

Professional Network e-newsletter: April 2020

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MS Professional Network

COVID-19 is dramatically impacting the work of health and care professionals. We are hugely inspired and grateful for your service to people with MS, and everyone impacted by this virus. We owe you an enormous debt of gratitude.

Today we are sharing the latest information on COVID-19 and MS. We also have some useful tools and resources that are helping people with MS to stay connected, and to stay safe, during this time.

Most importantly of all, we want to ask you how we can help? What would help you in this crisis?

You can email professionalnetwork@mssociety.org.uk with your experiences, ideas and suggestions. We are determined to support you and all health and care professionals at this time



COVID-19 and MS – the latest information

Supported by our medical advisors, we are closely following what's happening with MS treatments and COVID-19 coronavirus.

Our COVID-19 webpage is updated regularly to respond to Government announcements and wider developments. This page is based on the advice of our medical advisors and the NHS, and guidelines from the Association of British Neurologists.

[Read the latest information →](#)



Information Webinar - 8 April

Do you want to know more about the impact of COVID-19 on treatment, research and wellbeing? On Wednesday 8 April at 4pm, we'll be joined by Dr Nikos Evangelou, Clinical Associate Professor in Neurology at the University of Nottingham. Nikos will take questions from people affected by MS, and health and care professionals about COVID-19 and MS.

[Sign up here →](#)



Research into COVID-19 and MS

It is vital that we collect information about COVID-19 and MS in a systematic way to improve our understanding of how people with MS are affected. The UK MS Register has launched a survey on COVID-19 and MS, and over 2,000 people with MS have already completed it.

Please inform your patients with MS about the study so they can join the UK MS Register and take part.

[Find out more →](#)

Support for people with MS



The MS Helpline

Our MS Helpline provides emotional support and information to anyone living with MS. We're here Monday to Friday, 9am to 7pm except bank holidays.

MS and COVID-19 on your mind? Freephone: 0808 800 8000 .

[Find out more →](#)



A new online fatigue self-management course

This course for people with MS aims to help normalise the effects of MS fatigue for people, with strategies and techniques for using their available energy more effectively.

It is based on the fatigue management programme (FACETS) developed at Bournemouth University.

The six sessions are available below.

[Find out more →](#)



Time to Chat & Wellbeing Sessions

Many people with MS are staying at home. So, we are moving some of our support online. Our new daily Time to Chat sessions are a chance to chat with others across the UK.

Our UK wide virtual wellbeing sessions and information webinars offer the opportunity for people with MS to explore different ways to live well with MS.

Read more about what people have to say about our sessions here, or sign up for a session below.

[Sign up for a session →](#)



MS Active Together

It's important to stay active, even when staying at home. We've got a variety of exercises to help people with MS and you can do them all from the comfort of your home!

Neurophysiotherapist Rachel and Pilates instructor Beth lead a series of videos tailored to symptoms that people with MS have told us they need help with most.

[Find out more →](#)

Get in touch and spread the word!

We want to hear from you. What would you like to see from the MS Professional Network?

If have you any suggestions or questions about the network, you can email the team at professionalnetwork@mssociety.org.uk. We are always happy to have a chat!

And please share the Network with a friend or colleague, it's very easy to sign up - mssociety.org.uk/professionalnetwork

Let's stop MS together



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