



MS Go for Gold Scholarships provide one-off grants to follow a personal dream

Applications for the 2021 MS Go for Gold Scholarships are now open.

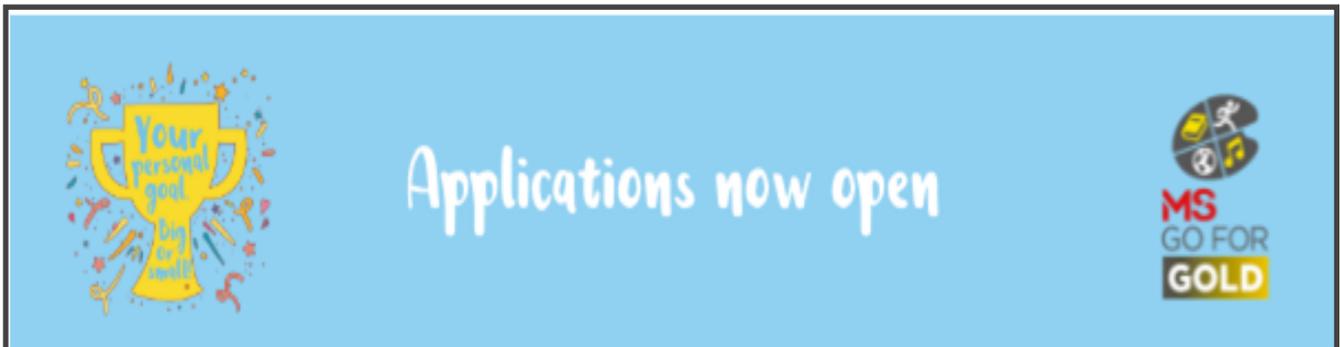
There are 25 scholarships available, each valued up to \$2,000 and applications close 15 September 2021.

This is your chance to kick-start that dream you have.

This may be for a creative pursuit to express yourself like learning a new musical instrument or purchasing equipment for your next crafty DIY project. It could be to help you further your education so you can advance your career or learn a new skill. You may want to kickstart that business idea you have yet to get off the ground or maybe it could help you to live well and take more time for self care through activities like wellbeing programs or alternative therapies. The choice is yours!

The MS Go for Gold Scholarships are made possible from the generous supporters of the MS Mega Challenge events.

To find out more information visit www.ms.org.au/go-for-gold



MS Readathon

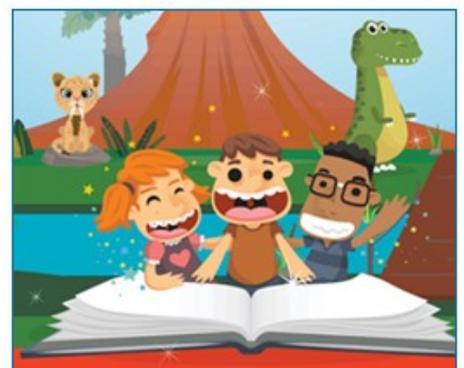
is now open for registrations!

Kids who register now can receive an MS Readathon limited edition T-shirt for FREE!

And don't forget big kids are also welcome to take part in the MS Readathon.

[Join us now for a million epic adventure](#)

Registrations Close 31 July 2021



An opportunity to participate in research to improve health and wellbeing for people with multiple sclerosis

We are focusing on recruitment for the ACT MS Cohort Study in 2021, and now have over 40 participants enrolled! Our goal is to recruit 100 participants this year (50 people with MS and 50 people without MS), so we would love for you to consider if you would like to participate in this study.

As part of the Our Health in Our Hands (OHIOH) Project, researchers at the Australian National University are working together to improve the clinical management and overall health and wellbeing of people living with multiple sclerosis (MS).

A foundational part of the OHIOH project is establishing the ACT MS Cohort Study. In this study we will recruit people with MS as well as people who do not have MS. We aim to have a similar distribution of age and sex across the two groups, and collect new data each year to see changes over time. By collecting data over time in people with MS and people who do not have MS, we will be able to compare the two groups to answer questions about health and wellbeing, how that changes over time, and whether and how having MS affects health and how this changes over time.

What does participation involve?

You need to be 18 years old or over either with MS or without a diagnosis or any known signs of MS. For people living with MS, participation will occur within one month of your appointment with doctor/neurologist. Once you provide consent, all participants will be asked to:

- Complete online questionnaires that include information about background, medical history, psychological health and wellbeing and diet.
- Complete measures of current health including blood pressure, height, weight and functioning e.g., rating muscles weakness, limb mobility, balance, speech, body sensations and visual function.
- Provide a blood sample.

Once a baseline appointment has been completed, participants will be asked to attend an annual follow-up appointment that is similar to the baseline appointment. If a person living with MS experiences a relapse between their annual appointment, they will be asked to attend a follow-up appointment.

Find out more!

Contact Dr Jo Lane on 02 6125 1485 or email jo.lane@anu.edu.au or go to the Our Health in Our Hands website at: <https://www.anu.edu.au/research/research-initiatives/our-health-in-our-hands>

This Study has been approved by ACT Health and ANU Human Research Ethics Committees (ETH.2019.00081 and 2020/047 respectively).

Meditation Group



As we are all living in stressful times, some of us are stepping up our meditation practice and our online meditation sessions are proving popular.

The Mindfulness Meditation Group is meeting weekly on Fridays at 3.30 pm by Zoom for about an hour to chat and then to do a guided meditation. (All suggestions welcome).

If you're not receiving alerts and an invitation for the online Meditation Group meetings at the moment and would like to be advised when sessions are being scheduled, please contact: Vanessa Fanning via email: vanessa.fanning@gmail.com or Richard Wilmott via email: lisrich@gmail.com

2021 MS Virtual Art Show

Celebrating
connections
through art



“Art talks, art connects, art heals!”

The MS Virtual Art Show is back in 2021, providing the MS community with the opportunity to express their creativity and celebrate connections through art. Art submissions will open on Monday 12 July and the virtual exhibition will commence on Monday 16 August.

The MS Art Exhibition has a proud 15-year history. In 2020 the Art Show was transformed into a virtual exhibition which provided the wider MS community from all the State and Territories in which we work to participate keeping our community spirit strong, celebrating creativity and supporting each other through challenging times – a feature we are keen to replicate.

The highlight of each MS Art Show is presentation of the Barry Allen Art Award. The late Barry Allen was a dedicated artist who loved painting and received great comfort from his interest in art and music. He bequeathed a sum of money for the Barry Allen Art Award and one of the artists participating in the 2021 MS Virtual Art Show will once again be the recipient of this prestigious award.

If you would like to attend the Opening and Announcement of the 2021 Prize Winners including the presentation of the Barry Allen Art Award, mark your calendar for 2pm, Monday 30 August 2021. An invitation will be sent closer to the date.

WHO CAN PARTICIPATE?

Art submissions are invited from people living with multiple sclerosis, carers and those living with other progressive neurological conditions. A range of artwork types are welcome including painting, illustrations, sculpture, craft and photography.

WHAT AWARDS ARE ON OFFER?

This year there will be a new category for carers, with an award to celebrate the artistic excellence of one participant who provides support to someone living with multiple sclerosis or another progressive neurological condition. The full range of awards in 2021 will include:

- Barry Allen Art Award
- Highly Commended - Paintings/Illustrations
- Highly Commended - Sculptural/Craft Artwork
- Highly Commended - Digital Artwork and Photography
- Carers Award.

CELEBRATING CONNECTION THROUGH ART

MSL will host two webinars with Justine Martin and Mattia Cicoli, both highly successful artists living with multiple sclerosis. Mattia's demonstration will focus on connections to self through art and Justine's demonstration will focus on connections with the community through art. Dates will be announced shortly.

MORE INFORMATION

For more information about the 2021 MS Virtual Art Show and to view the winners from 2020 visit ms.org.au/art.



“Elena always wanted to help others”.

Elena (Helen Canu) Benefactor, MS Callistemon League

Born in September 1949, Elena Canu grew up in Northern NSW. A much-loved daughter to parents who had migrated from Sardinia, Italy, Elena enjoyed a very happy childhood spent outdoors.

As a young woman, she went on to build her career in the Australian television industry, which included roles as a film librarian, a studio director and a producer. Many of her colleagues will remember her as “Paddles”, a nickname Elena developed whilst working at Channel Nine, Sydney. This affection shown by her colleagues reflects the deep care Elena had for her friends and family throughout her life.

“By leaving a gift in her Will to MS, Elena’s caring nature continues” say Mario and Frank Canu, her brothers.

Elena was very grateful for the support she received from the MS organisation. She was long aware of multiple sclerosis, due to its prevalence in Sardinia where the existence of multiple sclerosis is significantly higher than in neighbouring Mediterranean regions.

When writing her Will, she found it very easy to help a cause that was so close to her heart, having had multiple sclerosis for over 30 years. MS helped her greatly on this difficult journey and she was very appreciative of the difference it made in her life. **As a legacy she thoughtfully wanted to help others in the same caring way that she was helped.**

Elena’s life was cut short; however she continues to live on via this loving legacy. This very generous gift will help fund crucial research and lead to better lives for those living with multiple sclerosis.

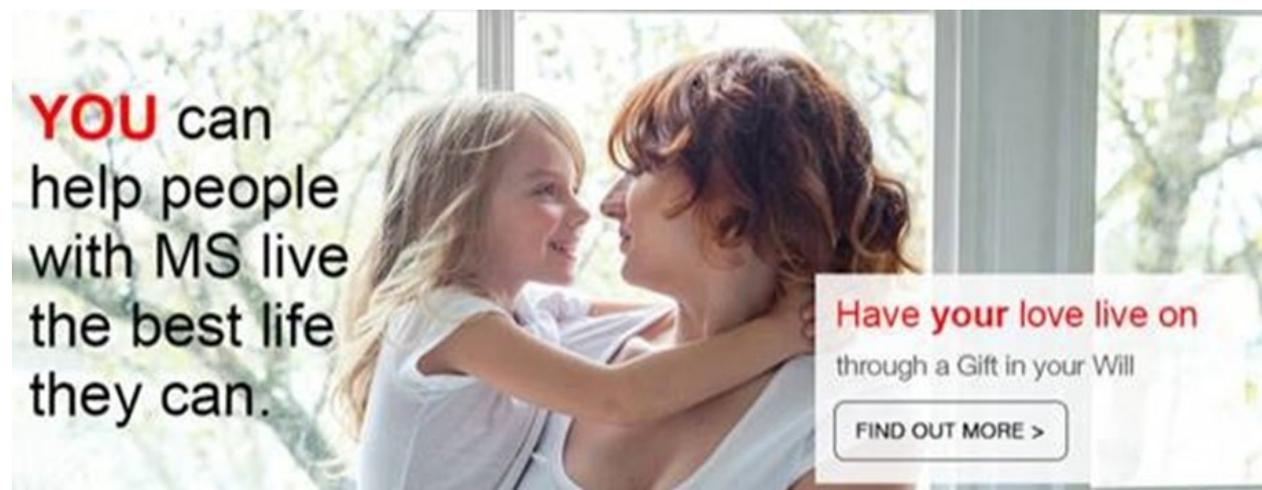
Elena knew that you don’t have to be super wealthy to leave a gift in your Will, and that nothing could be further from the truth. After taking care of family and friends, she understood how that one final gift, no matter how big or small, can make a difference.

Today, Elena continues her life legacy and is standing together with those whose journey she well understood, ensuring they do not face multiple sclerosis alone.

Whatever the amount, we’re extremely grateful for any gift left to Multiple Sclerosis Limited. Many opt for 1% of their Estate for their favourite charity and 99% for family and friends. Your legacy will provide vital support so people living with multiple sclerosis can live the best life possible, while our search for a cure continues.

For further information please call Laura Henschke or Nikita Obermuller on 1800 443 867 (1800 GIFTMS) or write to futureplanning@ms.org.au

More information can be found in our website: www.mymslegacy.org.au



People with MS (PwMS) Taking Control Group

Many thanks to all those who contributed to the success of our “Connections” lunch gathering to mark World MS Awareness Day. 51 people joined us on this convivial occasion to hear Jen Severn in conversation about her memoir “Long Road to Dry River”.

Our Group hosts regular meetings twice a month. On the second Friday of the month we meet via Zoom. On the last Friday we meet at Gloria McKerrow House. We are doing our best to arrange a virtual link at the last Friday GMH meetings to enable people to participate from their homes.

In addition to our two Friday meetings in July, we will have a clinical psychologist speaking at 2pm on **Saturday** 17 July. The presentation on cognitive assessments and cognitive rehabilitation for PwMS will be via Zoom starting at 2pm. If possible we will stream the on-line presentation on the TV at Gloria McKerrow House to allow local participants to watch the presentation together and have a chat afterwards. Updates on this meeting and a further Saturday meeting still in the planning stages will be provided via our mailing list.

We welcomed several new members in April and May with membership now around the 150 mark. If you would like to subscribe to our mailing list and get timely information about future gatherings and speakers, please email your contact details to takingcontrolgroup@hotmail.com. Or look for our page on Facebook, Canberra Region MSers.

Because we understand that many people with MS do not necessarily wish to disclose their diagnosis, the names and email addresses of people who subscribe to our mailing list are strictly confidential and are not visible to any other recipients. In line with privacy principles, you can unsubscribe at any time.



[Understanding Aged Care System Fees](#)

Wednesday 14 July, 11.00am – 12.00pm AEST

Are you confused about the fee structures regarding aged care? Would you like to understand how fees are calculated? Financial Advisor, Nicola Beswick will clarify the fees involved in Aged Care and help you to understand what you will and will not have to pay and when.

[NDIS and Equipment - Get What You Need](#)

Monday 19 July, 11.00am – 12.00pm AEST

Are you looking to purchase some assistive equipment through the NDIS? Would you like to better understand how the process works and what is involved? Occupational Therapist, Jordan Labrooy will clarify the procedure when working with the NDIS to purchase assistive technology and respond to frequently asked questions about this process from NDIS participants and other stakeholders.

[Take Charge and Become the CEO of Your Life with Dr Sally Shaw](#)

Wednesday 21 July, 11.00am – 12.00pm AEST

Being the CEO of your life means that you are living life, on your terms. Psychologist, Dr Sally Shaw, will take us through the steps of reframing our perspectives, taking control of our life and creating a new reality to live better with multiple sclerosis.

To register for any of these Webinars click on the links above. For more information please email education@ms.org.au or call MS Connect (Freecall 1800 042 138)