

Living Well with MS: digital sessions

1. Welcome and what to expect

Welcome to the digital Living Well with MS sessions!

We're delighted that you're joining us and look forward to meeting you at our first virtual chat.

Watch this short [video to meet Susi](#), our Self-management Coordinator. She'll be facilitating the sessions, along with one of our Living Well volunteer facilitators, who live with MS themselves.

Over the next few weeks we'll get together to think about and discuss how to live well with MS.

By the end of the sessions you'll have had the opportunity to:

- **share your experience of MS with others**
Often people newly diagnosed with MS tell us that they want to meet and speak to other people with MS. These modules will give you the opportunity to do that.
- **feel more confident to set up and successfully achieve your daily goals**
Each week we'll look at setting new goals. We'll make sure you have the space to think about the things you want and need to do.
- **understand what self-management is**
By understanding the concept of self-management you can identify the things you're already doing to live well. And you'll discover new things to try. It's about managing your life, not just your condition.
- **learn new skills to support you to live well with MS**
We'll discuss ways to manage fatigue, life balance and stress.

2. How it will work

Each week we'll email you a short booklet with some ideas to read and think about. There will be space in this booklet to record your reflections. Working through these reflective materials will take no longer than 30 minutes. This will give you time to stop, think and reflect on each topic and what it means for you.

You'll then join us at the weekly virtual chat where we'll get to know each other. We'll share experiences of being newly diagnosed and how to live well with MS.

During the weekly chats we'll always start with a warm up to help us feel relaxed and ready to start. 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 six 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 the topic relating to the reflective material you'll have completed at home.

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.

We'll let you know before the sessions at which points you'll be invited to share. This will be clearly marked throughout your booklet, like this:

- We'll invite you to share your learning on this during the virtual session

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 service 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 digital or face to face 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 bletcher with other people who've also recently had a diagnosis.

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

We look forward to seeing you there!