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Dear Philip,

Welcome to the first 2026 edition of Experts in MS - bringing you the latest research developments, national strategy updates, innovation opportunities and service insights across MS care. Use the index →

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Research News & Updates

Damaged myelin may repair itself

Emerging research suggests that damaged myelin may sometimes repair itself if intervention occurs before complete loss.

This adds momentum to ongoing myelin repair research and reinforces the importance of early intervention strategies.

▶ [Read the myelin research summary](#)

EBV and genetic risk: A clearer picture

MS is not caused by one single factor. It's a convergence of risks.

Researchers have now deepened understanding of how Epstein-Barr Virus infection interacts with specific genetic risk factors in MS. Moving us closer to understanding causal pathways – and potential prevention strategies.

▶ [Read the EBV research report](#)

MyMS-Ally: Group psychological intervention

My MS Ally is a co-designed, online group intervention blending CBT, mindfulness, ACT and compassion-focused approaches.

A mixed-methods feasibility study found:

- High acceptability and engagement
- Reported emotional growth and improved self-acceptance
- Strong qualitative evidence of improved identity and communication

Qualitative findings showed meaningful lived impact. Reinforcing the need for personalised, psychologically informed MS care.

▶ [Explore the MyMS-Ally study](#)

Education & Professional Development

FACETS for Facilitators – April course

Our online training course equips you to deliver the FACETS group fatigue management programme within your service.

If fatigue management sits within your pathway, this provides a structured, evidence-based model ready for implementation.

▶ [Book your place today.](#)



Policy & System Developments

Mental Health Pathway for neurological conditions

The **National Neurosciences Advisory Group** has published an optimal clinical pathway outlining what good mental health care should look like for adults with neurological conditions.

Designed to support service transformation in England, this pathway provides a benchmark for commissioners and providers working across neurology and mental health interfaces.

▶ [Read the more about the Pathway.](#)

MS Help & the MS Help Hub – Launching April 2026

We're streamlining access to trusted information and support. The new MS Help Hub will provide:

- A single point of contact
- Self-support resources
- Clear signposting to specialist services
- Up-to-date local service information

Further details will follow in the next edition.

Stop MS Appeal: A decade of progress

Launched in 2015, the Stop MS Appeal aimed to raise £100 million over ten years. It has now raised £101.9 million.

Over the decade, funding has:

- Transformed understanding of MS progression
- Advanced myelin repair research
- Enabled *Octopus*, the world's first multi-arm, multi-stage trial platform for progressive MS

That's measurable impact on the research landscape.

 [Read our Stop MS impact report](#)

Funding & Innovation

Innovating care, closer to home

The King's Fund, with funding from Roche, has launched a new programme exploring how innovation can accelerate the shift to care closer to home.

They are currently seeking innovations that can:

- Reduce reliance on hospital-based care
- Improve outcomes and patient experience

If your service is piloting or scaling innovation, this is worth reviewing.

 [Learn more and apply](#)

Service Innovation & Best Practice

Neurorehabilitation Forum – Key insights

From across Cheshire, Merseyside and North Wales, consultants, managers, nurses, physiotherapists, OTs and third sector partners, came together to share practice and identify service improvements.

The focus: strengthening pathways for people living with long-term neurological conditions.

▶ [Read the key insights](#)

Cultural awareness in MS: On-demand webinar

Delivered in partnership with Asian MS, this session explored:

- Barriers to diagnosis and treatment
- Cultural stigma
- Service access challenges
- How professionals can better support South Asian patients and carers

If equity is on your agenda, this webinar is essential.

▶ [Watch the webinar](#)

Collaborative working in Neurorehabilitation

Wednesday 17 June | 7.00 - 8.15pm

This webinar showcases:

- Neurology outpatient physiotherapy at Betsi Cadwaladr UHB
- Community Neurorehabilitation Transformation work in Greater Manchester

Includes live Q&A with speakers.

▶ [Register early for the webinar](#)

Clinical Resources & Tools

Fasting and MS

Many people with MS observe religious or philosophical fasting. This factsheet supports informed discussions around safety and clinical considerations.

▶ [Download the factsheet](#)

Vaccinations and MS

With measles cases rising in parts of the UK, it is vital that patients taking high-efficacy DMTs remain up to date with vaccinations. Our resource outlines key considerations and timing guidance.

▶ [Read vaccinations guidance](#)

Print resources for newly diagnosed patients

Order copies of ***Just Diagnosed*** Clear information supports stronger consultations and shared decision-making.

▶ [Browse our publications](#)

Share your thoughts

Help shape future resources by [sharing your opinion](#).

Get in touch

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