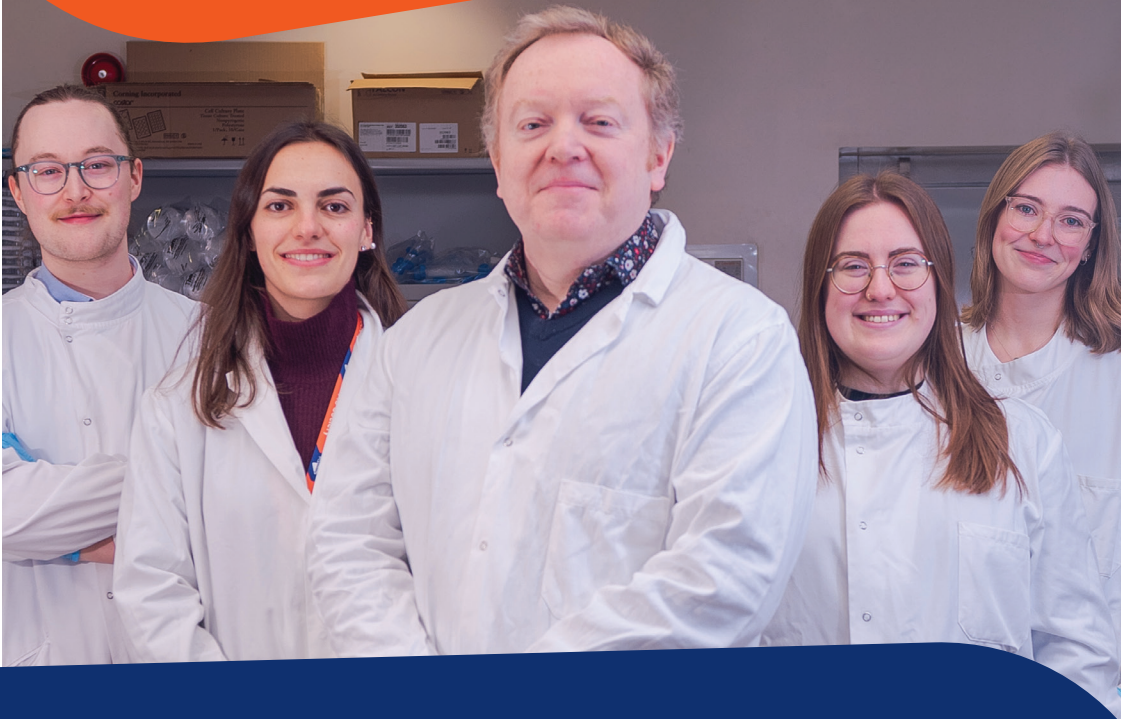


Summer 2026

MS Society

# your Advances



## Your support, your impact

Your new MS Help Hub • New research funding unlocked  
Fighting to improve disability benefits • Dates for your diary

# Welcome

I'm delighted to welcome you to the latest edition of your **Advances**. Thank you so much for supporting the **MS Society** – you're helping to make a big difference.

Your generosity is helping to fund groundbreaking research, amplify community voices, and give the best possible support to people living with MS. So that, one day, we can all live in a world free from MS and its effects.

You're helping to put people affected by MS at the centre of the MS Society's work. Our work is designed with people affected by MS at its heart. From a new and improved services offering to a community-focused approach to campaigning.

Thank you from all of us at the MS Society. I hope you enjoy reading about the difference you've made.

**Nick Moberly**  
Chief Executive



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## Keep in touch

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or by calling **0300 500 8084**  
(Monday to Friday, 9am to 5pm)



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Carriage House, 8 City North Place, London N4 3FU

# MS Help: Support for everyone affected by MS



You told us our services provide vital support for people living with and affected by MS, but that they could be better. That's why this year, we've launched MS Help to connect our UK-wide, digital and community services. It's now easier for you to find trusted information, expert guidance and personalised, tailored support whenever you need it.

## MS Help: What's changed?

You, our community, told us it can be confusing knowing where to find the right kind of support. That's why, with MS Help, there's now a single point of contact for all of our services. You'll always come straight through to the **MS Help Hub**. Whether you phone us, email us or use our new webchat.

The new MS Help Hub has everything you need to help manage your MS or support someone living with MS.

Whether that's useful information about possible treatments, online services like our fatigue management course. Or if you want to find a local service near you. MS Help Hub makes it easier to get the right support at the right time, with everything all in one place.

## Shaped by the MS community

The MS community guided every stage of creating MS Help. Marie Nixon, whose husband Stuart lives with secondary progressive MS, helped make sure the voices of people affected by MS were heard. Alongside other people with lived experience of MS.

She explains: “What interests me about MS Help is that it’s designed to tackle everything at once. It’s about how the MS Society can support people affected by MS to live the best lives they can. The new MS Help Hub will mean people can get support and information more easily than before. It’ll take away the fear of being passed from one person to another. And it’ll keep evolving so it remains relevant and useful.”



Marie and her husband Stuart

**3,000**

volunteers

**235**

local groups

**1,000+**

services

**20,000**

Help Hub  
enquiries  
per year



## Supporting our volunteers

Our services rely on a network of 3,000 amazing volunteers. They give their time to provide MS Help Hub services and local community services across the UK. Everything from emotional support to information events, physical activity classes, and social events that are so important to the MS community.

With MS Help, we've introduced more dedicated support for volunteers. We're developing flexible volunteering opportunities to fit with busy modern lives. And we're changing how we work with our 235 local volunteer groups. So they have more time to focus on delivering amazing services for people affected by MS.



## How to contact the MS Help Hub

Call us on 0808 800 8000

Email us at [helphub@mssociety.org.uk](mailto:helphub@mssociety.org.uk)

Visit our website to use our new webchat



# Exciting research updates



Thanks to your support, there's so much happening in MS research right now. You're helping to fund new ideas and keep established projects running. Read on to learn about some recent updates.

We're excited to announce we've committed just under £4 million of funding to continue their ground-breaking work for the next five years. Generous supporters like you have helped make this possible.

The Edinburgh Centre will continue to focus on preventing and treating nerve damage in the brain and spinal cord. The Cambridge Centre will continue research into repairing myelin, the protective coating that gets damaged in MS.

## New funding awarded to research Centres of Excellence

For the past two decades, our Centres of Excellence in Cambridge and Edinburgh have been studying MS. Researchers have been working hard to find new treatments for everyone living with MS.



Our Head of Research, **Dr Caroline Dalton**, says: "The research at the Centres of Excellence in Cambridge and Edinburgh is cutting-edge, and will play a crucial role in helping us reach our goal."





## International research discovery

A team from our Cambridge Centre of Excellence worked with researchers from the US. They identified an unusual type of brain cell that may fuel the slow, ongoing inflammation and nerve damage seen in MS.

The researchers took skin cells from people with progressive MS and reprogrammed them into early-stage brain cells. The team noticed some of them transformed into an unusual cell type known as ‘radial glia-like cells’. These cells act like the stem cells in the developing brain, providing structural support and acting as building blocks.

Dishes of cells taken from people with progressive MS had more of these cells. They appeared six times less often in the dishes of cells of people without MS. So the researchers called them ‘disease-associated radial glia-like cells’ or ‘DARGs’.

While these DARGs look like young brain cells, the team discovered that they prematurely age, but don’t die. Instead, they linger and actively cause damage. By releasing signals that cause inflammation and premature ageing in nearby healthy brain cells.

### **What does this mean for people with MS?**

When the researchers treated the dishes with a drug designed to remove the DARGs, the surrounding cells stopped showing signs of damage. This discovery identifies a new mechanism that may drive the slow, ongoing damage in progressive MS. This is early-stage research. But it could offer a completely new target for developing vital treatments that could stop or slow progression.

For more information, visit [mssociety.org.uk/DARGs](https://mssociety.org.uk/DARGs)



# Lived experience shaping disability benefits

Last year, you helped us campaign to stop controversial changes to Personal Independence Payments (PIP). And safeguard over £100 million a year in benefits for people with MS. The UK government's review of PIP, the Timms Review, is in full swing. And the recommendations from the Independent Review of Adult Disability Payment (ADP) in Scotland have been published. So our campaigning continues.

You told us that PIP and ADP are a vital help for people managing the extra costs of living with MS. And that people with MS have spent over a decade navigating systems that don't properly understand their condition. Both the UK and Scottish governments are looking at how to improve PIP and ADP. We need to make the most of this opportunity and make sure they listen to people with MS.

## Listening to the community

That's why we're working with a panel of 24 MS campaigners from across the UK to help develop campaigns to improve disability benefits. Together, we're campaigning to make PIP and ADP processes easier, fairer, and more transparent.

The panel will help to make sure the voices of people living with MS remain at the heart of our calls to government.



Our ambassadors Kerry Riches and Jane Felstead campaigning



Speaking about the importance of the Timms Review, **Deborah**, a member of the Disability Benefits Panel said:

“I believe it’s essential that benefit decisions are made with empathy, real-world understanding, and respect for lived experience not just paperwork or assumptions. By contributing my perspective, I hope to help ensure the process is fairer, more humane, and truly reflective of the realities people with MS face.”

We often hear that PIP and ADP can fall short because assessors don’t have medical training in neurological conditions. And the process doesn’t properly consider the challenges of fluctuating and progressive conditions, like MS.

Deborah said: “Having lived with MS for over 25 years, I understand firsthand how unpredictable symptoms, invisible disabilities, and fluctuating capacity can affect every aspect of daily life, work, and financial security.”

**“Fair, informed disability benefits can be life-changing for people living with MS”**

The panel will share their insights and experience of living with MS. And help to shape our campaigns to make sure people with MS have their say in the future of PIP and ADP.

If you’d like to find out more about campaigning or to make your voice heard, visit: [mssociety.org.uk/campaigns](https://mssociety.org.uk/campaigns)



# Fundraising Superstar

Lynn, a retired home economics teacher from Blairgowrie in Scotland, has turned her cooking expertise into a force for good. She's written a cookbook to raise funds for the MS Society.

“I was first diagnosed in 2015 – I had been tripping and falling, my gait was out, and I had a bit of foot drop. They did an MRI scan and it showed up lesions on my brain and damage to my myelin sheath.”



Lynn with her cookbook



After her diagnosis, Lynn retired early. But her dedication to teaching and cooking didn't end there. She wrote **Limited Or Lazy: A Stress-free Cookbook for All**. The recipes require little effort and few ingredients, making them accessible for people with limited mobility or anyone short on time.

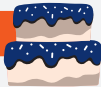
The proceeds from Lynn's book will go to fund vital MS Research. She's already raised over £500!

“The hope with MS research is that one day, we'll have something that helps myelin repair. I dream that one day I could ditch my walking aids and get back to doing the things I love and helping people out. But even if MS research doesn't help me, it could help somebody else.”

You can find Lynn's cookbook online and in bookshops.

# Dates for your diary

June



**Cake Break**

Host a cake sale fundraiser

13 June



**MS Walk Birmingham**

27 June



**MS Walk Cardiff**

14 July



**Our Summer Raffle closes.**

Enter today for the chance to win £5,000:

[mssociety.org.uk/advances-raffle](https://mssociety.org.uk/advances-raffle)

12 Sept



**MS Walk Glasgow**

26 Sept



**MS Walk London**

28 Sept



**Our Christmas Raffle opens,**  
with the chance to win big.

Enter at [mssociety.org.uk/advances-raffle](https://mssociety.org.uk/advances-raffle)

25 Oct



**Halloween Big Leap**

1-30 Nov

**Challenge yourself**  
to run 30 Miles in November



10 Dec

**Carols by Candlelight**



To find out more about fundraising  
for the MS Society, visit  
[mssociety.org.uk/fundraising](https://mssociety.org.uk/fundraising)

MS Society

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weekly lottery  
and you could win

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Play today!

By phone **01628 820 116**  
(Mon-Fri 9am-5pm)

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or by scanning the QR code



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