

Network



News	5
NDIS	8
Eat well, live well	9
Equipment repair, maintenance and sales	11
Concessions available	11
Remembering Jared Wingrove	13
Multiple Solutions	14
Australian MS Longitudinal Study (AMSLS)	16
Client story	17
Peer Support update	19
Community involvement	23
MS Mighty Swim	25

In this issue

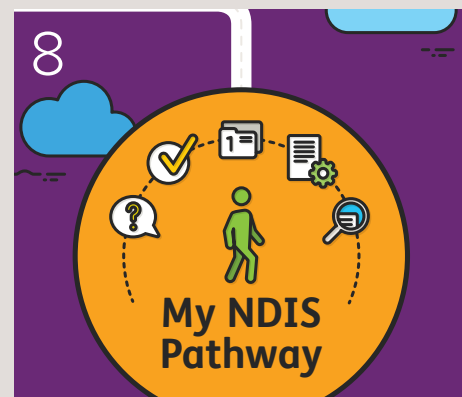
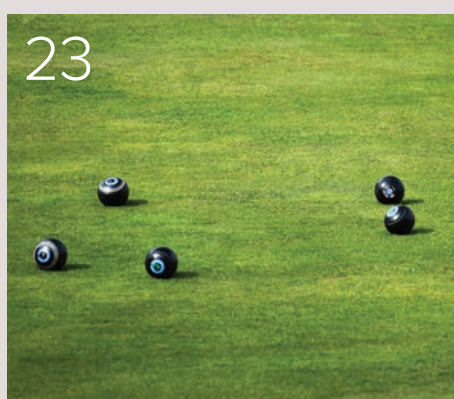
CEO update.....	3
Client Services update.....	4
News.....	5
NDIS.....	8
Eat well, live well.....	9
Equipment repairs, maintenance and sales.....	11
Concessions available.....	11
Remembering Jared Wingrove.....	13
Multiple Solutions.....	14
Australian MS Longitudinal Study (AMSLS).....	16
Client story.....	17
Peer Support update.....	19
Community involvement.....	23
MS Mighty Swim.....	25
Locations.....	28

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CEO update



Following the transfer of management from the MSWA team back to control by the MS Society of SA & NT, I have stepped aside as President and Chair of the Board of Directors to fill the Chief Executive Officer position in an interim capacity. Alan Scott, the Vice-President, has stepped into the role of President, also in an interim capacity.

We are about to commence the search for a Chief Executive Officer who can lead the Society into a bright future as we take up the opportunities presented by the NDIS and the return to self-management of the Society.

Being Interim CEO has given me the opportunity first hand to see the day to day operations of the Society.

The most striking aspect has been the care and compassion shown by the staff in the Society to help improve the lives of our clients who live with Multiple Sclerosis and the staff in our employment arm, Multiple Solutions to improve the lives of the long-term unemployed.

‘The most striking aspect has been the care and compassion shown by the staff in the Society to help improve the lives of our clients who live with Multiple Sclerosis...’

From visiting the Mighty Swim event and seeing its determined participants to visiting the reinstated hydrotherapy classes with their dedicated participants, I have met some wonderful people.

We will be visiting the Naracoorte MS Auxiliary in May and we have recently received a government grant to stage Come ‘n’ Try something new activities in metropolitan and regional areas. I look forward to meeting more people in the ‘MS family’ and hearing your views on how the Society can best serve its members.

Following the successful introduction of the Game Changer and Life Changer lotteries in 2016, both lotteries will be offered again in 2017. These lotteries are an important part of our fundraising activities.

The Game Changer Lottery will launch on April 26, but you can pre-register your interest in purchasing tickets at www.msgamechanger.com.au I encourage you and your friends, family and colleagues to support this fundraising initiative – who knows, you could win the first prize of \$1.5 million cash or a Metricon house and land package worth \$1.6 million!

CEO update

continued

I am pleased to report that the financial position of the Society continues to improve. We have made a profit year to date that exceeds our budgeted expectations. This has enabled us to make a further payment to our sister Societies in April. From an original loan amount of \$1.15 million, we now owe just over \$200,000.

‘Our next project is to install a facility at our new premises at Hillcrest to provide exercise therapy to increase clients’ strength and flexibility.’

We intend using our improving financial position to build client services. Our next project is to install a facility at our new premises at Hillcrest to provide exercise therapy to increase clients’ strength and flexibility.

Overall, the Society continues to expand client services. There is still much to do, but we are heading in the right direction with a great future ahead thanks to our generous MS community

Christine Hahn

Chief Executive Officer
MS Society of SA & NT Inc

Client Services update



I began as the Client Services manager in November 2016. I received a warm welcome from the staff and have continued to be impressed by their professionalism and commitment to the clients and the organisation. I am amazed at the level and amount of support services this small Client Services team have been able to consistently deliver.

The Client Services team have been reflecting on the services we currently provide and planning for the future by exploring how we can improve and expand the services we provide.

Continence has been a recurring theme and particularly the lack of services available for people in both the rural areas and the city.

A successful outreach visit to the Riverland was held in March in partnership with the Independent Living Centre (ILC). This included a seminar on managing continence, availability of a variety of products and the opportunity to talk with a MS Nurse and Occupational Therapist.

The MS Society is also working with Coloplast to trial a monthly continence clinic beginning in the Northern suburbs of Adelaide. The clinic will be staffed by a very experienced Continence Nurse Consultant, Gabby Pragnaratne. Clients in the initial trial catchment area will be notified by mail shortly. If the trial is successful we will be hoping to expand the service.

Nationally, disability services are experiencing a once-in-a-lifetime transformational change with the introduction of the NDIS.

The intention of the NDIS is to empower individuals to have choice and control in relation to your own life and the services and supports you need to live an ordinary life. The NDIS for many people is both an opportunity and a daunting task to know what is fair and reasonable and what supports you may need in the next 12 months.

The MS Society of SA & NT is here to help and we will continue to provide you with regular updates on the NDIS and *My Aged Care* Reforms.

We have developed a planning tool to help you to understand how your MS impacts on your life and to guide you to think about what you may require to assist you to function in your every day life.

News

The tool can be used to prepare for your planning meeting with the NDIS. We have established an enquiry email address for specific concerns regarding your plan any questions you may have around the NDIS.

Please email **NDIS@ms.asn.au** or phone **MS Assist** on **1800 812 311** with any queries. The planning tool will be available on the website, if you do not have access to the internet then contact **MS Assist** and we can send you a printed copy.


‘The Client Services team have been reflecting on the services we currently provide and planning for the future by exploring how we can improve and expand the services we provide.’

I would like to finish by acknowledging the MSchievous Bunch who through their fundraising efforts have subsidised the purchase of 82 cooling vests. Their support has meant that for many people the cooling vests became affordable.

It's been a great effort from the group and one that is very appreciated from both the MS Society and those clients who have purchased the cooling vests.

Kaz McMahon

Client Services Manager
MS Society of SA & NT Inc



Multiple Sclerosis
MANY STORIES MANY SYMPTOMS

**Pre-order your
*Limited Edition
Paperback Now!**

**To Order contact:
The MS Society of SA & NT
Ph: 08 7002 6500**

Multiple Sclerosis, Many Stories, Many Symptoms

Multiple Sclerosis, Many Stories, Many Symptoms is a book written by people with MS. It deals with the variety of ways they handle the challenges of the disease.

Although MS never affects two people in exactly the same way, I hope that anyone diagnosed with this MonSter of a disease, as well as their family and friends, can find something in this book that they can relate to. Maybe by reading how others deal with particular symptoms or issues can take comfort from not being alone in facing the challenges of MS and take away the strategies of other to better deal with their own circumstances.

The book is available to purchase as a limited edition paperback and as an ebook from 31 May 2017 – World MS Day.

You can pre-order your copy by calling MS Assist on **1800 812 311** or email **msassist@ms.asn.au**

In the book you can read about:

Deb, who overcame her 'paralysing' fear of public speaking to 'spread awareness about this unpredictable disease'.

Carolyn, whose organisational skills compensate somewhat for any cognitive issues – 'I may have a little OCD in the mix with my MS but what's a few more letters in the alphabet soup? At least one condition has helped me organise the other condition'.

And...

John, 50 years young and living in an aged care facility. Yet despite this he remains positive and up-beat. Rather than feeling sorry for himself, John is determined to make the most of life.

News continued



Model-T Ford Club donation

The Model-T Ford Club have been great supporters of the MS Society throughout 2016 and 2017. The Club chose MSSANT as their charity and have been fundraising through raffles held at each meeting, sales of merchandise and collections made while on their car runs.

They also sold Christmas and greetings cards beautifully handmade by a young girl with Down's Syndrome. In November 2016 they presented the MS Society of SA & NT with a cheque for \$700, and have promised another cheque in 2017. This money will be used for client services and support in SA and is greatly appreciated.

If you see the Model-T Fords out on a run or at a 'show and shine', please say hello and thank them for their wonderful support.

If you want to admire their cars go to modeltfordclubaustralia.org.au

Energy audit

Does Multiple Sclerosis require you to use more energy for heating and cooling than you would like, just to maintain your health?

Do you struggle paying your high electricity and/or gas bills or would you like to know how to reduce them?

Would you like to speak with someone who knows the costs associated with using household appliances in modern times, who can explain these costs in a simple, yet effective manner?

David Whiting from Energy Solutions is proud to support the MS Society by offering a FREE residential energy assessment to any household who is eligible under the SA Government's Retailer Energy Efficiency Scheme (REES).



Anyone with a health care, seniors, veterans or other State or Federal government concession OR anyone who is referred by a financial counsellor is eligible for an energy assessment (unless they have already had one at their current property). Public and private renters are also included in this scheme. There may also be the opportunity to have some FREE energy efficiency appliances installed in your house including door seals, standby power controllers and shower heads.

David will also make a \$5.00 donation to the MS Society for any referrals received from this article. The energy assessment takes just less than one hour and David provides some really useful energy info sheets that are easy to read and recommendations that are easy and cheap to implement. Please contact David on **0417 878 413** or email david.whiting123@gmail.com



Ambulance cover

Did you know there have been recent changes to ambulance cover? As of 1 November 2016 South Australian Ambulance Cover is now provided through a new tiered scheme.

Standard ambulance cover will continue to include all ambulance attendance within South Australia. However, for interstate coverage, an additional \$15 per year or \$30 for those on family plans will be payable. This means standard ambulance cover will not cover you if you require an ambulance when you are interstate.

Ambulance costs are not covered by Medicare and even if you have private health insurance, your policy may not cover the cost of an ambulance.

Many private health insurance schemes only cover you and your family for emergency ambulance services.

Many illnesses or injuries require additional patient transportation which are classified as ‘non-emergency’ (e.g. for tests, ongoing treatment or transfer to another hospital).

We strongly recommend checking with your private health insurance provider to find out if you are covered for ambulance transport and if so, your level of cover.

The cost of an emergency ambulance is generally around \$934.

For more information and to apply for or update your ambulance cover visit www.saambulance.com.au

Many private health insurance schemes only cover you and your family for emergency ambulance services.



NDIS

The National Disability Insurance Scheme (NDIS) will become available across South Australia for adults 18 to 64 years from July 2017. The roll out of the NDIS is by local government areas.

The table opposite identifies when each region and/or local government area will roll out.

For those of you registered with Disability SA, you may have already received a letter advising you the NDIS will be rolling out and you will be transitioning to the NDIS.

Please know, until you have an active NDIS plan, the services you receive through Disability SA will continue. If you are over 65 and not eligible for NDIS, your current services will continue under the *My Aged Care* reform.

Currently, the MS Society Occupational Therapists (OTs) are contracted and funded by the State Government to provide services to Disability SA. Recommended equipment, including home modifications, are funded and provided through the Department for Communities and Social Inclusion (DCSI) Equipment Program.

DCSI have a list of endorsed equipment and home modification types approved for supply. The OT service will transition with you, moving from the state funded model to the NDIS, allowing you to choose us as a provider.

We are developing our service so we can provide supports under the NDIS including physiotherapy, exercise groups and early intervention for newly diagnosed clients.

Roll out timeline of NDIS across South Australia

Date	Area
July 2017	Adelaide North <ul style="list-style-type: none"> City of Playford City of Salisbury City of Port Adelaide Enfield (East) Barossa Light & Lower North
October 2017	Adelaide North <ul style="list-style-type: none"> City of Tea Tree Gully Limestone Coast Murray Mallee
January 2018	Southern Adelaide <ul style="list-style-type: none"> City of Holdfast Bay City of Marion City of Mitcham City of Onkaparinga Eyre Western Far North Fleurieu Kangaroo Island
April 2018	Eastern Adelaide <ul style="list-style-type: none"> City of Adelaide City of Burnside City of Campbelltown City of Norwood, Payneham & St Peters City of Prospect City of Unley Corporation of the Town of Walkerville Western Adelaide <ul style="list-style-type: none"> City of Charles Sturt City of West Torrens City of Port Adelaide Enfield (West) Adelaide Hills

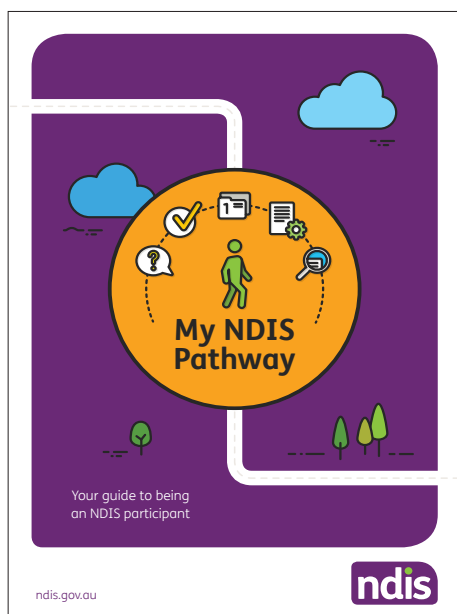
We will continue to provide **MS Assist** and other services you may access from the MS Society, such as the nursing team, education sessions and peer support.

If you already receive supports through Disability SA you will be contacted by a National Disability Insurance Agency (NDIA) representative when it is time for you to transition. If you are not

currently receiving disability support, you may be eligible for the NDIS. You will need to contact NDIS directly to seek further information.

This is the beginning of your journey into the NDIS. It means that you will soon be meeting with a NDIA Planner to determine what therapies and supports you need to live the life you want and what you require to help you meet your goals.

Eat well, live well



The NDIA may offer to create your plan over the phone. If you are not comfortable with this do not feel pressured into agreeing – you can request, and are entitled to, a face-to-face meeting.

You can also bring someone to support you such as a family member, friend and/or advocate.

Remember, until you have an approved NDIS plan or an approved *My Aged Care* package, your existing supports and services will continue.

We are currently developing resources which will be available to assist you with your planning. These will be made available online or in hard copy soon. The MS Society is here to support you through this journey.

If you wish to discuss this further please do not hesitate to contact us on **1800 812 311** or via email **ndis@ms.asn.au**

Further information and factsheets are available from our website at **www.ms.asn.au**

Food for thought

Eating well and positively influencing your health has never been easier

Food, to paraphrase legendary fashion designer Jacobim Mugatu, is so hot right now.

Twenty years ago, if an average Aussie bloke knew what quennelle meant, most of his mates would have regarded him with suspicion. These days if the same bloke dollops the mash next to the roast in anything less than a flawless egg-like shape... well, there goes his credibility.

We're living through a golden age of culinary awareness, and whether that's thanks to the likes of Jamie Oliver, Donna Hay or that big jolly man in the cravat, it's wonderful that so many of us across all levels of society are thinking and talking about the wonders of good food.

There's a growing interest in what good food, well prepared, can do to

benefit people living with disabilities such as Multiple Sclerosis, too.

At the research level, we've currently got the MS Research Australia-supported Australian MS Longitudinal Study collaborating with Dr Claudia Marck from Professor George Jelinek's research group at the University of Melbourne to conduct shared research to further understand how diet and lifestyle changes impact on Multiple Sclerosis disease activity and disability.

This is just the tip of the iceberg, with research in this area also being conducted globally. We look forward to keeping you up to date with all the latest findings.

At the MS community level, the MS Society of ACT, NSW, VIC and Tasmania have MS *Eat Well Live Well* on their website (**www.ms.org.au**), developed by their nutritionist Nicola Graham, who is an expert in Multiple Sclerosis-specific diets – and a passionate foodie!

Eat well, live well continued

In January, Nicola hosted our first ever *Eat Well Live Well* webinar. If we didn't already know about the explosive level of interest in food, we certainly found out then – it was one of the best attended webinars we've ever had, and participation and satisfaction were off the charts.

'For many people living with Multiple Sclerosis, making positive changes to your diet is an important way of regaining some control and improving your quality of life while living with an unpredictable and chronic health condition,' Nicola says.

'It can be very empowering. It's an area in your life where you can make a real, positive difference.

'The great thing about getting into a healthier diet is that the side effects are positive, you tend to feel better, have more energy, your blood markers improve and it can

also help you to better manage symptoms such as constipation, fatigue, weight fluctuations, bladder urgency, and relapses.

'It will certainly contribute positively and significantly to your overall health and wellbeing.'

A recording of the webinar is available at www.ms.org.au/eat-well-live-well, where you'll also find a stack of easy-to-digest food facts, dos and don'ts, practical tips and tricks, symptom-specific dietary advice, and a superb interactive nutritional tool you can use to tailor all this information for yourself.

And, of course, a cracking recipes section, designed to get your imagination and taste buds firing.

Here's one of them – real beauty that shows how making healthy improvements to your diet doesn't

have to revolve around what you're 'no longer allowed to eat', but rather discovering the delicious possibilities of everything you're learning along the way.

Obligatory but important warning

Before making radical changes to your diet, seek the advice of your GP, nutritionist or dietitian to ensure you're getting all of your essential nutrients.

Also consider what is right for you, your health, your budget, and how you'd like to manage your health in the long term. These are very personal choices.



Salmon patties

You can easily double the quantities in this recipe if you're feeding a hungry family or want to stock up for no-nonsense lunches down the track, as these keep well in the fridge or freezer for reheating.

Ingredients

- 300g tinned salmon, drained
- 200g (half a can) of white butter beans, mashed well with a fork
- 1/3 cup vegetables, such as onion, zucchini, mushroom, grated carrot, etc.
- 1 garlic clove, crushed
- 1/2 fresh chilli, finely diced
- 1 cup parsley, finely chopped
- Buckwheat flour
- 1–2 egg yolks lightly beaten
- 1 tbsp milk/soy milk
- Sesame seeds
- Olive oil

Method

1. Combine white beans, salmon, vegetables, garlic, chilli and parsley in a large bowl and mix well.

2. Place some flour in one shallow bowl, then combine egg and milk in a second bowl and sesame seeds in a third bowl.
3. Dampen your hands with water and form the salmon mixture into patties.
4. Dip each one into a thin layer of flour, then dip in the egg wash and then the sesame seeds.
5. Place on a plate and refrigerate for 30–60 minutes to firm.
6. Heat some oil and cook the patties for a few minutes on each side so that they are nicely browned.
7. Serve with salad dressed with flaxseed oil.

This article was reprinted with permission from the Autumn 2017 edition of InTouch, the magazine from the MS Society of ACT, NSW, VIC and Tasmania.

Equipment repairs, maintenance and sales

Domiciliary Equipment Service (DES): Repairs and Maintenance

Is your equipment faulty or damaged?

If your piece of equipment has a yellow sticker on it indicating it belongs to the Domiciliary Equipment Service's (DES) you can arrange a repair by calling **1300 130 302** or emailing DCSI at **DESRepairs@dcsl.sa.gov.au**

After hours repairs will only be organised for emergency repairs.

Faulty or damaged equipment may be exchanged for an equivalent item, or if this is not possible, DES will arrange for repairs to be carried out by a DES technician, or one of their qualified contractors. A repair may occur at the equipment's location or at a workshop, in which case a loan will be organised where necessary.

Independent Living Centre – second-hand register

Your local Independent Living Centre (ILC) may have a second-hand register available containing

details of equipment offered for sale by members of the public. The ILC is not involved in the selling, viewing or handling of the products on the second-hand register but can pass on or record details of available products and contacts.

Adelaide ILC contact details:
Telephone: **(08) 8266 5260**
Fax: **(08) 8266 5263**
Email: **ilcsa@dcsl.sa.gov.au**

Selling equipment online

There are two online forums where you may be able to sell your equipment:

- **www.reusability.com.au**
Free Australian classifieds for buying and selling used disability, aged care and rehabilitation equipment.
- **www.e-bility.com/classifieds/buyandsell.php**
e-Bility offers easy access to a wide range of information, resources, services and products of interest to people with disability, their families and carers, health professionals and service providers in the disability sector.

Concessions available

There are a range of concessions available in South Australia some of which have been outlined on following page. To view a PDF of eligibility criteria, and to check if you are eligible for a concession, visit **sa.gov.au** and search 'are you eligible for concession'.

If you do not have access to a computer and would like more information on concessions, please call **MS Assist** on **1800 812 311**.



Concessions available continued

Concession	What's on offer	More information
Medical Heating and Cooling Concessions	Concession of \$215 per year to South Australians on fixed or low income on a fixed or low income who have a clinically verified medical condition which requires the frequent use of heating or cooling in the home to prevent the severe worsening of their condition. The concession is currently \$215 per year and is available to eligible applicants in addition to the current energy concession.	Visit sa.gov.au and search 'Medical Heating and Cooling Concessions' or call 1300 735 350
Cost of Living Concession	The Cost of Living Concession helps those on low or fixed incomes with their cost of living expenses, whether that be electricity, water, gas or medical bills. The concession is paid per eligible household, per year: <ul style="list-style-type: none"> ■ home owner-occupiers – \$200 ■ home owner-occupiers who are self-funded retirees with a Commonwealth Seniors Health Card – \$100 ■ tenants – \$100 	Email costoflivingconcession@sa.gov.au Phone Concessions Hotline 1800 307 758
Glasses Scheme	GlassesSA is a new scheme that helps South Australians to obtain low cost glasses or, for those with serious eye conditions, low cost contact lenses. GlassesSA replaces the South Australian Spectacles Scheme. If you are eligible for glasses, the maximum you will pay for a complete pair of glasses from a participating optometrist is: <ul style="list-style-type: none"> ■ single vision lenses – \$25 ■ single vision grind lenses – \$30 ■ bi-focal lenses – \$50 ■ multi-focal lenses – \$100 	Visit sa.gov.au and search 'Glasses SA' or call 1300 762 577
Disability Parking Permit	This permit is available to people with either walking difficulties or using a wheelchair. To apply for a permit an application is required which needs to be completed by a medical practitioner.	Visit sa.gov.au and search 'Disability Parking Permit' or call 13 10 84
Taxi Fare Subsidy Scheme	A subsidised taxi travel program is available for people with permanent physical disabilities who have limited mobility and cannot use public transport. An Application for Transport Assistance form is required to be completed. Help completing the application may be required from a general practitioner, medical specialist or mobility instructor.	Visit sa.gov.au and search 'Taxi Subsidy Scheme' or call 1300 360 840
Companion Card	The Companion Card is a card issued to people with a permanent disability who require attendant care support which allows a companion to enter free of charge to participating venues and activities.	Visit www.sa.companioncard.asn.au or call 1800 667 110
Mobility Allowance	Centrelink provides a Mobility Allowance to help people with disabilities with the extra costs associated with travel. Mobility Allowance is not income tested, therefore it applies to both recipients and non-recipients of Centrelink income support. There is criteria around working, volunteering or job seeking to be eligible for the concession.	Visit www.human.services.gov.au/customer/services/centrelink/mobility-allowance or contact Centrelink on 13 27 17
Continence Aids Payment Scheme (CAPS)	This is an Australian Government Scheme that provides a payment to assist eligible people who have permanent and severe incontinence to meet some of the cost of their continence products.	Speak to your GP or visit www.bladderbowel.gov.au/caps

Remembering Jared Wingrove

When Jared 'JB' Wingrove tragically passed away in a car accident late last year, his family made the decision to ask those who attended the celebration of his life to make donations to the MS Society if they wished.

Jared's mother, Sandy Wingrove lives with MS and the family decided they would like raise to contribute to MS research, an area Jared felt strongly about supporting.

Remembering Jared

Jared was only with us for 23 short years, he was a selfless and beautiful person with a huge heart.

He had many passions in life including cars, motor bikes fishing and hunting. He raced motor bikes around the tracks at family home, always beating his brothers.

Jared enjoyed fishing on his dad's boat on the River Murray or out at sea, and was always happy as long as he caught a fish. He was very proud when he purchased his first house at the age of 18, and loved turning it into a treasured home for him and his pets.

Anyone who knew Jared knew how much he loved his family and friends. He would drop everything to help them out. This was further illustrated by his simple tattoo, nothing big or colourful, simply the word 'Family'.

Jared lived his life to the fullest and will be remembered for his infectious smile and cheeky sense of humour.

A heartfelt thank you to the Wingrove family and all of Jared's friends and family for supporting us, an amazing \$2695 was donated.



Photos: Top: Jared and his mother Sandy. Above: Jared and his brothers Aaron and Daniel.



Don't miss out on your chance to win one of our 50 cash prizes.

Tickets just \$10 each | Lottery Drawn 19 July 2017

Order online ms.asn.au/lotteries

Your ticket purchase supports people living with MS in South Australia and the Northern Territory.

SA Licence no. M13265



Multiple Solutions

Recent success story

The Workplace Solutions team negotiated a gradual return to work arrangement for a client who had been out of work for an extended period.

She has gradually increased her hours by three hours per week as modifications and adjustments have progressively been implemented in her workplace.

The client's current role has involved modified duties, with the plan for her to introduce more work tasks as her capacity for work increases.

'The client (and their employer) will continue to receive support for a minimum of six months to ensure workplace needs are met...'

The Workplace Solutions team coordinated discussions and monitored her employment conditions and arrangements, whilst accessing funding and instillation of workplace modification recommended by an occupational therapist.

The Workplace Solutions team arranged for up to 10 hours of funded personal care in the workplace per week.

The client (and their employer) will continue to receive support for a minimum of six months to ensure workplace needs are met and that she is able to sustain her employment.

Ongoing support will be available to the client if required after this review period.

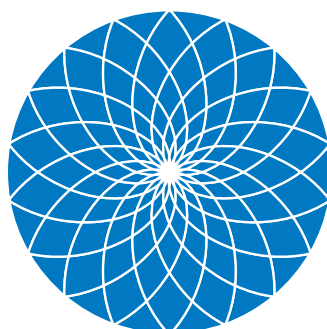


Modifications to her workplace have included:

- installing a door sensor and bidet to improve bathroom access
- providing a walker to be kept at the workplace, to improve transfers to/from powered wheelchair/desk chair/bidet and foster walking independently
- providing a larger computer screen and voice activated software to address physical barriers related to vision and reduced upper limb function
- providing a custom desk chair and height adjustable desk for improved access and transfers.



multiple solutions



Workplace support

Would you or someone you know, benefit from workplace support?

The Workplace Solutions team are happy to talk to you about your health and workplace needs.

The Australian Government funds services to promote ongoing employment for those who are living with a permanent health condition.

Workplace support could include:

- debriefing/discussing workplace issues, including how and if to disclose changes to health
- educating and negotiating employment conditions
- identifying strategies to continue working successfully
- providing on the job support or work based personal assistance
- collaborating with health and community services
- accessing funding for workplace assessments/ aids /equipment/ modifications
- monitoring progress in relation to work and health status.

Referrals to Workplace Solutions can come from prospective clients, their health practitioners, community services and family members. Eligibility for workplace support is not limited to individuals living with Multiple Sclerosis, so we welcome you to share information with others who may also benefit from workplace support.

For more information, please call **1800 053 154** or email **wpsolutions@ms.asn.au**

Australian MS Longitudinal Study (AMSLS)



The Australian MS Longitudinal Study (AMSLS), also known as the MS Life Study, is an ongoing survey-based research project funded and supported by MS Research Australia that has been running since 2001. The study is designed to provide data of practical use for improving the lives of Australians living with MS.

Initially run from Canberra Hospital by Dr Rex Simmons until his retirement, the management of the AMSLS was transferred in 2014, to the world-leading MS research team at the Menzies Institute for Medical Research in Tasmania, under the guidance of Associate Professor Ingrid van der Mei.

Over the last 15 years, this study has generated pivotal reports such as the economic impact reports and data on employment for people with MS in Australia.

These reports have provided strong leverage in advocating for people with MS to receive the vital services and treatments that they need to remain productive and active members of society and maintain quality of life.



Photos: Above left: Associate Professor Ingrid van der Mei. Above: AMSLS participants.

AMSLS data was also used in successful advocacy for energy rebates for people with MS to help address the problem of heat sensitivity. Work is ongoing through the study to look at the lifestyle factors that impact on MS and really understand the factors that impact most on disease progression and quality of life as a person travels through life with the disease.

Exciting plans are also taking shape to link the data from the AMSLS to other sources of clinical data to increase the research power of the study, but also to empower people with MS and their doctors and MS nurses to seek out the treatments and services that individuals need to maximise their health and quality of life.

More than 3,500 AMSLS participants have, with phenomenal commitment, completed regular surveys over numerous years.

A scientific analysis has shown that this group of people is highly representative of the Australian population of people with MS, which gives the study a powerful voice in supporting advocacy for people with MS.

But in the words of the AMSLS team – the more voices we have, the louder we can shout – and they are always accepting new participants.

Any Australian resident, with a confirmed diagnosis of MS and aged over 18 years is eligible to join the study. To learn more visit www.msra.org.au/AMSLS

Client story

Kirsty Martinsen

Artist to dancer, Kirsty Martinsen's foray into dance at the Adelaide Festival

Kirsty always had a passion for the arts. Having wanted to be an artist since she was small, she followed her dream by obtaining her BA in Visual Arts at UniSA before relocating on a scholarship to New York, where she attended the New York Studio School of Drawing, Painting and Sculpture.

Kirsty worked and studied in New York during her late 20s, experiencing the September 11, 2001 twin towers terrorist attack. A pair of pencil drawings she drew as she watched the events unfold hang in her apartment and show the devastation of the building collapsing and a city in panic.

It was around this time that Kirsty's own world started to crumble as she experienced ongoing health issues, terrible headaches, falling over, bladder problems, tiredness and generally feeling unwell.



Self-portraits (pictured below) that were completed over this period reflect the darkness and misery she was feeling at the time.

'I couldn't get out of bed, I was feeling like a slug with numb tingly sensations and had horrible headaches behind my eyes before losing vision completely in my right eye,' says Kirsty.

Kirsty was sent for an MRI and the diagnosis of MS was confirmed.

'Initially when the doctor told me the MRI showed I had MS I asked 'What do you mean? Is my vision going to come back?' He said he wasn't sure and I was devastated, I thought 'I can't lose my vision, I'm a painter!'

Even though the diagnosis was upsetting, it provided Kirsty with a sense of relief because she now knew what was causing all of her problems and she wasn't going crazy.

Kirsty rang her parents, who of course wanted her to come home immediately however her vision returned after intravenous steroids enabling her to stay on in New York for another two years before her health declined and she returned to Adelaide in 2004.



Back in Adelaide Kirsty continued to work as an artist in various studios and displayed her talents through a number of exhibitions. Her MS stayed with her causing a continuing decline in her health.

'When you're working in a studio, in the same one room facing yourself everyday it's actually really difficult to keep turning up. You can see how you understand the world by the way you are painting, it's fascinating but it also can be quite difficult to be faced with that all day every day,' says Kirsty.

It was after seeing a production of Adelaide Festival 2015 production of Beauty and the Beast starring Matt Fraser, that Kirsty had the seed of performance planted in her head. Matt who has phocomelia due to his mother being prescribed the drug Thalidomide during pregnancy, has arms that are proportionally smaller than his body.

'In a Q&A session after the show, I asked him how he had overcome what must have been a lifetime of people ridiculing and making fun of him. In response, he said the only way he has been able to feel like an equal is by being on stage.'

'I came out of this determined to be on stage myself,' says Kirsty.

Kirsty coincidentally ran into a friend at the show who ran No Strings Attached Theatre of Disability, a theatre company for people with disability and she immediately asked her how she could perform on stage. Kirsty performed in a play called 'Spring' with three other disabled women in last year's Fringe.

Client story continued

'It was a fantastic experience. It was a play about sexuality and disability, something most people don't talk or even think about. I think it was quite confronting for a few people,' she says.

The performance seed was firmly planted so when a friend unexpectedly asked Kirsty to choose a piece of music and film herself dancing to it, then send it to a Director in Paris, Kirsty obliged, although not really knowing what it was for.

'My friend called to say that my audition video was successful and I'd gotten the job dancing with the French company of Jerome Bel for the Adelaide Festival. I was unaware it was even an audition! I have since found out the vagueness of the process was deliberate as Jerome didn't want us to be too tight or precious, something that continued throughout

the production! Jerome wants there to be a genuine freshness throughout the show. He likes the personality of each person to shine she says.

The show titled Gala was performed at the Adelaide Festival this year. Gala is performed by 15 people in whatever city it's in, the only professionals are three dancers, 1 actor, and a circus performer. The rest of the cast made up of non-professionals from a cross section of society including a transgender person, older people, disabled people, and two children.

The cast have to perform the dance they did for their audition, something they didn't know at the time of making the audition videos, and then the rest of the cast have to copy the dance. As part of Kirsty's performance she reclined her power wheelchair all the way back, causing the rest of the cast

to attempt backbends while copying her moves.

'It was a truly uplifting show, it made you laugh and for me it was about how we are all the same, we are all human.'

'In one scene I waltzed with a ballerina sitting on my lap. It was beautiful, everyone loved it, it was an audience highlight, the ballerina and the wheelchair,' says Kirsty.

Kirsty continues to work as an artist in her studio at The Mill, and the acting bug has meant Kirsty has found ways to combine her passion of being an artist and performer. She is studying Live Production Design which involves designing sets and costumes for theatre, dance and film. If the opportunity to perform appeared again she'd grab it, so watch this space!

Photo: Tony Lewis.





Peer Support update

A Peer Support Group is a gathering of people with MS. The purpose of the group is to provide support to each other and to share information by:

- learning more about MS
- sharing feelings and experiences
- obtaining accurate information
- providing an opportunity to talk through problems or choices being faced
- listening to others who share similar feelings and experiences
- helping others through the sharing of ideas and information
- knowing they are not alone.

New Peer Support Groups

The Singing Group

The Singing Group meets on Fridays, 1.30pm to 3.00pm at the Mitcham Cultural Village Hall, 103 Princes Road, Mitcham.

New singers are very welcome to join the group and you can bring along a friend or family member to share in the fun. And remember, you don't have to be a polished singer; you just have to enjoy it!

Please let us know if you be will there, call **MS Assist** on **1800 812 311** or email msassist@ms.asn.au

The Gardening Group

We have the opportunity to start a 'Gardening Group' in the Aldinga area, probably in the morning; we are looking for people interested in joining this Group.



Please call **MS Assist** if this is something you would like to do, and tell us if you have preferred days of the week.

Call **MS Assist** on **1800 812 311** or email msassist@ms.asn.au

Tai Chi classes in the mid-north

A Tai Chi instructor, with 20 years of teaching experience, is running classes for people living with MS in the mid-north of South Australia. Classes are held during school term and activities can be performed seated or standing. The cost will be a gold coin donation.

Classes have commenced at:

Clare on Monday afternoons
4.30pm at St Joseph's School Hall

Kapunda on Tuesday evenings
7.30pm at Uniting Church Hall

Call **MS Assist** on **1800 812 311** or email msassist@ms.asn.au if you would like more information or if you would be interested in a Tai Chi class in Gawler or Hamley Bridge.

Tai Chi at Salisbury East

This is a new Group offered on a weekly basis on Fridays during school terms.

The class will be for one hour, followed by a cuppa and a biscuit. The instructor has been teaching Tai Chi for over 10 years, specialising in 'Tai Chi for rehabilitation' for people with chronic health conditions. Tai Chi helps with mobility, flexibility, balance and relaxation, and it is something the whole family can enjoy.

Fridays, 9.00am for a 9.15am start
Salisbury East Community Centre,
28 Smith Road, Salisbury East

Each attendee is asked to pay \$5 to help cover the cost of the class.

Come along and feel very welcome to bring a friend or family member with you.

Please let us know if you be will there, call **MS Assist** on **1800 812 311** or email msassist@ms.asn.au

Peer Support update continued

Facebook online Peer Support Groups

My Society

This is an online Facebook Group for people living with MS in SA & NT. This is a private place to chat, only people in the Group will be able to read the posts. To protect the privacy of My Society members, the Group has been set up as a private Group. If you would like to join the Group, please send an email to msassist@ms.asn.au to request membership.

My Society – Family and Friends

A Facebook Group for family, friends and carers of people living with MS. This is a private place to chat, share information and connect with others who are supporting someone with MS. It has been created, and is administered by the MS Society of SA & NT. Request membership at www.facebook.com/groups/1388437131394906

Peer Support Poem

This poem was written by Suzanne Young who attends the Gawler Peer Support Group. It is her reflections on how she feels about the Support Group and its impact on her.

We belong...

*To a unique group of people
In a bustling, changing world,
Ordinary, everyday people
On the surface you see.*

*Inside, a haven of understanding,
As crooked smile and tingling fingers
Reach out in friendship,
We suddenly belong.*

*Cloudy thoughts and blurred vision,
Cautious steps with a walking cane,
Or trapped in a wheelchair
Suppressing fatigue and pain.*

*Challenging days, depressing times
Finding friends who understand,
Empathy not sympathy
Fighting for each other.*

*Awakening an awareness and purpose
In this chaotic world,
We DO belong
To a unique group of people.*

Peer Support Groups meet in the following areas:

Region	When	Location	Contact
Adelaide Hills – Mount Barker	3rd Monday of each month, 6.30pm	Auchendarroch House, Mount Barker	David 0410 451 301
Barossa	3rd Thursday of each month, 11am	Tanunda/Nuriootpa	Penny 0488 952 211
City-based for workers	2nd weekend of each month	Various city locations	Jess 0403 155 696
Clovelly Park	4th Friday of each month, 12pm	Tonsley Hotel	Christine Sutherland (08) 8276 3779
Copper Triangle	1st Wednesday of each month, 11am	Various venues	Allan 0498 386 949 or Peter (08) 8821 1807
Darwin	1st Sunday of each month, 12pm	Various venues	Sarah 0439 885 604
Fleurieu	Random Tuesdays, 12.30pm	Rotated around Fleurieu eateries	Jill 0428 843 327
Gawler	2nd Monday of each month, 10am	Gawler Women's Health Centre	Helen Hoppmann 0403 295 348
Gawler evening Group	Various times	Various venues	Helen 0403 295 348
Hard Yakkas (Salisbury)	Last Thursday of each month, 12pm	Sabine's Cafe & Bakehouse, Parabanks shopping centre	Tallia Coulter 0403 766 157
Kapunda	2nd Thursday of each month, 6.30pm	Various venues	Pauline 0427 010 754
Kensington	3rd Monday of each month (Overcoming MS Group), 7pm	Various venues in Norwood area	Pam Schartner (08) 8331 9360
Modbury	Last Tuesday of each month, 10am	Independent Living Centre, Gilles Plains	Gary Griffiths (08) 8263 7760
Mount Gambier	1st Friday of each month, 12pm	The Western Tavern, Mount Gambier	Len Stidwill 0403 218 971
Noarlunga	1st & 3rd Thursday of each month, 12.30pm	Various lunch venues and Lifecare, Old Reynella	Jude Brown (08) 8322 5441
Port Lincoln	2nd Tuesday of each month, 4.30pm	Various venues	Rick Cunningham 0429 977 082
Port Pirie	2nd Wednesday of each month, 12pm	Port Pirie Football Club, Port Pirie	Anne 0448 321 610
Riverland	1st Tuesday of each month, 10am	The Big River Golf Club, Berri, and other venues	Crystal 0418 690 013
South East Support Group	3rd Thursday of each month, 10.30am	Lutheran Church Hall, Narcoorte	Kay Cavill 0407 615 118
Tailem Bend	Wednesdays, mid-monthly	Various venues	Sue Griffiths (08) 8572 3914
Under 35s (and a bit older)	Various weeknights, monthly, 6.30pm	Various venues, north of the city	Mary-Anne (08) 7002 6500
Western Suburbs	Last Tuesday of each month, 10am	Plank Kitchen & Bar, Glenelg North	Enza 0433 972 312

Family members and carers are welcome

If there have been any changes to your Support Group that we're not aware of, contact MSSANT to advise us of any updates.

Community involvement

Continence Confidence – Bladder and Bowel Care and Management

Port Pirie Information Session
provided by the MS Society,
Coloplast and the Independent
Living Centre (ILC)

When: Tuesday 16 May,
11.00am–1.00pm

Where: GP Plus Health Care Centre,
Gertrude Street, Port Pirie

This session aims to provide the
knowledge and resources needed to

develop care management plans for
continence issues, so that people
have the confidence to undertake
their daily activities.

The continence nurse and ILC
occupational therapist will cover topics
including behaviours to promote
continence health, the medications that
do and don't help, and other options.

There will be time for Q&A and to
view and feel a variety of continence
products. People are also invited to
visit the ILC caravan (which will be
parked at GP Plus), before or after the

session, to view their display of assisted
technology – small to large items to
assist with the tasks of daily living.

The ILC display and the seminar will
be of interest to people with MS, their
families, carers and the general public,
and all are invited to attend.

Please RSVP by Monday 8 May 2017
to **MS Assist** on **1800 812 311** or
email msassist@ms.asn.au

A similar session will be offered in
Alice Springs in July 2017, call
MS Assist for the details.

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World MS Day Wednesday 31 May 2017

Please join us as we celebrate World MS Day and the telling of our MS stories.

Carol Manning, Bower Place Clinical Psychologist, will provide practical advice to help you live with your MS in her talk 'Keeping your mind well'. This will be followed by the launch of the book *Multiple Sclerosis: Many Stories, Many Symptoms*

A book written in SA by people living with MS, about how they deal with the challenges they face.

There will be guest speakers sharing their unique MS stories, such as disability advocate Jo Blesing's 'Facing and overcoming adversity'.

You will be able to speak with the contributors to the book and be one of the first to get a copy.

Refreshments and a light supper will be served.

When: Wednesday 31 May, 4.00pm–6.30pm

Where: Torrens Rowing Club, Victoria Drive, Adelaide
Free parking for guests provided at the Torrens Parade Grounds.

RSVP: 23 May, family and friends are always welcome



Come 'n' Try something new

'You need to get out and give things a go, it is better than sitting at home feeling sorry for yourself'

Kevin, MS Member, lawn bowler, aged 66

The MS Society has been fortunate to receive funding from Grants SA to provide some special experiences for our members. Throughout May and June (MS Awareness Month) a number of activities will be offered in various locations and subsidised by this grant. Bring the family; as no matter what your skill or fitness level you will all be able to 'give it a try'.



Creative Writing Workshops 'Write Yourself Well'

When: Sundays 21 May and 4 June, 11.00am–12.30pm

Where: Prince Albert Hotel, 109 Murray Street, Gawler

The hotel has good food and great coffee. Please bring a pen, paper and your creative energies. Call Carolyn on **0418 806 490** if you can come along.

Come 'n' Try Lawn Bowls

This is a family day introduction to lawn bowls, something that all ages and abilities can enjoy.

Come alone or bring the family, to one or both, of these events.

Both clubs have bowlers (members) with MS and no previous experience is required.

When: Sunday 28 May, 10.30am for an 11.00am start

Where: Hawthorn Lawn Bowls Club, 86A Monmouth Road, Hawthorn
and/or

When: Saturday 24 June, 10.00am for a 10.30am start

Where: Para Hills Bowling Club, 92 Bridge Road, Para Hills

The clubs will provide all the equipment, cold drinks, tea and coffee and a BBQ lunch (gold coin donation). Club members will be there to help/teach you bowl and you will be welcome to stay on to join the social bowls from 12.30pm (at Para Hills). All you need to do is wear flat-soled shoes!

Please RSVP by Friday 19 May for Hawthorn and Friday 16 June for Para Hills to **MS Assist** on **1800 812 311** or email **msassist@ms.asn.au**

Community involvement continued



Come 'n' Try Kayaking on the Port River

When: Saturday 10 June, 2 sessions to choose from, 10.30am or 1.00pm

A two-hour session on the Port River, behind Garden Island. Winter days can be calm and beautiful on the Port River and expect to see some dolphins up close. You will be in double kayaks; even if you are a wheelchair user or have reduced arm function you can go kayaking, as you can be paired with an able-bodied person.

The number of people on either day is capped at 16 and they will be in eight two-person kayaks. In each kayak there would need to be an able-bodied paddler. Children from the age of four are also welcome.

There will be two instructors and MS staff to help out. Lifejackets etc. are provided and even a spray jackets, if needed. For those relying on public transport a transfer can be arranged

from the Port Adelaide Visitor Centre (close to bus and train transport). If the weather is poor (inclement) don't panic, the event will be rescheduled.

Please call **MS Assist** for further details and to book your berth.

Other Come 'n' Try activities being planned are:

- A major activity in/near Adelaide, details to be announced soon
- Activities in Port Lincoln, Port Pirie, Mount Gambier and Renmark.

Further details will be in the next edition of the **Network** Magazine, at www.ms.asn.au future **Vitality** newsletters and the MS Facebook Groups.

Cooling Vest Grants

The MSchievous Bunch have funded a 3rd round of Cooling Vest grants, providing a further 36 cooling vests to heat impacted MS members.

Applicants were able to purchase an Arctic Heat Cooling vest for the subsidised fee of \$50.



So far 83 vests have been funded by the scheme with those receiving grants coming from from country and metropolitan SA, Darwin and Alice Springs – all needing to keep themselves cool enough to be able to do the things they want to do.

On behalf of these 83 members who received the vests we wish to thank the hard-working members of MSchievous Bunch for their ongoing fundraising and Arctic Heat for providing the cooling vests at such an affordable price.

MS Mighty Swim

TEAM MS wrap up from team captain, Lee O'Connell

Once again it was an absolute privilege to captain the Mighty TEAM MS in the 12th MS Mighty Swim and what an amazing event it was. At the time of writing the event had raised over \$102,000 – the best ever result and TEAM MS, once again, was the highest fundraising team with almost \$15,000 dollars raised.



Many thanks and congratulations to all our team members who contributed to such a substantial fundraising effort with a special mention to Leslie (who was the highest fundraiser in TEAM MS) and Chris who both raised over \$2,000. Also a special mention to Anna and Mick who both raised over \$1000, and to Jonathan, Louise, Joanne and Michelle who all raised close to or over \$500.

Aside from the amazing fundraising effort I thought the event itself was one of the best MS Mighty Swim's so far. We had 19 teams participating, over 400 swimmers and overall the weather and the water temperature were kind to us.

It was a fantastic community event with a great deal camaraderie and goodwill among participants, supporters, volunteers and the fantastic Unley Pool staff.

The Mighty Team MS had over 40 swimmers with most of those swimmers challenged by having MS or another disability and the rest swimming for or with a friend or family member with MS. For a second year we also combined with the Noarlunga Sharks Masters Team to have a second team: TEAM MS – Sharks.

At the risk of omitting someone or something that I should have



mentioned let me give a short summary of some of the highlights of the event as I saw it.

12.15pm on Saturday February 11 saw the Mayor of Unley, Lachlan Clyne, start the event and the first of TEAM MS swimmers hit the water in hot conditions with air temperature over 35°C and water temperature over 30°C – a bit like a warm bath really!!

Our first swimmers included long-term participants – Leslie swimming in her 12th MS Mighty Swim, went on to swim a massive 11km over the 24 hours, plus provided delicious sustenance for the whole team (the date slice was to die for!)

Jess and Ruth have also swum in almost every event and Jess clocked up her second highest total ever with an amazing 15km and Ruth a very credible 6km. Neil and Debbie have also been very loyal supporters and Debbie swam most of Saturday afternoon swimming almost 2km.

Saturday afternoon saw both old and new TEAM MS participants in the water. MS physio Margot (2km) has been involved since the inception of the event and her daughter Isabelle (now eight) has participated since she was a bump in her Mum's tummy (she swam 1.5km). Also this year Margot's son Toby (age five) was an inspiration as he cheered on and encouraged one of our MS clients, Sue, as she bravely swam her six laps. Meanwhile Sue's sister Jayne, niece Alanna and friends Anna and Gaynor were a great asset to the TEAM MS Sharks.

MS Mighty Swim continued

Erin and her daughter Lia (nine years old) really got into the spirit of the event sleeping overnight and doing both late night and early morning stints, Erin completed an amazing 9.5km including a 5am 4.5km 'training' session, with fellow masters swimmers Steph and Julie, before having to go to work and Lia swam over 2km prior to fronting up at her Sunday morning basketball practice.

Klemzig MS hydro participants Michelle K and Joanne with Joanne's daughter Jordyn participated in their first MS Mighty Swim all doing Saturday afternoon and Sunday morning stints. Joanne clocked up 3km, Jordyn 1.5 km (between two lots of Netball training) and Michelle six laps. A great effort.

Both Meredith and Michelle T had their first Mighty Swim experiences last year and returned again this year, Michelle,



with kickboard and flippers, churned up and down the pool over Saturday afternoon and Sunday morning to do an incredible 6km and Meredith managed a very credible 6 laps.

Former MS therapy assistant Sandy has had a recent encounter with breast cancer and swimming 3km in two sessions on Saturday afternoon helped her achieve a goal that she made during treatment; to get in enough swimming practice to be able to join in the MS Mighty Swim – fantastic for Sandy to achieve her goal and also raise much needed funds for exercise programs for people with MS.

Meanwhile over in the TEAM MS Sharks lane we had former MS therapy assistant Erica 'lap counter extraordinaire' supporting her daughter Annika and niece Monique who were swimming 'mega' laps, with Erica's nephew Teejay matching them lap for lap in the TEAM MS lane, they all slept in the 'Taj Mahal' tent overnight, did stints in both teams at unsociable hours (1am and 4am) and all clocked up about 4km each – many thanks to this whole extended family for their support of the event.

As the afternoon cooled and it became an almost perfect evening we had our media star and inaugural Mighty Swimmer, Chris, being interviewed by Peter Greco on 5RPH – this followed on from her early morning interview with Ashley Walsh on ABC 891 – a great promotion of the event and also further raising awareness of MS. Meanwhile Chris's mum Rita, at 82 years old, swam an evening and then a morning session of 1.5 km each, making it her best ever MS Mighty Swim total of 3km, reporting she is



inspired by her daughter. Chris was in the pool Sunday morning and with help from her sister Helen 'sculled and rode her noodle' for an outstanding 1km effort. Chris's friend Evelyn has also been a very long term mighty swim participant and having now had two total hip replacements she looked at the event as both therapy and fun. Many thanks to Evelyn, Rita and Helen for all their help with lap counting.

A balmy evening provided great conditions for one of our highest fundraisers, 13 year old Anna – a young lady who copes with a number of significant disabilities but has a huge heart and a very determined spirit. With her whole family there for support she clocked up an amazing 45 laps in 2 stints on Saturday evening and would have done more had her Mum not insisted it was time to go home to bed at about 11pm!! Well done Anna!

Former MS social worker Jan was a very much appreciated supporter, spending all Saturday afternoon and evening lap counting often trying to juggle five or six swimmers totals at a time. Her brother then arrived with 3 lads who swam on and off for a few hours on Saturday evening further adding to our 'laps swum' total.

Highest fundraiser at last year's MS Mighty Swim, and son of MS client Ann Marie, Tom, came to swim six laps on Sunday morning. His two young cousins, neither of whom had ever



swam more than 15 metres before came both Saturday evening and Sunday morning, donned flippers and both swam close to 2km, with Mum, Sue and Dad, Anthony also contributing a significant number of laps. Great Stuff!

Mick, who was virtually a non-swimmer a few years ago when he came to MS hydro, has put in a huge effort to get into swimming, he does about a 1km per week so it was great to have him come along and do his 1km stint at the MS Mighty Swim and raise heaps of dollars in the process.

Ian was such an inspirational member of TEAM MS – he was in for the long haul – swimming heaps of laps – 9km at all hours of the day and night, helping out with lap counting and always being a cheerful and encouraging soul around the pool deck, with some insightful thoughts about the event.

'I thought, I want to help the MS Society, and in turn people with MS.

How can I do it, help? I can swim! I can participate in this event. The event is so good for the morale of people with MS and for people supporting those with MS. It does so much directly to help all participants with MS feel better about themselves and what they are doing to help others,' says Ian.

As Saturday evening cooled and the dress up hour started TEAM MS was very well represented with stick figure Jess, Bollywood dancer, Leslie and mermaids, Lia and Erin all doing us proud.

Overnight swimming can be not only challenging but also surreal. We had the fireworks from the show grounds in the background, warm water and not too much wind which made for relatively pleasant conditions and a team of dedicated overnighers.

Many thanks and congratulations to MS client Louise's husband Jonathan, who did the majority of the very early morning hours –swimming 4.5 km, probably more than he expected, as the next swimmer, his son Jack, slept through his alarm but once roused by Jonathan's phone call both Jack and his partner Georgie put in a much appreciated hour of very early morning laps. They were joined by former MS therapy assistant Andy and his brother Jacob who swam through to almost sunrise.

Jonathan was then up and at the pool again by 6am to assist Louise, whose

mobility is significantly challenged, to swim a very credible 8 laps. Thanks to the whole family for their swimming and fundraising efforts.

Sunday morning was chilly but that didn't deter the mighty TEAM MS. We had a lots of swimmers return for their multiple stints in the pool and a special mention to Linda, one of our Disability SA clients, who has participated in the last few Mighty Swims with noticeable improvement in her swimming, and a great can-do attitude – well done Linda on swimming 1.7km.

Another of our Disability SA swimmers, Charlie, who has participated in a couple of previous MS Mighty Swims also came out on Sunday morning was supported by his Dad, Mark who has MS, plus all his friends from his supported accommodation – Charlie swam 6 laps and his friends had a great time especially dancing to the SA Samba drummers!

It was great to have so many of the previous MS staff and their families still swimming in and supporting Team MS – what a way to catch up and continue to maintain our connections with both MS clients and the MS Society.

Thanks again to everyone who made this possible – let's all do it all again next year!!

Lee O'Connell
TEAM MS Captain

Locations

MS Assist 1800 812 311

Head Office/Hillcrest

341 North East Road
Hillcrest SA 5086
PO Box 377
Salisbury South DC SA 5106

P (08) 7002 6500

Brighton

7A Sturt Road
Brighton SA 5048
PO Box 275
Brighton SA 5048

P (08) 8198 1400

Christies Beach

Level 1, 111 Beach Road
Christies Beach SA 5165
PO Box 885
Noarlunga Centre SA 5168

P (08) 8392 0100

Morphett Vale

Unit 3
204 Main South Road
Morphett Vale SA 5162

P (08) 8187 2100

Modbury

31–33 Smart Road
Modbury SA 5092
PO Box 525
Modbury SA 5092

Salisbury

6–8 John Street
Salisbury SA 5108
PO Box 1069
Elizabeth Vale SA 5112

P (08) 8256 3700

Torrensville

130 Henley Beach Road
Torrensville SA 5031

P (08) 81641550

Woodville

51 Woodville Road
Woodville SA 5011
PO Box 16
Woodville SA 5011

P (08) 8345 8700

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www.facebook.com/MSSocietyofSANT P (08) 8203 6600



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