



Life not limits



Rhonda, Life not Limits Grant recipient. Read more on page 8.

# Bulletin

Your MSWA Magazine

Bunuru | Second Summer 2026

[mswa.org.au](http://mswa.org.au)

## Inside

- Meet the Life not Limits Grant recipients
- Synapse sneak peek
- New Adolescent Counselling service
- That's a wrap: Client Christmas Parties



## Life not limits

Wilson Services Centre  
29 Parkhill Way, Wilson 6107  
9365 4888

### Contact us

If you would like to comment on anything you read in this *Bulletin*, please email [bulletin@mswa.org.au](mailto:bulletin@mswa.org.au)  
For general feedback or complaints, please contact [feedback@mswa.org.au](mailto:feedback@mswa.org.au)

### Editorial Working Group

Montana Moran, Tammie Chu, Belinda Sherry,  
Emma Clarke, Drew Ziepe and Eloise Husbands.

### Contributors

Thank you to all our MSWA contributors from across our organisation, who take the time to share their knowledge and expertise for the benefit of our readers.

If there is a topic you would like to see included in our next edition, please email [bulletin@mswa.org.au](mailto:bulletin@mswa.org.au) with your suggestion.

## Client Engagement department

Our experienced teams will provide you with personalised support throughout your service journey with MSWA. Our trained staff will help you get the most out of your selected services.

For more information, please contact 9365 4888

Our services include:

- Counselling and Wellbeing
- Community Support & In-home Care
- Dietetics
- Occupational Therapy
- Outreach
- Physiotherapy
- Social Welfare
- Speech Pathology
- Nursing
- Support Coordination

## Nursing support

Our Neurological Liaison Nurses are usually the first point of contact after the neurologist's diagnosis.  
Community Nurse: 9365 4888  
Monday to Friday (8.00am - 4.00pm)

## Outreach at MSWA

If you live in Perth, Rockingham, Butler, Bunbury or Albany, and are interested in a trial to experience the Outreach community, get in touch via [community.engagement@mswa.org.au](mailto:community.engagement@mswa.org.au)

## Employment Support

The MSWA Employment Support Service is the only specialist employment service for people living with multiple sclerosis and other neurological conditions in Western Australia. Our team can help you to stay in your current job or find employment in the open labour market.

Please call: 1300 865 209

See all our supports and services at [mswa.org.au](http://mswa.org.au)

## Switch to Bulletin online today!

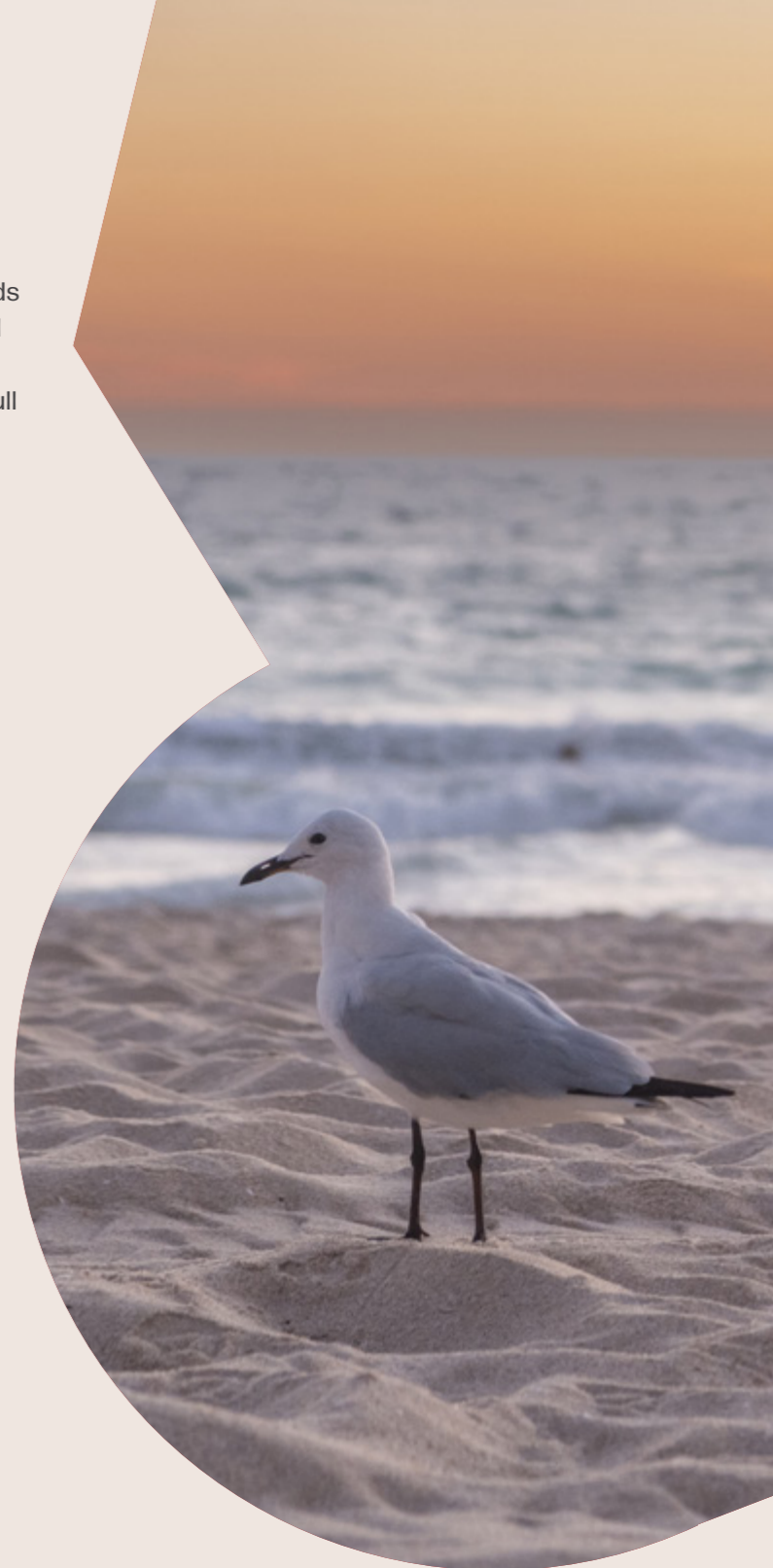
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# Welcome to Bulletin Bunuru 2026 edition

Bunuru is the hottest time of the year, with hot easterly winds and very little rain. Traditionally, this is a great time to spend on Perth's many bodies of water - the coast, rivers and estuaries. During Bunuru, the white flowering gums are in full bloom - look out for the ghost gums, marri and jarrah trees.<sup>1</sup>

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## Acknowledgement of Country

In the spirit of reconciliation, MSWA acknowledges the Traditional Custodians of the many lands and language groups of Western Australia, and their connections to land, sea and community. We pay out respect to their Elders past and present, and extend that respect to all Aboriginal and Torres Strait Islander peoples today.

<sup>1</sup>Reference: Edith Cowan University, Cultural Leadership: Noongar Six Seasons.



# From our CEO *Melanie Kiely*

Thinking of what has happened since my last Bulletin address, I realise that Christmas has come and gone which is hard to appreciate given we are sitting in March and it already seems so long ago. Time moves so quickly, so it is always valuable to stop and reflect on what has happened within our neuro community.

Christmas is always lovely to reflect on. It's such a warm, fun time. From the craft and food made in Outreach, the Christmas bingo (a favourite of mine), the Christmas Markets to the four Christmas parties (where sadly for all attendees at the Perth event, I felt compelled to sing!). Thank you everyone for making Christmas such a special time. You can read more on page 10.

In our last edition, we announced the inclusion of the MS Society SA and NT into the MSWA legal entity. We are now proudly one team - MSWA and MS Society SA & NT. Clients are now transitioning, funding is being secured and we are building connections in the community so we can grow our impact for people with neurological conditions in these regions.

In late February, we went on our first visit to the Northern Territory. It was a very sobering visit as there are unique challenges such as a smaller population spread over a vast area and the challenges of building a workforce (let alone one with the specialist skills required to help our community). After talking to our Client community, medical and other service providers, it's clear that there are gaps around coordination and education (of the existing workforce) that need to be addressed to better support the community. Difficult challenges remain including, implementing a service model that is designed by and works for the local population. To address this, we will need to spend the next year listening, learning and partnering with the community to stretch our 'limits'.

On the topic of Life not limits, earlier this year we awarded the Life not Limits Grant in memory of Ros Harman to the successful recipients. This grant was designed to assist those in our Client community - giving them the resources to bring their ideas and passion projects to life. After 60 applications the grants were



Melanie and Client, Claire Kennelly.



Melanie and MSWA Chief Client Service Delivery Officer, Simon.



MSWA team and members of the NT MS Support Group.



Melanie and Life not Limit Grant recipient, David Wayre.

distributed across eight amazing applicants. We can't wait to see what the recipients achieve and to continue this great programme every year in honour of Ros and her passion for continually pushing her limits. Read more about our recipients on page 8.

I have also heard about our new Butler Art Club and recently got a sneak peek of the amazing piece being worked on for the World MS Day art exhibition! I wish I had time to participate in these things with you all (not that my art is very good). The company and camaraderie are the best part of these initiatives, as it is with our rapidly growing After Hours group for the young professionals in our neuro community.

Looking ahead, we've just launched our first MSWA Mega Home Lottery for the year with a \$7M prize pool including the stunning \$3.6M Shenton Park home plus \$250K cash. So, get in there and buy a ticket...or three! As well, it was such a great opportunity to participate

and meet the Great Southern community at the MSWA Albany Swim earlier this month!

On the research front, we are seeing progress with PLATYPUS and, excitingly, trials are opening in Perth imminently. In addition, continue to watch this space for some exciting developments regarding our startup accelerator program with Founders Factory. We are in awe of the incredible concepts and potentially life-changing technology inventions we are seeing.

So, all in all it has been a very rewarding quarter and we are heading into an even more exciting and challenging one. As we do, we will continue to work with our co-design working groups to make sure we navigate these in such a way that supports you all. Thank you as always for trusting us to support you and for working together to keep improving things.



Quad centre residents at MSWA Shenton Park sod turning.

# The heart of Shenton Park

If you'd wandered onto the Shenton Park site over the past few months, you might be forgiven for thinking the place was being built by a squad of rockstars.

The Project team strutting around with freshly cracked hi-vis vests and unscratched hard hats. The architect giving thoughtful nods like he's about to accept a Master Builders Golden Scale Ruler. The builders trading banter louder than a boombox. You'd swear the main act was about to take a standing ovation. No doubt many hands have prepared a building that is clearing its throat, straightening its tie, and getting ready to meet the people it was built for.

Every beam, every screw, every carefully argued design choice, none of it was ever really about the people who memorised the plans. Thanks to project funding partner the Department of Health, they understand it's always about the people who made their choice long before a sod was turned, this group decided many years ago to stay together.

The 2015 external review had recognised what the Quadriplegic Centre residents already knew – they weren't just living side by side, they were a true community, rooted deeply in Shenton Park. When the government revisited accommodation options in 2019, the residents chose to stay together, supported by MSWA's 24-hour model that kept their community

whole in the only place that made sense to them. While the wider precinct now works hard to "create" a community around them, the rest of us are catching up to what they've understood for decades.

*They chose each other first.*

They've lived through challenges, celebrations, setbacks, jokes and the kind of unspoken understanding that only forms when people weather life together. They bring their history, humour, stubbornness, softness and loyalty. They bring stories that stretch back decades, and commitments that reach just as far forward.

**That's exactly why the finishing stretch feels different.**

In the lead up to the site opening, every detail carries extra weight, ceiling timber cladding aligned to millimetre perfection, paint tweaked and retweaked until the pigment lands just right, and the rooftop terrace garden blooming hinting at the life soon to unfold. Up there, the vibe whispers tranquillity, growing green beds softening the balcony edge and the onsite salon ready to offer small rituals of comfort and dignity.

Every person on site had the privilege of shaping a home for people who already know exactly who they are and how they want to live.

Soon the drop sheets will disappear, the warning signs will come down and the lunchroom donga will get packed away. This building will give a quiet sigh of settlement as it steps into its true purpose.

The Quad Centre community isn't arriving to see what's been built for them. They're arriving to continue a life they built together long before this project existed.

**And that's why, the true beating heart of Shenton Park has always been the people who haven't moved in yet.**

*Steve Corbett*  
MSWA Head of Property Development and Construction



Staff members at MSWA Shenton Park.



It's all coming together.



Sneak peek of the view.

To be the first to know, sign up to the Neuro Collective here



# Connect through Synapse

Living in such a congested and busy world, quite often we underestimate just how important connection is. Not just in terms of emotions, but also in terms of our health and wellbeing. Research has shown us time and time again that social connections are crucial for our livelihood. Fortunately, living in a digital era has provided us with new ways of creating connection and community and we're no longer limited to in-person meetups to maintain relationships.

Our shared experiences, our lifestyles and our values act as common ground and are a foundation for nurturing connections and relationships. Keeping this concept in mind, we're working to further strengthen our broader community through the release of our new digital community hub called Synapse. Synapse will act as a forum where the wider neuro community can come together to support each other, interact and socialise, removing the limits of distance or access.

Find or create your community on your platform, whether it's a neuro specific support group for people with lived experience or carers, or something that binds us all together such as love for our pets! Maybe some will find connection across more specific interests such as art theory or hiking – it's up to you!

*This is a platform made for the community to be led by the community.*

An example scenario might involve a community member living with Parkinson's who is keen to hear about others' experiences with physiotherapy. They join a relevant group (or create their own), post a question and start a discussion where members can share their lived experience, insights and support. For those that are looking for peer support or community activities and may be restricted by their location, Synapse is a way to bridge that gap, across regions and even states. Everyone deserves to feel like they belong.

Coming sooner than you think, we want you to be one of the first to help shape this platform and create connections.

We're all really excited to see Synapse launch and for our neuro community to engage and connect with one another. Stay tuned!

*Emily Ace & Nathan Huntley*  
MSWA Community Engagement team



# Meet the 2026 Life not Limits Grant Recipients

After an astoundingly competitive round, with nearly 60 submissions received, we're proud to announce the recipients of the inaugural Life not Limits Grant in memory of Ros Harman.

The selection panel, comprising of MSWA Executive and Marketing staff, Client representatives and members of Ros Harman's family, found it incredibly challenging to select only eight recipients. This demonstrated the remarkable standard and quality of the submissions received. We were deeply inspired by the stories, hope and dreams shared with us.

The Grant was created in memory of Ros Harman, MSWA Client, Chair of the MSWA Board, an avid writer and long-time contributor to MSWA's Bulletin magazine.

Diagnosed with multiple sclerosis (MS) at 26 and later motor neurone disease (MND), Ros embodied MSWA's purpose to empower people with neurological conditions to live their best lives.

She passed away in 2025, leaving a legacy of courage and an unshakable belief that "a diagnosis should never decide your destiny."

Launching the Life not Limits Grant in Ros' name was a way to turn that belief into tangible opportunity. We'd like to extend our appreciation to Ros' family including her

sisters, Chris and Anita, for their continuous support and involvement in the initiative.

MSWA, CEO Melanie Kiely shared, "Ros challenged all of us to see potential first, not barriers."

"This Grant builds on that vision, recognising the talent, determination and creativity within our neuro community and giving people the resources to bring their ideas to life."

"Made possible by the generosity of West Australians through MSWA's fundraising initiatives, including the Mega Home Lottery, this Grant gives people the freedom to pursue goals that fall outside traditional disability funding."

One of this year's recipients, MSWA Client Chris Morgan, is known in the WA drag racing community for his purpose-built Ducati motorcycle. Lower foot pegs, a reshaped seat and an air shifter replace traditional controls, adapted so he can race with precision and comfort.

## 2026 Life not Limits Grant recipients



### Andrew Grero

Debuting his first solo art exhibition exploring life with Young Onset Parkinson's (YOPD).



### Chris Morgan

Keeping his purpose-built Ducati race-ready as he chases his goal of becoming the fastest person in Australia living with MS.



### David Wayre

Reinstating his golf membership at The Links Kennedy Bay to support health and wellbeing.



### Holly Taylor

Preparing to summit an 8,000m Himalayan peak after a decade of high-altitude climbing.



### Lauren Edwards

Launching an inclusive community line dance program to bring people of all ages and abilities together through movement and connection.



### Michael Van Kampen

Competing at the National Blackball Championships in Queensland.



### Rhonda Adamsam

Training as a certified art therapist to expand creative workshops for people with MS.



### Samantha Zinner

Advancing her debut novel through a professional writing program.

Chris lives with MS, spent decades as a welder before turning to drag racing in 2019.

His modified Ducati now hits speeds over 200km/h in under ten seconds, something that has made him a fixture at WA tracks. This Grant will help him keep the bike race-ready and competing safely at upcoming events in WA and nationally.

"Preparation is everything," Chris said.

*This Grant allows me to keep my gear in top condition and keep chasing my goal of being the fastest person in Australia with MS.*

"If it inspires someone else to do what they love, that's a win too."

Fellow Grant recipient Lauren Edwards started boot scooting at age five, building a lifelong love of dance and the community it brings.

Three years ago, while pregnant, she was diagnosed with MS and found herself stepping back from classes she loved.

Her Grant is funding an inclusive dance program in her local area, giving people of all ages and abilities a place to move, socialise and feel connected

"A dance floor breaks the ice in a way few other things can, within minutes you're sharing laughs with people you've only just met," Lauren shared.

"I want these classes, made possible through the Life not Limits Grant, to be a place where people leave with a sense of belonging and something to look forward to each week."

Over the coming months, recipients will put their funding to work, launching new community programs, taking on international challenges and pursuing projects that matter to them. We will also be showcasing and sharing the recipient stories, stay tuned!

We'd like to thank all our Clients who took the courage, time and effort to share their passions with us. The next Grant round will open at the end of 2026, keep a look out as you could be our next recipient!

*Tammie Chu & Vanessa Paredes*  
MSWA Brand and Campaign team

# That's a wrap! 2025 Client Christmas Parties



And just like that... the Christmas crackers have been popped, gifts given, laughs shared, lunches enjoyed and raffles won across our MSWA Client Christmas Parties in Perth, Vasse, Bunbury and Albany!

The MSWA team were delighted to serve over 325 Clients and their guests across metro and regional WA for our Client Christmas Parties. This is an effort that can only be achieved due to the hard work and collaboration of our teams across the state. A special mention to our Chief Client Service Delivery Officer, Simon Jennings, who attended and MC'd all four events wonderfully.

We would also like to thank our partners Optus Business Centre Perth South for sponsoring our door prizes, including two Samsung Galaxy A17 5G phones. Attendees across the four events went into the random draw to win the door prize, congratulations to our two winners - Teagan and Christine!

We would also like to acknowledge and thank our corporate volunteers from QBE Insurance for their ongoing support. We're so grateful for their continued commitment to supporting our neuro community.

Finally, a huge thank you to all our Clients who dressed to impress and fully embraced the competitive spirit of our games this year - we hope you had as much fun as we did!



Scan to view  
the event  
gallery



Bringing the neuro community together during the festive season means so much to us. A big thank you to everyone who came along.

*Emily Ace*  
MSWA Community  
Engagement Manager



Door prize winner Teagan.





Shenton Park Grand Prize.

Mount Pleasant Early Bird Prize.

Mount Pleasant Early Bird Prize.

# Get ready for something extraordinary

After back-to-back sell outs, with both 2025 lotteries closing weeks ahead of schedule, the MSWA Mega Home Lottery is back, and this time we've raised the bar.

The first draw for 2026 is now on sale, featuring a massive prize pool with over 11,000 prizes up for grabs. And at the heart of it all?

**A Grand Prize package worth \$3.8M that could genuinely change your life.**

Set in the leafy, sought-after suburb of Shenton Park, the Grand Prize home is a stunning fully furnished residence built by Coast Homes. We're talking five bedrooms, four bathrooms, a bespoke luxury kitchen, dual living areas and a separate studio with its own private access: perfect for guests, working from home, or extended family. The home backs directly onto Dawes Park and is just minutes from Subiaco, Kings Park, Swan River and some of Perth's best beaches and dining spots. It also comes with \$250,000 in life-changing cash to help you settle in.

But the Grand Prize is just the beginning. Get your tickets in early and you'll go in the draw to win our Early Bird Prize, a fully furnished Mount Pleasant apartment valued at \$1.6M, complete with sweeping riverside views, floor-to-ceiling windows and resort-style facilities including a heated pool, spa, sauna, gym and more. This draw features our largest ever Platinum Club prize - an exclusive \$400K Platinum Club Adventure Pack which includes a brand-new Toyota LandCruiser Sahara, a luxury off-road caravan and \$150K cash. If you're not a member already, it's free to join, there's no lock-in and you can cancel anytime.

Every ticket purchased helps MSWA provide vital services and support for West Aussies living with neurological conditions. Head to [mswalottery.com.au](https://mswalottery.com.au) to get your tickets now.

*Dana Alamsyah*  
MSWA Head of Lotteries

# Too hot, too cold? OT interventions for thermoregulation



## What is thermoregulation?

Thermoregulation is the process that maintains the core temperature of the body, to ensure your organs and internal systems work best. Core temperature must be maintained within a narrow window of 36.5°C to 37.4°C to maintain optimal functioning of your body and brain. Any deviation from this makes it harder for your body to function.

## What is thermoregulatory dysfunction?

Thermoregulatory dysfunction is a loss of capacity to control core and body temperature within the normal range, meaning individuals are likely to be seriously affected with extreme environmental temperatures. Unfortunately, this is common for people with neurological conditions, including multiple sclerosis, Parkinson's disease, Huntington's disease and others. Although not everyone with these conditions will experience thermoregulatory dysfunction.

Thermoregulatory dysfunction can also affect people with the same condition differently. Many people with neurological conditions report thermoregulatory dysfunction worsens other symptoms, making mobility more challenging, fatigue hitting harder and recovery periods taking longer. Thermoregulatory dysfunction is often a symptom

that fluctuates and does not always make logical sense.

Everyone's experience is unique, therefore support must be tailored to you.

MSWA Occupational Therapists (OTs) can support you to manage thermoregulatory dysfunction including,

### 1. Simple strategies

OTs often start with simple strategies, like exploring clothing to suit the weather. They also consider your lifestyle and commonly accessed locations, which may impact your thermoregulation.

### 2. Doctor and allied health referrals

OTs also review or recommend follow ups with your GP, neurologist or other allied health to see if there are other pharmaceutical or non-pharmaceutical interventions which can assist.

### 3. Assistive technology (AT)

There are many ATs that can assist with heating and cooling body temperature. From specialised wearables, cooling bedding, to specialised sleep systems to help with thermoregulation overnight. With options available for home, work or in the community to support you wherever you are. An OT can discuss these options with you,

to find suitable suppliers and where possible, set up trials.

### 4. Access subsidies

Did you know you can access subsidies to offset electricity cost required to heat or cool your house? Depending on your circumstances, you may be eligible for the Thermoregulatory Dysfunction Energy Subsidy or Medicare Essential Medical Equipment Payment. Many MSWA Clients access these subsidies to support their thermoregulation management.

### 5. Funding schemes

MSWA OTs can help you navigate funding schemes to access thermoregulatory support options and AT.

### 6. Connect with others

MSWA OTs run regular group workshops on thermoregulation management where we cover all the above topics. Participants also benefit from hearing the experiences of others and finding out what works or what doesn't work for them!



Scan the QR code to get in touch



*Sarah Coutinho*  
MSWA Service Delivery Lead  
- Occupational Therapy

# The MSWA End of Year Fiesta: Celebrating a colourful year

Arriving at the MSWA End of Year Fiesta in December, our people were welcomed by a burst of colour and character – complete with a serenade from a mariachi band! It was the perfect way to celebrate a busy year at MSWA and to thank our dedicated team for the incredible support they've given to Clients, our community and to one another throughout 2025.

With the scent of paella spreading across the Claremont Hotel, the MSWA team spent an evening dancing, chatting and celebrating an astounding year of achievements. To mark the occasion, piñatas lined the venue and a themed photo booth helped bring the fiesta theme to life – check out the photos below!

We are also thrilled to announce that for this year's awards we received an incredible 565 nominations for our staff members! This amazing response reflects the outstanding contributions and commitment across MSWA.

We're so proud of our team for the meaningful impact they're making in the lives of West Aussies living with neurological conditions, and we extend our thanks to everyone who took the time to submit nominations.

A huge congratulations to all our outstanding End of Year Award finalists and winners!

Take a look at our 2025 award winners below:

The Chair's Impact Award: Winner  
**Melissa Coombs**  
Community Engagement Team Leader

The Chair's Impact Award: Commendation  
**Aksheet Raikundalia**  
Head of Finance Business Partnering

Client Champion  
**Bradley Pang, Rebekah Smith & Charlotte Huynh**  
Speech Pathologists

Going the Extra Mile  
**Jennifer Brinsmead**  
Area Planner

Innovation & Improvement  
**Debra Packer**  
General Manager - Brand Experience and Community

Living Our Values  
**Nita van Lith-Telford**  
Community Support Worker

Team Spirit  
**The MS Society SA & NT Project Team**

Trailblazer  
**Ged Reilly**  
Client Engagement Manager

Unsung Hero  
**Jen Doble**  
Payroll Manager  
**Steve Newey**  
Core Services Manager

Client Nominated Award:  
Going the Extra Mile  
**Tshering Lhamo**  
Community Support Worker

Client Nominated Award:  
Living Our Values  
**Kim Deegan**  
Senior Physiotherapy Assistant



# Q&A with Dr Marzena Fabis-Pedrini:

## Understanding neurofilament testing in MS

**Dr Marzena Fabis-Pedrini is a Senior Research Fellow and MS Research Coordinator at the Perron Institute for Neurological and Translational Science. She leads internationally recognised research to better understand multiple sclerosis (MS) and improve the way the disease is monitored and treated.**

Julia Tran, Research Coordinator at MSWA, recently spoke with Dr Fabis-Pedrini about her work on neurofilament testing and how it could help personalise MS care in the future.

### **What is neurofilament, and why does it matter in MS research?**

Neurofilament is a protein that helps support nerve fibres, keeping them strong and functioning well. In MS, these nerve fibres can become damaged. When that happens, a component of neurofilament called neurofilament light chain (NfL) is released into the spinal fluid and blood. What makes this so important is that the more damage occurs, the higher the NfL levels can be detected.

As modern tests are able to measure NfL from a simple blood sample, it offers a minimally invasive way to track the activity of the disease, predict future changes, and see how well treatments are working. NfL tends to increase during periods of active damage and decrease when treatment is effective, making it a strong candidate for personalised MS care.

### **How does neurofilament testing add to MRI and clinical assessments in monitoring MS?**

MRI scans and clinical checkups are crucial, as they provide snapshots in time, but they may not always catch early or subtle changes. NfL testing adds another layer by detecting signs of nerve fibre injury before new MRI lesions or symptoms appear.

Rising NfL levels have been linked with a higher chance of relapses, new MRI activity and long-term disability. Because it is simple, repeatable, and relatively affordable, NfL testing gives clinicians a more dynamic view of what's happening and enhances what we learn from MRI and clinical assessments.

### **Why is neurofilament considered a gamechanger compared to earlier biomarkers?**

NfL is unique because it directly reflects nerve fibre damage and can be measured easily through blood tests. Earlier biomarkers were often less specific, less sensitive, or required invasive procedures like spinal fluid sampling. This makes NfL a more practical and responsive biomarker for understanding near real-time disease activity and treatment response.

### **How close are we to seeing neurofilament testing used in everyday MS care?**

We're getting very close. Testing methods are becoming more standardised, and guidelines for interpreting results are being developed. There is strong evidence that NfL is a reliable marker for nerve damage, prognosis and treatment monitoring.

Some work is still needed. For example, determining age-adjusted reference ranges, but ongoing improvements and growing clinical confidence mean NfL is steadily moving from research settings into routine practice.



*Dr Marzena Fabis-Pedrini at Perron Institute Lab.*

### **What research are you conducting that may contribute how neurofilament can be used in the future?**

Together with Professors Allan Kermode and Bill Carroll, I'm researching longitudinal blood samples from people at all stages of MS and comparing their NfL levels with MRI results. One key question is whether rising NfL can act as an early warning sign for relapse before new MRI lesions appear.

The goal is to better understand how NfL can guide more precise monitoring and treatment decisions. This project was almost fully funded by MSWA, and we are truly grateful for this support.

### **What could this mean for people living with MS?**

Neurofilament testing could offer people with MS clearer and earlier insight into their disease. Because NfL can rise months or even years before symptoms or MRI changes, it may act as an early signal that treatment or monitoring needs to be adjusted. This supports more personalised, proactive care.

### **How can people with MS get involved in this research?**

You can contribute by taking part in studies that collect blood samples for NfL testing. These samples are essential for improving the accuracy of reference levels and helping bring NfL testing into routine clinical use.

*Julia Tran*

**MSWA Research Coordinator**

*Dr Marzena Fabis-Pedrini*

**Perron Institute for Neurological and Translational Science**

# Your health, your independence:

## How MSWA Nurses support your NDIS journey

Living with a neurological condition can bring challenges that change over time, but the right support can make each day feel calmer and more manageable. NDIS funded nursing helps you stay well at home, avoid unnecessary hospital visits and feel more confident in your daily routine.

### Is nursing right for you?

NDIS funded nursing may benefit you if you:

- Have a progressive or complex neurological condition.
- Prefer proactive support.
- Want to stay home safely for longer.
- Want to reduce hospital visits.
- Have changing symptoms or high risk clinical needs.
- Want your clinical support to feel more confident.
- Value continuity and coordination in your care.

### Care designed around you

When you're living with a neurological condition, your needs can change over time. Nursing support can help you stay safe, comfortable and confident at home. Effective and responsible use of your NDIS Nursing fund would ensure:

**Feel confident in managing your health:** Nurses help you understand your symptoms, medications, and care needs, giving you the knowledge and support to feel more in control of your health.

**Keeping an eye on changes:** Spotting early signs of issues so they can be managed before they become bigger problems.

**Supporting your continence, bowel and bladder care:** Ensuring routines are comfortable, dignified and tailored to you.

**Caring for wounds or pressure areas:** Helping these heal and preventing new ones from developing.

**Providing enteral feeding support:** Ensuring your tube care and nutrition needs are managed safely.

**Educating your family and support workers:** Everyone understands how to support you confidently and correctly.

**Creating safe, personalised care plans:** Design clear, safe care plans that can be carried out safely by your support team.

**Coordinating with your GP, neurologist and other health professionals:** Making sure everyone involved in your care is informed and working together.

**Stay safe and independent at home:** Nursing support helps you manage your health safely so you can continue living comfortably in your own home for as long as possible.

**Receive care that evolves as you do:** As your needs change over time, your nursing support adjusts with you, ensuring your care remains appropriate, safe and aligned with your goals.

**Care through home visits, telehealth and ongoing clinical oversight:** Ensuring your funding is used effectively, efficiently and where it matters most.

### Graham's story

Before nursing was added to his plan, MSWA Client Graham experienced frequent UTIs, decreased confidence, and rising stress at home. After MSWA Nursing was introduced, he had no emergency visits for UTIs for more than a year. His independence increased, enabling him to return to his art group. He also enjoyed a calmer home environment, supported by clear education and routines from a well-coordinated team that strengthened communication and reduced confusion.

As Graham says,

*My nurse has helped me make sure my needs are always catered for and looked after.*

**Rochelle Brown**  
MSWA Neurological Liaison Nurse



# Introducing the Adolescent Counselling Service

Bunuru is the Indigenous 'second summer' season, also characterised as the season of adolescence, so what appropriate time to announce a new development at MSWA.

MSWA is expanding our Counselling services to adolescents aged 13-18 years old. Our team have undergone training to ensure we're equipped to support this new cohort.

### Young persons diagnosed with a neurological condition

Although rare, people under 18, can be diagnosed with a neurological condition like multiple sclerosis (MS), motor neurone disease (MND), and more. Receiving a neurological diagnosis at a young age can be extremely overwhelming. It affects not just you, but your family and support network. Extra support (outside of family) can help you come to terms with your diagnosis.

Counselling provides a safe space to process emotions and concerns about the impacts of being unwell, both now and in the future. You may have recognised the shock, fear and grief of family members, and feel protective towards them, even supporting them to adjust to what has happened to you.

In counselling, you don't have to shelter anyone from your raw

feelings and thoughts which gives you freedom to be entirely authentic about how you are coping and not coping. From there, we can start to connect with your inner strengths and resources to encourage you to move forward.

### Family member with MS

Similarly, teens whose parent, sibling or other close family member who has received a neurological diagnosis may welcome a neutral space to reflect on the impact of this news for themselves and their family. Many young people become carers by default - not in a planned way - but simply because living with their loved one can mean practically helping in various ways. This may bring about personal growth but may also limit their own life choices.

### Why me?

A common theme expressed by adolescents is isolation. They feel very set apart from their peers and struggle to find empathy and understanding around them. This comes with going through something unusual for their age and although it is nobody's fault, it can lead to loneliness and resentment of others.

It's natural to look around and wonder "Why me?" and to grieve the future life they were imagining before diagnosis.

Adolescence is commonly thought of as a time of spreading your wings, discovering all the different aspects of your identity, bonding more strongly with friends whilst your family remains a secure base for that exploration.

If it's your parent, sibling or friend who's been diagnosed, you're going to gain plenty of insight into how to manage unexpected circumstances, become more resilient and live your best life around the effects of a disability. This gives a depth of empathy and awareness which can only benefit all your future relationships.

### Get in touch



Scan the QR code to get in touch



You may want to bring someone with you for the first session to help you explain what's going on and settle in, and either option is welcomed.

Confidentiality will be explained to you and your family, and we will check in with you often to ensure you're comfortable and find counselling helpful - that's what we're here for!

**Eve Parsons**  
MSWA Senior Counsellor



# Nutrition and Huntington's disease

Nutrition plays a critical role in supporting people living with Huntington's disease (HD). Huntington's disease is a progressive neurological condition that affects movement, cognition and behaviour, all of which can significantly influence a person's ability to eat, drink and maintain adequate nutrition.

This article outlines the key nutrition considerations for people living with Huntington's disease, practical dietary strategies across the disease stages and why early dietetic support is essential for maintaining health, function and quality of life.

## Understanding Huntington's disease

Huntington's disease is an inherited condition caused by a genetic mutation, leading to gradual degeneration of nerve cells in the brain. Symptoms typically begin in adulthood and progress over time, affecting physical movement, thinking and emotional regulation.

## Managing appetite, behavioural and cognitive changes

Changes in mood, cognition and behaviour are common in HD and can significantly affect eating patterns. Some individuals may forget to eat, lose interest in food or develop rigid food preferences.

Supportive strategies may include:

- Establishing consistent meal and snack routines.
- Offering familiar and preferred foods.
- Reducing distractions during meals.
- Providing gentle prompts or supervision when needed.

Education and support for carers and support workers is often essential to ensure nutrition goals are met safely and consistently.

## Swallowing difficulties and texture modification

As Huntington's disease progresses, many individuals develop dysphagia (difficulty swallowing). This increases the risk of choking, coughing during meals and aspiration pneumonia.

Signs of swallowing difficulty may include:

- Coughing or throat clearing when eating or drinking.
- Taking longer to finish meals.
- Avoiding certain textures.
- Frequent chest infections.

A speech pathologist can assess swallowing safety and recommend appropriate food and fluid textures. A dietitian then works alongside them to ensure that texture-modified diets remain nutritionally adequate and enjoyable.

Texture modification may include:

- Soft or minced foods.
- Moist meals with added sauces.
- Thickened fluids, if required.

## How a dietitian can help

An Accredited Practising Dietitian is a key member of the multidisciplinary team supporting people with Huntington's disease. Nutrition care should be individualised, proactive and reviewed regularly, as needs change over time.

Dietetic support may include:

- Comprehensive nutrition assessment.
- Weight and intake monitoring.
- Individualised meal and snack plans.
- Recommendations for supplements where needed.
- Education for carers and support workers.
- Collaboration with speech pathologists and medical teams.

Early referral to a dietitian is strongly recommended, rather than waiting until significant weight loss or swallowing difficulties occur.

## Key nutrition strategies

### 1 High-energy and high-protein

To support weight maintenance, many people with Huntington's disease benefit from a high-energy, high-protein diet. This does not mean large portion sizes, but rather fortifying meals and snacks to make the most of each mouthful.

Helpful strategies include:

- Using full-cream dairy products.
- Adding healthy fats such as olive oil, avocado, nut butters and seeds.
- Including protein-rich foods at each meal and snack (e.g., meat, fish, eggs, dairy, legumes, tofu).
- Fortifying meals (e.g., adding peanut butter to porridge and milk powder and olive oil to soups).

Small, frequent meals and snacks are often more manageable than three large meals per day, particularly when fatigue or reduced appetite is present.

### 2 Fatigue, function and meal preparation challenges

Fatigue and declining physical function can make shopping, cooking and eating increasingly difficult over time. Without adequate support, this may lead to skipped meals or reliance on low-nutrient foods.

Practical supports may include:

- Simple, high-energy meals requiring minimal preparation.
- Pre-prepared meals or meal delivery services.
- Assistance from carers or support workers.
- Adaptive equipment recommended by an occupational therapist.

Nutrition strategies should be realistic, sustainable and aligned with the individual's abilities and preferences.

### 3 Hydration and bowel health

Maintaining adequate hydration is essential but often challenging for people with HD. Reduced thirst awareness, swallowing difficulties, and fatigue can all contribute to low fluid intake. Poor hydration can worsen constipation, fatigue and cause confusion and irritability.

To assist in meeting fluid requirements, dietitians may recommend:

- High-fluid foods such as soups, yoghurt, custards and jelly.
- Flavoured fluids in addition to plain water such as tea, coffee or home-brewed iced-tea.
- TabTimer reminder cups, which intermittently sound to remind you to sip fluids.
- Naturally thicker fluids such as smoothies or milkshakes.

### 4 Increased energy needs and weight loss

One of the most well-recognised nutrition issues in Huntington's disease is unintentional weight loss. Research indicates that people with HD often have higher energy requirements than the general population, even in the early stages of the disease.

Contributing factors include:

- Constant involuntary movements.
- Altered metabolism.
- Reduced efficiency of food intake.

If increased energy needs are not met, individuals may experience rapid weight loss, muscle wasting, reduced immunity and increased fatigue. Maintaining weight is therefore a key priority throughout all stages of Huntington's disease. Regular monitoring of body weight and nutritional intake allows early identification of concerns and timely intervention.

## Get in touch

If you or a loved one is living with Huntington's disease, tailored nutrition support can play a vital role in maintaining strength, comfort and quality of life. Working with an experienced dietitian ensures nutrition strategies are safe, practical and responsive to changing needs.

Nutrition care in Huntington's disease is not just about food – it is about supporting dignity, independence and wellbeing at every stage of the condition.

*Misty Reinkowsky*  
MSWA Senior Dietitian

# Congratulations, it's...MS!

**In May 2025, my daughter was born. Having a newborn was exactly how people had described it. The days are long, but the weeks fly by! My husband and I were getting into a rhythm - enjoying family walks, café visits and library sing-a-longs. Everything felt like it was coming together.**

One of my favourite things about being a mum is getting to experience many things again for the first time - like listening to my favourite songs, going for walks and reading stories. I was deeply wrapped up in the baby bubble and I didn't want it to end. I loved being able to show her new places and just talk to her endlessly. Thankfully narrating to your child is recommended! When she gave her first smile, it was like she had joined the conversation. We both loved our bubble.

*When you're post-partum it is hard to tell if any strange symptoms you're experiencing are from being a new parent, hormone changes, recovery or something unrelated to pregnancy.*

I woke up one morning, about five months post-partum, with pins and needles in my left hand. I was almost excited I had slept well enough to make my arm "dead." I did find it strange when the tingles didn't go away after an hour. They didn't go away after 24 hours, in fact the tingling sensation spread further up my left arm. Weird. But as most parents know, you just get on with business. I booked a GP appointment to rule out carpal tunnel or a vitamin deficiency.

On the fourth day of being symptomatic I had trouble holding my daughter. My left arm was weak and I was starting to feel that fuzzy pins and needles sensation down my left side. I wanted to just magically get better; instead, I was taken by ambulance to hospital with a suspected stroke. I went from feeling faint to having aphasia (not being able to talk). Once admitted to hospital, a stroke was ruled out but the weakness and

sensory disturbance was a red flag. However, I was still breastfeeding, so I decided to go home and do an MRI as an outpatient.

Trying to look after my daughter during this period was bizarre. Mentally, I was functional. Physically, I couldn't change her nappies, clothes or nurse her properly. Again, I just magically wanted to recover and get back to being a happy mum! Unfortunately, I ended up back in emergency as the MRI indicated lesions on my brain and spine. This was the first time I heard doctors say you might have multiple sclerosis (MS). My immediate thought was "I'm not strong enough to handle this."

I stayed in hospital to receive treatment for the weakness in my body. I also had a lumbar puncture and another MRI to gather more evidence for my diagnosis. I missed my daughter, I had to stop breastfeeding abruptly and try not to freak out that my body was deteriorating. On the sixth day, I decided to go home. I needed to be with my family. I was becoming distressed being away from my daughter. I was told to use my referral to find a neurologist and go from there. That meant waiting.

A lot of people say the waiting for a diagnosis is the worst part. I agree. You are in limbo. No treatment, no counselling, no support groups. Just you and your body trying to behave normally when you're not okay. I just got straight back into mum mode. Thankfully the steroids helped me regain my strength and I was able to do some things for my daughter and self again. Unfortunately, the sensory disturbance had not improved. Touching her laundry, nappies and bath water was enough to send me into a panic.

My first appointment with my specialist didn't confirm my diagnosis. I had to wait another month for an MRI to get clearer imaging. My patience was thin at this point. I was still experiencing sensory disturbance, extreme fatigue, heat sensitivity and let's be honest...depression. This was the most isolating time for me. Going to do activities I used to do with my daughter was triggering.

I couldn't hold her at our baby sensory class, I couldn't last long in the water to do swimming lessons and I didn't make it to the library anymore for sing-a-longs. I missed visiting people. I missed my old body, which was already feeling foreign because I was post-partum. I didn't know who to speak with or how to get any support at that time because, without a concrete diagnosis, I didn't belong anywhere.

I had an invisible illness, and it made me invisible in every way. When the second appointment with my neurologist finally came around, I was told a new lesion had been found in my brain. This news confirmed I have MS.

*Being officially told I have a disability was hard to digest but it was better than living in limbo.*

So, where am I now? Well, I am not an expert in dealing with MS. I still have treatment to undergo and find ways to deal with the changes in my body. I'm not sure what my new normal will be. I do want to acknowledge the strength and determination people with disabilities demonstrate every day. Particularly when the disability is invisible. It's draining, isolating and frustrating. I know I am privileged being able to share my story and to have had so much support from my family, friends and husband. Without them, I would have struggled further and my daughter would have missed out on the care she deserved.

My story isn't the most extreme or debilitating version of an invisible disability. I do hope that it inspires other people to share their journey and make connections - I plan to do just that.

*Lauren McLennan*  
MSWA After Hours member



Join the MSWA Mother's Group



# Race that gives back: *Melbourne Cup fundraiser*



The Dowerin Charity Events Team hosted a vibrant 2025 Melbourne Cup Fundraiser in the central Wheatbelt, raising an incredible \$3,320 in support of the MSWA NeuroConnect Nursing program.

Guests enjoyed a fabulous lunch and an afternoon of lively entertainment, including performance from a local school choir and an energetic dance from a local boot scooting group.

Guest speakers, Margaret Couper and Rick Rackham, are well-known community members in the Wheatbelt. Both have a personal connection to MS and shared heartfelt reflections on how MS affects the daily lives of those who live with the condition.

It was a meaningful insight into the realities of the condition and highlighted the importance of ongoing support services, including the MSWA NeuroConnect Nursing program. This new service will provide around-the-clock access to specialist nursing care for our Clients. It's a major step forward in ensuring continuity of care and reducing hospital admissions - ensuring peace of mind, day or night.

Thank you to all who attended and for making this a meaningful and memorable event.

*Trish Watson*  
MSWA Community Fundraising Events Officer



Event attendees.



Raffle and door prizes for the event.

# Fundraise your way for MSWA



Life not limits

Host your own fundraiser in support of West Aussies living with neurological conditions.



Looking for a fun and meaningful way to support Western Australians living with neurological conditions? The possibilities are endless!

Host a bake sale, organise a workplace challenge, celebrate a special occasion or create something unique to you. You choose how you want to make an impact.

Now, it's even easier to get started. Visit our brand new MSWA Fundraise Your Way website, where you'll find ideas, resources, inspiration and everything you need to launch your fundraiser with confidence.

Every fundraiser, big or small, helps MSWA deliver vital services for people living with neurological conditions.

*Do it your way, make an impact your way and fundraise your way with MSWA.*

Scan the QR code to find out more



Get involved today!

[events@mswa.org.au](mailto:events@mswa.org.au)

# Wellbeing during the summer months

In Noongar culture, Bunuru marks the 'second summer', a time often described as the season of adolescence. This season represents heat, vitality and resilience. The sun's intensity fuels the land's capacity to live, grow and adapt. In this way, Bunuru becomes a reminder of the strength found in flexibility and the wisdom of responding to our environment rather than resisting it.

Bunuru invites us to acknowledge warmth, both externally and within ourselves. Dr. Kristin Neff describes self-compassion as offering yourself the same kindness you would extend to others. People can sometimes forget that compassion is a practice, not a personality trait. This season encourages us to soften into that practice: to pause, notice our limits and respond with care rather than criticism.

## Honouring your own rhythm

Just as the Country adapts to the heat, we too can honour our own rhythms. This is a time to slow down, replenish energy and seek connection in ways that feel nourishing to our body and mind. Rest during Bunuru means embracing cooling environments, accepting that sleep may shift and protecting your energy with intention.

## Evidence-informed ways to support wellbeing

Research highlights simple and powerful practices to support wellbeing during periods of heat and environmental intensity:

- **Stay hydrated and well-nourished**  
Drink enough water and eat nutritious food can help reduce fatigue, support cognitive function, maintain joint health, strengthen the immune system and improve mood.
- **Seek out the breeze and rest when needed**  
Connection with nature is vital for emotional, psychological and physical health. Time outdoors can generate calmness, bring joy, creativity and improved concentration.

- **Practise activities that bring joy**  
Engaging in activities such as creative hobbies, spending time with loved ones and pets, playing music and practising mindfulness can boost levels of 'happy hormones' such as dopamine, serotonin, oxytocin and endorphins.
- **Connect with natural rhythms**  
Rhythm shapes the flow of life around us and within us. When we tune into rhythm rather than fight it, we move with greater clarity, energy and peace of mind.

## Your body's natural rhythms

Your body operates on countless rhythms that guide your wellbeing:

- Your heart beats in patterns that adapt to activity and emotion.
- Your breath flows in waves that can calm or energise you.
- Your circadian rhythm regulates sleep, wakefulness and hormone levels.
- Even your digestive and immune systems follow cyclical patterns.

Incorporating mindfulness activities such as meditation, tapping, art therapy and breathwork can help regulate our body's natural rhythms, calming the nervous system which promotes resilience and wellbeing.

Recognising and respecting these rhythms helps you respond to your needs with greater awareness and compassion.

If you're interested in our Wellbeing service, reach out to MSWA Wellbeing Manager [michaela.mundy@mswa.org.au](mailto:michaela.mundy@mswa.org.au) or speak with your Client Liaison Coordinator.

*Mandy Whittington*  
MSWA Counsellor

# Upcoming Events in 2026!

This year is shaping up to be an exciting one for MSWA Events, we'd love for you to be a part of it!

Every year, our community comes together to challenge themselves, connect with others and raise vital funds to support Western Australians living with neurological conditions. Whether you're climbing stairs, swimming laps or running your own fundraiser, there's an opportunity for everyone to get involved.



## Step Up

Sunday, 21 June

Join us for a unique stair-climbing challenge that will see you conquering the stairs of the tallest building in Perth, Central Park Tower! Climb all the way to the top of the building in a day filled with energy, community spirit and purpose. Whether you go solo or rally a team, we'd love to see you on the stairs in 2026!

Don't wait, register today



## Bunbury Swim

Saturday, 12 September

Our seven-hour, family-friendly team swimming relay in Bunbury is back for its second year after a nine-year break, and the momentum is building! This event is so much more than just a swim. It's a high-energy, community-powered day that brings people together poolside to make a real impact. We're currently taking expressions of interest for September, if you've been thinking about getting involved, this is your sign!

Register your interest for this year's event!



## Central Park Plunge

Expressions of interest now open!



Ready to take things to the next level? The iconic Central Park event, **The Plunge** is back and returning in November 2026! This once-in-a-lifetime abseil down Perth's tallest building is an unforgettable way to challenge yourself while raising critical funds for MSWA. Whether you're conquering a fear, ticking off a bucket list goal or rallying your workplace for a team challenge, **The Plunge** is an incredible experience with impact.

Spots are extremely limited, so if you're even a little bit curious, reach out to [events@mswa.org.au](mailto:events@mswa.org.au) to express your interest.

*Samantha Judkins*  
MSWA Senior Fundraising Events Officer

# Everything Outreach

After a well-deserved break and reset during the festive season, MSWA Outreach is back with a packed calendar of fun activities!

## A morning of music

MSWA Wilson was filled with warmth and joy as the Spirit of the Street Choir brought their incredible energy, soulful harmonies and festive Christmas carols to brighten the day. Adding to the fun, Choir Director, Bernard, delighted everyone by teaching us how to say Merry Christmas in four different languages. A heartfelt thank you to the Spirit of the Street Choir for sharing their music, generosity and making the morning truly unforgettable.



The Spirit of the Street Choir.

## Giddy up!

Our Bunbury Outreach team had a splendid celebration for Melbourne Cup. Our Clients got right into the spirit with some fun themed games. A special thank you to Kristy who brought in some beautiful flowers to decorate the room and made it extra special!



Bunbury Outreach's decorations!

## Paint pulling fun

Rockingham Clients gloved up and tried their hands at paint pulling. This fluid art technique involves dragging paint-covered strings or chains across a surface to create striking abstract designs. Check out their masterpieces!



The artists in action.

## Bunbury Outreach expands

Exciting news: As our Bunbury Outreach grows, we are looking to extend the service to two days a week! Interested in joining us on a Tuesday at Bunbury Outreach?



We'd love to hear from you



# Accommodation adventures



Christmas at Fern River.

## Fern River Christmas celebration

We had an amazing time celebrating Christmas at Fern River Accommodation! The day was filled with fun activities, food and a friendly snowman-making competition that brought out everyone's creativity. It was wonderful to see MSWA CEO Melanie join in and share warm Christmas wishes with everyone.

## November action

Treendale residents proudly joined the Movember movement, raising awareness of men's health issues. With plenty of smiles and creativity on display, residents showed off their best moustaches in support of the cause!



MSWA Activities Coordinator, Susan and Client Stephen (George) Ryman.

## Lorna Clark's Butler visit

I met with Lorna Clark MLA in February to give her a tour of MSWA Butler. During the visit, we discussed the range of services we provide, including how we're continuing to expand access for people with all neurological conditions. Lorna was unaware of the full breadth of our services and was genuinely impressed by the site and the work taking place.

She mentioned having contacts with local choirs, ukulele groups and schools. I also spoke with her about our volunteer needs and she was happy to connect with people who may be interested in supporting our events and activities.

Lorna is keen to continue this collaboration moving forward and we thank her for paying MSWA Butler a visit!

## Stuart Jarvis

MSWA Butler Residential Services Manager



(L-R) Stuart, Lorna and Lauren at MSWA Butler.

# News in brief

## Terry's sailing successes!

Recently, MSWA Client Terry and her husband, John, were proudly awarded The Mayor's Lifetime Achievement Award for Sailing in Busselton, recognising their outstanding dedication and contribution to the local sailing community over many years. Their passion for the sport has made a lasting impact. Congratulations Terry and John on this incredible achievement!



Terry and John receive their award.

## Welcome to Belvale...

We've brought the Rivervale and Belmont teams together in our new home, Belvale. Huge thanks to Facilities and Tech Services teams for making it happen. And keep an eye out - our future head office, Rivermont, is coming soon!

## MS Society SA & NT update

The team has been busy flying back and forth to SA to discuss how we can work together to better support the MS community in SA and the NT. We have further to go, but it's been amazing working together as a team and seeing how we can better our processes moving forward.



The team meets at the MS Society's Kilkenny office.

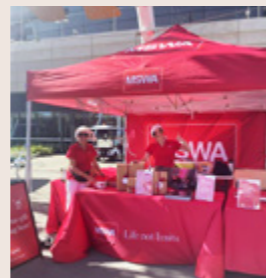
## Jason's film festival

When Jason Jones isn't working as a massage therapist in Beechboro and Butler, he's active in the film industry. Two of his projects have recently screened at the WA Made Film Festival: *Shed*, a horror/thriller in which he appears as the antagonist and *Bleederville*, a horror anthology he directed, co-wrote and co-produced.



## Optus Stadium Christmas festival

In late December, MSWA's little elves made an appearance at the Optus Stadium Christmas Festival. There were market stalls, food trucks, live music and a Christmas movie each night - as well as a gift-wrapping service for the public, with donations supporting West Aussies living with neurological conditions.



The MSWA stall.

## Leave a lasting legacy

By leaving a gift in your Will, you can help us continue providing vital care and work towards causes, cures and better treatments for people living with neurological conditions.

Your legacy can bring hope and meaningful change - supporting Clients, their families and future generations for years to come.

Find out how a gift in your Will can shape the future of MSWA.

Scan to leave a gift in your Will



# Save the date

Visit our website for the latest events!



## World MS Day and Art Without Limits submissions!

Saturday, 30 May 2026

The 2026 World MS Day theme, *Navigating the Journey*, invites artists to reflect on their personal MS experiences through their artwork - capturing honest, unfiltered perspectives on living with a neurological condition or supporting someone who does.

We are now accepting artworks for the 2026 event, to ensure our artists have plenty of time to work on their masterpieces. Please fill out the form below to submit your work. The artwork submission deadline is 5pm Thursday, 24 April 2026.



Clients, Rhonda & Claire at the 2025 event.

Submit your piece!



## World Parkinson's Day

Saturday, 11 April 2026

This World Parkinson's Day, we're urging everyone affected by Parkinson's to come together, raise their voices and take a stand to end this disease. By challenging stigma and championing investment in life-changing research, we can drive progress toward medical breakthroughs. United, we have the power to make Parkinson's a thing of the past.



## Submit your article to us

Do you have a story about living with a neurological condition in WA that other MSWA Clients might like to read? We invite you to share your experiences with us.

Email your submission to [bulletin@mswa.org.au](mailto:bulletin@mswa.org.au) for consideration.

## Suggestions, complaints and compliments

We want to hear from you. Your feedback helps us to understand what is working well and where we can improve.

You can raise a concern or acknowledge the support an MSWA staff member has provided by contacting us using the details below.

Phone  
6454 3173

Email  
[feedback@mswa.org.au](mailto:feedback@mswa.org.au)

Write to  
Quality and Compliance;  
Locked Bag 2,  
BENTLEY DC 6983.

For more information, visit  
[mswa.org.au/who-we-are/contact-us](http://mswa.org.au/who-we-are/contact-us)



To find out more about our services,  
create connections or show support  
for our cause, visit [mswa.org.au](https://mswa.org.au)



Life not limits

*Bradley, MSWA Speech Pathologist*