

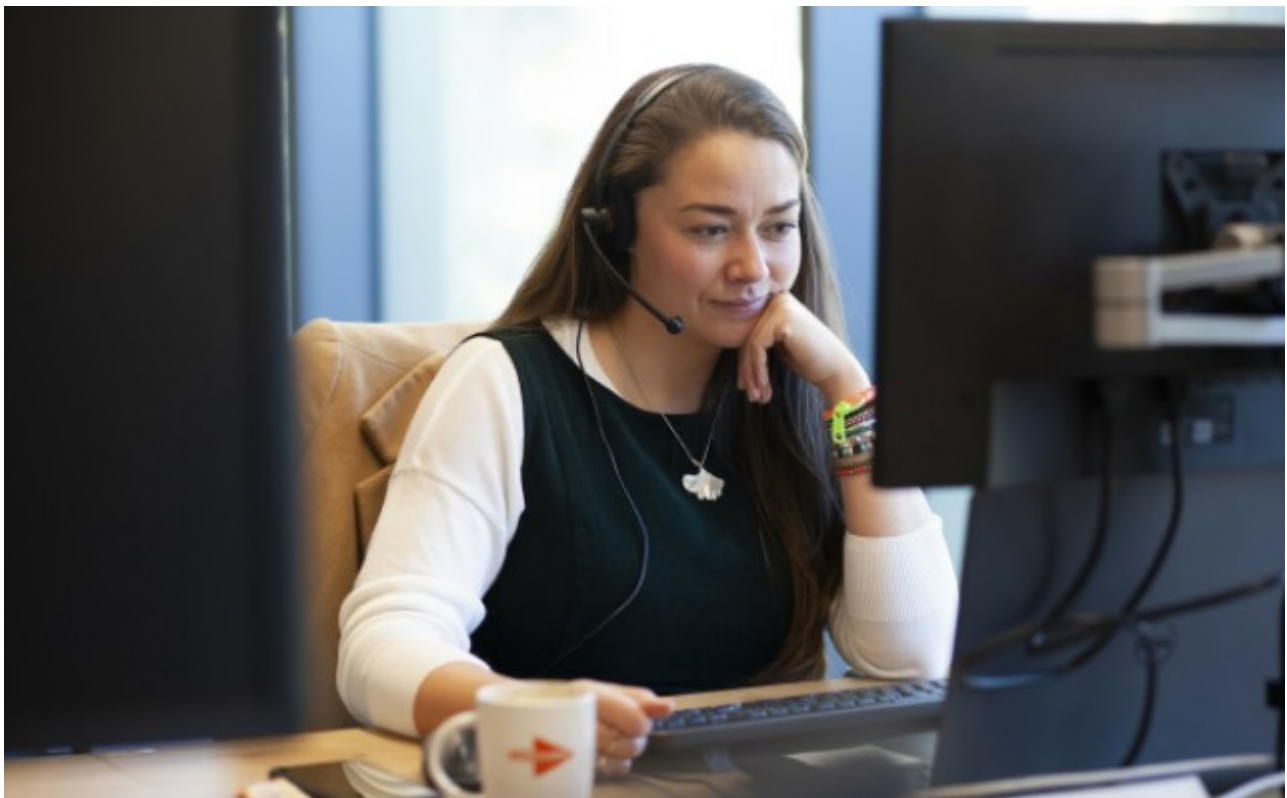
Welcome to the December edition

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Welcome to the final edition of the 'Experts in MS' newsletter for 2024.

Recently, MS Nurses reached out, seeking information to assist with enquiries from individuals around benefits and PIP. So, in this issue, we've gathered useful insights on benefits and employment to help guide you and your patients.



Talking about MS at work

Are your patients employed? Are they looking for work? They can catch up on our November Q&A session, where Dr Blanco de Dياز Perez and Cherelle Gardiner addressed key questions from people with MS about the workplace.

[Watch the Q&A session →](#)

Benefits update – Universal Credit changes

We've created a short video which covers the ongoing changes moving people onto Universal Credit.

If you or your patients need help understanding benefits, including information on PIP, Adult Disability Payment (Scotland), visit our [Benefit Support Resources webpage](#) or call our MS Helpline on 0808 800 8000.

There's also a **MS Benefits Advice Service** offering free, confidential advice for people affected by MS across England, Wales, Northern Ireland, and Scotland. Email msbenefitsadvice@dls.org.uk.

[Watch the video on TikTok →](#)



Research News

Myelin repair trial recruitment completed

The 70th person with MS has joined our phase 2 myelin repair trial in Cambridge, and recruitment is now complete. The results are expected in late 2025.

[>> Read more about the trial](#)

Groundbreaking research on myelin repair in mice

At our Edinburgh Centre for MS Research, scientists have used gene-editing to promote myelin repair in mice.

[>> Read the full story](#)

Information



Meet the History Makers

They are the researchers, the volunteers taking part in studies, and the people raising vital funds, so the work can continue. Take a look at our History Makers videos and podcasts, featuring key voices in MS research discussing important topics like exercise, employment, and AI.

[>> Explore the History Maker series here](#)

Expert insights: Holistic care in MS

Dr Agne Straukiene shares her expert views on integrating holistic healthcare and complementary therapies into MS management.

>> [How holistic healthcare and complementary therapies can help manage MS](#)

>> [Bringing together healthcare, self-care, and complementary therapies for MS](#)

FACETS Digital Toolkit: Now Piloting with Healthcare Professionals and Charity/ Community Workers

A research team at Bournemouth University is developing a digital toolkit to help people with multiple sclerosis (MS) manage and track their fatigue. The toolkit is nearing completion, and a revised version is now available for testing.

We're inviting healthcare professionals and charity/ community workers to help refine and test the tool. Interested in taking part or learning more?

>> [Sign up for testing here](#) or [email the team](#) at Bournemouth University for more details

From all of us, we wish you a restful festive season and a healthy, happy 2025!

Thank you for your continued support throughout the year.

We want to hear from you

Let us know what resources and information would be most helpful for you, and how we can improve.

[Have your say >>](#)

Get in touch and spread the word!

Got ideas for content or want to spotlight your services? Email us: professionalnetwork@mssociety.org.uk.

And don't forget to share the newsletter with a friend or colleague. It's easy to sign up!

Let's stop MS together



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