

MS Charity Support Information Pack

For people with multiple sclerosis (MS) and their carers

VERSION 2.0



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Introduction

This toolkit brings together support available from a range of MS charities, all in one place.

It is designed to help people living with MS, and those who care for them, find the right support at the right time without having to search multiple websites.

Support is grouped by **type of need**, not by organisation. Each section includes clear links to the relevant charity webpages, where you can find the most up to date information and access services directly.

How to use this toolkit:

1. Start with “What do you need help with?” to choose a support area.
2. Go to the section that best matches your current need.
3. Use the tables to see which charities offer that support.
4. Click the website links to access services or find out more.

Click here to watch a video guide on how to navigate this information pack.

At the end of each page, you will see two icons:

Takes you to the **Charity Profiles** section, where you can find phone numbers, email addresses, and websites.

Takes you back to the **contents page** so you can choose another section.

What do you need help with?

The information in this toolkit will be reviewed and updated regularly.



EMOTIONAL & PEER SUPPORT

Face to face groups

Charity	What's Available	Who's it For	Location	Format	Link
MS Society	Volunteer led local groups offering peer support and activities	People with MS, carers, family, friends	Greater Manchester	Face to face	
Overcoming MS	Overcoming MS Circles peer support	People with MS and their carers	UK and international	Face to face and online	
MS Therapy Centre (NW)	Drop in centre and support hub	People with MS and others with long term conditions	North West	Face to face	
MS Together	Volunteer led regional peer groups	People with MS aged 18–35	UK-wide	Face to face and online	

Counselling support

Charity	What's Available	Who's it For	Format	Cost	Link
MS Society	Professionally delivered counselling	People with MS, carers, family, friends (Greater Manchester)	Telephone (online/face to face if needed)	Free	
MS Together	One to one counselling	People with MS aged 18–35	Online	Low-cost	
MS Therapy Centre (NW)	One to one counselling	People with MS and others with long term conditions	Face to face	Low-cost	

Peer focused emotional wellbeing support

Charity	What's Available	Who's it For	Format	Cost	Link
MS Society	Peer emotional support	People with MS, carers, family, friends	Online, telephone and face to face locally	Free	
Overcoming MS	Courses and webinars	People with MS and their carers	Online and local	Free	
MS Together	Small group therapy	People with MS aged 18–35	Online	Low-cost	
MS-UK	Peer Pods led by people living with MS	People with MS, carers, family, friends	Online	Free	
Shift.ms	Peer-to-peer support via the Buddy Network	People with MS	App / Online	Free	



EMOTIONAL & PEER SUPPORT

Online forums

Charity	What's Available	Who's it For	Link
MS Society	Online discussion forums	People with MS, carers, family, friends	
Overcoming MS	Live Well Hub	People with MS and their carers	
MS Together	Online peer community	People with MS aged 18–35	
Shift.ms	Online community via the Shift.ms app	People with MS	

INFORMATION & UNDERSTANDING MS

Information packs

Charity	What's Available	Topics Covered	Format	Cost	Link
MS Society	Comprehensive MS information packs	MS types, symptoms, treatments, benefits, work, housing	Download, print and request hard copy by post	Free	
Overcoming MS	Lifestyle focused resources	Diet, activity, stress, MS evidence-based self-management	Download and print	Free	

Helplines

Charity	What's Available	Who's it For	Format	Availability	Link
MS Society	Emotional support and information helpline via Help Hub	People with MS, carers, family, friends	Phone, email, Messenger	Weekdays	
MS-UK	Information and emotional support helpline	People with MS, carers, family, friends	Phone, WhatsApp, email	Weekdays	

Information and research

Charity	What's Available	Who's it For	Format	Link
MS Society	Information about the latest research and how to take part if interested	People with MS, carers, family, friends	Online	



PHYSICAL HEALTH & WELLBEING

Therapy (e.g. physiotherapy)

Charity	What's Available	Who's it For	Location	Format	Link
MS Society	Access to therapy via local groups	People with MS	Greater Manchester	Face to face	
MS Therapy Centre (NW)	Physiotherapy, exercise, massage, oxygen therapy	People with MS and others with long term conditions	North West	Face to face	

Exercise sessions

Charity	What's Available	Who's it For	Format	Link
MS Society	Exercise and movement sessions	People with MS	Online and local	
Overcoming MS	Physical activity and lifestyle guidance	People with MS	Online and local	
MS-UK	Exercise and wellbeing support	People with MS	Online	
MS Therapy Centre (NW)	Gym, pilates, tai chi, yoga	People with MS	Face to face	

Alternative therapies

Charity	What's Available	Who's it For	Link
MS Society	Access to complementary therapies	People with MS	
MS-UK	Complementary and alternative therapies	People with MS	
MS Therapy Centre (NW)	Access to complementary therapies	People with MS	



WORK, MONEY & PRACTICAL ADVICE

Work and employment

Charity	What's Available	Who's it For	Link
MS Society	Support to stay in or return to work	People with MS	
Overcoming MS	Employment related webinar	People with MS	

Benefits and money

Charity	What's Available	Who's it For	Link
MS Society	Benefits advice and grants	People with MS	
MS-UK	Benefits advice	People with MS	

LIVING WELL WITH MS

Online support, webinars, and courses

Charity	What's Available	Who's it For	Format	Link
MS Society	Living well support and webinars	People with MS	Online	
Overcoming MS	Courses, webinars, podcasts, Live Well Hub	People with MS, carers, family, friends	Online	
MS Together	Online support and events	People with MS aged 18–35	Online	
MS-UK	Online support and educational resources	People with MS	Online	
Shift.ms	Online peer support (1-1 and forum-based)	People with MS	App / Online	



SUPPORT FOR CARERS & FAMILIES

Charity	What's Available	Who's it For	Format	Link
MS Society	Information, forums, and helpline support	Carers, family, and friends	Online, phone	
Overcoming MS	Events, webinars, and courses	Carers, family, and friends	Online	
MS-UK	Helpline, peer support, and information resources	Carers, family, and friends	Online, phone	
Carers Manchester	Directory of Greater Manchester services for carers	Carers, family, and friends	Online	

LOCAL & REGIONAL SUPPORT

Charity	Type of Support	What's Available Locally	Who's it For	Format	Link
MS Society	Local support groups	Volunteer led groups across Greater Manchester Coverage and services available vary depending on each group	People with MS, carers, family, friends	Face to face, telephone and online	 Bury & North West Manchester  Stockport & South East Manchester  Oldham & District  Rochdale & District  Greater Manchester South West
Overcoming MS	Peer support networks	Overcoming MS Circles (some meet locally)	People with MS	Face to face and online	
MS Therapy Centre (NW)	Therapy and wellbeing centre	Therapies, exercise, and wellbeing support	People with MS and others with long term conditions	Face to face	
MS Together	Regional peer groups	Volunteer led groups with local meet ups	People with MS aged 18–35	Face to face and online	



Charity profiles

This section provides a short overview of each charity included in this toolkit, along with key contact details.

For information about specific services, click on the icon to go to the list of services.

MS SOCIETY

What they do

A national charity supporting anyone affected by MS through information, support services, and local groups. They also fund MS research and work to influence policy to improve life for people with MS.

Who they support

- People with MS
- Carers, family, and friends

Geographic coverage

- UK wide

Contact

Telephone:  MS Help 0808 800 8000
Email:  helphub@mssociety.org.uk
Website:  www.mssociety.org.uk

OVERCOMING MS

What they do

A charity focused on helping people with MS make lifestyle changes to live well with the condition, using an evidence informed self management approach.

Who they support

- People with MS
- Carers, family, and friends

Geographic coverage

- Nationwide

Contact

Telephone:  01844 318778
Email:  contact@overcomingms.org
Website:  www.overcomingms.org

MS THERAPY CENTRE (NW)

What they do

A regional charity providing therapies, wellbeing services, and community based support for people with MS and other long term conditions.

Who they support

- People with MS
- People with other neurological or long term conditions

Geographic coverage

- North West England

Contact

Telephone:  0161 872 9444
Email:  info@mstherapynw.org
Website:  www.mstherapynw.org



MS TOGETHER

What they do

A charity supporting young adults with MS through peer connection, emotional support, and community based services.

Who they support

- People with MS aged 18–35

Geographic coverage

- Nationwide

Contact

Telephone:  07944 289 061

Email:  hello@mstogether.org

Website:  www.mstogether.org

MS-UK

What they do

A national charity providing information, education, and emotional support to help people affected by MS make informed choices about living with the condition.

Who they support

- People with MS
- Carers, family, and friends

Geographic coverage

- Nationwide

Contact

Telephone:  0800 783 0517

Email:  info@ms-uk.org

Website:  www.ms-uk.org

SHIFT.MS

What they do

A global charity providing support for people with MS through an online community and social network.

Who they support

- People with MS

Geographic coverage

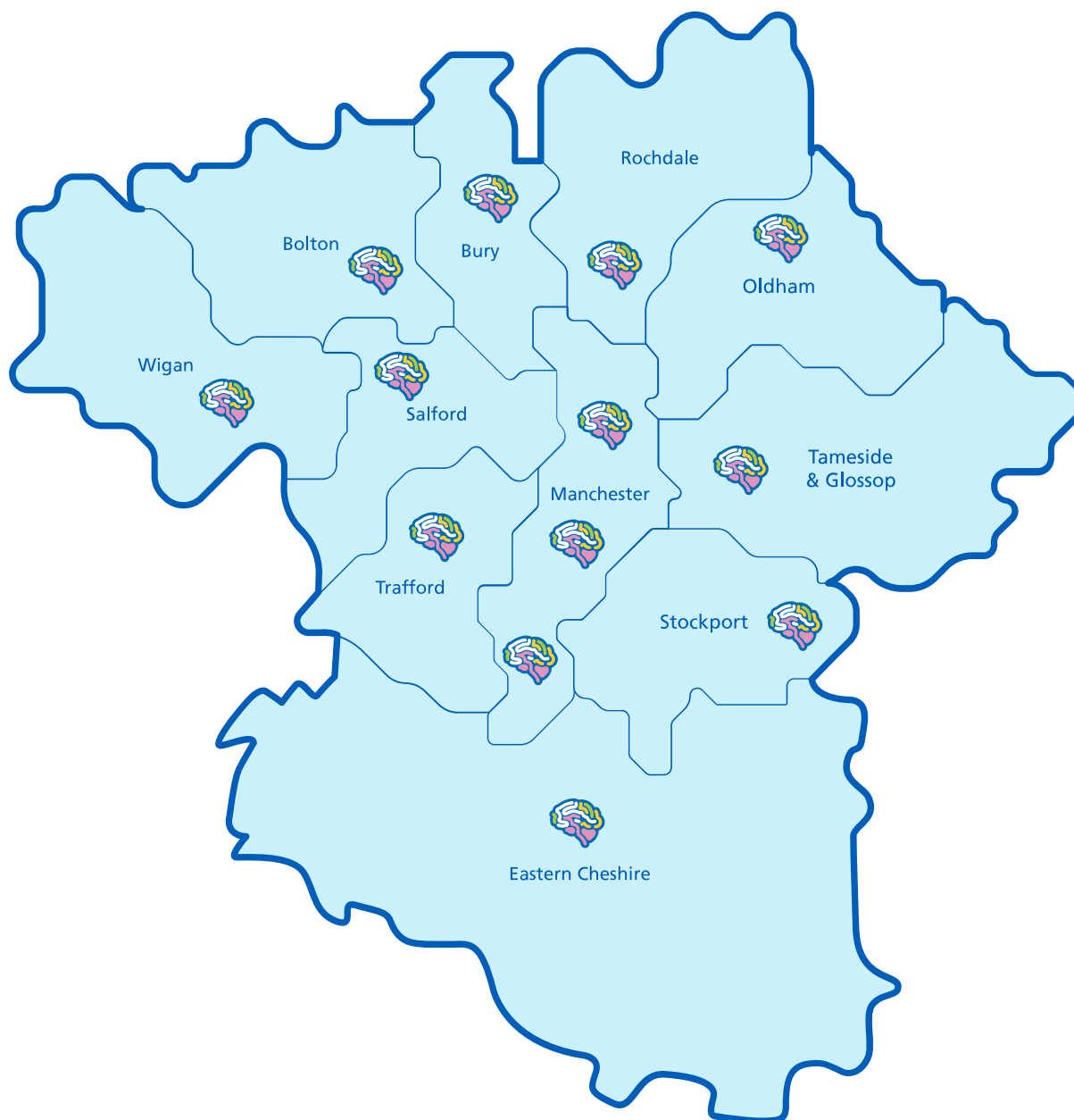
- Nationwide

Contact

Email:  hello@shift.ms

Website:  www.Shift.ms





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