



MS Society printed information booklets

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You'll find the published date on the back cover.

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Title	Publication date
What is MS? (in English)	July 2024
What is MS? (in Welsh)	July 2024
Just diagnosed (in English)	Feb 2026
Just diagnosed (in Welsh)	Feb 2026
What is MS to Me? (children's book)	March 2025 (New! Launched July 2025)
'I have MS' card	March 2025
Understanding progressive MS	April 2025
Managing MS relapses	March 2025
Diet and MS	December 2024
Moving more with MS	July 2024
Work and MS - an employee's guide	January 2019

Title	Publication date
Benefits and MS	December 2024
Claiming Personal Independence Payment (PIP)	December 2024
The Work Capability Assessment – for ESA and Universal Credit	December 2024
For family and friends – when someone close to you has MS	October 2023 (since February 2025, with new brand design)
Supporting someone with MS – a guide for family and carers	October 2023 (since February 2025, with new brand design)
Advanced MS: a carers handbook	October 2023 (since February 2025, with new brand design)