

Living Well with MS: Family and Friends virtual sessions

1. Welcome and what to expect

Welcome to the virtual Living Well with MS sessions! We're delighted that you're joining us and look forward to meeting you at our first virtual chat.

Over the next few weeks we'll get together to think about and discuss how you are feeling about your family member or friend's diagnosis and help you understand a bit more about MS.

2. How it will work

You'll join us for four weekly virtual chats where we'll get to know each other. We'll share experiences of being affected by MS and look at what we can do to help keep healthy and positive so that we can live well. We aim to make these sessions as relaxed and informal as possible. We want to create an environment where we can learn together, talk, share ideas and experiences and help one another.

3. Zoom

We'll meet online via a platform called Zoom. It's really easy to use. Please see the attached instructions on how to set up Zoom. If you have any issues with this please get in touch.

4. How many people will be there?

There will be around ten people in each online session, along with the two facilitators.

5. What will we talk about during the virtual chats?

Each virtual chat will be themed around specific topics that people affected by MS have told us are important to them.

You will be invited at points during the sessions to share your thoughts, ideas or experiences in relation to a particular question or topic. It's entirely up to you what and how much you share. You won't be forced to share anything that you're uncomfortable with.

6. Connecting with others

After we've all met in the first week you'll be invited to join our online Living Well with MS forum, which is hosted on a platform called Slack. This is a place for people to continue connecting, helping each other and sharing ideas. It's open to anyone who has attended either a Living Well with MS session, but is otherwise completely private. We'll explain more about how this works during the first virtual chat.

7. Any other questions?

If there's something you'd like to know before the sessions begin, you'll be able to ask the facilitators before or at the start of the sessions.

We hope that you enjoy taking part in the sessions, and getting the chance to chat with other people who have a loved one who has also been recently diagnosed with MS.

Although you may be living in different parts of the UK, these sessions will help you to connect and share.

We look forward to seeing you there!