



How we can help



MS-UK services

MS-UK is a national charity supporting people living with multiple sclerosis (MS) to live healthier and happier lives. We offer a variety of services that can help people to make informed decisions about their health and live well with this long-term condition.

All of our services have been created for people living with MS because they asked us to. We regularly consult with the MS community to discuss what they need from us and how we can best support them. If the community tells us they want something, we listen and do our best to fill that gap.

Whether you need information or physical and emotional support we have it covered. You can choose from speaking to our helpline team or sign up to our online activities to increase your understanding of MS, participate in our accessible exercise classes, attend an information session or workshop and so much more.

This booklet contains information about our services and if there is anything you don't see, simply get in touch.





MS-UK Helpline

The MS-UK Helpline provide support at every stage of your MS journey either to you individually, or to a family member, friend, carer or professional. We offer unbiased, professional support and we are here to help you make decisions that are right for you.

We will listen and share all relevant information and provide emotional support. We can talk about symptoms, treatments, lifestyle choices and much more.



When I called the helpline, I felt listened to and supported by someone who understood the struggles of MS. I feel the service has really helped me as I know I can call if I'm struggling, and I'll get support and advice

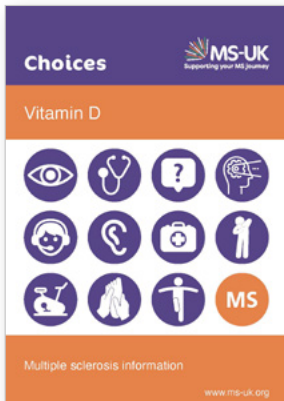
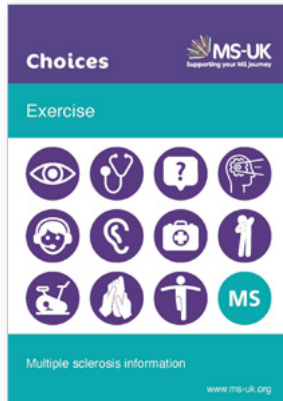
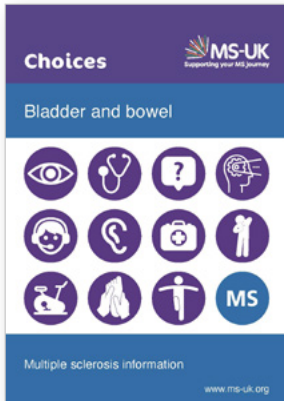
Ways to get in touch

The MS-UK Helpline is open 10am to 4pm, Monday to Friday.

Freephone 0800 783 0518

Email info@ms-uk.org

Live web chat www.ms-uk.org/livewebchat



Choices booklets

Our booklets are called 'Choices' as MS-UK aim to support people to have as much choice, control and independence as is possible. Our booklets cover the broad topics of 'What is MS?', 'MS symptoms', 'MS diagnosis', 'MS treatments' and 'Life with MS'. These are available both online and in print for free.

Visit www.ms-uk.org/choicesleaflets to discover Choices.

MS-UK online activities

MS-UK offers a variety of online activities for those affected by MS to stay active, connected with others and to manage their symptoms to live happier and healthier lives.

Other activities include courses such as mindfulness and creative writing, monthly information sessions and workshops that include topics on MS from latest research to common problems such as fatigue management and spasticity.

Online activities can be viewed by registering and signing in to My Portal. Previously recorded and future activities can then be accessed on a pay as you go basis or by selecting one of our online subscription options.

If you would like to know more about any of the online activities, please go to www.ms-uk.org or get in contact by emailing register@ms-uk.org or you can call us on **01206 226500**.



Exercise



Mindfulness

8 weeks



Workshop



Love To Move



Neuro Moves



Chair yoga

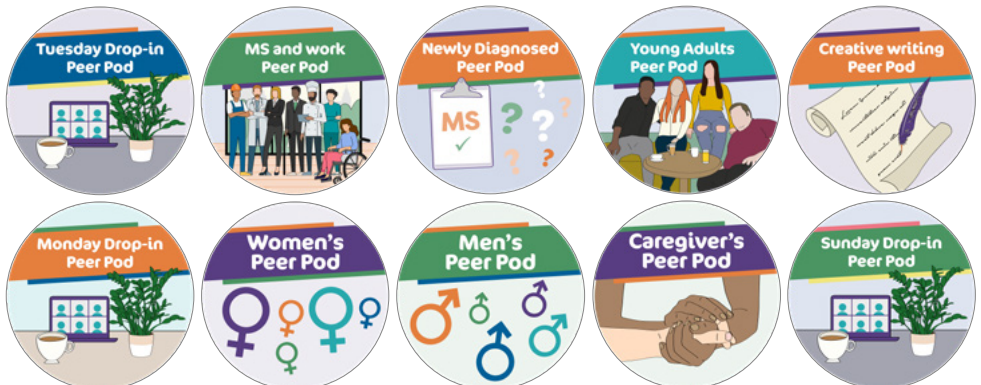


Join a Peer pod

We also have a free Peer Support Service offering the opportunity to connect and chat with other people affected by MS online. Whilst the topic of conversation is not necessarily based on people's MS it provides the opportunity to talk to, connect and hear from others with similar interests.



We currently have several groups with different topics available, but if you don't see one that's right for you, why not work with us to start a new group? Visit www.ms-uk.org/peer-support-service to find out more, contact us by email peersupport@ms-uk.org or you can call us on **01206 226500**.



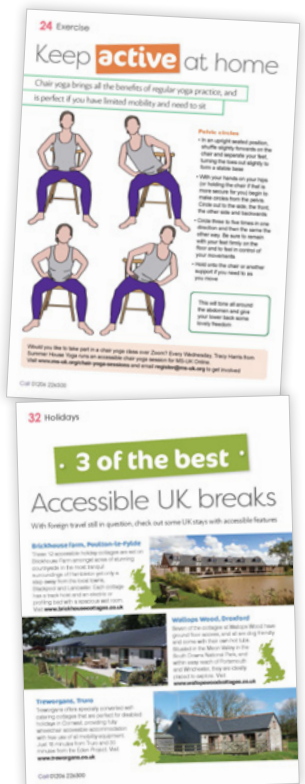


New Pathways magazine

New Pathways is our bi-monthly magazine. Available in print, audio version, large print and digitally via the My MS-UK app, New Pathways contains the latest MS news, drug development and research, as well as real-life stories, competitions, special offers and product reviews.

We also know that knowledge is power and to help people take control of their condition, we offer a variety of articles focused on diet, exercise, symptoms and much more, each issue. More importantly, there are no taboo subjects, if the subject is important to the MS community we will explore it.

One year's subscription costs £19.99. Visit www.ms-uk.org/shop/New-Pathways-Magazine to find out more.



MS-UK e-learning

Do you want to increase your knowledge and understanding of multiple sclerosis?



Professionals at MS-UK have created an accredited e-learning course that can help you do this. It takes approximately 1.5 to 2 hours to complete. Please see below an overview of the chapters within the course. We share real-life experiences and resources that are available.

- An overview of MS
- What causes it
- The different types of MS
- How someone gets diagnosed
- The different kinds of symptoms people experience
- What treatments are available

The cost of the course is £20 per individual. Please email learning@ms-uk.org to find out about a discounted rate for multiple bookings.

For more information and to enrol, visit www.ms-uk.org/ms-awareness-e-learning

Free MS awareness training

Are you a community based professional? Do you or your team support people living with multiple sclerosis (MS)? Are you a support worker or home care worker? Do you work in health or social care? Do you work for a charity or voluntary organisation supporting people with a disability?

We are hosting free MS awareness training sessions for you. Simply choose a date and book now by going to www.ms-uk.org/training.



**Highly recommended MS Training
it was informative, practical and
included personal insight**

The hour long training session will cover

- What is MS?
- Myths and preconceptions
- Symptoms that may impact on wellbeing
- A lived experience of MS
- Symptom management tips
- The kind of support that people with MS may need on their MS journey



All MS-UK's work is driven by our values and includes the voices of people living with MS. This session will be delivered by a member of our team in partnership with a volunteer with lived experience.

This training session will provide participants with a better understanding of how they can support people on their MS journey. They will have more knowledge of the condition and specific resources (both online and in the community) that will be useful for anyone supporting a person with MS.



Choices booklets order form

Thank you for ordering printed Choices booklets from MS-UK.

Please tick all of the Choices booklets you would like to receive from the list below and complete the postage details at the bottom of this form.

We will aim to get the booklets in the post to you within 1 week, subject to availability.

Please tick all Choices booklets you would like to order...

- | | |
|--|--|
| <input type="checkbox"/> Bladder and bowel | <input type="checkbox"/> Mental health and MS |
| <input type="checkbox"/> Cannabis and MS | <input type="checkbox"/> MS symptoms |
| <input type="checkbox"/> Children with MS | <input type="checkbox"/> Pain |
| <input type="checkbox"/> Cognition | <input type="checkbox"/> Personal Budgets |
| <input type="checkbox"/> Complementary and other therapies | <input type="checkbox"/> Pregnancy and MS |
| <input type="checkbox"/> Diagnosis | <input type="checkbox"/> Smoking and MS |
| <input type="checkbox"/> Diet and supplements | <input type="checkbox"/> Spasms and Spasticity |
| <input type="checkbox"/> Disease modifying therapies | <input type="checkbox"/> Speech and swallowing |
| <input type="checkbox"/> Exercise | <input type="checkbox"/> Types of MS |
| <input type="checkbox"/> Fatigue | <input type="checkbox"/> Visual symptoms |
| <input type="checkbox"/> HSCT and MS | <input type="checkbox"/> Vitamin D |
| <input type="checkbox"/> Is it MS? | <input type="checkbox"/> What is MS? |
| <input type="checkbox"/> Low Dose Naltrexone | <input type="checkbox"/> Newly diagnosed booklet |

Please indicate how many copies of each booklet you require

Return this form to MS-UK, D3 Knowledge Gateway, Nesfield Road, Colchester, CO4 3ZL

First name Last name

Address line 1 Address line 2

Town County Postcode

Telephone number Email address

(where it is okay to leave messages/say who we are if we call)

We will keep your data safe, please read our Privacy Policy to find out more www.ms-uk.org/policies



Join MS-UK's Supporters' Club

Give monthly, help build our future

**Together, we can support people affected
by MS live healthier and happier lives.**

**To find out more, visit
www.ms-uk.org/msuk-supporters-club**



Stay in touch

MS-UK
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Nesfield Road,
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www.ms-uk.org

X @MSUK6

f www.facebook.com/MultipleSclerosisUK

▶ www.youtube.com/c/ms-ukorg

in www.linkedin.com/company/ms-uk

📷 www.instagram.com/multiplesclerosis_uk

MS-UK Helpline
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info@ms-uk.org

Registered Company Name
Multiple Sclerosis-UK Limited, trading as MS-UK
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Registered Charity Number 1033731
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