

## A message from our CEO - reopening of all MSL sites



This is a video message from our CEO, John Blewonski to all clients and members of the MS community, with an update on the reopening of all MSL sites and the resumption of face-to-face events. To watch the video, click on the image, or [click here](#).

We're doing our best to keep you updated throughout this time, so check our [COVID-19 Information page](#) on our website for the latest resources and information. If you need support or services, please don't hesitate to contact us on 1800 042 138 or [msconnect@ms.org.au](mailto:msconnect@ms.org.au).



# Applications opening soon

15 June 2021



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

Applications for the 2021 MS Go for Gold Scholarships open on 15 June 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!

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

**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](http://www.ms.org.au/go-for-gold)

## Let's connect for World MS Day 2021

It's World MS Day on Sunday 30 May and this year's theme will focus on community connection in order to challenge barriers that can leave people living with MS feeling isolated. We want to shine a light on building a support crew – establishing and maintaining those all important connections with friends, family and the MS community!

Our team is hosting a series of activities to help the MS community to engage with and support each other, celebrating their resilience and personal connections – and it's not too late to get involved! We kicked it off with a community event at Gloria McKerrow House hosted by Nurse Advisor, Jane Bridgman – '*Breaking Barriers to Connection*'. Four expert speakers talked about a range of topics including understanding love languages, the benefits of peer support, the value of sharing your journey, communicating your symptoms and strategies to support carers. If you missed it, we can send you a recording. Contact [education@ms.org.au](mailto:education@ms.org.au).

You can move with the MS community on the morning of World MS Day at the MS Walk, Run + Roll on Sunday 30 May 2021. You can join us virtually and move your way at home, at the gym or outdoors on a local track. People living with MS receive free registration, [find out more](#).

Get involved locally by inviting your friends, family and colleagues to dedicate their fundraising efforts to MS! There are so many ways to get involved. From casual days to quiz nights, morning teas to sausage sizzles – you can [do it your way in May!](https://www.doitforms.org.au/get-involved/world-ms-day) <https://www.doitforms.org.au/get-involved/world-ms-day>

You can also join us on Instagram or Facebook (MSGetInvolved) and share a shout out to your support crew on social media. Post your video selfie, tag us and connect with others using our hashtag #MSsupportcrew.



### Future Redevelopment of Gloria McKerrow House Update

Members of the ACT Community will be aware that the MSL Board has made an in-principle decision to undertake a future redevelopment of Gloria McKerrow House.

Updates will be provided to the ACT Community when planning for the project commences.



## People with MS (PwMS) & Taking Control Group.

On **Friday 28 May** we are hosting a very special lunch event for PwMS, their friends and families. **Jen Severn**, one of our members living with MS is joining us in person to talk about her **recently published book, Long Road to Dry River**. We will also have live music with our **guest harpist Gwenda Davies** and a whole range of high value items on offer for silent auction and lucky door prizes and raffles.

Several members of the **ANU MS research Team led by Dr Anne Bruestle** will be coming to lend their support and to meet people living with MS. Due to the high numbers already registered for this event it is being held off site at the Baptist Church hall.

Please send us a message at [takingcontrolgroup@hotmail.com](mailto:takingcontrolgroup@hotmail.com) if you want to enquire about the possibility of making a last minute booking for the lunch. We'll make sure to fit you in if we can.

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](mailto: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.

Members of the People with MS (PwMS) Group and the Taking Control of MS Group host regular meetings on the second Friday and the last Friday of each month at 12.30pm. The meetings are both face-to-face and via Zoom.

## ACT Young People are Seeking Group Facilitators for MS Peer Support Group

We are seeking expressions of interest from young people under 40, living with multiple sclerosis, who are interested in facilitating a Peer Support Group in the ACT.

Peer Support Groups provide a space for group members and facilitators to share tips and tricks on living well with multiple sclerosis, build a network of community resources and connect with other people who just get it!

**What is it?** A Peer Support Group is a small group of people with shared experiences of multiple sclerosis who get together informally to support each other.

**What does a facilitator do?** We will provide you with all the training you need to lead discussions, help organise guest speakers and be the main point of contact for group participants.

**Where do we meet?** You get to choose! It could be on the phone, at a café, community centre, or venue that works for you and the group.

**What do we do?** Share resources or even meet local health care professionals while enjoying coffee and a chat.

**What's in it for me?** Group members and facilitators say they feel less alone and more supported. *"Talking with others with MS gave me the strength I needed to regain some control in my life" - Hazel.*

**What skills do I need to have?** If you have been diagnosed with multiple sclerosis for at least 2 years, have a positive outlook on life and can be representative for Multiple Sclerosis Limited, you might be perfect for the role. Get in touch and we will interview you and complete the mandatory checks, including police and referee checks.

### How To Apply?

To express your interest, or to hear more about this opportunity contact MS Connect. Our team is available from 8.00 am to 6.00 pm, Monday to Friday on 1800 042 138 or email [misconnect@ms.org.au](mailto:misconnect@ms.org.au)



## “My religion is kindness...”

The Dalai Lama once said *"My religion is very simple. My religion is kindness"* He could have been thinking of people like Jean Fraser.

Jean spent all her life living quietly and modestly on the family farm. She was always kind and thoughtful towards those less fortunate than herself. **She faced many challenges and misfortunes in her long life.** At the age of 16 Jean sadly lost her mother, so had to leave school to help on the farm and look after her father and younger polio afflicted brother.

**Tragedy struck again in 1939.** The family house, farm and animals were destroyed in the terrible Victorian bushfires. This further blow would break many. Instead, Jean courageously helped rebuild the home and farm.

Jean experienced hardship and loss early in her life. She also cared first-hand for her brother, stricken with the paralysis of polio. **These hardships gave her an insight into the many challenges of multiple sclerosis.** Jean never forgot those less fortunate. She always wanted to help those challenged by multiple sclerosis (MS). Jean believed people living with MS deserved to have access to care, support and advice. To this end she left a gift in her Will to Multiple Sclerosis Limited.



Janice Smith, her second cousin and executor of Jean's Will tells us: *"Aunt Jean was a gracious, private woman. Aunt Jean worked hard, lived her life modestly, but was thoughtful and generous. In her final wishes she included a generous gift for people and families impacted by MS. For that I am very proud of her."*

Jean is no longer with us, but her kindness and thoughtfulness are remembered proudly by family, friends and people living with MS. She wanted those living with MS to live a life of possibilities. **Thus, she included a gift in her Will for Multiple Sclerosis Limited. Kindness was indeed Jean's legacy.**

**Your Will says a lot about you.** Would you like to help people with multiple sclerosis lead better lives like Jean did? Any gift, big or small can make the difference. Contact us for more information. You will find how easy it is and what a difference it can make in your life and in that of those living with MS.

Become a member of the **MS Callistemon League**, a group of very special people who are committed to ensuring those living with multiple sclerosis are not alone.

**MS Gift Planning Program** – Talk to Laura or Nikita on **1800 443 867**  
Email: [Futureplanning@ms.org.au](mailto:Futureplanning@ms.org.au) or visit [www.mymslegacy.org.au](http://www.mymslegacy.org.au)



**YOU** can  
help people  
with MS live  
the best life  
they can.

**Have your love live on**  
through a Gift in your Will

[FIND OUT MORE >](#)

# EDUCATION



## **Kitchen Gadgets when my hands are not cooperating**

2 June, 2021 11:00 AM AEST

We seem to spend a lot of time preparing food and doing tasks around the kitchen, but when multiple sclerosis affects our hands, routine tasks can become challenging. Join the team from Assistive Technologies Australia to explore some of the gadgets that can make completing kitchen tasks easier.



## **Decluttering for people with MS**

9 June to 7 July (5-week program). To register click the link above.

## **Pilates by Webinar**

11 June to 16 July (5-week program). To register click the link above.

## **Managing Cognition in the Workplace**

16 June, 2021 2:00 PM AEST

Join the team from MS ESS to explore strategies and approaches that can be trialed and implemented to minimise the impact on work.

## **Centrelink Entitlements**

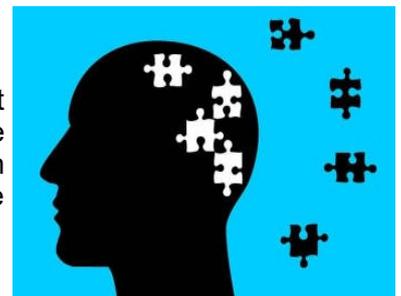
21 June, 2021 11:00AM AEST

This presentation will provide an introduction to Centrelink's Financial Information Service, outlining how they can assist people in making financial decisions. In the session we will focus on the eligibility for Disability Support Pension, Carer Payment and Carer Allowance, including how to claim, the means test associated with these payments as well as an update on Centrelink's digital service offering.

## **Working with MS - Improving Your Memory**

Watch on demand. Click the link above.

Do you find your memory is waning? And does this affect your abilities at work? Join Neuropsychologist, Dr Ben Harris as he discussed the changes MS can cause to the thinking and memory processes. Dr Ben offers strategies to support memory and thinking that can be applied in the workplace.



## **Inspiring Lives Video Podcast featuring Dr. Sally Shaw**

Watch our new video podcast in the MS Lounge. Click the link above.

Dr Sally Shaw is a Melbourne based psychologist working in a positive psychology framework with people who have a chronic illness, especially those with multiple sclerosis. Sally herself was diagnosed with multiple sclerosis in 2001. Join Sally as she chats with MS Education and Wellbeing Program Coordinator, Nicola Graham about finding joy and living well with multiple sclerosis.

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