



Life not limits



Client Miles and NeuroSonic Founder, Mike.

Bulletin

Your MSWA Magazine

Makuru | Winter 2026

mswa.org.au

Inside

- Founders Factory partnership accelerates
- Spotlight on NDS Disability Support Awards
- World MS Day - Navigating the journey
- Camping with MS



Life not limits

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Contact us

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

Editorial Working Group

Montana Moran, Tammie Chu, Belinda Sherry, Emma Clarke, 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 with your suggestion.

MSWA Step Up is on 21 June 2026!

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 (7.00am - 7.00pm)

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

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

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Welcome to Bulletin Makuru 2026 edition

The Noongar Season "Makuru" is the coldest and wettest time of the year. Makuru is the time for animals to pair up in preparation for breeding in the upcoming months. It is also when blueberry lily, purple flags and weeping peppermint flowers begin to flourish.¹

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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.

¹Reference: Edith Cowan University, Cultural Leadership: Noongar Six Seasons.



From our CEO *Melanie Kiely*

Looking back over the last quarter, I recognise that while we have encountered challenges, we have also had a lot of fun. I went down to Albany with our team to participate in the beloved MSWA Albany Swim. Well, what I thought would be a few laps in the pool, turned into seven hours instead! Despite being pickled by chlorine, I can say we emerged exhausted and incredibly proud of our community. Everyone in the pool and at the sidelines were literally smiling throughout the eight-hour day regardless of the endurance required. Thanks Albany! I will be back next year, determined to have a bigger team to conquer the pool. Read the event wrap up at page 16. For those wanting a fun challenge consider joining the MSWA Bunbury Swim on Saturday, 12 September!

In May, we wrapped up the MSWA Mega Home Lottery raising an astounding \$22 M. It's so heartwarming to see the WA community rally behind us - especially with growing economic pressures. It is truly an honour to have the opportunity to make ordinary lives, extraordinary, and I'd like to once again congratulate Grand Prize Winners, Lea and James. Find out more about the winners on page 9.

I'm also pleased to share news of our world-first partnership with the global startup accelerator, Founders Factory. After a rigorous but exciting process, we have selected five startups to fund and scale their breakthrough technologies. These include technologies that address physical wellbeing, mobility, independence, stroke and speech and brain connection issues. We're beyond excited about the announcement but even more so about their potential to change your world for the better. Read more on page 6.

We once again celebrated World MS Day (30 May) with the Art Without Limits exhibition in both Perth and Bunbury. I was so inspired by all your artworks and the stories of challenge, strength and resilience you've shared. From individual creations to collaborative projects, such as the Butler Art Club's Snakes and Ladders artwork, this is what connection is all about. View some of the artworks on page 14.

Additionally, I am sure you are reflecting on Minister for Disability Hon Mark Butler MP address to the Press Club. You may be concerned as to what the change might mean to you, our community and our ability to keep doing what we need to. Sometimes when change or future changes brings uncertainty, that is when our stress levels go up.



The team at the MSWA Albany Swim.



Proud and exhausted!



Client, Miles, Melanie and Mike from NeuroSonic.

I think we can all agree that the government must take steps to reshape the NDIS back to its original intent - to provide care and support for those with lifelong disability to live and thrive. The NDIS was designed specifically for those in our community facing the unpredictability of a neurological condition. These supports are not discretionary, they are essential. I believe the Government and the Minister will understand this with our support, as well as the critical role not-for-profit organisations play in providing essential support and the financial stresses we are all currently facing.

Remember, as a quality, registered and accredited provider, MSWA is well placed for these changes.

We are in close discussions with the Federal and State Government to advocate for you and with you. Whilst there is a lot of uncertainty, we welcome changes focused on quality care, including registration requirements for direct care services; and a NDIS that is sustainable for those with higher support needs, as the scheme was intended for.

We will advocate for specialised care to support people with progressive neurological conditions and will work with Government to find solutions that are both sustainable and tailored to provide the right outcomes.

MSWA along with our sister societies remain steadfast in our commitment to advocate for a better NDIS. One that is fair, sustainable, and that continues to deliver certainty, dignity and access to vital supports for our community.

Rest assured that as the Government moves forward with legislation, consultation and implementation, we will continue to engage directly with decision makers to ensure the lived experiences of people with neurological conditions are understood and reflected. We will work with you to get your views heard and taken into account as we make the necessary changes to adapt to this new world and continue to make MSWA sustainable for now and in the future.

On a personal note, I want to thank you all for your feedback so we can continue to do better for you. To those of you who have invited me to your coffee meet ups, thank you. I learn a fortune from you all and to be honest, I just love being in your company!

So, in short as we head into winter (I am loving the cooler weather), there is a lot to come. **We will stand together as we embrace the good and the challenging of change and continue to remain grateful for our amazing community that inspires us all to keep going.**

Founders Factory partnership accelerates

In late 2025 MSWA announced the world first joint venture with Founders Factory, uniting to back breakthrough technologies in neurological care.

Excitingly, we can now announce the first startups joining the Neurological Care Accelerator, the first dedicated startup programme created to fast-track revolutionary technologies that can change quality of life for those living with neurological conditions.

The Neurological Care Tech Accelerator is helping close a major gap in global health tech investment, supporting the next generation of healthcare solutions for the millions of people living with some of the world's fastest-growing neurological conditions.

At the heart of the programme is hands-on support designed to help promising innovations reach Clients sooner. Selected ventures will have the opportunity to work closely with MSWA's extensive clinical network and our community of thousands - testing and piloting solutions in real-world settings.

"Founders Factory's global model enables entrepreneurs and clinicians to work side-by-side, translating complex ideas into practical solutions that can be adopted sooner, and importantly, in ways that respond to real Client needs," said MSWA CEO, Melanie Kiely.

"Ultimately, programmes like this allow people with neurological conditions right here in WA to have first access to world-leading technology."

Each selected early-stage venture uses emerging technologies - from brain-computer interfaces, AI and robotics to wearables and remote health monitoring tools - to develop new ways of caring for and supporting people living with neurological and physical challenges.

The five selected ventures include:

- **upLYFT** (London): UpLYFT integrates sensors into everyday textiles to track user movement and health data invisibly, supporting rehabilitation and performance monitoring.
- **NeuroSonic** (San Francisco): Detects and monitors carotid artery stenosis using blood-flow acoustics, enabling early stroke prevention interventions.
- **Fluent** (Melbourne): Fluent is developing a subscalp brain-computer interface that decodes speech signals for patients with severe communication impairments.
- **Clarity Technologies** (San Francisco, Paris): Clarity creates wearable devices delivering targeted sensory stimulation therapy to reduce fatigue and improve cognitive function in neurodegenerative diseases.
- **ReviMo** (Boston): Portable robotic self-transfer device that enables individuals with mobility impairments to get out of bed and perform self-care tasks safely and independently.



MSWA Community Engagement Team Leader, Melissa.



MSWA CEO, Melanie.

Behind the curtain at the Perth Residency Week

In late May, Founders Factory, the teams behind the five ventures and MSWA came together for the immersive Perth Residency Week, with the group receiving an intensive introduction to all things MSWA and neurological care.

Across the week, the Founders toured MSWA sites and met Clients, giving them a first-hand look of the amazing technologies they are developing. There were many pitches, panels, trials and meetings, all of which enabled the Founders to work with our clinical network and community, allowing them to test and pilot their technologies in real-world settings.

In attendance throughout the week was NeuroSonic, co-founded by Irish biomedical engineers Mike Ryan and Matthew Campbell. They have developed a rapid, non-invasive stroke risk assessment technology, which analyses blood flow in the carotid arteries to flag patients before symptoms appear. This can help clinicians intervene early before severe outcomes occur.

"Our goal is simple - preventing strokes through timely detection. Partnering with MSWA and Founders Factory has directly embedded us into the Australian health ecosystem, connecting us to clinicians, patients and policymakers," Mike, CEO of NeuroSonic states.

For MSWA Client Miles, the relevance is personal after suffering a severe stroke in 2016.

"After my stroke, I spent four months in Fiona Stanley Hospital and six months in a wheelchair. If earlier detection like NeuroSonic's had been available, my rehab might have been a completely different story," he said.

Knowing others could avoid going through what I did, that means everything.

During the week, the Founders all individually pitched to Clients in both Butler and Wilson, many of which were met with applause and cheers. The future impact of these ventures is clear and we thank all who got involved, were curious and wanted to know more about the amazing tech.

We know the Neurological Care Tech Accelerator programme will have a profound impact on the WA neuro community and beyond and we look forward to seeing what the future holds. Watch this space!



The Founders with WA Minister for Innovation, Stephen Dawson.



Clarity Founder, Carolina and Client, Angelica.



Attendees at the Founders demos.



ReviMo Founder, Alex showcasing mobility device, Niko.

Feeling sky high at Optus Stadium

Our neuro community had an experience of a lifetime touring the top of the Optus Stadium through the OZONE Halo Rooftop Climb!

Five lucky winners were chosen from the Neuro Collective - our monthly newsletter for our neuro community, providing a safe space for connection and to access exclusive benefits and discounts! Find out more here: <https://go.mswa.org.au/EJqKpz>

The Halo Rooftop Climb is a 360-degree walk around the roof of Optus Stadium where you can enjoy unrivalled views of the surrounding skyline, the Swan River and Perth city. As part of the 90-minute experience, we learnt about the stadium's impressive construction, state of the art facilities and got a behind-the-scenes peek into game day operations.

The winners were suited up in a full body one-piece and brought up to the rooftop of Optus Stadium. Traditionally attendees would climb a couple flights of stairs to reach

the top, but fun fact, this experience is accessible, and you can reach the top conveniently via the lift. Attendees with higher needs, including wheelchair users, can also enjoy this unique opportunity!

MSWA Client, Melanie shared her exhilarating experience, "I came up from Bunbury for the Halo [experience], and it goes around and around. We got to see everything!"

"It was so accessible and I'm in a wheelchair. They put a safety [harness] on us so we wouldn't fly off! It made me feel very comfortable."

"The tour guides have been excellent and they make sure everyone here is very safe," she shared.

We'd like to thank our partner, Optus Stadium, for the exciting opportunity!

Tammie Chu
MSWA Content Marketing Officer

Want to experience sky-high views?

Win one of five double passes to The OZONE at Optus Stadium. Passes are valid for any of The OZONE activities including the Halo Rooftop Climb, Sky View Deck Tour, Vertigo, Stadium Tour and many more!

Competition is open to MSWA Bulletin readers and ends 5pm Friday, 31 July 2026. Entries are limited to one entry per person.

Enter now!



Client Melanie and husband, Rob.



Friend, Makira and Client, Georgia.



Client, Jodie and friend, Shantel.

Making lives extraordinary

Behind the impressive prizes and homes from the MSWA Mega Home Lottery is the neuro community supported through the generosity of West Australians, like Lauren and Rhonda.

This MSWA Mega Home Lottery nearly sold out and raised an astounding \$22M! This draw also featured our largest ever Platinum Club Prize - an exclusive \$400K Platinum Club Adventure Pack.

Calling the lucky winner of the \$1.6M Mount Pleasant Apartment was Life not Limits Grant recipient, Lauren Edwards.

Diagnosed with MS three years ago, Lauren felt numbing in her feet after dancing for an hour - a strange occurrence for the dancer of 28 years, who is used to grooving on her feet for hours. After an MRI scan, she was shocked to receive her life-changing diagnosis, "my brain lit up like a Christmas tree."

"My mum got me on to MSWA. They helped me do everything - tell me what MS is, how that affects me, what I can get access to - how to live my life basically."

When asked why people should buy a ticket she shares, "It's not just about the apartment or house, it's about how you affect the community of MSWA."

You help people like me to live our life and live our new normal.

20-year community services veteran, Rhonda is all too familiar with navigating a new normal after worsening MS symptoms stripped away her ability to work.

"The setbacks you can't predict and the small victories you fight for, I want people to feel what it's like to keep rolling, even when the odds change."

Rhonda also had the opportunity to call a lucky winner. Lea was shocked beyond relief when she received the news of winning the \$3.6M Grand Prize Home.

"This is such a great cause. Even if you're not buying a ticket for that year, just keep going and you never know what's going to happen!"

Lauren and Rhonda are both recipients of the Life not Limits Grant, an initiative that supports people living with neurological conditions to turn their passions into reality. This grant is only possible thanks to the funds raised from initiatives like MSWA Mega Home Lottery.

For Lauren, this means she can open her first dance program in her local area, giving people of all ages and abilities a place to move, socialise and feel connected; and for Rhonda, it has given her the opportunity to become a certified art therapist to expand creative workshops for people with neuro conditions.

Thank you all for your continued support, it truly makes an extraordinary difference!



Chief Experience Officer, Tony and Client, Lauren call the lucky Early Bird Winner!



CEO, Melanie and Client, Rhonda share the exciting news.

Spotlight on the NDS Disability Support Awards

What an outstanding night for our teams at the 2026 WA Disability Support Awards!

In early May, members of the MSWA team and Clients attended the NDS Awards - an evening celebrating those who go above and beyond in delivering exceptional support and making a meaningful difference in the lives of people living with a disability.

Everyone had a fantastic night and we're incredibly proud of our team, who empower people living with neurological conditions to live their version of best through their work every day.

Winner

Allied Health Professionals Award

Bradley Pang - MSWA Speech Pathologist

We are very excited to announce our very own MSWA Speech Pathologist, Bradley Pang was the winner of the Allied Health Professionals Award for 2026!

Accepting the award on Bradley's behalf was MSWA Client, Elena and members of the team. In an unforgettable evening, Elena gave a deeply moving speech - her words brought to life through an AI-recreated voice, built from video footage recorded more than ten years ago. Bradley was commended for his delivery of high quality, evidence-based services to preserve Elena's voice - both literally and figuratively - ensuring her autonomy, identity and inclusion remain central.

Elena said of Bradley's support, "What makes Bradley so special is he doesn't just do his job, he makes you feel comfortable, understood and genuinely heard. Our sessions never felt like typical appointments, they felt like two friends catching up."

"I'm so proud of him and this award couldn't have gone to a more deserving person."



Client, Elena and the team accepting the award on behalf of Bradley Pang.



All the category winners at the 2026 Disability Support Awards!

Finalist

Excellence in Supporting Employment Outcomes

Emily Lee, Leigh McCaffery, Peta Flynn and Deggi Altangerel - MSWA Employment Support Services Team

Our Employment Support Services (ESS) Team were finalists in the Excellence in Supporting Employment Outcomes category. The team was joined by Client, Chris and were celebrated for their work in helping him maintain meaningful employment in a role he deeply values.

The ESS team were able to present a case for Chris to trial the Exopulse Mollii Suit, or what he fondly deems his 'super suit.' After a complex funding process, Chris now uses his own Mollii Suit alongside ongoing supports - reducing reliance on mobility aids, enhancing independence and enabling him to continue thriving at work.

As Chris says, "It's not a cure, but it's pretty close."



MSWA Finalists with Client, Chris and the Hon Minister Beazley MLA.

40under40 recognition

MSWA's very own, Debra Packer was nominated for the prestigious 40under40 Awards, which recognises and celebrates the state's leading entrepreneurs, innovators and future business leaders under the age of 40.

An established marketing executive, Deb has been integral to creating effective campaigns for iconic WA organisations including Kleenheat and MSWA. While her background is in marketing, her career is anchored in people leadership, with a proven track record of building high-performing teams, shifting team culture and achieving organisational goals.

We're so incredibly lucky to have Deb on the team! The impact she's made on the Experience team and the wider Client community is nothing short of tremendous.



The MSWA team at the 40under40 Awards.



World MS Day: Navigating the Journey

Each year, World MS Day provides an opportunity to raise awareness and celebrate the strength and resilience of those living with MS or other neurological conditions. It's a day to foster greater understanding within the community and shine a light on lived experiences, create meaningful connections and make the invisible visible through the power of storytelling.

"It's an intimate thing to do, but the impact of this gift for us all in this room tonight cannot be understated."

Excitingly, we also had a huge turnout for our Perth exhibition opening night with over 100 people coming out to Central Park Tower on a wintery Monday night. The quartet, The Stromatolites created the perfect ambiance for the evening while all the artists, family members and the neuro community browsed the artworks, sipped on wine, ate delicious canapes and voted for the People's Choice Award. Rhonda Adamsam, who is a key member of the Butler Art Club, spoke of the night, **"I love the name Art Without Limits. It allows us to come together, share our stories and make the invisible visible."**

"A lot of people looking at me wouldn't know everything I go through because it's an invisible disease, but that doesn't mean to say you're not still in pain. It's a really nice recognition from MSWA."

A big thank you to all who submitted, attended or spread the word - this years' event was a huge success, and we can't wait to see the exhibition return next year, with the new theme, 'Unlocking Possibility'.

Also, thank you to the amazing Stirling Street Art Centre, The Stromatolites and our continued partnership with Central Park Tower - we couldn't have done it without you.



View photos from the exhibition



Media madness

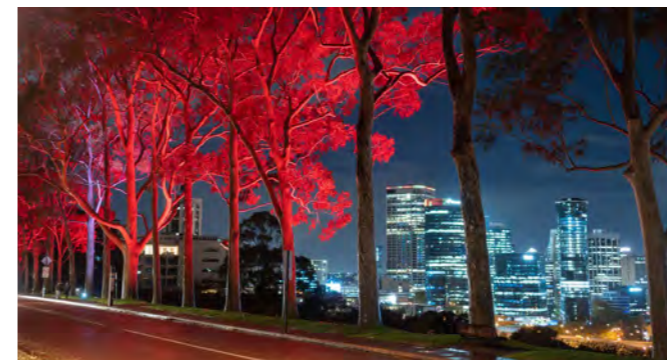
To demonstrate that Art Without Limits just gets bigger and better every year - the WA media industry joined the fun, with Bunbury's exhibition even scoring the front page on the Bunbury Herald! We are so happy to see this event get the recognition it deserves and can't wait to see what's in store for 2027.



Perth lights up red

As always, alongside celebrating the incredible talent showcased through Art Without Limits, WA once again lit up red in recognition of World MS Day. Iconic landmarks across Perth were illuminated in red to help raise awareness and show support for people living with neurological conditions, as well as their families, carers and communities.

Landmarks that turned red included Council House, King's Park, Matagarup Bridge, King's Park, Joondalup Drive Bridge, Mount Street Bridge, Northbridge Tunnel, Sky Ribbon, Great Northern Highway Interchange Bridge, Kombana Bridge, Marlston Hill Lookout, Koombana Bay Footbridge, Koombana Bay Foreshore, Marlston Waterfront, Guppy Park, the Navigators at the Koombana Drive roundabout, Richmond Reserve, Arrol Crane and Koolambidi Woola.



Art Without Limits: People's Choice Awards

Perth

First Place:

A Journey Between Worlds by Drey Jackson

About *A Journey Between Worlds*

A vibrant cosmic landscape unfolds as meteors streak across a star-filled sky above glowing planets, while a bear and her cub walk together along the horizon beneath a crimson celestial glow.

About Drey

I am a 32-year-old artist living with quadriplegia and ventilator dependence following a traumatic accident in 2003, where I was crushed between a truck and a four-wheel drive. The accident caused a brain injury, stroke, multiple fractures and a spinal injury that left me quadriplegic and dependent on a wheelchair and tracheostomy for breathing.

Before my accident, I had a deep love for art and rediscovering that passion has become an important part of my life and recovery. Using mouth-painting techniques, I am able to create artwork that expresses imagination, resilience and my unique perspective of the world. Art has given me a powerful way to reconnect with creativity and share my story through each piece I create.



Drey Jackson.



Jake Huckstep.



Anita Asker.

Second Place:

Demyelination by Jake Huckstep

Third Place:

Tied between *Gone Pear Shaped* by Anita Asker and *Young Light and the Shadow Fight* by Nicole McCaughey



Nicole McCaughey.

Bunbury

First Place:

Tied between *Tree of Life* by Leanne Green and *I'm Not Alone on This Journey* by Pauline Kamchevski

About *Tree of Life*

Tree of Life represents resilience, growth and the strength to remain grounded through life's challenges. The vibrant colours reflect energy, change and beauty that can still emerge through difficult times, while the reflection in the water symbolises both inner and outer journeys. Created as part of my MS journey, this piece is a reminder that even as life shifts, we continue to grow, adapt and find balance within ourselves.

About *I'm Not Alone on This Journey*

Carrying the weight of an illness can be heavy, but others help, and my backpack also has tools I can use. This acrylic on canvas is actually a Diptych (two canvas' as one painting).

Second Place:

Skateboard Lamp by Chris McEnroe

Third Place:

Hanging Table by Terry Compton



Leanne Green.



Pauline Kamchevski.



Terry Compton.



Chris McEnroe.

Crossing the finish line: Meet Jo

Sitting still has never really been my thing.

I've been a skipper, windsurfing instructor, marathon runner and long-time Bunnings team member. I've always been someone who has met life head-on, physically and wholeheartedly. So, when I was diagnosed with multiple sclerosis at just 24 years old, I thought the hardest part would be physical.

I was wrong.

The hardest part was the mental battle, realising the life I'd always known and loved was slipping away.

I remember the first time I realised something was wrong. While working on a ferry off England's south coast, I felt like I had a terrible hangover, except I hadn't had a drink in days. I also had this strange sensation of bobbing up and down. Not unusual on a boat, except ours was secured by heavy chains.

But when you're young and travelling the world, it's easy to ignore the possibility that anything could be seriously wrong.

Eventually, after returning home, my mum urged me to see a doctor and I was finally given the words I had been unable to find myself.

"You have multiple sclerosis."

I pushed it aside. I couldn't bear the thought of letting a diagnosis define my future, so I mentally packed it away and kept moving forward.

Determined to prove to myself that I still could, I decided to start marathon running.

Once I could jog 100 yards without falling over, I threw caution to the wind and declared, I'll run the next London Marathon. And I did.

For years, life carried on - marathons, work, family and now a slower-paced life in Perth.

But after I turned 49, my symptoms worsened. I was exhausted, struggling with brain fog and finding even simple tasks difficult.

After nearly 13 years, I had no choice but to leave the job I loved.

That same month, I lost my driver's licence.

Losing my job and my licence felt like the ground had disappeared beneath me. I had lost my independence and my freedom. I fell into a hole I simply couldn't climb out of. I became isolated and miserable by what my life had become.

After weeks of sitting at home, relief came in the form of a MSWA worker who walked through my front door and asked me a simple question, "Jo, what do you need?"

For the first time in a long time, I felt like I could finally look forward.

With support from MSWA, I began rebuilding my life. They helped me access practical support at home, get to medical appointments and regain independence with my much loved gopher scooter.

The biggest turning point came when MSWA connected me with counselling support. I was grieving the life I thought I would have and counselling helped me process my fears and uncertainty that came with living with MS.

Slowly, I realised I didn't have to return to the life I had before. Instead, I could begin building a new one, with different boundaries, different hopes and new ways to move forward.

It doesn't matter how far you've fallen you've got to pick yourself up and have the attitude to say, "I can do this."



Watch Jo's story



Jo Penkin *Unsinkable*
MSWA Client



NeuroConnect Nursing Service launch!

We're excited to introduce our new NeuroConnect Nursing Service, providing specialised neurological nursing support outside of regular business hours.

Thanks to the incredible generosity of our supporters, community partners and the 2025 Tax Appeal, we are expanding our Nursing service. Available seven days a week from 7am to 7pm, this initiative will provide Clients with access to dedicated nursing support, helping to improve continuity of care, reduce hospital admissions and deliver greater peace of mind.

The service offers access to experienced neurological nurses who can provide advice, assessments and support when it is needed most.

How it works in four simple steps:

1. Call the NeuroConnect Nursing Hotline on **08 6154 5002**.
2. Your call will be connected to a MSWA NeuroConnect Nurse, who will conduct an initial telephone assessment.
3. Depending on your clinical needs, a NeuroConnect Nurse may arrange a home visit. If a visit is required, you'll be advised of the expected arrival time so you can prepare.
4. If your call is not answered immediately, please leave your name and contact details. The next available NeuroConnect Nurse will return your call as soon as possible.

NeuroConnect Nursing services vary by location:

- Perth metro Clients: access to both telehealth support and home visits, where clinically appropriate.
- Regional Clients: access to telehealth support.

Celebrating International Nurses Day

On the 12 May, we recognise our incredible Nurses who make a meaningful difference to our Clients, their families and our community every single day.

Nurses are often the reassuring voice, the steady hand and the trusted professional our Clients rely on during challenging moments. Their skill, compassion and dedication do not just deliver care, they create comfort, dignity and positive outcomes, and that impact is felt long after each shift ends.

To all of our Nurses at MSWA, thank you for your professionalism, kindness and commitment to the people we support!

Smashing the stigma on continence

At 17 years old, Anne had a horrible inkling that she was losing control of her bladder. Embarrassed, she swept the issue under the rug, thinking it was just something she had to put up with, even after the symptoms worsened. It wasn't until an MSWA Nurse sounded the alarm did she finally address the elephant in the room.

My name is Anne Cooper and I was born in England in 1950. I was diagnosed with multiple sclerosis (MS) at 35 years old, but I was experiencing symptoms long before that.

One of which was when I was 17; I was handing in my resignation at the St John Ambulance cadets when my bladder just decided to void – I think that was the most embarrassing moment of my life and the start of my bladder problems.

I've put up with it because as far as I was concerned, it's just one of those things.

Over the years, more strange things happened that I couldn't explain – dishes that kept falling out of my hands, the tingling sensations in my hands and feet, the growing incontinence problems. They were not imaginary, there was an explanation that went beyond me simply being uncoordinated.

My first thought after hearing my MS diagnosis was, "My god, I'm going to die."

Back then, there was no Dr. Google, so it was easy to think the worst. Later, after a visit with a specialist, I was given a better understanding of MS and was reassured by the information that was shared with me.

Upon reflection, I believe that I had lived with my symptoms for most of my life and I was relieved to finally have an explanation.

Over the years, I've learnt to adapt and thrive even with the obstacles my illness presented. I moved to Australia after learning the climate was better for MS (and hearing rave reviews of the lifestyle from friends who chose Australia as their home), I raised my kids, worked in a full time position, retired and even went on a caravan trip with my husband travelling 600kms out from Perth.

Throughout all this, my bladder issues persisted and I thought it was just something I had to deal with. In 2023, I told an MSWA Nurse I was losing sleep at night because I had to use the restroom multiple times. Concerned, the Nurse immediately referred me to a GP for help. I was then diagnosed with incontinence. Incontinence is the lack or loss of control of the bladder or bowel function.



Anne at Red Rocks with her catch.



Anne's family portrait.



Catching a breem at Hutt River.

Before this, I would have been very ashamed to talk about my incontinence but now I am very proud to share.

I am over 70, I managed to learn how to use a catheter. It wasn't until I started the self-catheterisation that I realise this was a medical condition and it can be treated, I felt so much better knowing that.

I think anyone with continence issues – whether they have MS or not – should reach out for help.

As a member of the MS Australia Lived Experience Expert Panel (LEEP), I shared more of my personal journey with continence on episode 79 of The Raw Nerve Podcast.

On the podcast, I learnt about the *National Public Toilet Map*, a free mobile phone app where you can find the nearest toilet and facility details – such as disabled toilets, changing rooms and opening hours – across Australia. This would have been of great assistance to me for most of my adult life, if only I had known about it!

Incontinence is a shared health issue and is not something anyone should feel isolated by.

It's important to recognise symptoms earlier, ask for help and know that support and management options are available.



Scan the QR code to listen



Anne Cooper
MSWA Client

Research has found that 1 in 4 or over 7 million Australians are affected by continence challenges. World Continence Week is on 15-21 June and it is a valuable opportunity to raise awareness on incontinence and highlight the resources available. The Continence Help Australia hotline (1800 33 00 66) provides free, confidential and professional advice from continence nurses. The organisation also manages the *National Public Toilet Map*.

Wintering with grief: Finding meaning in loss and change

We find ourselves in winter again, as daylight fades sooner and the sun seems farther away, a quiet sadness can gently settle within us. This soft, lingering sadness can mirror the experience of grief. Just as winter carries a longing for warmth, grief holds a yearning for moments that now feel beyond our reach.

For many, grief and illness often walk closely together. When illness enters our lives - whether suddenly or over time - it can bring a series of losses that are not always visible to others. There may be a loss of physical ability, independence or the sense of certainty about the future. Alongside this can come a shift in identity, where the person you once thought you were feels altered or harder to access. These changes can evoke a deep and ongoing grief, even as you continue to live and adapt.

Grief is a normal, natural human response to loss. It is important to acknowledge that this sadness is not a sign of weakness or something to be rushed or silenced. Grieving in the context of illness is not about giving up; it is about acknowledging the reality of change while still finding ways to live meaningfully.

Grief can sometimes surface during days of significance like birthdays, anniversaries or even in ordinary daily experiences, bringing into focus what has changed or been lost. At the same time, the practical demands of managing symptoms, appointments and treatments can leave little space to pause and fully process these feelings.

Unlike grief associated with death, this form of grief often goes unrecognised by our family and friends. Yet it is just as significant because it can affect our mood, behaviour and overall wellbeing. It may come in waves - moments of acceptance, sadness, frustration, anger or longing for how things used to be. There can also be

tension between staying hopeful and acknowledging the reality of what has changed. This is sometimes referred to as living with 'ongoing' or 'non-finite' grief, where the loss is not a single event, but something that unfolds over time.

Allowing space to gently acknowledge these feelings can be helpful. Some people find comfort in creative expression, such as art or journaling, while others benefit from spending time in the company of others who share a similar experience - our Counsellor facilitated groups can provide such opportunity. These small acts of care can help to process emotions and feel a little stronger in what you're carrying. While the grief does not disappear, over time it can soften, making room for new ways of being and finding purpose alongside a diagnosis.

Counselling can play an important role in this process - offering an opportunity to explore grief, adapting to it and feel less alone in what can sometimes be a very isolating experience. MSWA Counsellors are well placed to walk alongside you to navigate these often difficult and uncomfortable feelings. **You don't have to make sense of it all on your own - support is available.** If this resonates with you, reach out today.



Contact
our team



Liesl Murdoch
MSWA Senior Counsellor

Seeking calm, clarity and companionship Butler Mindfulness Group

Once a month for the last three years, a small but dedicated crew of people living with neurological conditions have gathered at MSWA Butler to learn about and experience a variety of mindfulness practices.

Facilitated by MSWA Counsellors Ian Sampson and Eve Parsons, the Butler Mindfulness Group is a safe space for peer support and sharing of psycho-education experiences to encourage mindfulness practices in our daily life. Our coffee breaks are also a time where we can swap practice tips and music recommendations!

"Mindfulness doesn't take away MS. It doesn't magically fix everything. But what it does do is give you tools to help steady yourself when life feels overwhelming,"
Bernie, MSWA Client

What is mindfulness?

Research has found that mindfulness meditation has a positive effect on physiological and cognitive signs of stress, which makes it an important approach in helping to manage chronic health conditions such as MS (Goleman & Davidson).

Mindfulness is paying focused attention to whatever is happening, right now, without judgment. It sounds simple. However, we all know how our 'monkey mind' can

get caught up with plans, thoughts and feelings about the past and the future.

Many of us engage in mindfulness without even recognising it - we call it 'flow', 'getting into the zone' or chilling out.

The Butler Mindfulness Group learns mindfulness in a simple, secular (non-religious) way according to the guidance of modern techniques. Benefits from mindfulness includes, stress reduction, increased work/life balance, better emotional regulation, lower pain levels, increased self-compassion and improved mood and resilience.

Do I have to empty my mind?

The short answer is no! When learning mindfulness, it is useful to start with 'anchors' for our focus to concentrate on. Inevitably the 'monkey mind' wanders off, and the practice of mindfulness means noticing our attention has strayed and gently bringing it back to our anchor. This may happen multiple times in five minutes! With practice, we get better at staying focused on our anchor. It is unrealistic to ask ourselves to think of nothing, but we can try to think of one thing.

"For me it's all about the 'delivery' of the monthly subject or material. You can stop worrying about things you can't control and use the techniques given to us as a group, that can help change the 'perspective',"
Nick, MSWA Client

Join us!

We meet once a month on a Tuesday morning at MSWA Butler. Similar group gatherings happen at MSWA Kelmscott and occasionally elsewhere. If you'd like to see whether we're a good fit for you, get in touch!



Contact
our team



Eve Parsons
MSWA Senior Counsellor

References:
Goleman D and Davidson, R. 2018. *The Science of Meditation: How To Change Your Brain, Mind and Body*. UK: Penguin Random House.



S'More fun outdoors: Camping with MS

Revelling in the beauty of nature, taking time out from the busy day-to-day and spending valuable time with loved ones are all part of what makes camping so special. To MSWA Client Sue Hyde and her husband, it is their way of remaining connected with one another, friends and nature. Sue grew up camping with her family and was even a scout leader in New Zealand. For many people like Sue camping isn't just a fun hobby or holiday, it is part of who they are.

Camping, of course, can have its challenges. Whether it be the mattress which looked much thicker online, "this wasn't on the weather forecast!" becoming a common phrase, or deciphering instructions for a new tent that seems to be written in hieroglyphics - there's always something which keeps the trip interesting. Whilst often an inconvenient bump in the road, these challenges aren't likely to keep an avid camper away.

However, for people living with neurological conditions, like MS, these challenges are only the beginning and are often the reason why they slow down or stop camping altogether. For Sue, the challenges of feeling unstable on camper steps and uneven terrains, being unable to control her body temperature and feeling incredibly fatigued by the end of the day made camping more difficult than ever before. One night, Sue fell and her legs became stuck in her campervan steps. This instance, and the culmination of all those before made her realise some things needed to change if she wanted to continue camping.

Determined to continue doing what she loves, Sue reached out to the MSWA Occupational Therapy (OT) team for support. Occupational Therapy is all about keeping you engaged in activities and tasks that are important to you by finding ways to build new skills, adapt tasks or using equipment help. Together, with her OT, Sue identified specific challenges and tailored solutions:

Vehicle set up

Entering and exiting a vehicle is so important, especially when this is also your accommodation! Sue found it challenging to enter and exit both the cab passenger door, the main body door and the inside of her campervan.

After exploring assistive technology options, Sue and her OT troubleshoot some solutions. For cab entry the

perfect combo was the Handybar, which provided a stable handhold, and a small step to bring her to a more comfortable height. To enter the main body, the Motorstep, a portable motorised platform was used to bring Sue from level ground to the height of the campervan entry simply with a press of a button!

To move around her campervan, Sue and her OT implemented a swivel cushion to assist with table access, bed rail to assist with getting in and out of bed, and notably, Sue's favourite, the leg lifter to assist with lifting her legs into bed.

Getting around the campgrounds

Accessing the campgrounds can make or break the camping experience. Sue's ability to walk unaided is limited and she relies on a four wheeled walker, scooter or powered wheelchair for mobility. She recommends looking for spots that are level to support mobility needs, and using a headlamp to light the way and keep your hands free.

Other considerations include checking toilet options on site, proximity to main areas in which you'll spend your time and any other local areas you'll regularly access. Sue prioritises campgrounds in which she can enjoy her time on the site, reducing her need to move around too much.

For more information on wheelchair accessible camping sites HipCamp is a great resource.

Temperature regulation

People living with MS often experience thermoregulatory dysfunction, which can be exacerbated on a camping trip. Thermoregulatory dysfunction is a loss of capacity to control core and body temperature within the normal range, meaning individuals are more likely to be affected with temperature changes.

To manage her thermoregulation whilst camping, Sue utilises a portable fan that sits around her neck, quick dry towels and spray bottles, a bucket of water to cool her feet, choosing cold over hot food and positioning her campervan strategically around the sun.

To find out more about thermoregulatory dysfunction join us at our next workshop by contacting ot.groups@mswa.org.au



Fatigue

Fatigue is often one of the most debilitating symptoms of MS; one that is important to address to support camping long-term. For Sue, better managing her MS symptoms using assistive technology and simple fatigue management strategies has meant her energy can be spent on enjoying herself and the wonders of camping!

Adapting as we go

We know that the day-to-day impact and symptoms of neurological conditions, especially progressive conditions like MS, can change over time. Sue and her MSWA OT are constantly monitoring and adapting strategies, tools and options to meet Sue's needs as they change. Next on their list is exploring options to transport Sue's scooter or powered wheelchair so she can use these when camping too.

Living with MS doesn't stop Sue from camping. With her new strategies and assistive technology in place, camping for Sue just looks a little different. She currently ventures out four-five days a month to explore local regions and loves freedom camping. When asked where her favourite place to go is, Sue's response was anywhere along the beautiful Blackwood River. Sue's constantly sharing her equipment, tips and tricks with friends and continues to enjoy the beauty of the great outdoors.

"I love being outside and in the outdoors" said Sue.

Sue is a happy camper and has no plans for MS to stop her!



Sue using the Handybar to enter her vehicle.



Sue enjoying time out in the sun!



Get in touch and find out how MSWA Occupational Therapy can help.



Sarah Coutinho

MSWA Service Delivery Lead - Occupational Therapy

Kane is pulling up to MS

Kane is taking on an extraordinary endurance challenge to complete 50,000 pull ups in 2026 for MS - roughly 140 pull-ups a day!

Kane is undergoing the challenge for his mum who has lived with MS for 14 years now. Kane's mum, Narelle is based in regional WA and her condition has progressed where she relies on a wheelchair.

Kane has seen firsthand the lack of access to care and specialist support in the regions and how isolating it can be living with a neurological condition in regional WA.

"This challenge is my way of turning that frustration into action by raising vital funds for research, supporting families doing it tough and pushing myself physically to fight for something bigger than me."

Alongside working full-time and raising his young family, Kane has completed over 30,000 pull ups and the number is steadily increasing.

Thank you Kane for sharing your story and for your consistent efforts!



Kane and mum, Narelle.

From WA to London



Community fundraiser and avid runner, Steven Swann (Swanny), has taken on the London Marathon for the second time, this time in support of MSWA! The Marathon took place in April and saw him complete the event in 3 hours and 27 minutes. All that hard work and training paid off on race day!

Starting in Blackheath, the course took Swanny past some of London's most iconic landmarks, including the Cutty Sark, Tower Bridge, Canary Wharf, and along the Thames Embankment, before crossing the finish line at the historic Buckingham Palace.

We would also like to thank Swanny and his supporters for raising over \$2,700!

Trish Watson
MSWA Community Fundraising Events Officer



Swanny training for the marathon.

Diving into the 14th MSWA Albany Swim



On 14 March 2026, the Great Southern community celebrated the annual MSWA Albany Swim for the 14th year! Held at the Albany Leisure and Aquatic Centre, more than 120 participants across nine teams swam together to support West Aussies living with neurological conditions.

Together, our incredible participants swam a combined total of **10,321 laps** and the event raised a total of **\$37,795** thanks to our generous supporters and amazing fundraisers.

This year also marked a special milestone for the event, with the City of Albany entering a team into the swim for the very first time! Plus, our very own CEO Melanie Kiely was spotted doing laps all day long in the pool!

We would also like to acknowledge some impressive fundraising and swimming efforts from the day:

- **Highest Fundraiser:** Rechelle Wright, raising an incredible \$3,760.
- **Highest Fundraising Team:** Team Marines, with a total of \$12,100.
- **Most Laps Swum:** Albany & Mt Barker Swim Club, swimming a total of 1,603 laps over the day.

Rechelle has been the highest fundraiser of the event for four consecutive years. She initially got involved in support of a close friend living with MS and has now participated for over a decade. She describes Albany Swim as a moving experience to be shared with friends, family and the wider community.

"The Albany Swim has become a deeply meaningful part of my life, not just as a swimmer, but as someone who, through this event, has found purpose, connection and hope."

"The strong sense of community is what keeps me inspired and coming back year after year," Rechelle reflected.

A massive thank you to every swimmer, volunteer, fundraiser, supporter and sponsor who helped make this year's event such a success. Special thanks to the City of Albany for its continued support, along with CBD Architects, Moss Conveyancing, Wiz Loans, First National and the many generous local businesses backing the event year after.

Samantha Judkins
MSWA Senior Fundraising Events Officer



Community Screening: Changing Track



(L-R) Dean Denton, Holly Denton, Nathan Huntley and Emily Ace.

Earlier in March, the Community Engagement team organised our first community screening for the documentary *Changing Track* and as an additional surprise, a special viewing of *The Dentons Do* at Hoyts Karrinyup.

Changing Track follows the Australian Paracycling team and their journey to winning gold. Featured in the documentary is Emily Petricola, who lives with MS, Korey Boddington, who lives with Acquired Brain Injury (ABI), and Perth-based Kane Perris, who is visually impaired.

The film explores the ups and downs of life, sport and how each of these individuals overcome their own set of unique trials.

We also had a chance to hear some behind-the-scenes stories from MSWA Client, Dean Denton, and daughter Holly Denton on their own pilot episode of *The Dentons Do* - a travel show created to explore what it is like to travel WA with MS and a family in tow.

We're hoping to bring more community screenings to our Clients soon, so watch this space!

Neuro Collective

Become a 'Connector' and join the Neuro Collective!

The Neuro Collective is a safe space for the neuro community, no matter what your diagnosis or journey is. This initiative is a way to connect everyone in the neuro community in a way that doesn't require funding or any other prerequisites.

By becoming a 'Connector', you'll gain access to exclusive benefits such as first access to our platform Synapse, discounts and giveaways from MSWA partners, invitations to exclusive events and more!

Anyone in the neuro community can join including MSWA Clients, carers, family members or anyone who lives with a neurological condition.

Sign up here!



After Hours

Come wind down with us and connect with others on the same journey!

If you haven't heard, the MSWA After Hours program is open to working professionals living with a neurological condition. Taking place at Lawson's Flats in the CBD, the After Hours group catches up every month (previously bi-monthly) for a few drinks and nibbles - on us!

The program has been exceedingly popular, with several members from the group expressing how rewarding and beneficial the support has been for them. We encourage both MSWA Clients and individuals from the wider neurological community to attend!

Join here



Nathan Huntley
MSWA Community Engagement Officer

Mothers' Group

Attention mums! We're excited to announce that we've started our very own MSWA Mother's Group. Open to all new mums with children aged 4 and under, we're hoping to connect you all with one another for catchups over coffee. This is your opportunity to share and discuss the realities of motherhood alongside the experience of a neurological condition.

Express your interest



Everything Outreach

Wildlife visitors

Rockingham Outreach had an unforgettable wildlife visit recently when a very special group of Aussie animals dropped in to say hello. Among the guests were Hazel the Koala, Bruce the Blue Tongue Lizard, Caesar the Sugar Glider, Larry the Northern Blue Tongue Lizard and Freddo the Frill Neck Lizard, each one a favourite in their own right! Clients were delighted to get up close, gently pat some of the animals. We also learnt more about their habitats, diets and quirky behaviours.



Outreach by the Beach

It was all sunshine, blue skies and sea breeze for Clients at Rockingham Foreshore at MSWA's annual Outreach by the Beach. A delicious BBQ was served thanks to MSWA Cook Daniel and the MSWA Rockingham Physiotherapy team who kept everyone entertained with a variety of fun games. This much-loved annual event is open to all Clients and MSWA community members. Everyone is welcome to join our next one!



Harmony Day 2026

Our Outreach groups were covered in orange to celebrate Harmony Day!

Our community came together to celebrate cultural diversity through music, conversation and creativity. Clients enjoyed songs in different languages, shared stories about their backgrounds and heritage and tested their geography knowledge by pinning countries on a world map. Even a splash of orange nail polish made its way into the celebration. The festivities continued with crafts and lively quizzes, encouraging everyone to get involved, learn from one another and share plenty of laughs.



Important update: Future of MSWA Fern River

We would like to provide an important update on the Fern River High-Support Accommodation. Fern River was built almost 30 years ago in partnership with the state government. As the property has aged, we have listened closely to residents' feedback about what they want and need from their home.

We've worked closely with the Department of Housing and Works and, after careful consideration, made the difficult decision that the property can no longer meet the standard of quality residents deserve, now or in the future. Because of this, Fern River will close later this year while we work with residents to find better accommodation options.

Feedback from residents has told us that the current layout, including shared bathrooms and limited space, does not support the way they want to live. At the same time, the building itself is ageing and would require a full rebuild to meet modern standards of comfort and accessibility. Unfortunately, this is not possible on the current site.

Our priority is to support residents through this change. Be assured, Fern River will not close until all residents have transitioned to a suitable home of their choice. We're listening to our residents and their families to understand what matters most to them and to help them find a home that better meets their needs.

Thank you for your trust and patience as we work through this transition together.

Butler Accommodation x Outreach *first outing!*

Our Butler Outreach Clients and residents came together for a memorable first outing at the beautiful Lavender Estate. It was a morning filled with smiles, new friendships and plenty of fun for everyone involved!

Experiences like this are so important, as they encourage community participation, friendship and joyful moments outside the usual routine.



Better access to assistive technology

MSWA is proud to improve access to assistive technology (AT), with more than 3,000 pieces of equipment redistributed to our Clients and the wider WA community - helping empower people to live their best lives and drive better Client outcomes.

Assistive technology (AT) is particularly important for people living with disabilities as it supports them to perform tasks, communicate and participate fully in their daily life. For some, it provides a sense of dignity, choice and independence that many of us take for granted.

Over 15+ years, MSWA's equipment loan program built a significant inventory through ongoing support to our Clients. A comprehensive review provided the clarity to reshape the program, ensuring equipment is now better aligned to current needs and improving access across the community.

Guided by our commitment to care, collaboration and doing what we say we will do, this initiative has delivered:

- 600+ items donated or sold, valued at over \$100,000, supporting Clients and the broader community.
- 100+ items repurposed internally across WA, SA and NT, delivering approximately \$25,000 in savings.
- 2,000+ items transferred to Clients already using them, enabling continued independence at no additional cost.



We've also partnered with Perth Mobility Scooters and No Limits Perth Inc, to donate a significant number of incontinence products, valued at \$10,000, extending the support further into the community.

This achievement is a result of a major coordinated effort across Finance, Allied Health, Client Engagement, Marketing and Technology Services, harnessing the strong clinical and legal oversight of our teams. Thank you to our team for their tremendous efforts!

Above all, this initiative empowers the neuro community and the wider WA community with greater access to the equipment they need - aligning with MSWA's vision of a future where people are not limited by a lack of options and can live with greater independent and quality of life.

Brandon Kur
MSWA Asset Manager



News in brief

First person to complete Munda Biddi trail in a wheelchair

Multiple sclerosis advocate Clare Reilly has become the first person to complete the world's longest off-road cycling trail in a wheelchair. The Munda Biddi trail is more than 1,000km from east of Perth to the Great Southern city of Albany.

She hopes to raise \$100K for scientific research into MS, with plans for a book and a documentary in the works.

Credit: ABC Perth.



WA punching above its weight

We often talk about research breakthroughs as something that happens in faraway labs and hospitals, but the truth is it's much closer to home.

MS Australia announced funding for 16 new MS research studies to find causes and prevention, better treatments and cures via repair and regeneration of cells. This includes WA researcher, Dr Brittney Lins study to determine if copper is at the core of MS environmental risk factors.

Credit: Perron Institute Labs.



Irene's story of MS and motherhood

My Story of Being a Mum is a collection of powerful stories of people from various backgrounds such as mums with disabilities, single mothers, older mothers and more. One of which is Irene's story of starting a family while living with her relapsing-remitting MS condition.

Credit: Pilbara News.



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



Global MND Awareness Day

21 June 2026

This Global MND Awareness Day is a day to honour everyone affected by motor neurone disease. We'll be celebrating the days which matter most and encouraging the MND community to do the same. Because with MND, every day matters.



Have your say!

Can you believe the very first Bulletin magazine was published over 30 years ago? From our very first edition, it's always been about keeping our incredible community connected, and we want to make sure every Bulletin is packed with what you want to see.

Tell us what you love, what you want more of or what we should try in our quick survey!

Complete it by **Friday, 31 July 2026** and you will automatically go into a draw to score **one of three \$100 Prezze vouchers** – which can be used at over 400 retailers.

Scan the QR code



MSWA Step Up

21 June 2026

Join us for a unique stair-climbing challenge that will see you conquering the stairs at 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!



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 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

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

For more information, visit 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



Life not limits

Skateboard Lamp
Chris McEncroe, Art Without Limits artist.

As an adrenaline junkie, Chris combines his
sparkie and tradie skills to produce unique
lamp art from recycled vintage items.