

# What is MS

Multiple sclerosis (MS) is a condition of the central nervous system. In MS, the body's immune system attacks the nerves in the brain and spinal cord by mistake. The coating around nerve fibres (called myelin) is damaged.

We don't know the cause and we haven't yet found a cure, but research is progressing fast.

For more information visit [mssociety.org.uk](https://mssociety.org.uk).



# Local contact

## Wellbeing Hub

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## Contacts

### MS National Centre

020 8438 0700

[info@mssociety.org.uk](mailto:info@mssociety.org.uk)

### MS Society Scotland

0131 335 4050

[msscotland@mssociety.org.uk](mailto:msscotland@mssociety.org.uk)

### MS Society Northern Ireland

028 9080 2802

[nireception@mssociety.org.uk](mailto:nireception@mssociety.org.uk)

### MS Society Cymru

020 8438 0700

[mscymru@mssociety.org.uk](mailto:mscymru@mssociety.org.uk)

### MS Helpline Freephone

0808 800 8000

(weekdays 9am-7pm)

[helpline@mssociety.org.uk](mailto:helpline@mssociety.org.uk)

[mssociety.org.uk](https://mssociety.org.uk)

[facebook.com/MSSociety](https://facebook.com/MSSociety)

[twitter.com/mssocietyuk](https://twitter.com/mssocietyuk)



Scotland



Wellbeing  
Hub

Available to anyone  
with MS and their families  
in Scotland

## We are the MS Society

MS Society is a community of people that pool their experience, expertise and voices to drive change and help people live more positively with MS. By coming together, we can provide care, share support, collectively campaign and commission life-changing research – all of which help us face the future with more confidence.

We believe in a future where we can stop MS in its tracks by:

- Getting more research funded, more quickly, to make the greatest difference to the lives of people with MS, and prevent it in the future.
- Ensuring people have access to treatments that can slow or stop the effects of MS.



## What is MSS Wellbeing Hub?

The MSS Wellbeing Hub has been designed to provide one-stop shop for people affected by MS to access a number of virtual services including counselling and physio support. Through to a range of activities designed to ensure people's physical, emotional and mental health is maintained as the pandemic continues to impact everyday lives. These include tai chi, seated Pilates through to mindfulness & meditation. This has been possible from funds we received via the Scottish Government's Neurological Framework.

## What has it achieved?

The MSS Wellbeing Hub offered:

- One-to-one information support
- A virtual physiotherapy service
- Counselling
- Wellbeing activities and information sessions.

From Apr-Sept 102 people accessed it's one to one services. It helped 45 people with access to counselling, 45 people to physiotherapy sessions and another 24 were given a financial review. Almost 50 group events were run with over 200 people joining one or more of these.

## Feedback

We have received great feedback from the provision of the Wellbeing Hub with 75% of those that accessed the service saying that their mood had improved.

"You need to know as a Society, that it is actually doing more good than you might realise. Putting on a class that people can buy into, it makes us feel better in ourselves, well it definitely did for me."

