



The Moray MS Community

The Moray MS Community offers information and support to all those affected by multiple sclerosis in the Moray area.

MS is a chronic neurological condition affecting around 100,000 people in the UK, with many hundreds living in Moray.

Living with MS can be hard, but there is much that can be done to live well.

The Moray MS Community supports practical action:

- A Library of over 100 titles, specialising in all aspects of MS.
- A Support Group that meets in Elgin every month.
- A website with masses of free information and guidance.
- A Facebook group where members can share information, ideas and experiences.
- A relationship with the Moray CAB offering help with welfare benefits and form-filling.

Experience shows that some things help to live well with MS:

- Exercise and physiotherapy
- Stress Management and Mindfulness
- Some complimentary therapies
- Good diet
- Friendship and mutual support

The Moray MS Community works hard to improve provision of all these things and support from the wider community is appreciated.

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The Moray MS Community Website: <http://www.msmoray.net>