



PREVIOUS JOHN STUDDY RECIPIENTS

2018 – ROS HARMAN & Dr. MARY WEBB

Ros Harman was first diagnosed with MS at the age of 26. Her early career included being a school teacher and a Human Resources and Training Manager for a medium-sized company. Many years ago Ros initiated and pioneered a parents' support group, and is widely felt to be an inspirational role model for people with MS and for women in particular.

She has served on the MSWA Board since 2004, and is an ambassador for MSWA, representing the organisation on all forms of electronic media and an active ambassador within political circles. Ros is the Vice President of the Board and the Chair of Member (Client) Services Committee and the Chair of the Research Committee. Her stewardship has led MSWA's position as the leading funder of MS research. Her past roles within MSWA have also included Editor of the MS Bulletin magazine and Director roles that included Fundraising.

Ros is a regular public speaker at events and functions, promoting the involvement and participation of people with disabilities.

Mary Webb was diagnosed with MS over twenty years ago, when her two children were babies. Since then, she has been actively involved with her local MS society and the wider MS community.

She has served the ACT and National MS communities as a volunteer for 16 years in many capacities.

Her official roles have included:

Director of the MS Society of ACT (2002-2008)

Vice President of MS Society of ACT (2003-2008)

Member of the MSL ACT S/NSW Regional Advisory Board (2008-2017)

Convenor of the ACT PwMS Group since 2008.

In 2006 she also began running the PwMS Group at Gloria McKerrow House, and continues to run it once a month; also providing some informal social support for several PwMS, and as Peer support volunteer (phone support.)

Other achievements in this area include being awarded the 2012 ACT Volunteer of the Year (through nomination by Mirimba Kovner/MSL), being made the ACT Disability Advisory Council member (requested to nominate by MSL) from 2011–2014, and as ACT Medicare Local Board (Consumer Director) (requested to nominate by MSL) from 2012–2014.

Mary is also a strong supporter of the role of MS Research Australia and is a member of the Steering Committee of the Australian Multiple Sclerosis

Longitudinal Study which she joined in July 2014. In 2017, she also served as an Observer on Social and Applied Research (SAR) panel of the Research Management Council (RMC), and in 2018 as a Voting member of SAR panel of RMC.

Mary has been an active MS National Advocate for MS Australia since 2004. In this role, she has attended many MS Advocacy meetings at Parliament House Canberra and on occasions been a spokesperson, including media interviews, on behalf the MS Advocates Group.

As a person with MS, Mary has always and continues, in all her capacities, to support and share her wide knowledge and experience of MS with others affected by MS. She has willingly mentored, by telephone, other people living with MS who have sought support and advice, although they have not met face to face.

Mary has a background in biological research and science education, and currently works as a freelance editor. With this professional background, she feel strongly about educating people about MS, and also closely follows the progress being made in MS research.

2017 – DR REX SIMMONS

Dr Rex Simmons was awarded the 2017 John Studdy Award, in recognition of his outstanding achievement in the development of the Australian MS Longitudinal Study for the benefit of people affected by multiple sclerosis (MS).

MS Australia CEO Deidre Mackechnie said, “Rex’s work recognised the need for research on the social and economic impacts of MS. He has worked tirelessly to provide the evidence to fill gaps in our understanding of the impact of MS and the best ways to support people with MS.”

Dr Simmons started his career in multiple sclerosis research, working on the Experimental autoimmune encephalomyelitis (EAE) animal model of MS, as a basic researcher.

In the late 1990s Dr Simmons established a voluntary national register of multi-case MS families, to assist with studies of the genetics of MS in collaboration with Australian and international genetic researchers. Whilst collecting blood samples for genetics studies, he noticed that many people with MS had quality of life issues that could potentially benefit from further research.

In 2000, after organising an international workshop of experts on longitudinal data collection, Dr Simmons obtained crucial support from MS Australia to establish the Australian MS Longitudinal Study (AMSLS), which he ran at Canberra Hospital until he retired in 2014.

Dr Simmons’ vision – a survey-based research study to improve the lives of Australians living with MS, was passed on in perpetuity to the Menzies Institute for Medical Research (University of Tasmania). The study’s ongoing and lasting benefits for the MS community are a testament to Dr Simmons’ foresight, passion and tireless devotion to the cause, and remains a legacy of his work.

Dr Simmons' research has profoundly impacted our understanding of MS, particularly in:

- Showing the benefits of early disclosure of MS in the workplace
- Understanding the reasons why people change or cease their therapy and;
- Providing the evidence to underpin advocacy for energy subsidies for people living with MS during hot weather.

These and other crucial findings, have made the AMSLS study an invaluable asset for the MS community, with tangible evidence-based outcomes for those living with the condition and their support networks.

Dr Simmons said, "MS research for a cure is vital, but we must never neglect the needs of those currently living with MS, including research on how to optimise their life outcomes."

Dr Simmons maintains a special and ongoing relationship with the MS organisation in the ACT, who, for many years, filled envelopes with questionnaires for the AMSLS in working bees supported by cake and community.

2016 – THERESE BURKE

Therese Burke was awarded the 2016 John Studdy Award for her many achievements in making a tangible difference to the multiple sclerosis (MS) community.

MS Australia CEO Deidre Mackechnie said: "We'd like to thank Therese for her outstanding commitment and passion to MS nursing. She is making a real difference to not only her patients, but through her research work, to all people living with MS in Australia."

As Westmead MS Clinic Nurse & Clinical Trials Coordinator at Westmead Hospital & Westmead Institute for Medical Research at Sydney University, Therese is passionate about educating and empowering people with MS.

She participates in many areas of MS research, including scientific (biomarkers, genetics, pharmaceutical), clinical (fatigue, depression, quality of life, compliance, medication efficacy, pregnancy) nursing (fatigue, patient comprehension, diagnosis, nurse education) and neurologist initiated research, also clinical drug trials.

President of the International Board for certifying MS Nurses, Therese's signature adorns the letters of certification for all newly qualified MS nurses in the member countries. She was President of Multiple Sclerosis Nurses Australasia, a member of the Australian MS Longitudinal Study (AMSLS) Steering Committee and contributes to many research publications.

Therese's contribution has been recognised internationally – she is the 2016 recipient of the June Halper Award (JHA) for Excellence in MS Nursing awarded in Washington DC by the International Organisation of MS Nurses (IOMSN). Therese was the first recipient with 'high achievement' in all eight assessment criterion. This is only the second time in its 20 years that the JHA has been awarded to an MS Nurse leader outside North America.

Therese is passionate about provision and improvement of education for MS Nurses. Her interests include new MS diagnosis and education, Clinically Isolated Syndrome (CIS) surveillance and clinical/treatment management, as well as actively supporting symptom management and improved quality of life in people with progressive forms of MS.

Therese works as part of a multidisciplinary team and feels that this is the secret to success - collaborating with others and sharing knowledge and skills to further the fight against, and for, MS. Similarly, the support and mentorship of her many MS Nurse colleagues around Australia and globally keeps her feet firmly on the ground and constantly aiming higher.

2015 – LINA MARROCCO

Lina Marrocco has been recognised with the 2015 John Studdy Award for her tireless work as Chair of Charityworks for MS.

The not-for-profit organisation was set up in 2002 after Lina was diagnosed with MS and has since raised over \$1 million to support people living with MS through funding vital research projects at leading Australian MS laboratories and long-term care and respite support services.

Lina can be affected by fatigue and nerve pain caused by her MS but considers herself to be one of the lucky ones as her symptoms don't get in the way of her living an active life. When she isn't working on Charityworks for MS events or busy with her family, she volunteers her time at the MS Community Shop near her home. She has even made time for a cameo appearance on the television show 'Neighbours' as an inspiring mentor to a regular series character who has been diagnosed with MS.

On receiving the award Lina said "I am humbled to receive the John Studdy Award and am honoured to be in the company of previous winners including Carol Cooke, Simon McKeon and Carol and Roy Langsfords – some of my MS heroes.

"Some say that what i do is extraordinary. It isn't extraordinary. It would be extraordinary if i did nothing. I choose to do something. Thank you to my Charityworks for MS team and my family, without whose support i could not do half of what I do."

MS Australia Interim CEO Deidre Mackechnie said: "We'd like to thank Lina for her outstanding commitment and passion to the MS cause over the past

13 years. She is making a tangible difference to thousands of people living with MS. It is people like Lina whose dedication to funding research will help us to eventually find a cure for MS.

2014 - KATRINA & MIKE HEMINGWAY

Two dedicated fundraisers and advocates have been formally recognised for their years of commitment to helping those in the multiple sclerosis (MS) community.

Mike and Katrina Hemingway, founding members of Foundation 5 Million have been awarded the 2014 John Studdy Award, MS Australia's most prestigious honour, in recognition of their ongoing contribution to MS research.

Mike was diagnosed with MS 10 years ago and the couple became determined to do whatever they could to help find a cure. Their efforts with Foundation 5 Million, a tight-knit community fundraising group, have already raised more than \$5 million. This remarkable effort is helping to strengthen the research sector and raising awareness through fundraising events and initiatives.

Mike's dedication to the cause has led to him speaking at many MS research and community events, consulting with the MS Research Australia Research Management Council, and becoming the Chairman of the MS Advisory Council NSW.

This year the couple joined 20 fellow fundraisers and walked more than 300km across England, raising over \$200,000 for MS research. The Hemingway's planned the 'Coast2Coast Walk' event in their spare time.

2013 - CAROL & ROY LANGFORD

Two fundraisers from Sydney's Northern Beaches have been formally recognised for their years of service improving the lives of people affected by Multiple Sclerosis (MS).

Carol Langsford (OAM) and Roy Langsford (OAM), founders of the Trish MS Research Foundation have been awarded the John Studdy Award for 2013 – the most prestigious honour from MS Australia – in recognition of their ongoing contribution to MS research.

Carol and Roy have helped to strengthen the MS research sector in Australia through their grassroots charity the Trish Foundation, formed in memory of their daughter Trish who died from MS in 2002.

Since that time they have single-handedly raised nearly \$3 million for MS research through a variety of events and initiatives.

2012 – ANDREW WHITE

Andrew was diagnosed with multiple sclerosis in 1993 and has been actively contributing to the MS Community ever since. Andrew “wears many hats”, including being a husband and father, a professional, a volunteer and advocate and a loyal friend. But he has never become an “MS sufferer”. Rather, Andrew lives each day to the fullest - concentrating on what he can do rather than on current challenges - and for the twenty years he has personally lived with MS, Andrew has been freely contributing his skills and energy to supporting others affected by this condition.

Andrew’s extraordinary contributions to the MS community include both informal and formal roles. In his employment, he has become the “go to” person for newly diagnosed people with MS or people with a disability and is able to provide them with support, assistance and encouragement. He is always forthcoming and open about his own situation and is happy to share his own MS journey with others.

Andrew has also taken on a variety of volunteer roles to support the MS community. For example, Andrew was a member of the Board of the Multiple Sclerosis Society of Victoria from 2001 to 2002. He then joined the Multiple Sclerosis Advisory Council in order to represent the broader MS community. In 2005 he was appointed Deputy Chair of MSAC, and in 2010 was unanimously voted the Chair of the council, a role he continues in today. Andrew has been a Patron of Multiple Sclerosis Limited since 2003. Andrew has, consistently over the course of his 11 year involvement with Multiple Sclerosis Limited, shown leadership and commitment to people affected by MS despite his own disease progression.

Andrew has been a real voice of people with MS and was instrumental in the promotion of the Multiple Sclerosis Advisory Council (MSAC) into NSW and ACT to ensure all people affected by MS have an opportunity to be heard and have their issues discussed. He has been able to bring to the Board of MSL a range of concerns and issues that otherwise may not have been heard. At the forefront of his agenda is ensuring all people affected by MS including those in remote or rural settings have an opportunity to engage with MSAC.

Andrew is actively involved with the online community to ensure he is up to date with current issues, concerns, views and opinions of the people he is representing. He has a genuine ability to ensure that all members of MSAC are included and participate fully in meetings and ongoing work.

2011 – BILL CARROLL

Prof Carroll has served on the Western Australian Board of the MS Society as Chair of the Medical and Research advisory Committee since 1996.

In addition to being one of the country's most eminent neurologists, Bill performs a leadership role throughout the world as both an expert and an advocate for people with MS.

As part of that role, Prof Carroll served as Chair for the Australian staging of the World Neurology Conference that saw over 5,000 international specialists and scientists visit Australia in 2005.

Since then Prof Carroll has been instrumental in setting up the Pan-Asian Committee on Treatment and Research of Multiple Sclerosis (PACTRIMS). This has been instrumental in acknowledging the spread of MS through Asia and the needs to address its unique nature. PACTRIMS also started its annual Conferences in 2008 and these have gathered considerable strength since.

Prof Carroll joined the Board of MS Australia in 2000 and has been contributing significantly to the Board's ability to deal with the clinical and medical research issues that continually arise.

As part of his MSA Board duties, Prof Carroll undertook the role of Chairman of the Medical Research Advisory Board. While this operated to provide grants to Australia's best MS researchers, Prof Carroll was a strong advocate that insufficient funds were being provided to this research. He was therefore significant in promoting the idea and helping to subsequently establish MS Research Australia (MSRA).

2010 – SIMON McKEON

Simon McKeon has made an extraordinary contribution to People with MS in Australia, by establishing and developing Multiple Sclerosis Research Australia (MSRA), as the national research arm of Multiple Sclerosis Australia (MSA).

Simon started this contribution, being elected to the Board of the Multiple Sclerosis Society of Victoria in October 2001. His national contribution began soon after (in Nov 2001), when he accepted a position on the Board of MSA, including a responsibility to oversee the National MS Research Foundation (the predecessor to MSRA). After a year in both these roles, Simon accepted the challenge to develop MSRA and provide it with a unique business model and a trajectory of growth.

As the foundation Chairman from January 2004, Simon firstly developed the MSRA Board, and then (following the appointment of the Executive Director in Oct 2004) guided the organisation, with the appropriate resources and focuses, to give MS research a new priority for the MS community. He has since led the organisation, by example with his generous support, and by guidance with a business approach and great encouragement for executive and Board members, as the organisation grew.

Simon also developed and maintained a very productive relationship with MSRA's Research Chairman (Prof Bill Carroll), its Board members, its Executive Director (Jeremy Wright) and the MSRA staff.

His collaboration with MSRA's Research Chairman, from inception, and his willingness and ability to mentor and guide MSRA's Executive Director have been the source of particular inspiration.

2009 – CAROL COOKE

In 1999/2000 Carol began looking at ways in which she could help others who were living with the challenges of MS and, along with a member of MS Victoria staff, created the concept of the 24 Hour Mega Swim.

Carol's concept for the 24 Hour Mega Swim was to use a volunteer base to reduce costs by engaging with local councils, businesses, Rotary Clubs and the like to have pool fees waived, prizes donated and food stations manned around the clock.

Over the 8 years that the 24 Hour Mega Swim has run, over \$1.4 million has been raised with all funds being made available to PwMS through either "Go for Gold" Scholarships or through financial assistance programs.

In each participating State, twenty Go for Gold Scholarships, worth \$3,000 each, are awarded annually with two scholarships awarded for \$5,000. The scholarships are open to anyone with MS who has a "dream" they would like to follow in the areas of education, travel, employment, the arts, sport or "maximising your strength" exercise courses. Over 200 scholarships have been awarded through the program so far, all fully funded by Mega Swim.

Up until June 2008, the 24 Hour Mega Swim had been restricted to Victoria and SA due to the demands on Carol's time. In June 2008 the 24 Hour Mega Swim was extended to NSW and in April 2009 extended to the ACT through support from the MSL Events Team. The inaugural NSW swim was held at the Sydney Olympic Pool, Homebush, and raised over \$70,000 while the inaugural ACT swim was held at the AIS Pool and raised \$50,000.

Carol is also an MS Ambassador who spends as much time as possible promoting MS Australia's work and speaking about MS and her journey.

2009 – DAVID BARNES

David was first appointed to the Board of The MS Society of Western Australia in 1994.

His successful track record in commerce led to an early appointment as Chair of Fundraising. Under David's stewardship, the WA Society expanded its revenue base significantly resulting in an increase in member (client) services.

David's contribution has ranged from medium sized fundraising initiatives to major commercial projects. In 1996 David was appointed as Vice President of The MS Society of Western Australia and asked to take the President's role in 2000, the position he currently holds.

In addition to his direct contribution to assist people with MS, David sat on the (WA Government) Disability Services Commission's Strategic Planning Committee. As recognition of this and other work conducted for people with

Multiple Sclerosis, David received an award from the WA Minister for Disabilities in 2007.

Under David's term as President, The MS Society of Western Australia has grown from strength to strength.

2008 – ZONA TRIPP, OAM

Zona Tripp established the Dr Jeffrey Tripp Committee in 1977 to raise funds for the MS Society as a token of gratitude for the amazing support given by the organisation to Zona and her husband, the late Dr Jeffrey Tripp after his diagnosis of MS.

In 1988, Zona was instrumental in providing funding for the establishment of the hydrotherapy pool at the MS Study Centre Lidcombe, named in honour of her late husband.

Zona's current fundraising focus is on providing appropriate accommodation for young people with MS who would otherwise reside in aged care nursing homes.

As the recipient of this year's award, in this her 80th year, Zona celebrates 30 years of outstanding and tireless fundraising efforts for people with MS.

2007 – DR LESLIE SEDAL, M.B, B.S., FRACP, M Ed

Dr Sedal is a consultant neurologist, specialist in MS, who has devoted his professional life first to the care of his patients.

He also spends a great deal of time to educating medical students, health professional and colleges and undertaking clinical MS research. Dr Sedal graduated in Medicine from Melbourne University in 1967 and trained in Neurology at the National Hospital London.

He presents at key MS meetings and writes papers and book chapters on MS. Dr Sedal promotes the MS organisation at every opportunity and is always willing to provide advice and assistance to staff.

He is highly regarded nationally and internationally for his work in advancing the knowledge of MS.

2006 - DAVID CONRY, QUEENSLAND

David Conry, is the Director and Chairman of Youngcare.

Youngcare was formed as a result of sadness, anger and disgust at what was lacking for young people needing high level care. The drive of Youngcare and many other lobby groups has been challenging yet with tremendous results.

David brings to Youngcare and MS a deep understanding of the cause through his personal experience.

Beyond this David has a strong business and marketing background and has engaged support from the Nation Media and the Entertainment Industry.

2005 - MICHAEL STEWART. OAM, ADELAIDE

Mr Stewart OAM was actively involved in an honorary capacity with the Multiple Sclerosis Society of South Australia and Northern Territory for 30 years commencing in 1974.

Throughout his involvement with the Society, Mr Stewart was the forefront with his leadership and innovation to develop the society.

From humble beginnings in 1964 the society today has an annual budget of \$5,000,000, employs 85 staff and is highly regarded within the health care environment in SA and NT.

2004 - GRAHAM TRIBE, NEW SOUTH WALES

Graham was recognised for his 36 years of distinguished service of a high degree to Australians with multiple sclerosis and to multiple sclerosis research. Among other roles, he served as the President of MS Australia, and for many years as both President on the Board of the New South Wales MS Society and more recently as an MSL Board Member. He was also on the Board of Directors of Multiple Sclerosis Research Australia (MSRA), which was formed in 2003 by Multiple Sclerosis Australia under Graham's leadership.

His dedication and energy as an unpaid volunteer, his leadership, professionalism and experience and his constant availability of time to advance the multiple sclerosis cause over 36 years places Graham in the highest category of those who have supported people affected by multiple sclerosis and fostered multiple sclerosis research.

2003 - JIM CONWAY, SYDNEY

Jim was elected to the Board of Multiple Sclerosis of NSW in 1991, serving with enormous distinction and has a formidable record as a fundraiser. He was diagnosed with MS at 31.

He has always been a champion of the ordinary person with MS, thus ensuring that Board decisions were always linked to the reality of coping with MS.

Jim is acknowledged as a highly accomplished harmonica player which has taken him around the world.

2002 - ANN LANGLEY, BRISBANE

At the time of the award, Ann was serving on the board of the Qld MS Society and is currently serving on the Board of MS Australia. She was previously President of PwMS and formerly Chairman of PwMS Qld, where for many years she produced the PwMS monthly magazine, Forum.

Ann was the founding editor of MS Life. Ann is a volunteer worker with many organisations dealing with disability and housing issues and works tirelessly to improve living conditions for all those with MS and other disabilities.

2001 - MRS ELIZABETH ANN ZANNA BARRON, SYDNEY

Zanna has been president of the NSW Council of people with MS and has served on the Board of the New South Wales MS Society.

She was also the founding editor of the first quarterly newsletter published for people with MS, MagScene. She has served the community with great enthusiasm and professionalism and always in a voluntary capacity.

2000 - MRS THONAD AM, SOUTH AUSTRALIA

Mrs Thonard AM (then Scantelbury) with her first husband Richard, who had MS, formed a group that was to ultimately become the Multiple Sclerosis Society of South Australia in 1962.

Throughout the following years she was instrumental in the establishment of the Medical Advisory Board to the Society, then a Welfare Committee - to provide MS Clients with assistance.

A Ladies Auxiliary was also formed to raise funds and her home was the first office of the Society. She continued as Honorary Secretary of the MS Society for the next 29 years.

In January 1999 she was awarded the honour of a Member of the Order of Australia in recognition of her work for the community, in particular for persons with MS.

1999 INAUGURAL WINNER – YVONNE SMITH, VICTORIA

Yvonne, a person with MS, and her husband Allan started an MS auxiliary in 1956. Since then, she has managed to raise more than \$250,000.

The Smith's are responsible for the establishment of the MS Society of Victoria, where Yvonne has been a member of the board.