



Let's Connect for World MS Day 2021



It's World MS Day on Sunday 30 May and this year's theme focuses 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 hosted a series of activities to help the MS community to engage with and support each other, celebrating their resilience and personal connections .

We kicked off World MS Day activities with a virtual event '*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'll send you a recording. Please contact 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. 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](#). The MS Walk, Run + Roll will also take place at Invermay (Launceston) on 19 September 2021.

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!](#) to register your fundraising activity visit <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.

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.





Applications opening soon



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

“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. 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.

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.**

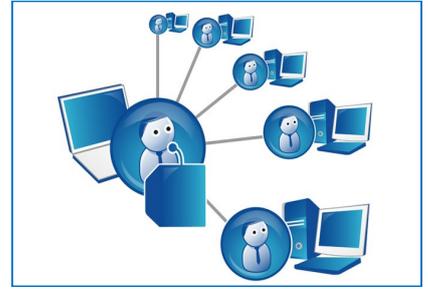
Your Will says a lot about you. Would you like to help people with multiple sclerosis lead better lives like Jean did? Any gift, big or small can make the difference. Contact us for more information. You will find how easy it is and what a difference it can make in your life and in that of those living 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 Henschke or Nikita Obermuller on **1800 443 867**
Email: Futureplanning@ms.org.au or visit www.mymslegacy.org.au

We are here so no one needs to face MS alone, now or in the future.

MS EDUCATION



Webinars, Wellness and other Education Events

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.

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.

Professional organiser, Julie Cliff, and Andrea Salmon, MS Education and Wellbeing Program coordinator combine their decluttering and coaching skills to help you explore the health benefits, mental and physical, of decluttering. In this 5 week program we will share practical tools to get organised at home as well as challenge the things that get in the way of making the changes that will make life easier. Homework tasks and reflections each week will help put the program into practice.

Pilates by Webinar

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

This six-week program is presented by Jess Mason. Jess is a qualified osteopath and has been practicing Pilates for over 5 years.

Managing Cognition in the Workplace

16 June 2021 2:00 PM AEST

Join the team from MSL Employment Support Services 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 discusses the changes MS can cause to the thinking and memory processes. Dr Harris offers strategies to support memory and thinking that can be applied in the workplace.





Get moving for a cause at the 2021 Launceston MS Walk Run + Roll on **Sunday 19 September 2021**. Be the first to hear when registrations open! Visit mswalk.org.au to register your interest.

Join us as we walk, run and roll together to raise vital funds that support Australians living with multiple sclerosis.

The 2021 Launceston MS Walk Run + Roll includes wheelchair and stroller accessible courses, meaning everyone can get involved, whether you're moving on your feet, using a chair or pushing a pram. Join us for a great day out moving with the wonderful MS Community and help raise much needed awareness and funds that help people living with multiple sclerosis, from diagnosis to living well.

Sign up solo, bring your dog or get a whole team together – no matter your style, we'll be moving forward together to make sure no one faces MS alone.

Register your interest today be the first to hear of discount prices and prizes up for grabs. To find out more, visit mswalk.org.au

MS PEER SUPPORT GROUPS

CIRCULAR HEAD

Meets: First Monday of the month, 7:00-8:30pm
Venue: Circular Head Rural Health Centre, Smithton
Next Meeting: 7 June and 5 July

*We are combining face to face group & Telegroup

EASTERN SHORE

Meets: Second Friday of the month, 10:30am-12noon
Next Meeting: Friday 11 June
Topic: Lunch from midday at Foreshore Tavern meals at own expense.

GLENORCHY

Meets: Last Monday of the month, 6:00-8:00pm
Venue: Glenorchy
Next Meeting: 31 May
Topic: Social gathering, meals own expense

NORTHERN (Launceston) – Social Group

Meets: Thursdays monthly
Venue: Punchbowl Christian Centre, Punchbowl Rd, Punchbowl
Next Meeting: 3 June
Guest speaker: Kim McCarthy, Program Coordinator Family Based Care

SHEFFIELD

Meets: First Monday of the month, 2pm onwards
Venue: Sheffield Rural Health
Next meeting: 7 June and 5 July
Topic: getting to know one another

MENS GROUP

Meets: Third Friday of the month, 12midday—2:00pm
Venue: Hobart
Next Meeting: 18 June, venue varies
Social gathering, meals available at own expense

LAUNCESTON

Meets: Last Saturday of the month, 10:00am-12 Midday
Venue: Linc Library, Launceston
Next meeting: 29 May and 26 June
Guest Speaker: Anne Denney, Employment Support Consultant & Physio
Topic: managing fatigue & employment support services.

WYNYARD

Meets: Third Wednesday of the month, Midday onwards
Venue: Bruce's Café, Wynyard
Next Meeting: Wednesday 16 June
Coffee catch up

ULVERSTONE

Meets: Fourth Wednesday of the month, 11:00am-1:00pm
Venue: Ulverstone
Next Meeting: Wednesday 23 June
Guest speaker: TBC

NEW NORFOLK

Meets: First Wednesday of the month, 10:30am-12noon
Venue: New Norfolk
Next Meeting: 9 June
Social gathering, coffees and cake at own expense

RSVP for all groups: msconnect@ms.org.au