

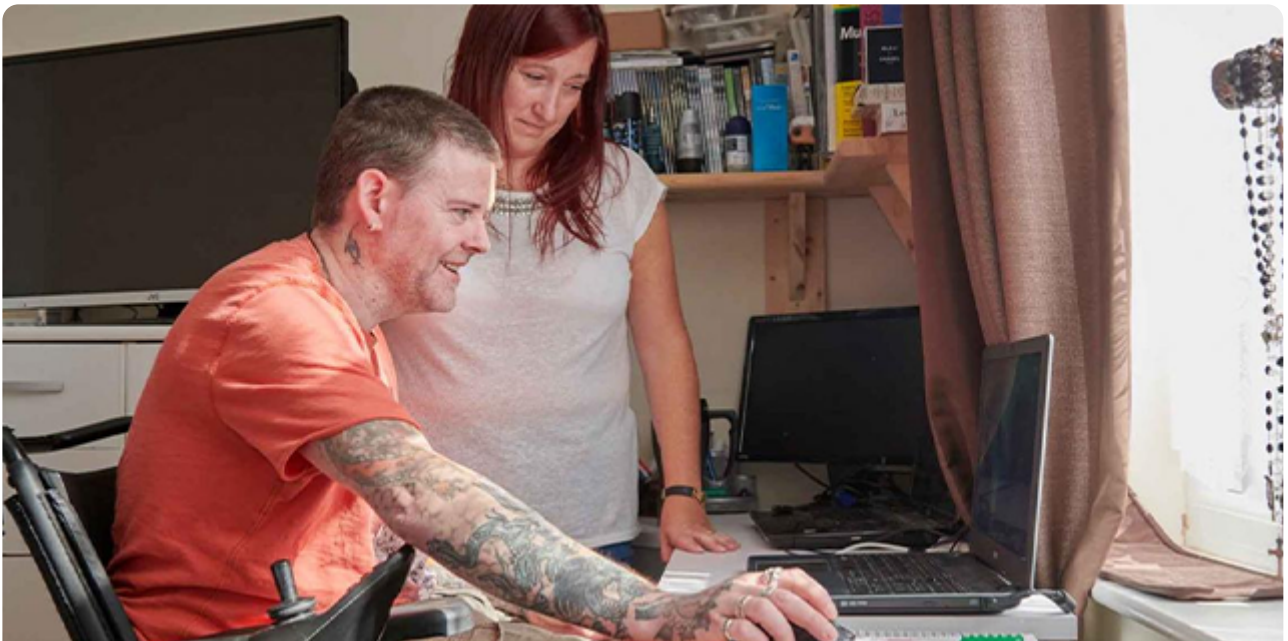
Welcome to the December 2022 issue

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

We've news about the Reach Out Connect service in Northern Ireland and an update on FES.



## **Reach Out Connect**

This month sees the launch of our new wellbeing programme Reach Out Connect (ROC) MS funded by the Mental Health Fund NI (through the Department of Health) and the National Lottery Community Fund. This

funding enables us to offer online services to support people in Northern Ireland with MS to look after their mental health and wellbeing. We're here to help people live well with MS and connect online with others living with MS.

The programme includes counselling, positive mental health support programmes and socially active events.

To see **all of our events** please look at our [Wellbeing NI webpage](#) or our [Eventbrite page](#). You can also email our Northern Ireland hub on [wellbeingni@mssociety.org.uk](mailto:wellbeingni@mssociety.org.uk)

[Learn more about Reach Out Connect →](#)



## Functional Electrical Stimulation Clinical Practice Guidelines

The Association for Chartered Physiotherapists in Neurology (ACPIN) has now published FES clinical practice guidelines to support walking for all upper motor neuron conditions. [They are now available on the ACPIN website.](#)

You can still access our FES evidence packs, case studies, and the recording of the webinar "How to set up an FES service" on [our page](#).

[View our FES information →](#)



## Tips for dealing with memory and thinking problems

For those with MS who experience cognitive changes, we have worked with physiotherapist Ruth to create some simple tips and exercises to help with memory and thinking.

There's a short video of tips and tools to help with memory, alongside lots of information on how lifestyle changes can improve brain health and combat the impact of cognitive symptoms. [You can find all of this information by visiting our page.](#)

Find out more →



## Tell us what you need

Let us know the kind of information and resources you'd like us to produce, and how useful our information is.

[Take our survey →](#)

## Get in touch and spread the word!

We want to hear from you. If you want to spotlight your services, have ideas for content, or would like to submit articles, email the team at [professionalnetwork@mssociety.org.uk](mailto:professionalnetwork@mssociety.org.uk).

Please do share the Network with a friend or colleague, it's very easy to sign up - [mssociety.org.uk/professionalnetwork](https://mssociety.org.uk/professionalnetwork)

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Let's stop MS together



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