

2021 World MS Day

Breaking Barriers to Connection

LIVESTREAM EVENT – 25 MAY

MS

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#msconnections

World MS Day 2021

World MS Day is officially marked on 30 May every year. It is a day that brings the global MS community together to celebrate solidarity and hope for the future. This year the theme is about challenging social barriers. The focus is on encouraging people living with MS to establish and maintain connections with friends, family, and the MS community.

MSL will be hosting a range of activities to highlight the importance of feeling supported by and connected to your “support crew.” In Canberra, our MS Nurse Advisor, Jane Bridgman will host an event at Gloria McKerrow House on Tuesday 25 May 2021 from 10:00am – 1:30pm. Lunch will be provided.

This event will include a live stream of our *‘Breaking barriers to Connection’* event, which will feature four expert speakers and a panel discussion.

Darren Radley (Relationship Counsellor & Sex Therapist, The EpiCentre)

Greg Cantwell (CEO, Peer Support Australia)

Prof. Tomas Kalincik (Neurologist and Head of the MS Centre, Royal Melbourne Hospital)

Jennifer Daddow (Community Educator, Carers Victoria)

The speakers will focus on a range of topics including improving communication through understanding love languages, the benefits of peer support, addressing the barriers of MS symptoms and medications to connections and strategies to support carers.

If you'd like to express your interest in attending the event at Gloria McKerrow House please email education@ms.org.au.

Alternatively, if you would like to register to virtually watch the live stream or find out about other planned World MS Day events and fundraising activities visit ms.org.au/get-involved/world-ms-day.aspx

Regrettably, the 2021 Canberra MS Mega Swim has been postponed due to venue changes

The Australian Institute of Sport is no longer able to host our event on 1 and 2 May 2021.

Our team is working hard to secure a new venue and date in Canberra and hope to be able to announce something very soon.

MS Mega Challenge events are a huge piece of our puzzle, providing over 900 MS Go for Gold Scholarships to people living with multiple sclerosis, as well as helping to fund vital support services. These scholarships provide the opportunity to significantly change lives and help fulfil dreams. It is thanks to your support that this is possible.

We apologise for any inconvenience caused and thank you for your support and understanding.



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 to 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

Exercise Classes

Exercise classes designed for PwMS to improve their balance and strength have resumed at Gloria McKerrow House.

Two classes every Thursday morning at 10.00 am and 11.00 am. The 11.00 am class is chair based and is suitable for all levels of ability.

There are places available in both of these expertly led classes. The classes are an opportunity to catch up with friends and peers as well as preserve and improve your wellbeing.

Contact Heather Perry 02 6234 7000 or email heather.perry@ms.org.au to enrol.





Thank you for joining us at the



A massive thank you to all our wonderful participants, supporters and volunteers for joining us for the 2021 MS Walk Run + Roll ACT.

It was incredible to get together in person in Canberra and virtually all over the ACT with the wonderful MS Community on Sunday 28 March. From the first runners across the line to the committed 10km walkers, the event was filled with smiles, support and so much fun!

Over 500 people came together in Canberra wearing red and fun costumes to raise awareness of multiple sclerosis and vital funds that ensure no one faces MS alone. Virtually, all over the ACT, people took part at local parks, in homes and gyms.

Thank you to all of our fantastic participants who walked, ran and rolled in support of people with multiple sclerosis. Together, we have raised more than \$60,500 – funds that will deliver services and support to people living with multiple sclerosis.

A big shout out to our award winners, their outstanding fundraising efforts deserve a round of applause! Congratulations and thank you so much to our Top Individual Fundraiser Laura Ridge for raising \$1,764, and to our Top Fundraising Team Family for MS for raising \$3,158. Well done!

Thank you to the 80 volunteers who donated their enthusiasm, energy and effort to make the day a success. From supporting our participants throughout the Event Village to directing participants on the course, at our rest sites and the carpark, our volunteers really are essential to the MS Walk Run + Roll. Over 420 hours were volunteered to make this event happen!

Thank you so much. We can't wait to join you all again next year.

People with MS (PwMS) and Taking Control of MS Groups

Don't miss out! Our speaker on 28 May is author Jen Severn

Members of the People with MS (PwMS) Group and the Taking Control of MS Group, which are both long-standing groups based in Canberra and the surrounding region, including the South Coast, meet on the second Friday and the last Friday of each month at 12.30pm. The meetings are both face-to-face and via Zoom. Our meetings are an opportunity to share our thoughts and experiences on living well with and taking control of MS. At our gatherings we talk about anything and everything. We also have convivial lunch and coffee get-togethers, and from time to time we invite well credentialed speakers to bring us up to date on recent peer-reviewed research, and a range of topics focused on living well with MS.

On the Friday in 28 May 2021, we are thrilled that 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. Jen now lives on the far South Coast. Her story is about much more than her MS Journey. Jen has a talent for relating a good yarn and a degree of insight and candour that is almost disconcertingly courageous. Her book is a lively and clear-sighted description of her unconventional adventures from the suburbs of Sydney to an ashram in India. It is a book about coming of age and achieving a certain degree of peace. She explores her difficult childhood and her attempts to understand and resolve her feelings about complex family relationships, her quest to find the place and people where she feels she belongs and of course her quest to come to terms with living with a chronic and progressive disease.

On the second Friday of the month we usually meet by Zoom only. On the last Friday of every month we meet face-to-face as well as having a zoom link for those who can't make it in person. Some of you with busy weekday schedules have asked when we can resume meeting again on Saturday afternoons for guest speaker sessions. We are awaiting permission from MSL to have access to Gloria McKerrow House on Saturday afternoons.

If you would like to subscribe to our mailing list and get up to date information about upcoming gatherings and speakers, please email your contact details to takingcontrolgroup@hotmail.com.

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 this mailing list are strictly confidential and are not visible to any other recipients. In line with privacy principles, you can unsubscribe at any time.

WORLD MS DAY - 30 MAY

brings people together - so invite your friends, family or colleagues and *do it for* MS this May!

Gather your friends, family or community together physically or virtually during May and enjoy some festivities all for a good cause. From casual days to quiz nights, morning-teas to sausage sizzles the possibilities are endless for your World MS Day fundraising!

This year the World MS Day theme is **#MSConnections**, so when you connect with friends, family, colleagues of your community this May decide to Do It For MS! Here are some ideas to inspire your plans:

Connect over a meal: Share a meal with loved ones for MS, you could eat red-inspired foods, decorate the house and dress up! Share your foodie happy snaps with your wider network and ask them to donate to reward your cooking creativity for MS.

Connect at your business: You can sell MS merchandise, choosing from a range of MS branded fundraising products including pins, ribbons, pens and more. You could even host an MS Donation tin!

Connect locally: Hold a COVID-friendly activity like a BBQ or a cake stall, a trivia or movie night, or maybe set a virtual challenge for your community members.

Connect at the office: Host an office event like a 'Wear Red' casual day, an office morning tea or get outdoors for a picnic in the park. You could bake red velvet cupcakes and tempt your colleagues every Friday in May when 3pm rolls around ...

For more great ideas or to register your fundraising activity visit <https://www.doitforms.org.au/get-involved/world-ms-day>

Want to help raise funds and awareness but not sure where to start or what support we can offer you? Get in contact via community.fundraising@ms.org.au or on 1300 733 690 and one of our fundraising experts will get in touch and help you tailor a plan to your needs!



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.

Planning for the new Centre will not commence until later in the year, when all stakeholders will be invited to input into the process.

Future updates will continue to be provided through the newsletter.



WEBINARS



Safe Transfers – a live webinar

5 May 2021 11:00 AM AEST



When walking becomes difficult due to poor balance, muscle weakness or other symptoms, transfers can become quite tricky and potentially dangerous. Join Peter from Assistive Technology Australia to consider how you can make your transfers safer, and look at techniques and gadgets that can assist.

Nature Connection & Mindfulness – a live webinar

7 May 2021 2:00 PM AEST



Mindfully connecting with nature is increasingly being shown to have beneficial effects on our physical, mental, emotional and spiritual wellbeing. Join Louise from Centennial Parklands NSW for a unique wellbeing program and experience the power of re connecting with yourself and the natural world.

What is Multiple Sclerosis? - An Introduction

10 May 2021 2:00 PM AEST



Join MSL's Nicola Graham, as she steps you through an introduction to multiple sclerosis, the hidden symptoms, treatments and resources available.

NDIS: Managing the Funding in your Plan

12 May 2021 11:00 AM AEST



There are four ways the funds in your NDIS plan can be managed - NDIA Managed, Plan Management, Self-Management, or a combination (of these approaches). Lauren Houlder will help to dispel the myths and give you the facts about the different ways you can manage the funds in your NDIS plan. This is a great webinar for anyone who is embarking on, or already on their NDIS journey.

Breaking Down Barriers to Connections – A live webinar

17 May 2021 10:00 AM AEST



May is MS Awareness month and the theme this year is Connecting to Others. But how can we maintain connections when MS causes changes to cognition that seem to get in the way of creating and maintaining relationships?

In this program, Dr Luke Smith, Clinical Neuropsychologist will explore the barriers that cognitive change causes and give us some tips for breaking down these barriers and improving our interactions.

Can't make the live webinar or broadcasting? All our programs can be viewed as a recording with the opportunity for you to ask questions that will be followed up within a week of the program.

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).