

What is IQL?

Our improving Quality of Life Project (IQL) provides financial and emotional support for people with MS in Bolton, Manchester and Salford.

IQL is funded by the National Lottery Community Fund and delivered in partnership with Citizens Advice Manchester. Our objectives are to:

- * improve emotional wellbeing;
- * improve access to dedicated advice;
- * improve support in relation to financial security, employment and housing issues.



IQL Contact

Mark Pritchard
07920 429 477
Mark.Pritchard@mssociety.org.uk

Mia Tamarin
0208 438 0815
Mia.Tamarin@mssociety.org.uk

Website
mssociety.org.uk/iql-manchester

General MS Advice

MS National Centre

020 8438 0700

info@mssociety.org.uk

MS Helpline Freephone

(weekdays 9am-7pm)

0808 800 8000

helpline@mssociety.org.uk

mssociety.org.uk
[facebook.com/MSSociety](https://www.facebook.com/MSSociety)
twitter.com/mssocietyuk



Dedicated support
and grants available

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.

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

Facts about MS



Over 2,300,000 people around the world have MS



130,000 of us in the UK have MS



MS affects almost three times as many women as men

How could we improve your quality of life?

Welcome to our new Improving Quality of Life project!

This project aims to improve the emotional wellbeing and financial security for people with MS in Bolton, Manchester and Salford.

We are here to provide support, advice and information on a range of different issues you may have to deal with. These could be:

- **Finances** - giving you advice on dealing with debts, benefits and energy advice. We can check your benefit entitlement and help you to complete forms including claims for PIP.

- **Independence** - enabling you to be as independent and mobile as possible, including support with housing or applying for an MS Society grant for equipment or mobility scooters.

- **Employment** - supporting you to stay in/return to work or help your employer to better understand MS.

- **Wellbeing** - improving your wellbeing by linking you with local groups who can provide opportunities to meet other people with MS.

Everyone will be supported by the IQL team and will be matched with one of our volunteers who can offer additional support.



How can I get involved?

The project is for anyone living with MS who lives in Bolton, Manchester or Salford.

If you feel that we could help or would like to have a chat, simply contact Mark Pritchard or Mia Tamarin. Contact details can be found at the back of this leaflet.

This initial chat will help us agree what support you want from us and signpost you to the most appropriate dedicated service.

You will be contacted by one of our IQL Volunteers who will get to know you better and find out if there is anything else we can do for you.

They can also refer you to Citizens Advice Manchester for specialist benefits support, help you access grants from the MS Society or signpost you to local groups.

Interested in volunteering?

Please visit our website or contact Mark or Mia for an informal chat (details at the back of this leaflet).