

Professional Network e-newsletter

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MS Professional Network

Hi,

Welcome to the second MS Professional Network e-newsletter! The place where health and care professionals come together to improve care for people affected by MS.

Today we're sharing some new prevalence information, some new tools and much more.



New Prevalence and Incidence of MS in the UK estimates

Along with PHE (what is this?) we have published a new estimate of the number of people with MS in the UK. We now estimate that there are over 130,000 (1 in every 500) people living with MS in the UK. And over 6,700 people are newly diagnosed each year in the UK.

You can find the document outlining the estimates for the UK, and the 4 nations individually below.

[See the estimates →](#)



A new online self-management course

We have launched our online MS fatigue self-management course for people with MS.

Based on fatigue management workshops (FACETS) developed at Bournemouth University.

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

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



The MS Helpline

Our MS Helpline provides support and information to anyone affected by MS via phone, letter, email and social media. We are here to provide emotional support and information, and to listen. We also provide specialist MS services - Short Breaks, Benefits, Physical Activity, and Legal Support. You can contact us on Freephone 0808 800 8000 or via email helpline@mssociety.org.uk.

[Find out more →](#)



Stop MS Appeal

In October we publically launched our biggest fundraising appeal ever, the Stop MS Appeal. We're aiming to raise £100 million to find treatments for everyone with MS.

With our advert on national television and in cinemas, we've made a big splash! Find out more about what we're aiming to achieve.

[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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