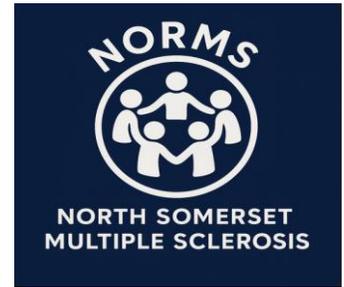


NORTH SOMERSET MULTIPLE SCLEROSIS NEWS



WINTER 2025 – ISSUE 1

WELCOME

Welcome to our very first newsletter which we hope to publish quarterly.

It's our aim to keep you updated with the latest news and research on Multiple Sclerosis since we believe that information is power.

Most of all, this newsletter is about you and our MS community here in North Somerset, so if you have any stories, fundraising, interesting stories or tips and tricks, then we want to hear from you!



LET'S GET STARTED!

NORMS has just launched! We wanted to create a community for those of us living with Multiple Sclerosis. Let's face it, living with MS is no bed of roses and dealing with it on your own can make things even harder.

Friends, family and those who care for us are great, but sometimes we just need to reach out to someone who 'gets it'.

What are we doing?

At the moment we are a *very* small group, but we reckon there's approximately 400 people in North Somerset living with MS.

We'd like to organize accessible, MS friendly, exercise classes for all abilities, maybe some Tai Chi or QiGong or possibly some mindfulness sessions or chair yoga.

How about some easy walks or 'roll outs' for those with limited mobility and using a scooter or wheelchair?

Maybe just a sociable get together for a coffee (or something stronger!) somewhere in the district?

Since it's still early days, we are led by you. What do you want?

Q: Is everyone welcome?

A: Yes, very much so! We are all about inclusivity, whether you have MS or a friend, family member or carer.

Q: How do I get involved?

A: Head on over to our website at - or drop us an email at We'd love to hear from you, wherever you are on your MS journey, whatever your ability.

200,00 people live in North Somerset. With MS estimated to be 190 cases per 100,000 of the population, that's almost 400 of us!



SOME TRULY SHOCKING STATISTICS!

In a report by MS-UK in 2019, it was estimated that nearly 71% of people living with Multiple Sclerosis experience loneliness and isolation. The report highlighted the barriers people affected by MS in the UK face when they are trying to connect, reach out for help and maintain their independence. It is a story about how 'depression keeps people away' and how 'there is nothing in my area'.

As people with Multiple Sclerosis ourselves, we 'get it' and believe this has to change. That's why we created NORMS.

LET IT FLOW

Life with MS can be a challenge, both physically, mentally and emotionally, but here at NORMS we are about positivity and what you can do, not what you can't. We want to be part of creating a community in North Somerset with the aim of bringing people together, to increase a feeling of wellbeing and for people with MS to lead socially inclusive, happier and more fulfilling lives.
