



**AUSTRALIA**  
Giving life back

# MS Update

## Summer 2010

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*"My husband and I attended the weekend not really knowing what to expect, and WOW what a time we had (fantastic)." – D*

*"Thank you for giving us this opportunity to meet some wonderful people, learn a lot about ourselves and our families and most importantly meet others who are going through the same battles that I am. You don't feel so isolated when you hear the stories of others." – A*

*"It was brilliant and extremely beneficial to both myself and my husband. I do hope that there will be further, similar opportunities for other couples living with MS.*

*It can be very challenging at times and this was a fantastic uplifting weekend where the staff were wonderfully supportive and encouraging. I feel everyone left Cradle Mountain Chateau with more strategies and new friendships that will continue beyond this powerful weekend. Congratulations and thanks!" – L*

*"I know that we have come away with not only some new life time friends but heaps more security in our lives... This wouldn't have been possible without your gorgeous precious staff and MS Society. I really am looking forward to meeting up with them all again in April." – D*

## Northern Couples Weekend

After a successful pilot program was run in Hobart during 2009/2010, The MS Society of Tasmania has now extended the Couples' Program into the Northern half of our State. In October this year eight couples travelled to the spectacular Cradle Mountain Chateau to participate in the Northern Couples' weekend, funded by Vodafone Foundation Australia, as part of an ongoing Couples' Program designed by our Client Services team and with the generous support of The Federal Group.

The Couples' Program took participating couples on a weekend's journey to build skills and enhance their relationship, not only as a couple but also with their children and other family members.

For three days couples learned together, working on strategies to build their capacity to live well with MS and to better understand each other's needs. They laughed more as they found other ways and strategies to deal with the feelings and emotions of MS and they learned ways to renew the love through improving communication, learning to speak each other's 'love language' and exploring sensuality, intimacy and MS.

The weekend was an opportunity to meet other couples living with MS, and for some couples, this was the first time they had met with other MS clients since diagnosis. By the end of the weekend, friendships had been developed and the group left with the knowledge that they are not alone.

The same couples will attend a follow up weekend at Cradle Mountain in six months time, to review what they have learned and to set new goals for the future.

# CEO's Message



*“Since our Spring Update we have had the opportunity to report to our members upon the performance of The Society over the past year, both at our Annual General Meeting, held at the end of October, and also through our Annual Report.”*

Unlike many organisations for whom the AGM is a swift and formal affair of simply receiving the annual financial statements and then voting upon directorship vacancies, our Society takes this as an opportunity to celebrate the achievements over the past year and to connect with the many people who support us. This year's AGM on 28 October was no exception and we were delighted to be joined by a large and varied selection of key stakeholders, ranging from directors, financial members old and new (some very new!), many of our clients and advocates, representatives from partnering organisations, a number of our business suppliers and many, many of our own internal team. It was an inspiring occasion that allowed us to reflect not only upon strong financial performance which has contributed to our solid equity base, but to reflect upon the success of a host of new client-oriented initiatives upon which we invested over the 2009/10 financial year. Many of these such as our Wellness Weekends, our Couples program, the Getting in Touch research project and the MyState MySport project have been well documented through Update issues of the past and further details are also provided in this year's

Annual Report which is available online or in hardcopy on request to our offices in Hobart and Launceston.

Throughout his Chairman's Report, Dr Geoff Chapman highlighted the work of The Society's team in fulfilling our mission and adopting core values of respect, integrity, empathy, focusing on working together, both internally and with our many partners, in enhancing the quality of life for those living with MS and reducing the impact upon families and carers. Dr Chapman's report closed with acknowledgement of each of the directors upon The Society's Board, all of whom have returned for a further term, and also commending the great work of the management team. In this regard, I would also like to extend my thanks and recognition for the valuable contributions made by my colleagues each of whom, collectively and individually, works with dedication and skill in contributing to successful pursuit of our Society's strategic directions, particularly noting that we are working in a challenging



*Dr Geoff Chapman and Harry Wilsdon*

environment across the charitable and not for profit sector, during a time of reform in health and disability support, locally and federally.

The formalities of the AGM concluded once again with presentation of a Recognition of Service Award. On this occasion, it was with enormous pleasure that the many gathered for the evening acknowledged the significant contributions of Harry Wilsdon. Harry's involvement with The MS Society of Tasmania extends over a decade now, a period in which he joined the Board, assumed the role of Chairman and also stepped in to act as Chief Executive Officer for a considerable length of time. Across his association with our state-based Society, Harry has

also contributed extensively to national discussion at the Multiple Sclerosis Australia level and, beyond this, has become a key member of the Federal advocacy team, a role in which he continues to provide a strong and influential voice representing the views of those living with MS to members of parliament. It was truly a moment of celebration amongst friends when Harry accepted the individualised tapestry which highlights his role in 'strengthening the fabric of life' for those across our MS community. In accepting this Award, Harry made it very clear that his motivation was simply that he enjoys what he does and that he fully intends to contribute in many ways to supporting the work of our Society and adding great value to many of our strategic partners across our broader networks. Again, on behalf of our Society, including the Board, our internal team and our clients statewide, I would like to extend my sincere thanks to Harry for his selfless commitment to making a difference.

Looking ahead, I would like to draw upon an excerpt from our 2009/10 Annual Report, released at the October AGM. In this I highlighted that a key project for the coming year would be to work with funded support from DHHS in strengthening further the quality of our organisation's systems and services. Through a one-off grant initiative known as 'Strengthening Community Organisations' we have joined with an external accreditation organisation, Quality Management Services, to begin development of an innovative, collaborative approach which enables us to join with other chronic condition organisations in pursuit of quality improvement, ultimately towards accreditation against the Standards of the Quality Improvement Council. In this project we've worked with

QMS in leading establishment of what is known as a Community of Practice (CoP), a group of like-minded people who join together to more effectively create and share knowledge, in this instance, focused upon quality improvement. This is an exciting project for us and one that has already been acknowledged in a national publication for its groundbreaking nature. Working together, both internally across our team and externally amongst our CoP partners, we look forward to a range of additional challenges (and ideally achievements) throughout the year ahead which will enable us to further enhance the provision of services and support for those living with MS, effectively delivering against the vision, mission and strategic themes of The MS Society. At this point, we have undertaken a considerable amount of preparatory work that will ultimately find us stepping forward to pursue accreditation. After an initial onsite review by QMS in mid-November, we are now awaiting the independent report which will serve to highlight those areas of focus in enhancing our activities across

the organisation. Already the verbal reports following this visit have been very positive, but of course, the aim of the exercise is to seek further enhancement in all that we do. In this regard, I have a high level of confidence that is gained through working with a team of highly dedicated and skilled individuals and look forward to keeping you informed as to the outcomes and developments that arise as a result of this now ongoing work.

In closing my column this year, I would like to take this opportunity to wish each of you a safe and peaceful festive season. I do know that the Tasmanian summer's heat can make life challenging when living with MS, so my wish is for a mild season in which we gain an opportunity to enjoy plenty of sunshine. I do hope that you have an opportunity to be with family and friends over this time, experiencing the joys of the festive season and everything that a positive new year brings. I look forward to returning from this quieter period to a similarly busy but satisfying 2011, working with the wonderful team that makes up our Society.

## Nursing Student at the MS Society

The MS Society of Tasmania was fortunate to have a University of Tasmania final year nursing student, Chinonye Adediran, as part of the Client Services team for a six week placement during September and October. Chinonye spoke highly of her very positive experience during her placement, and how it added to her knowledge about assisting patients who have MS. The whole MS Society team enjoyed having her in the Hobart offices and wish her well for her future nursing career in the community sector!





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# Research, Aids and Equipment Forum



**Thursday 24 March 2011, Tailrace Convention Centre, Launceston**

The Research, Aids and Equipment Forum will aim to assist MS clients in moving towards self-management, by acquiring relevant information about current and future research, and clinical trials in Tasmania. The forum will also provide information about, and practical experience of, aids and equipment.

The forum is open to all MS clients and their families from across the state, and an invitation will be mailed to all clients of The MS Society of Tasmania in January, with details on how to register for this event.

## **Presenters and Content:**

**Associate Professor Bruce Taylor**, Menzies Research Centre – Research into environmental and genetic factors that influence the development and progression of MS

**Dr Jim Stankovich**, Menzies Research Centre – Research into genetic variants that influence susceptibility to diseases including MS

**Ms Megan Varlow**, Clinical Psychologist, MS Australia – Pain management

**Ms Sue McGregor**, Clinical Research Nurse, MS Society of Tasmania – Clinical trials in MS in Tasmania

**Independent Living Centre of Tasmania** – Aids and equipment

**Save  
the  
Date!**

**DATE:** Thursday 24th March 2011 **TIME:** 10.30am – 3.30pm

**VENUE:** The Tailrace Convention Centre, Riverside, Launceston **COST:** Free

**TRANSPORT:** To allow maximum participation, bus transport to Launceston from Hobart and Burnie will be provided at a cost of \$20 a head.

# MULTIPLE STEPS FORWARD

## Progress Report 2010

This year, the Multiple Steps Forward group have continued our focus on working with, cooperating with and, where our interests coincide, supporting the work of The MS Society. We believe that the fact that much of our work has been in parallel is due to the fact that The MS Society is being increasingly responsive to the needs of their clients. As 2010 draws to an end, it is timely that we reflect on our activities over the past twelve months.



Some of the issues we have broached in 2010 include;

- **Communication:** Continued our close and cooperative communication with Heather Francis. This has ensured that we are aware of the national scene as well as the direction of the MS Society locally.
- **Getting in Touch:** Through membership on the Getting in Touch survey reference group, we have added our perspective to collecting data. The results of this data will assist in shaping future services which reflect the needs of people with MS and their carers.
- **Community Access:** A list of contacts has been constructed and various ways are being considered to make this an effective communication tool.
- **Universal Disability Insurance:** We continue to monitor progress about this issue in the media, and follow The MS Society's own activities related to this matter.
- **Aids and Equipment:** This is an issue on our agenda, however further discussion with The MS Society and MS advocates on this issue is needed before serious progress. The MS Society of Tasmania are also providing some information at the Research, Aids and Equipment Forum held in early 2011.

- **Problems of access:** Many issues have been raised about access and various strategies have been considered in order to find solutions with local councils and private bodies. Some key issues found were uneven pavements on streets, heavy doors and lack of rails in some venues, and a lack of alternative access options to stairs.
- **Home Assistance:** One member is investigating the idea of a database which will list tradespeople who are willing to do tasks around the house. These would be regular tradesmen covered by liability insurance.
- **MS Society Events:** We have been involved in many of these events ranging from the launch of the Betty Cuthbert Rose to the High Tea in Hobart.
- **Independent Living:** This has been our major focus this year. We are attempting to put together a document for submission to The MS Society, focusing on issues of health, finance, home life, employment and transport. This process will continue into 2011.

MSF Meetings will resume in 2011 from the first Friday in February. We wish all a very Merry Christmas and a happy and safe New Year.



## Stay Cool this Summer

Keeping cool during Summer can be a financial burden for some, however a client of the MS Society of Tasmania has drawn our attention to an Australian website who supply ice vests to MS clients for a reduced rate, which may provide a practical and moderately priced solution.

The ice vests are available to purchase online from Arctic Heat and can be used cold, dipped in water or frozen for a completely dry and long lasting cooling method. Arctic Heat also sells a range of other products which may help to keep you cool during the warmer months. The retail price for the ice vests are \$198 each, however they offer a discount to people with MS. Mention that you have MS in the 'special instructions' section during payment and you will receive a discounted rate of \$140, which includes Express Postage to anywhere in Australia.

For more information visit the website at [www.arcticheat.com.au](http://www.arcticheat.com.au) or call 1800 880 067.



## MS Clinic's New TV

As mentioned in the previous MS Update, a new TV has been purchased for the MS Clinic through funds raised by staff at The MS Society of Tasmania. We're pleased to announce that the TV has now arrived, and is being enjoyed by clients while they wait for their appointment.

## Our New Staff



### Susan Northcott

*Project Officer Client Services*

Susan joined us at the end of September working three days a week with the Client Services team. Susan's role includes researching, developing and supporting projects designed to enhance the services and information provided by our Society to people living with MS and their support networks. Susan has a background in teaching with a Master of Education and has held past teaching positions with the Catholic Education Office managing and analysing various projects aimed at enhancing effective learning. She has also worked as information and liaison officer within the aged care sector and has been a support and development officer with Girl Guides Tasmania. Besides this, Susan is an artist, specialising in beeswax paintings. She is a wonderful addition to our team!

# MOORILLA MS *Melbourne Cup* LUNCHEON AND ART EXHIBITION



The Moorilla MS Melbourne Cup Luncheon continues to grow with each year and is a stand out success on our fundraising calendar. The 150th running of the Cup this year was no exception, with 170 guests coming together in the beautiful surroundings at Moorilla for a day of frivolity and charity.

Supported by Moorilla, the day included a delicious three-course meal with fine wines and boutique beer from Source Restaurant, on-site TOTE facilities, sweeps, raffles and a Fashions on the Field competition judged by our special guests Larissa Bartlett and Lord Mayor Alderman Rob Valentine, and by our MC, John X and also by Harry Wilsdon.

As a new addition to this year's event, over thirty pieces of artwork from local artists were available for purchase via silent auction, as well as four luxury holiday packages. Tandem Project, a team of two very skilled artists were also a captivating feature on the

day, painting a spectacular canvas during the course of the afternoon. The completed piece was raffled and Jan Wilsdon was thrilled to be the lucky winner!

We'd like to sincerely thank all those who were involved in making the day such a success, as well as the many people who booked and organised tables, helping to make this year's event our biggest yet. We'd like to give special thanks to the Moorilla staff and local artists who offered their work for auction, and all the local businesses who supported the event. These included *Goulburn Gallery, Tandem Project, Aspect Design, Tasmanian Symphony Orchestra, Sargisons Jewellers, Pennicott Wilderness Journey, The Last Villa, Billie-Jo Fashions, Plum Restaurant, Flora Gondwana, Cool Wine, Sole Obsession, Routleys Menswear, Hadleys Hotel, Cargo, The Squire's Bounty, Tasmania Distillery, 9/11 Bottle Shop Sandy Bay, Tasmanian Gourmet Gifts, Terry White Chemist Sandy Bay, Big Bargain Bottle Shop, Polly Shoes, Navigators, Anvers Confectionary, Floriste, the Lions Club of Kingborough and Helping Hand Auctions.*

With many people giving positive feedback and intending to come along again next year, we look forward to planning a bigger and better event for 2011. See you there!



In Tasmania we had 1596 generous and community spirited participants registering to go on a Great Wildlife Adventure! They went WILD, reading over 20,000 books and returning over \$100,000 to this year's national program in sponsorship money. What a fantastic effort!

Congratulations and a special thank you to all the schools and participants who took part, and to all those people and businesses that sponsored and supported a reader. We really appreciate it!

## Special Achievements in 2010

### Highest Fundraising School

Princes Street Primary School – Raised \$3344

### Highest Number of Entrants

Princes Street Primary School – 53 entrants

### Special Achievement Award

Emily Lewis – Outstanding six year contribution

### State's Highest Fundraiser

Sarah Dixon – Raised \$6,005

### Reader Leader Award

Patrick Fleming, Hagley Farm Primary School

## State's highest Fundraising School and Highest Number of Entrants

Princes Street Primary School is the highest fundraising school in Tasmania for 2010. Also with the highest number of entrants in Tasmania, 53 readers banded together to raise \$3,344 and flicked through pages of over 800 books!

Well done Princes Street primary School. You are a fantastic school!

## Top Fundraising Schools 2010

School Name	Entrants	Amount \$
Princes Street Primary School	53	\$3,344.00
Tarremah Steiner School	29	\$2,717.70
Launceston Christian School	31	\$2,647.20
Sacred Heart Primary School	28	\$2,533.50
Sacred Heart – Ulverstone	33	\$2,391.10
Burnie Primary School	44	\$2,084.50
Franklin Primary School	7	\$1,843.10
Hagley Farm Primary School	34	\$1,713.50
Blackmans Bay Primary School	25	\$1,697.20
The Friends School	23	\$1,635.50

## Top Fundraisers in 2010

Sarah	Aged 18	\$6,005
Joanna	Aged 7	\$2,043
Murphy	Aged 9	\$1,307
Lily	Aged 7	\$1,011
Daniel	Aged 10	\$720
Emily	Aged 10	\$665
Alicia	Aged 9	\$640
Adam	Aged 14	\$506
Sophie	Aged 6	\$470
Dominic	Aged 9	\$398



## State's Highest Fundraiser Sarah Dixon

Sarah Dixon is the highest fundraiser for the third year in a row. Sarah has shown outstanding commitment to the program over the past eight years and the \$6,005 she raised this year has taken her all time fundraising total to \$14,613.40.

Sarah was very busy this year washing cars, organising raffles, holding a movie night, running sausage sizzles and door-knocking hundreds upon hundreds of houses. Somehow, in amongst all these other activities she even managed to read 138 books! Well done Sarah, what a brilliant effort!



## MS Readathon Star in the Spotlight Joanna Cameron

Joanna is seven and participated in her fifth MS Readathon this year. She was the second highest fundraiser in the state this year, raising an impressive \$2,082. Along with the help of her Mum, she sold hundreds and hundreds of bags of sheep manure to raise the majority of her sponsorship money. Joanna received an iPod as her reading reward and she has been really enjoying using it! She has made a special play list to help her to go sleep at night.

She said she loves doing the MS Readathon and helping people. "The MS Readathon really feels like a part of my life and I like the thought that I am helping people." Thanks for being so great Joanna!

## Christmas Functions

Mark your calendar with the following dates for our regional Christmas celebrations:

### Monday 6 December

Dinner at the Bridge Hotel,  
Smithton

### Thursday 9 December

Lunch at the Riverside Hotel,  
Launceston

### Thursday 9 December

BBQ Lunch at Bellerive Yacht  
Club, Bellerive

### Wednesday 15 December

Lunch at Casablanca, Penguin

We ask that all those attending RSVP as soon as possible to our Launceston Office on 6343 1240, or our Hobart Office on 6220 1111, where you can also gain more information about each function.



## Reminder to Clients for the Christmas Period

The MS Society of Tasmania will have limited staff working over the Christmas and New Year period, with the majority of our staff returning to work on **Monday 3 January 2011**. If you need help with medical problems associated with your MS over the break, please call the surgery of your local treating Doctor. Each practice will have made arrangements for the holiday period and will most likely give directions to patients on their answering machines. In the event of a serious problem, proceed to the Department of Emergency Medicine at your local hospital.



# MSFest is on again!

MSFest, Tasmania's biggest one day music festival held in Launceston each February, provides an opportunity for The MS Society of Tasmania to raise awareness of the condition amongst a purposefully targeted younger demographic. This awareness follows on from that

gained through earlier participation in the MS Readathon, and helps to place The Society as a recognisable charity for future years.

The MS Society of Tasmania has worked hard to ensure that our clients are able to attend the event if they choose to do so. In a 2

for 1 offer, clients who purchase tickets to the event through The MS Society of Tasmania may also obtain a free ticket for their carer, and an accompanying letter which allows both our clients and their carers to leave and return to the venue throughout the day. If you would like to purchase tickets under this arrangement for yourself and your carer, please contact Di at our Hobart office on 6220 1111.

This year we have also developed "Fundraise your way to MSFest". This is a new initiative which aims to heighten people's awareness of the connection between MSFest and its role in contributing a proportion of profit to our Society, while also naturally giving further scope to increase their understanding about MS. Equally, this allows people to fundraise for their ticket and have a great deal of fun doing so, enabling them to attend the festival when financial restraints may otherwise have prevented this.



Where: Inveresk, Launceston  
Date: Saturday 26 February 2011  
Time: 10:30am – Midnight

[www.msfest.com](http://www.msfest.com)

## Fundraise your way to MSFest

Put your creative hat on and envision that by dancing, singing, videoing, hanging out with your friends or fundraising in any way you can imagine you could be at MSFest 2011! All you have to do is fundraise.

The task is to fundraise \$200+ for The MS Society of Tasmania in order to receive a ticket to MSFest in Launceston. This can be done as an individual or as a team online. The individual or the team can make their own fundraising page, upload videos or images of themselves doing innovative and exciting activities in order to raise funds for The MS Society, or they can post what they will do when they achieve their fundraising goals.

There are great prizes up for grabs with the top fundraiser receiving a helicopter ride for themselves and 5 friends, arriving at MSFest!



## Starring Staff Profile

### Ashleigh Walker Project Officer

**LIVES:** Commutes between Hobart & Melbourne

**INTERESTS:** Ballet, France, Music, Shopping, Cooking & Piano

**FAVOURITE FOOD:** Strawberry Macarons

**FAVOURITE MUSIC:** Australian Rock and 1950-60's

**FAVOURITE BOOK:** Anything by Jane Austen

**BACKGROUND:** Ashleigh grew up in Launceston and attended Riverside High School and then went onto Launceston College, her family then moved to Melbourne where she commenced her degree in International Business at RMIT.

Next year Ashleigh has been chosen to go on a three week European Study Tour with 10 other lucky people to France where she will be studying at L'Ecole Superior de Commerce. After which she will complete her last year at RMIT and her degree, with a major in Marketing.

Ashleigh has previously worked in retail positions in Tasmania and Melbourne, including David Jones in Melbourne and Secrets, an Australian jewellery franchise. She also commenced her work in the not-for-profit area as a volunteer with the Motor Neurone Disease Association in Victoria after her grandmother was diagnosed with MND back in 2005.

Ashleigh started with us here at The MS Society at the end of January as part of her Cooperative Learning year as our Project Officer, and by the time this newsletter is distributed will only have a couple of weeks left with us.

Those of you who have been lucky enough to meet Ashleigh would agree that she is a stunningly gorgeous young lady who has contributed so much to the many and varied projects she has worked on during her time with us. Her organisational skills and eye for detail have added so much to the events that she has worked on.

Although Ashleigh is an understated and quiet lady, her sense of humour, warmth and wonderful way of dealing with people have made her a very valuable addition to our team. We will miss her very much and know that you will all join with us in wishing her all the very best for her future. Please keep in contact Ashleigh!

## Support Group Updates

### Glenorchy Support Group

Next year we will have a new venue for the Glenorchy support group. Details of the new venue and any changes to meeting times will be included on the updated support group calendar for 2011.

Meetings will commence there from February and will be held on the last Friday of every second month as per usual.

### Cygnets Support Group

Due to a declining number of people attending the long running Cygnets support group, we will no longer be convening this forum unless future demand may suggest otherwise.

### LAST CALL FOR A BRIGHTON SUPPORT GROUP!

To measure the current client demand, please contact a member of the Client Services team on 6220 1111 if you would be interested in attending a support group in the Brighton area.

## Upcoming Events

### 7HOFM MS Cocktail Party

When: Friday 11th March 2011

Where: The Jones & Co. Room,  
Henry Jones Art Hotel  
25 Hunter St, Hobart

Time: 5.30pm – 7.30pm

Please contact the office on 6220 1111 for more information.



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## Head Office

### Hobart

15 Princes Street  
Sandy Bay TAS 7005  
Tel: 03 6220 1111

### Northern Regional Office

18/2 Innocent Street  
Kings Meadows TAS 7250  
Tel: 03 6343 1240

### Freecall

South: 1800 676 721  
North: 1800 654 872

[www.msaustralia.org.au/tas](http://www.msaustralia.org.au/tas)

## Main North & North-West Support Groups

**Enquiries: 6343 1240**

### Launceston Support Group

Meets the 2nd Thursday each month at the Branch Community Centre next door to the MS Society Office (opposite the bowling alley).

18/2 Innocent Street, Kings Meadows  
Time: 11am to 1pm

### Ulverstone Support Group

Meet the 4th Wednesday each month at the Ulverstone Surf Life Saving Club, Beach Road Ulverstone. (Lift access is available)

Time: 11am to 2pm

### Circular Head Support Group

Meets the 1st Monday of each month at Circular Head Rural Health Services Inc, 68 Emmett Street, Smithton.

Time: 7.30pm

Contact Jenny on 6452 1594

## Main Southern Support Groups

**Enquiries: 6220 1111**

### Eastern Shore Support Group

Meet the 2nd Friday each month at Bellerive Yacht Club (entrance to function room off lower car park).

Time: 10.30am to 12pm

### Glenorchy Support Group

The Glenorchy support group will have a new meeting venue for 2011. Please check the updated support group calendar in 2011 for further details.

Time: 10.30am to 12pm

Note: Some days may change due to public holidays (please check your calendar).

## Follow us online



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### TWITTER

<http://twitter.com/MSTASMANIA>



### YouTube

[www.youtube.com/MSSocietyAustralia](http://www.youtube.com/MSSocietyAustralia)