



Have you completed My MS My Needs?



My MS My Needs is one of the largest surveys of people affected by MS in the UK. It asks people with MS about their experiences, needs and priorities.

- ▶ **Complete the survey online** at www.ukmsregister.org/landing/mymysmyneeds (or just scan the QR code above using the camera on your phone) and join the UK MS register.
- ▶ **Request a paper copy** by emailing mssociety@pureprint.com or by phone to **0300 500 8084**
- ▶ The survey is also available in Welsh, large print, and Easy Read. And if you would prefer to complete the survey over the phone, you can call us on **0300 500 8084**.
- ▶ The survey will be open from 1 March to the 31 May 2019

Contact us: MS society supporter care, 0300 500 8084, supportercare@mssociety.org.uk

MS Helpline Freephone 0808 800 8000 (weekdays 9am-9pm)
helpline@mssociety.org.uk





MS Family & Friends



Family and friends play a vitally important role helping people with MS to live well.

The MS Society wants to provide the information and services that will help you most and to focus our campaigns on what matters to you.

That's why we want to hear about your experience supporting someone with MS.

- ▶ If you live in the UK and support a family member, partner, or friend with MS, please go online to complete our **MS family & friends survey** at tinyurl.com/ms-family-friends or simply scan the QR code using the camera on your phone.
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