Winter 2026

your Advances

Your support, your impact

Stop MS Appeal update • Research updates • Your support in action
2025: A year of highlights • Dates for your diary

Welcome

I'm delighted to welcome you to this edition of your Advances. As Chair of the MS Society Board of Trustees, I offer my heartfelt gratitude to each and every one of you who has supported our work this year.

In the pages ahead, you'll see how your generosity is making a difference – through research, personal stories, campaigning, and fundraising. Every article is a testament to you: our supporters, volunteers, researchers, and campaigners.

Because of you, we're on track to reach the £100 million target of the Stop MS Appeal. Thank you for everything you have done to bring us to this moment. Together, we're building a future where no one has to fear the effects of MS.

And until that day comes, your support means no one has to face MS alone. Thank you.

Professor Sir Paul Curran
Chair of the Board of Trustees

In this issue:

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To donate

Online:
mssociety.org.uk/advances

Phone:
0300 500 8084
(Monday to Friday, 9am to 5pm)

Stop MS Appeal: Update

£100 million

£100 million in 10 years to stop MS, and we're on track - thanks to you

When we launched the Stop MS Appeal in 2015 our vision was bold. We wanted to revolutionise treatment for progressive MS and raise £100 million to make it happen.

By the time this reaches you, we'll be close to achieving that fundraising target. What an incredible moment!

Over the last decade your generosity has shaped the MS treatment revolution. Thousands of people with progressive MS have had the opportunity to take part in clinical trials like Octopus, speeding up the search for more treatments to slow the progression of MS for everyone.

> **"The Appeal has been a springboard – and now we're taking the next leap forward. With your help, we'll keep investing in bold research until we find treatments that stop MS for good."**
>
> Nick Moberly,
> Chief Executive

Watch this space

We'll be announcing the exact total raised next month. So keep an eye on our social channels, or sign up here to be the first to hear the good news:

mssociety.org.uk/email

Research spotlight

Every breakthrough starts with you and brings us closer to stopping MS

Thanks to you, scientists across the uk are investigating new ways to protect nerves, repair myelin, and slow MS progression. Here are some of the latest discoveries.

Clinical trial results

Small trials, big potential

Early results from the CCMR2 trial in Cambridge bring new hope that repairing myelin could become reality.

The trial tested whether two existing drugs - metformin, a diabetes treatment and clemastine, an antihistamine - could work together to repair damage to myelin. Around 70 people with relapsing remitting MS took part. After six months, researchers found that signals in the optic nerve remained stable in people taking the drug combination, while they slowed in those on placebo.

The effects in people taking the drugs were small and not yet noticeable in daily life. Yet, this is a powerful proof of concept, it shows that these drugs may be able to boost myelin repair.

The next challenge is to build on these findings with larger, longer studies. The hope is that remyelination therapies could become a treatment option for people living with MS in the future.

> **"These are really positive results. We're really proud to fund research into myelin repair and this trial gives us the evidence we need to keep going."**
>
> Dr Emma Gray,
> Director of
> Research

Breakthroughs in the lab

Stem cells research

A recent study has shown that a new type of stem cell transplant might be able to rebuild damaged myelin. The study took place at our Cambridge Centre of Excellence.

The team used neural stem cells, which naturally occur in the brain and can develop into different types of brain cells. When transplanted into mice with an MS-like condition, these cells turned into myelin-making cells. Then, they began to repair myelin.

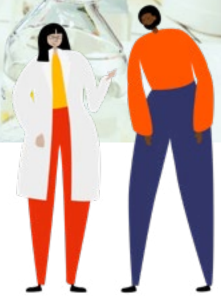
It's still early-stage work, but it's the first time it's been done. And it shows how neural stem cells might one day be used to slow or stop progression for everyone.

"This research shows that induced neural stem cell grafts can effectively turn into myelin-producing cells within the damaged central nervous system. This suggests a potential new way to treat progressive MS."

Dr Luca Peruzzotti-Jametti,
Group Leader at the
Cambridge Centre
of Excellence

New project alert!

Researching potential targets for new treatments



New research is exploring three molecules which could play a key role in helping repair damaged myelin.

Dr Selinda Orr and her team at Queen's University Belfast are conducting the research. They are looking at three molecules found on immune cells: Dectin-1, Dectin-2 and Mincle.

This work could uncover if these molecules are promising targets for new treatments.

And since drugs targeting these molecules are already in clinical trials, it's possible they could be repurposed for use in MS.

Read more

Find out more about this project and the other research you're funding at:

mssociety.org.uk/boost-myelin

Making MS a priority

From fairer benefits to better care, your support is driving change across the UK.

In England

We launched a report in September revealing how **delays in neurology care lead to avoidable hospital admissions** for people with MS. It sparked a conversation in parliament to explore solutions. Our chief executive, Nick Moberly, highlighted the findings in the Health Service Journal. And we're now calling for a Modern Service Framework for Neurology in the NHS 10-year plan.

In Wales

With Senedd elections this year, we're calling on political parties to make sure MS is **a priority in their manifestos** and setting out what they could do to make a difference to people living with MS.

In Scotland

The long-awaited **review of Adult Disability Payment** (ADP) included many of our recommendations. Our open letter, signed by campaigners across Scotland, urges the government to adopt these changes.

In Northern Ireland

In November, we launched our joint **Fight for Neuro campaign** at Stormont. Since then, MS campaigners have emailed dozens of Assembly Members, calling for investment in neurology and improved care for people with MS.

Across the UK, we regularly meet with parliamentarians to raise the issues that matter most to people with MS. Thanks to you, MS remains firmly on the agenda.

Join us!

Sign up to help us campaign for a fairer future at mssociety.org.uk/campaigns

“Still me, just stronger”

Nin’s story

Why I chose to leave a gift in my Will to the MS Society

When I was diagnosed with relapsing-remitting MS in 2022, my world shifted. I moved through shock, denial, anger and sadness. **But in time, I found something unexpected: strength. And a deep desire to give back.**

> “MS touched every part of my life. But it also taught me to listen to myself, celebrate small wins and protect my energy.”

In those early days, the MS Society was a lifeline. I found real information, real people and a sense of understanding that helped me feel less alone.

I began to heal and found purpose in giving back. I started volunteering and joined the coordinating team for Asian MS, helping others navigate cultural barriers around chronic illness.

A legacy of strength

I went on to write a book. **’The Ultimate Adventure in Forgetfulness and Fatigue: 101 Ways to Tackle MS Like a Pro’** which is filled with practical advice, lived experience, and humour. Readers told me it helped them feel seen and gave them permission to rest.

> “My legacy isn’t a grand gesture; it’s a quiet, meaningful choice.”

Encouraged by their feedback, I’ve since encouraged others to share their stories openly and honestly on Instagram.

A gift for the future

Grateful for the support I received, I decided to include a gift in my Will to the MS Society.

My hope is that my legacy will help fund research, improve care and strengthen the community that made my journey less isolating.

It will ensure others living with MS can find the same understanding, hope and strength that I have.

> “I want the support that helped me to be there for others in the future. A legacy doesn’t have to be loud to be lasting.
>
> Even a small gift can help someone feel seen, supported, and a little less alone.”

For a future free from MS

Find out more about Nin's story and how to leave a gift in your will at **mssociety.org.uk/nin** or email our friendly team at **legacies@mssociety.org.uk** for more information.

Your support in action

A safe place to talk

Shana’s story

When Shana was first diagnosed, she needed someone to listen.

“I called the MS Helpline when I was first diagnosed. My friends and family were absolutely wonderful. But I needed to talk about my fears and feelings without worrying about upsetting the person I was talking to.

The MS Helpline gave me that.

I was really nervous when I called the helpline for the first time. The person on the other end was really kind, reassuring and just asked gentle questions until suddenly I started pouring everything out.”

“The MS Helpline has been there for me at the hardest moments of my MS journey. And I know they will be there for me again if I need them in the future.”

Thanks to your support, the MS Helpline continues to be there for thousands of people every year, whenever they need it.

Finding balance with MS

Jessica's story

When Jessica needed help, the 'Living Well with MS' webinar gave her reassurance.

"When I found out about the Living Well virtual sessions, it came at the right time. The programme gave me the confidence boost I needed when I was taking steps to be healthier in body and mind.

I found it incredibly helpful hearing other experiences and I made some adjustments to the way I did things, based on the advice I received. I still use the things I learnt today.

I definitely came out of it feeling less 'on my own' with it all. I don't think I realised how important that was for me at the time!"

> "I'm incredibly grateful to the donors who fund the Living Well programme. The symptoms of MS can be debilitating and leave you feeling really isolated."

Thanks to you, the free webinar 'Living Well with MS' helps people with MS manage their symptoms, build confidence and feel more in control of life.

Need support?

Visit mssociety.org.uk/support or call the free MS Helpline on 0808 800 8000.

A year of highlights

From world-leading research to local fundraising events, every achievement in 2025 was powered by you. Together we're building a future free from MS.

New research hub in Northern Ireland

Northern Ireland has one of the highest rates of MS in the world. The new dedicated hub brings together researchers, clinicians and people living with MS, to speed up progress and shape future treatments.

A huge thank you to the MS Society Sutton Group who raised an incredible

£100,000

Tingo is here!

"What is MS to me?" is a free children's book featuring Tingo, created with families to help explain MS in a simple, reassuring way. It's already opening up conversations in homes across the UK.

Idil with her friends and family

Raising a glass… and £11k

In Kilbarchan, Idil raised over £11,000 at her local pub in support of Octopus, our revolutionary trial for progressive MS.

"I'm so proud to have raised funds for Octopus. I wanted to dedicate my fundraiser to the memory of those we've lost to MS, whose strength and legacy continue to push progress forward." Idil

100 million thanks

Thanks to thousands of supporters, our Winter Stop MS Appeal has, so far, raised over £60,000 and counting. If you donated, thank you! Your donations are helping us close in on the Stop MS Appeal £100 million target. Wow!

Kerry joins our mission

We were proud to welcome TV personality and former Big Brother contestant Kerry Riches as our newest ambassador. Kerry brings lived experience and a powerful voice to raise awareness of MS, helping us reach new audiences and champion change.

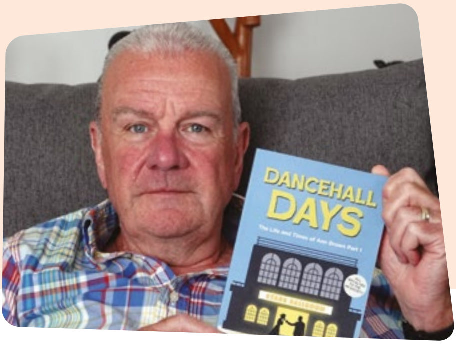
A giant leap for progress

The Big Leap 2025 skydive was our biggest yet, setting a new record with over £175,000 raised. What a way to take fundraising to new heights!

A story that gives back

Author Sam Young is kindly donating proceeds from the sale of his book 'Dancehall Days' to MS research in honour of his wife Mae, who lives with MS. Buy your copy on Amazon.

"If my book can keep raising money long after I'm gone, that will be my legacy!" Sam Young



Why not make it a team effort?

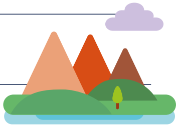
Gather your colleagues and take on a Corporate Challenge to raise vital funds. If your company is one of the thousands in the UK who match employee fundraising, your efforts could be worth double!

Email us for more information:

mscorporate@mssociety.org.uk

Get set for 2026...

2 Feb	**Spring Raffle** opens with a top prize of £5,000. Enter at mssociety.rafflentry.org.uk
1-28 Feb	**Challenge 28**: Keep active for 28 minutes a day throughout February
x2 **2 Mar**	Double your impact with our **Spring match funding appeal**
20-26 Apr	**MS Awareness Week**
1-31 May	**May 50k**: an international fitness competition
10 May	Edinburgh Distillery **Abseil**
23-24 May	Edinburgh **Marathon Festival**
6 Jun	**Zip-It** for MS Wales **MS Walk** in Belfast
13 Jun	**MS Walk** in Birmingham
20 Jun	**10in10 Challenge** at the Lake District



Ask us about your local MS Walk!

Join us: If you have questions about any of these events, please email us at fundraising@mssociety.org.uk

From a world with MS, to a future free from its effects

A gift in your will could take us there.

We've never been so close to stopping MS. And it's support from gifts in wills that makes our vital research and support possible. Will you remember us in your will and help stop MS for future generations?

▶ For more information or to write your will for free today, visit **mssociety.org.uk/advances-free-will or call 020 8438 0828**

MS Society

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