

Welcome to the June 2023 issue

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

We have information on recent and upcoming events, our Regional Development Team, mental health, and FACETS facilitators' training course.



Bladder and Bowel Consensus Pathway

We know neurological bladder and bowel dysfunction has a wide-ranging negative impact on the quality of life for people living with MS, not to

mention the cost to the NHS in treating these symptoms.

In May, we held a webinar in relation to continence care for people living with MS. A range of expert speakers shared the work they've been involved with in developing and implementing the MS Consensus Bladder and Bowel pathway, plus examples of specific continence services across the UK.

[Watch the MS Bladder and Bowel Pathway webinar →](#)

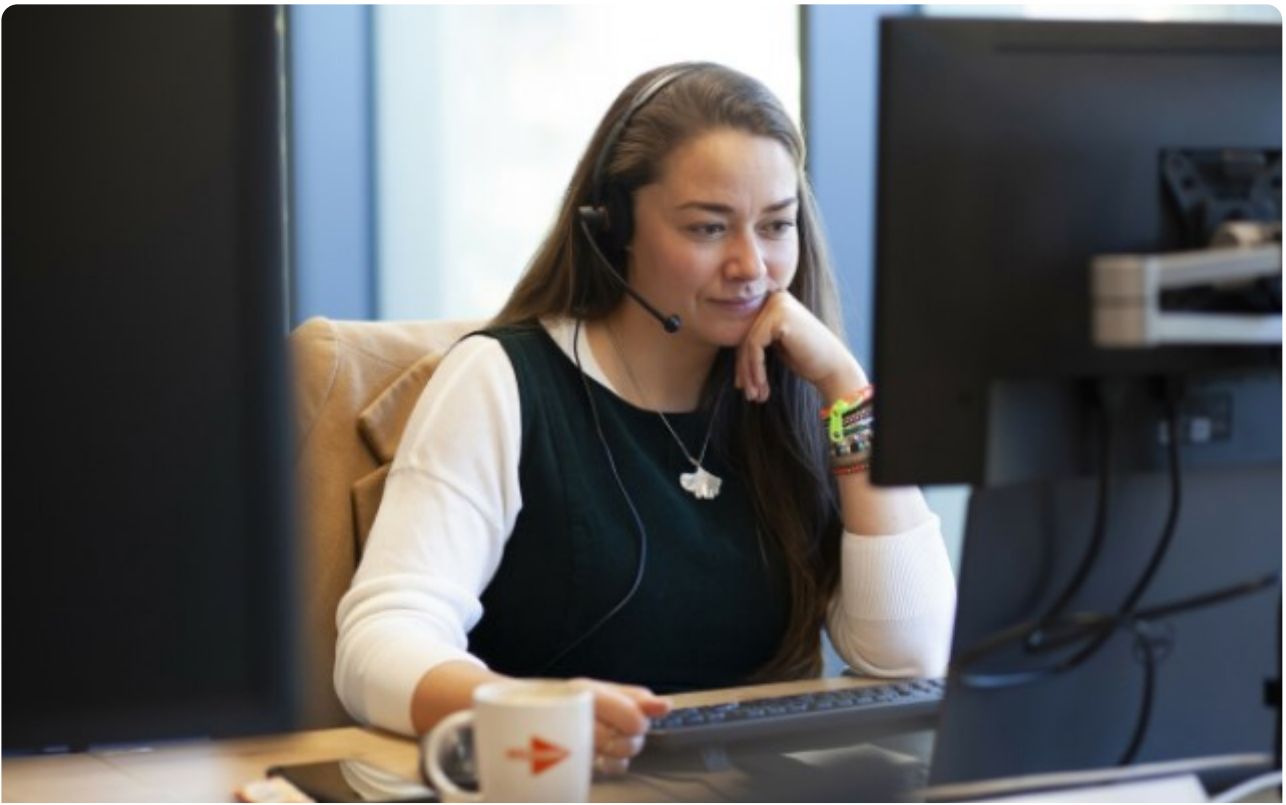


Introducing our Regional Development Officers

Gina's one of our Regional Development Officers. She explains how she can help health and social care professionals develop services in her region - to meet the needs of people with MS.

"Partnerships with health and social care professionals are crucial to the success of much of our work. And alongside people with MS, health professionals help us understand the needs and priorities of local people living with MS."

[Meet our Regional Development Officers →](#)



Cognitive screening webinar – 18 July

Approximately 40 to 60% of people with MS have cognitive difficulties which can have a negative impact on their personal, professional and social lives.

This webinar provides an overview of cognitive screening, cognitive rehabilitation and how you and your team can offer support within MS Pathways. Also focusing on the application of psychological and neuropsychological science to better understand and treat psychological issues. The webinar is led by Professor Roshan das Nair and Lauren Taylor.

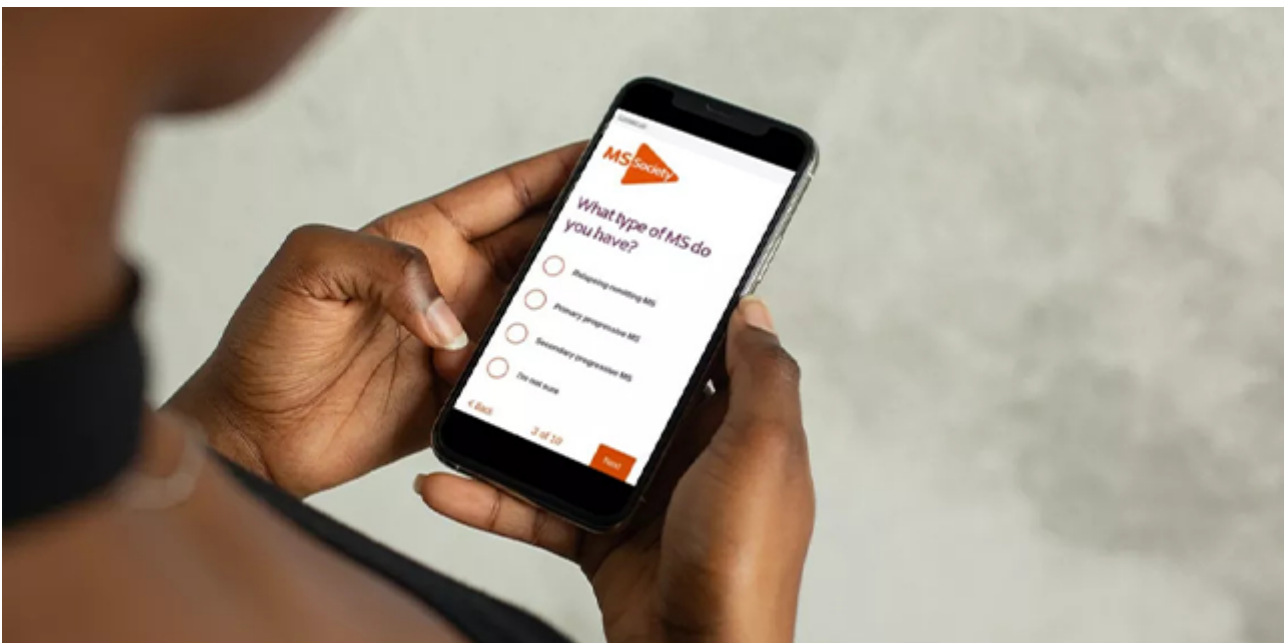
[Find out more and sign up to this free webinar →](#)



FACETS facilitators' training course – 17 July

The course will equip health and social care professionals to deliver 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 course today →](#)



Digesting Science

Digesting Science was created in response to the realisation that talking about MS with children can be daunting. This session is developed for

children (aged 6-12) to learn about MS in small chunks of information with their family.

The information and activities are interactive, fun and enjoyable, and supports parents (or grandparents) to discuss their MS with their children. This evidence-based approach to teaching children about the science behind MS was developed by families affected by MS together with researchers and MS specialists.

(If you'd like our helping running an event in your area, then please contact [Gina Rutterford](#).)

[Find out more →](#)



Staying Active peer support sessions

These monthly sessions are hosted by lived experience volunteers and they invite a variety of external organisations along to share their inclusive sport or activity, and details on how people can get involved. Each month has a different theme. On 3 July, we had representatives from the Lawn Tennis Association and Karen Mitchell from Pickleball England.

Later in July we focus on accessible football and we will be joined by the London Football Association, and in September we will be discussing walking, strolling and rolling with a guest from the Ramblers Association.

[Learn more →](#)



Joint policy position on MS and mental health

Last month as part of Mental Health Awareness Week, and alongside five other MS charities, we launched our joint policy position statement on mental health. We urged the UK Government and the NHS to implement our new recommendations to improve mental health support.

Our joint policy position was produced alongside charities that support the MS community: MS Trust, Overcoming MS, MS-UK, Shift.MS and MS National Therapy Centres. Read what people with MS told us about their mental health.

[Read the report →](#)



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.

Please do 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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