-andaccounts/concessions](http://www.energyaustralia.com.au/home/bills-andaccounts/concessions)

### Independent Living Centres 1300 885 886

[www.ilcaustralia.org.au](http://www.ilcaustralia.org.au)

Products to assist with your thermal regulation including special footwear, cool and heat mattress covers and body coolers.

## Exercise for MS

Regular activity and a personalised exercise program can help you to live well with Multiple Sclerosis.

Bek Wilcher is a Physiotherapist from Mobile Health and Rehab, a new service that provides in home Physiotherapy and Exercise Physiology across Hobart and its surrounds.



Bek has started up an exercise group for those with MS in the Northern Suburbs.

**Where:** Glenorchy YMCA gym (level access, easy parking) **When:** Tuesdays at 12pm **Cost:** \$25 pp.

\*Able to use NDIS funding for this

\*Able to claim on private health fund

**What do you need to do?** Get in contact with Bek to book an initial assessment to set up your exercise program today.

**Phone 0423 723 075 Email [Rebekah@mobilehealthandrehab.com.au](mailto:Rebekah@mobilehealthandrehab.com.au)**

## MS EDUCATION

### Webinars, Wellness and other Education Events



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

**Multiple Sclerosis Fatigue - An Overview** Tuesday 19 February 11.00am – 12.00

**Superannuation and Disability Benefits** Tuesday 19 February, 7.00pm – 8.00

**iFIMS Research Study Update** Tuesday 26 February, 2.00pm – 2.45

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

**Travelling and Multiple Sclerosis** Wednesday 13 March, 11.00am – 12.00pm

**Expression of Interest** for TAS Family Camp at Camp Woodfield, Dysart TAS Friday 15 to Sunday 17 March

**NDIS Information Sessions , Various webinars and face-to-face sessions in various locations**

For more information please email [education@ms.org.au](mailto: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 4 March & 18 March  
\*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 : [msconnect@ms.org.au](mailto:msconnect@ms.org.au)

### KINGSTON

Meets: Second Tuesday of the month, 12 - 2pm  
Venue: Kingston  
Next Meeting: Tues 12 March  
Guest Speaker: TBA  
RSVP: [ambrundish@gmail.com](mailto:ambrundish@gmail.com) by Thurs 7<sup>th</sup> March

### EASTERN SHORE

Meets: Second Friday of the month, 10.30am - 12  
Venue: Bellerive Yacht Club  
Next Meeting: Friday 8 March, 10.30 - 12  
Guest Speaker: TBA  
RSVP: Chris: [cegm58@icloud.com](mailto:cegm58@icloud.com) by Mon 4 March

### DEVONPORT

Casual Coffee Group  
Next meeting TBA

### GLENORCHY

Meets: Last Monday of the month, 6 pm - 8pm  
Venue: Glenorchy  
Next Meetings: Mon 25 March  
Guest Speaker: TBA  
RSVP: Kerry: [peteandkerry84@gmail.com](mailto:peteandkerry84@gmail.com) by Thurs 21 March

### NORTHERN (Launceston)

Meets: Second Thurs of the month, 11am - 1.00pm  
Venue, Kings Meadows  
Next Meeting: Thurs 14 March  
Social Gathering

### ULVERSTONE

Meets: Fourth Wed of the month, 11am - 1pm  
Venue: Ulverstone  
Next Meeting: Wednesday 27 March  
Guest Speaker: TBA  
RSVP: [robbiet100@hotmail.com](mailto:robbiet100@hotmail.com)

### MENS PEER SUPPORT GROUP

Meets: Third Friday of the month, 12:30pm - 2:30pm  
Venue: Hobart  
Next Meeting: Friday 15 March  
Social gathering, meals available at own expense  
RSVP: Sean: [sean.omoore62@gmail.com](mailto:sean.omoore62@gmail.com) by Mon 11 Mar

### NEW NORFOLK PEER SUPPORT GROUP

Meets: First Wed of the month, 10.30am - 12  
Venue: New Norfolk  
Next Meeting: Thurs 6 March  
Social Gathering, coffee and cake etc at own expense  
RSVP: [msconnect@ms.org.au](mailto:msconnect@ms.org.au) by Mon 4 March

Groups coming your way soon details to come:

\*Launceston Under 50's Group, & \*Wynard 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. Contact Angela Land if interested via email or phone.