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Welcome to the latest issue of the Experts in MS newsletter.

There's a lot to share this issue, including news on our campaign to boost neurology services (Neurology Now), the next online FACETS facilitators' course, the new MileStones in MS and details of our information and wellbeing resources for people with MS.



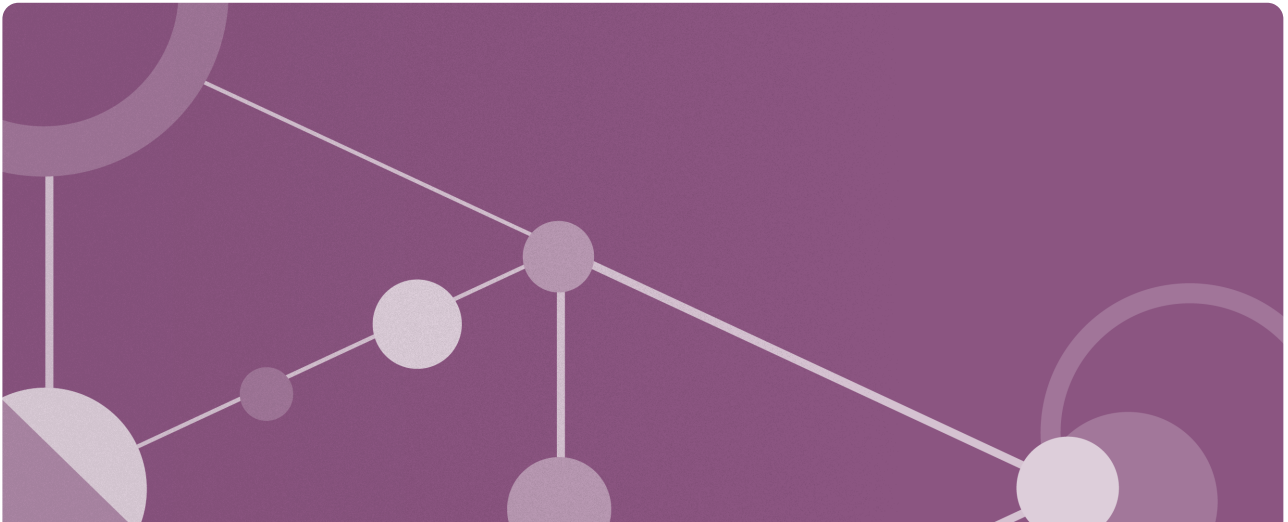
Join our Experts in MS forum

The Experts in MS forum is a private online space dedicated to professionals where you can share ideas, ask for advice and get support from one another. It's a safe space to let everyone know what you're

doing or get ideas from others to solve problems.

Sign up to the forum and let us know your email address at professionalnetwork@mssociety.org.uk so we can add you to the Experts in MS topic area.

[Join our forum →](#)



FACETS facilitators' training course

Our next course is on Zoom, Friday 3 December. The course will equip health and social care professionals to deliver FACETS - an evidence-based six-week, fatigue management programme. FACETS is delivered online or face to face to groups. Trained facilitators can support people with MS to manage their fatigue more effectively

Sign up to the FACETS training course today.

[Sign up to the training course →](#)



National Institute for Health Research - “A standing frame allows people with severe multiple sclerosis to enjoy a sense of normality”

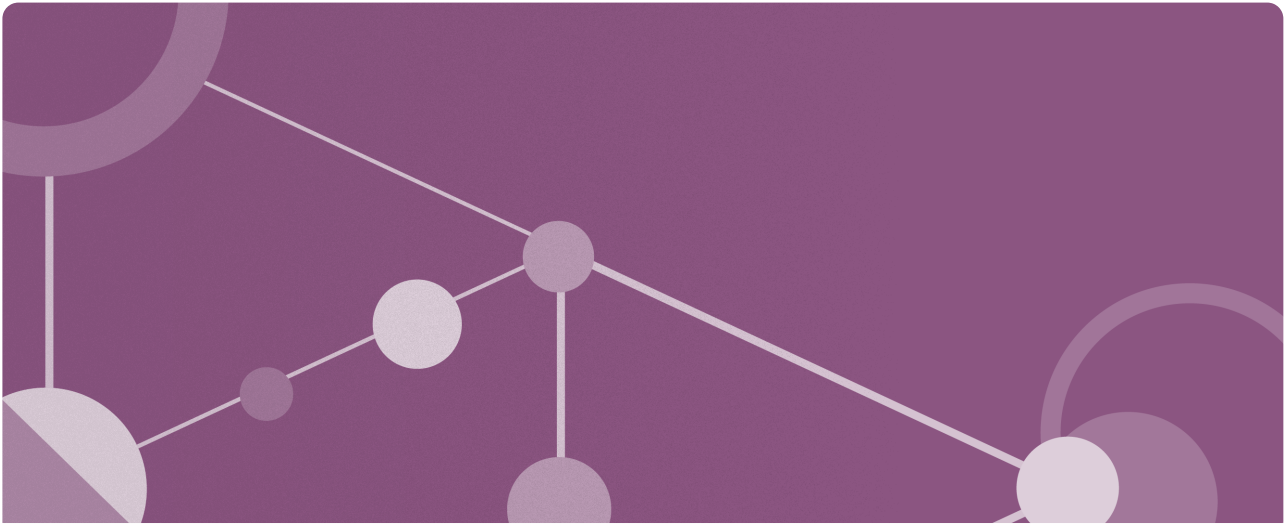
The Standing Up in Multiple Sclerosis (SUMS) trial has shown that people with severe MS can benefit from using a standing frame at home to stand up for longer periods. Read the about the benefits of this intervention.

[Find out more→](#)



Healthinote GP app

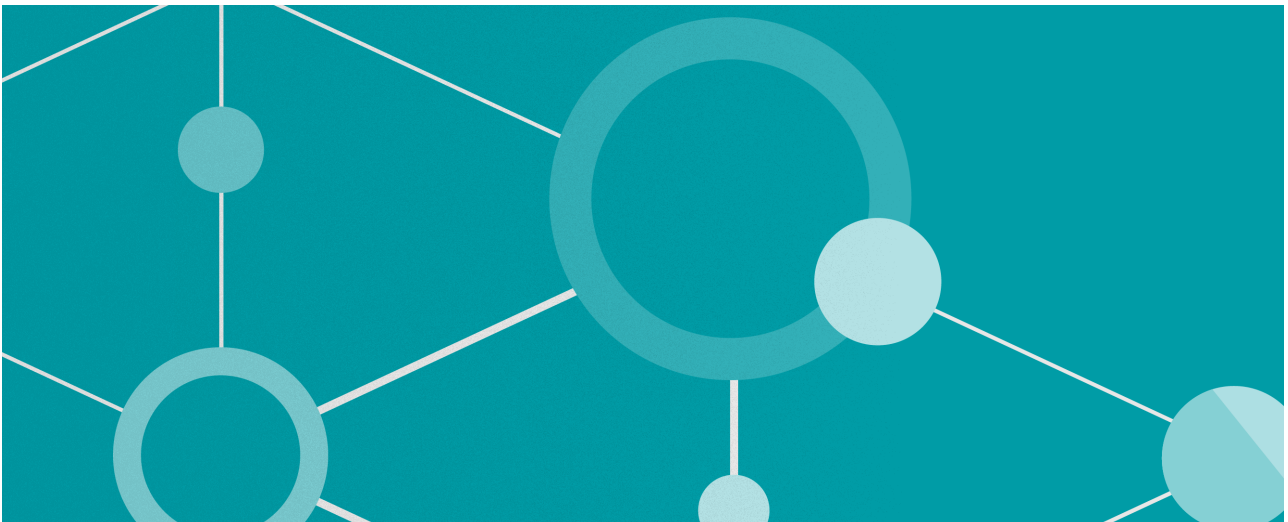
GPs can now signpost patients to our information and resources through the Healthinote app. Any GP practice using eConsult can use their patient messaging tool to send texts emails with suggested resources and health information prescriptions, delivering personalised information that the patient can trust. Watch a demo video for the Healthinote app.

[Watch the demo video →](#)

Neurology Now campaign

Our report shows the pandemic has put extra strain on already stretched services. The UK Government must do more to protect people with MS from long term progression of their condition by providing additional funding and supporting the neurology workforce to provide the care that's needed.

Read our report here and more info about the campaign.

[Find out more about the campaign →](#)

Neurology Now – Wales

The Welsh government and Local Health Boards have agreed to distribute widely the Neurological Alliance's My Neuro survey. By sharing the survey with people affected by MS you can help us and the Welsh government better understand the demand and impact of neurological services.

The survey findings will help us use every opportunity to improve services for all who need them.

Please help by sharing [this link](#) to MS patients in Wales. If patients need help completing the survey via phone, please contact: rebecca.brown@mssociety.org.uk.

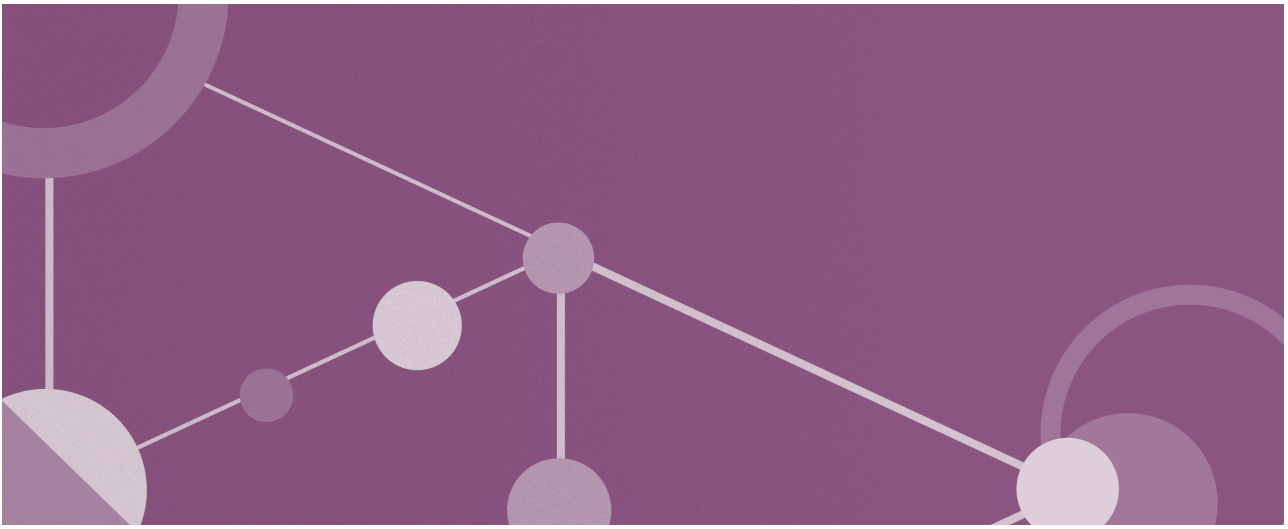


UK wide Living Well with MS digital programme

Join us for our Information Webinars with expert speakers to cover a range of topics. The webinars are open to anyone living with, or affected by MS and healthcare professionals and students.

Our Changing Symptoms Wellbeing sessions cover a variety of topics as a group including understanding symptoms, invisible symptoms and managing healthcare appointments.

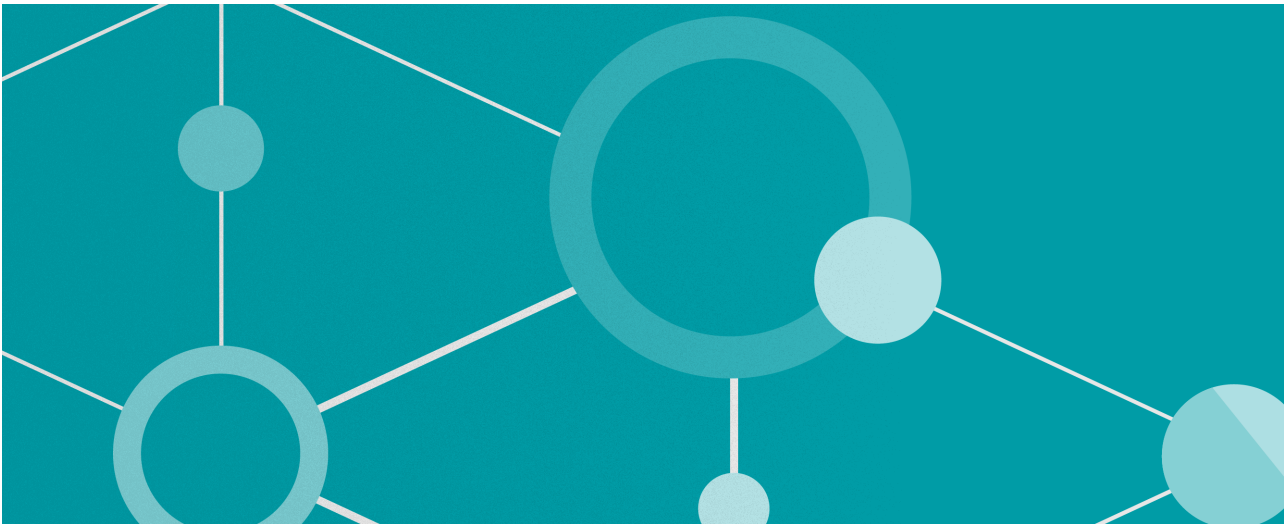
[Refer someone to the service →](#)



Scotland Wellbeing hub

The main aim is to provide a one-stop-shop for the MS community of virtual emotional and physical support. Including tailored 1:1 support of counselling and physiotherapy, a variety of online group activities including movement classes, meditation and much more. We also have monthly information webinars and living well with MS courses/peer groups.

[Find out more →](#)



MileStones in MS

The Corpus has been working with Professor Gavin Giovannoni to develop a new series of live, online and highly interactive medical education meetings in multiple sclerosis, MileStones in MS. Each one-hour meeting comprises a short presentation followed by live discussion. Places are

limited to just 25 participants at each meeting, giving you a real opportunity to ask the questions important to you.

[Find out more →](#)

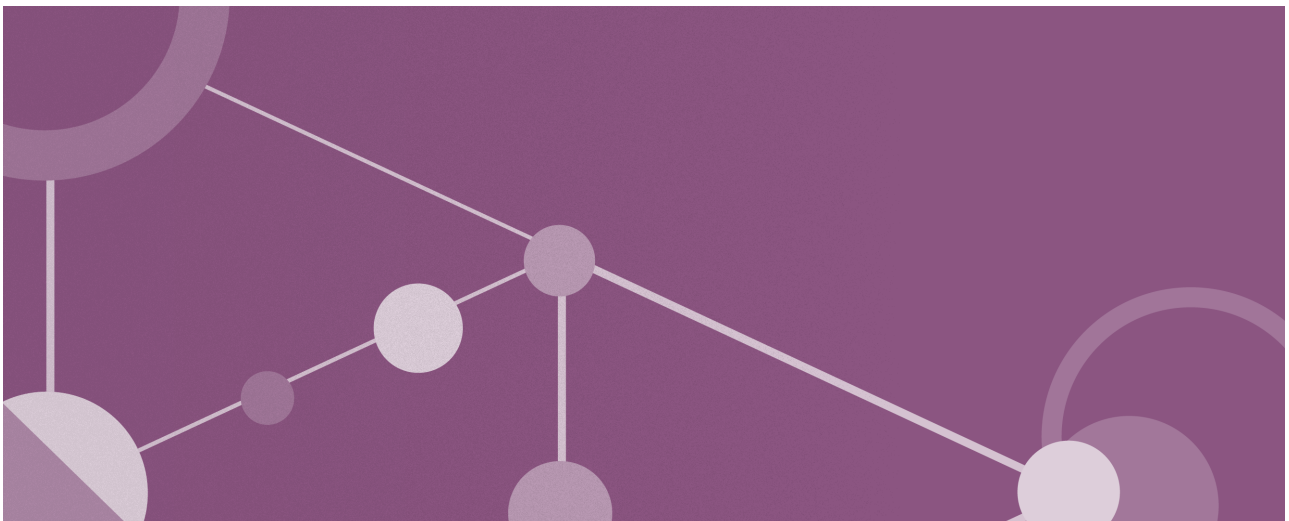


Could you help shape our professional network?

We want to ensure our Professional Network is always producing information and resources that are REALLY useful to our members. We are looking for professionals to join a Professional Network Reference Group to help design and promote the content and resources that professionals need when working with people affected by MS. The group would meet virtually on a quarterly basis with some email contact in between.

If you are interested, please email:

professionalnetwork@mssociety.org.uk.



Current guidance: COVID-19, vaccines & MS treatments

Our COVID-19 webpage is updated regularly to respond to Government announcements, information on vaccines roll-out and wider developments. Based on the advice of our medical advisors, the NHS, and guidance from the Association of British Neurologists.

[Find out more →](#)

Let's stop MS together



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