



Education and information sessions – ACT and New South Wales July 2010 – December 2010

Education and information sessions are conducted across the ACT, New South Wales and Victoria. You are welcome to access programs that are convenient, regardless of where you live. The following table provides sessions held from July to December 2010. MS Australia – ACT/NSW/VIC is committed to promoting equal access to all its programs and will not deny participation due to financial hardship.

Understanding MS	Location	Date
<p>Learn About MS Session An education and information program that aims to provide accurate information about MS and MS Australia's services and programs.</p> <p>A great way to meet other people and families living with MS. Exchange ideas, raise issues with staff, ask questions and hear from diverse health professionals. This session is aimed at people who have been diagnosed with MS over the last two years. Family and friends are also welcome to attend.</p>	<p>Deakin, ACT</p> <p>Narellan Community Health Centre, Narellan</p> <p>Lidcombe</p>	<p>Saturday 24 July 10.00am – 3.00pm</p> <p>Saturday 31 July 10.00am – 3.00pm</p> <p>Saturday 13 November 10.00am – 3.00pm</p>
<p>Learn about MS – Teleconference An education and information session for people who have been newly diagnosed. The session will provide accurate information about multiple sclerosis (MS) and MS Australia's services and programs.</p>	ACT, NSW and VIC	Thursday 17 June 7.00pm – 8.30pm
Staying well with MS		
<p>Continence care in MS – Teleconference Learn about bladder and bowel issues associated with MS and explore management strategies.</p> <ul style="list-style-type: none"> • Explore causes of MS bladder and bowel problems • Recognise the importance of assessment • Discuss what to do about symptoms • Learn about treatments and where to go for assistance <p>A chance to raise issues and ask questions around continence care with MS Australia staff.</p>	ACT, NSW and VIC	<p>Wednesday 28 July 11.00am – 12.30pm</p> <p>Thursday 28 October 7.00pm – 8.30pm</p>

Registration is essential as programs will only run if minimum numbers are reached. To register for any of the above programs please call MS Connect 1800 042 138 (Freecall) Or via email on educationnsw@msaustralia.org.au or educationact@msaustralia.org.au

Family members and friends are very welcome.

<p>Fatigue self-management program A six week program led by the occupational therapy team, focussing on fatigue and management strategies</p>	<p>Lidcombe</p> <p>Deakin, ACT</p> <p>Central Coast (venue TBC)</p>	<p>Saturday 31 July – 4 September (weekly) 10.00am – 12.00pm</p> <p>Tuesday 10 August – 14 September (weekly) 10.00am – 12.00pm</p> <p>Thursday 14 October – 18 November (weekly) 10.00am – 12.00pm</p>
<p>Get Active with MS – Teleconference This session is aimed at people with MS who are interested in exploring exercise, and is led by the MSA physiotherapists' health promotion team.</p> <ul style="list-style-type: none"> • Receive guidelines on getting the most benefit from your exercises • Discuss what to do about symptoms – heat sensitivity, sensation change and fatigue • Receive information on how to participate in a regular exercise program <p>Exchange ideas on how to keep motivated with your exercise program</p>	<p>ACT, NSW and VIC</p>	<p>Tuesday 20 July 7.00pm – 8.30pm</p> <p>Saturday 4 September 10.30am – 12.00pm</p> <p>Thursday 4 November 7.00pm – 8.30pm</p>
<p>Managing fatigue – Teleconference This two part program focuses on understanding and managing MS related fatigue. Presented by occupational therapists who will explain the nature of MS fatigue, why it occurs and what you can do to manage this invisible symptom. Exchange ideas and ask questions regarding strategies to manage fatigue. Energy effectiveness techniques, diet, sleep, exercise and communication all form part of the discussion.</p>	<p>ACT, NSW and VIC</p> <p>ACT, NSW and VIC</p>	<p>Part 1 Thursday 1 July 6.30pm – 8.00pm</p> <p>Part 2 Thursday 15 July 6.30pm – 8.00pm</p> <p>Part 1 Tuesday 14 September 6.30pm – 8.00pm</p> <p>Part 2 Tuesday 28 September 6.30pm – 8.00pm</p>
<p>Thinking and memory This is an introductory information session which will cover the most common issues relating to memory and thinking that can develop due to MS. The talk will explain the brain changes that cause these symptoms and discuss practical approaches to managing their impact on every day life.</p>	<p>Narellan Community Health Centre, Narellan</p>	<p>Tuesday 31 August 10.00am – 12.00pm</p>

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Family members and friends are very welcome.

<p>Maximising your memory An educational program presented by occupational therapists and neuropsychologists to provide people with MS and their carers with information and practical strategies on maximising memory functioning. To get the most out of this session, we recommend that you attend the 'Thinking and memory' workshop on Tuesday 31 August at the Narellan Community Health Centre, Narellan.</p>	<p>Narellan Community Health Centre, Narellan</p>	<p>Saturday 20 November 10.00am – 3.00pm</p>
<p>Working with MS – Teleconference This education session is aimed at people with MS, their families and friends who have concerns about employment and insurance issues. The workshop also provides practical information on insurance, superannuation and travel insurance matters. This workshop is presented by a solicitor from Maurice Blackburn Lawyers (specialists in employment and industrial law) who will answer questions and address any issues you may raise. You will also be provided with up to date written materials relating to New South Wales legislation.</p>	<p>NSW</p>	<p>Saturday 11 September 10.00am – 11.30am Tuesday 16 November 7.00pm – 8.30pm</p>
<p>Family programs</p>		
<p>Illawarra MS Family Day An opportunity to bring the family together to learn about MS, meet others and have fun!</p> <ul style="list-style-type: none"> • Talks and activities for teens and children (5 years and over) • Parents' education sessions on communicating and coping <p>Interactive family workshop</p>	<p>Rydges Central City, Wollongong</p>	<p>Saturday 7 August 10.00am – 3.00pm</p>

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