

# MS Society Services & Support: National and Local

Gina Rutterford, Regional Development Officer – East



# About the MS Society



# Our mission: transforming lives, stopping MS

Our vision is a world free from the effects of MS.

Our goal is to find treatments for everyone.

Until then, we're working to make sure no one has to face MS alone.

Everything we do is guided by people with MS. Because together, we're stronger.



# | Our people

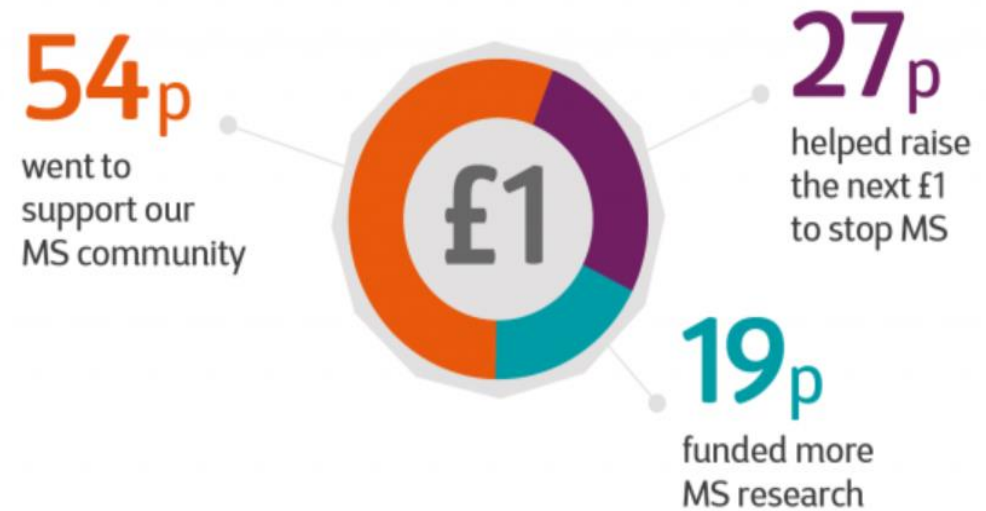
- We're the UK's biggest MS charity, but we wouldn't be able to do anything we do without our supporters.
- **3,000 volunteers**, who are the backbone of everything we do.
- **240 volunteer led groups** supporting people with MS locally.



## How we are funded

- We couldn't do any of this without our amazing community's fundraising, donations and legacies.
- Thanks to the support of thousands of supporters across UK, we can provide information, support and services to people living with MS, and fund millions in research each year.

In 2019, for every £1 you gave us



# Our work

## Our impact: making a difference together

We play a leading role in MS research and fight for better treatment and care for our community.



We know our resources are precious. So we use them where we can make the most impact for everyone living with MS.

# Our challenge is to stop MS. But we know we can only do it together.

Our ambitious **Stop MS Appeal** aims to raise £100 million by 2025— to revolutionise treatments and change the course of MS for everyone.



We've now reached a crucial moment in our journey towards stopping MS. You can help drive our research forward - so everyone with MS can get the treatment they need.



Check out what you could do on your own, with friends, family, or work colleagues to **help stop MS** in the year ahead. It's so easy to sign up and join the team.





## UK MS Register - Be part of MS Research



You can join if you **are over 18, living in the UK, and have a confirmed MS diagnosis.**



Sign up online and **start completing questionnaires** on your experiences with MS



Option to consent to **link your medical records** (if your hospital is a participating site).



Download your **personalised MS report** to take to clinic appointments.



\* Help Make Sense of MS  
[www.ukmsregister.org](http://www.ukmsregister.org)

Funded by **MS** Society

## Supporting our community

- Supporting the MS community is one of the most important things we do, whether that's by providing practical information or giving emotional support.





## MS Nurse Helpline Service

### What is the MS Nurse Helpline Service?

Through the MS Nurse Helpline Service, we can offer information on areas such as treatment options, medication side-effects, managing symptoms and self help. We are unable to offer direct medical advice.

### Example of Enquiries:

I've been having symptoms for a few years but not diagnosed yet.

I've been given some DMT options and I would like more information before I make a decision.

I've been given an MS diagnosis, what happens next?

I'm experiencing a lot of pain and not sure what to do.

I have a new symptom and not sure if it's a relapse.

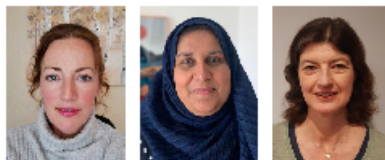
I was diagnosed with ME/FND but I think it's MS.

### Who can access the service?

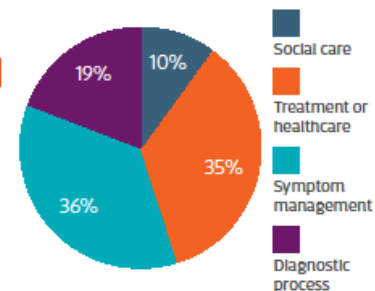
Anyone affected by multiple sclerosis.

### Who are the MS Helpline Nurses?

Jennifer McNeil, Razia Khan and Liz Cooke.



### Types of enquiries



### How can you get in touch?

Telephone 0808 800 8000 or email [helpline@mssociety.org.uk](mailto:helpline@mssociety.org.uk)



# | Benefits Advisor and Disability Law Service

Our MS Benefits Advice Service offers free, confidential advice to people affected by MS.



Sometimes you may need legal advice to help you know if you are being treated fairly, to understand your rights in a situation, or to challenge unfair practice. Our legal advice service can help.

# Moving more with MS

- help to adopt healthier eating
- developing activity goals with you
- information and support to help stay active
- helping you find things to do in your local area

a healthier lifestyle can help manage some MS symptoms, improve mood, and keep your body working at its best.



# Information resources

We have booklets and factsheets on MS symptoms, treatments and practical issues, as well as information for family, friends, carers and young people.

These are all available on our website and can be ordered or downloaded.



# Online MS fatigue-management course

Help to find ways to manage your MS fatigue and explain it to other people.

- Session 1: What is MS Fatigue
- Session 2: Energy Levels
- Session 3: Budgeting Energy
- Session 4: Stress and MS Fatigue
- Session 5: Putting unhelpful thoughts on trial
- Session 6: Moving Forward



# **Virtual support and information webinars**

For anyone affected by MS, whether you're:

- living with MS
- a friend or family member
- a carer
- colleague
- or a healthcare professional.

Our webinars are recorded and we send a copy out to everyone who registers.

# Digesting Science – explaining MS to children

A series of games and activities developed by health professionals and parents with MS to help explain MS to their children



# Our groups

# What do they do?

All our groups are different, but they could include:

- Local information and signposting
- Talks from MS Nurses and other professionals
- Emotional support
- Exercise classes
- Social activities and trips
- Referrals for financial advice
- Grants to individuals for mobility aids etc
- Fundraising and campaigning opportunities



# Reading and Wokingham Local Group

- Weekly drop-in, social and lunch every Wednesday
- Monthly carer's lunch
- Financial grants
- Local support volunteers

[readingsupport@mssociety.org.uk](mailto:readingsupport@mssociety.org.uk)

Reading Support line 07932 508899

**Support volunteers:** Andy, Vanessa and Georgia. **Computer and Media:** David. **Fundraising and activities:** Judy and Gwen. **Group Coordinator:** Rose T.

**MSquared Group** organised and run by Ros and Sally. Various Social meetings each month around Reading. Monthly Newsletter.

**LivingwithMS** A [Website](#) set up by Ros with current local information and articles Ros herself has found interesting and useful in her journey with MS.

**We can't achieve our goals on our own:**

**join**

**donate**

**fundraise**

**volunteer**

**campaign**



# Thank you

[mssociety.org.uk](https://mssociety.org.uk)

0808 800 8000

