



How we can help



About us

MS-UK is a national charity supporting people living with multiple sclerosis (MS) to live healthier and happier lives. We offer a range of services that aim to improve people's understanding of MS and provide support where it is needed most.

We work closely with our community to design and deliver our services. We are always balanced in what we share and respect an individual's right to make choices for themselves. We treat everyone that comes to us fairly, with respect, care and compassion.

MS-UK Helpline

Navigating life with MS can be challenging, but you're not alone. Our helpline team are here when you need them, offering trusted information and emotional support. Whether it's managing symptoms, accessing benefits, or simply seeking a friendly chat, we're here for you.



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

WhatsApp 07824 708897

Online activities

MS-UK offers a variety of online activities you can access from the comfort of your home. This includes weekly classes such as accessible exercise, chair yoga and qigong, short-term courses like mindfulness or newly diagnosed, and hour-long information sessions delivered by experts on any subject related to MS from symptom management to diet, or menopause to welfare benefits. You can take part, or view past activities by registering to My Portal on our website.



For more information, please go to www.ms-uk.org/multiple-sclerosis-online-activities/, email register@ms-uk.org or call us on **01206 226500**.

Exercise



Mindfulness

8 weeks



Meditation



Qigong



Information session



Chair yoga



Peer support

Our peer support service offers people the opportunity to connect and chat with others affected by MS online. Whilst the topic of conversation is not necessarily based on people's MS it provides the opportunity to talk with and hear from others with similar interests. We have several groups with different topics available and a number of drop-in sessions you can join any time you wish.



Visit www.ms-uk.org/peer-support-service to find out more, email peersupport@ms-uk.org or call us on **01206 226500**.





New Pathways magazine

New Pathways is our bi-monthly magazine. Available in print, audio version, large print and digitally, New Pathways contains the latest MS news, drug developments and research, as well as real-life stories and product reviews.

We 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, every issue. Importantly, there are no taboo subjects, if it is important to the MS community, we will explore it.

Just £1.89 a month or £19.99 annually for six issues.

Visit www.ms-uk.org/new-pathways-magazine/ to find out more.

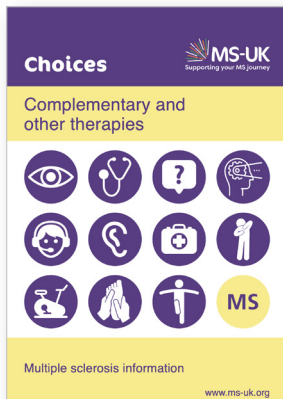
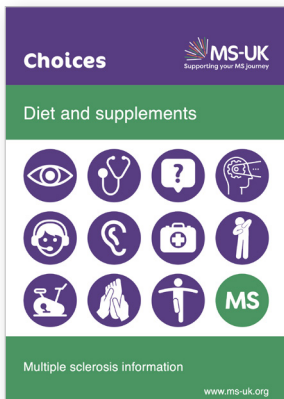
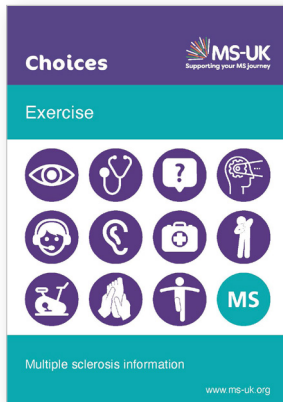
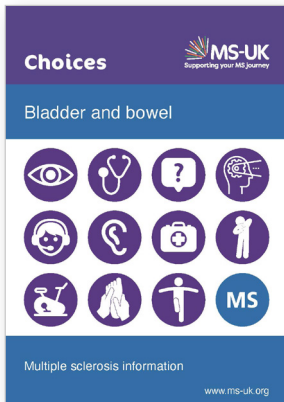


Information booklets

Our booklets are called ‘Choices’ as we aim to give people all the information and support they need to make the right choices for them, about how they wish to live life with MS.

Our booklets cover a wide range of topics including diagnosis, symptoms, treatments and lifestyle changes. These are available on our website and in paper format.

Visit www.ms-uk.org/multiple-sclerosis-choices-booklets





Stay in touch

MS-UK Helpline

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01206 226 500

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 www.facebook.com/MultipleSclerosisUK

 www.youtube.com/c/ms-ukorg

 www.linkedin.com/company/ms-uk

 www.instagram.com/multiplesclerosis_uk

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