



The Multiple Sclerosis Society takes steps in the right direction

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The Multiple Sclerosis (MS) Society completed its 2022 MS Walk series on Saturday in London to raise awareness and increase funding for life-changing MS research.

MS Walk London was the last of the MS Walk 2022 series following ones in; Bristol, Manchester, Cardiff, and Glasgow, the MS walk will return in May 2023 in the same locations.

Joe Murray the Owned Events Lead at the MS Society said: "Each event has an amazing feel-good atmosphere, with an energetic warm-up, face painting and a fantastic DJ to keep everyone going.

"The MS Walk is always the highlight of my year. It's a fantastic reminder of strength, commitment and togetherness of our community."

London's 2022 MS walk started at 10am October 22 with four fully accessible routes: 1km, 5km, 10km, and 20km, all of which started and finished at Victoria Embankment Gardens.

This year 550 people participated in the MS London Walk and the current London fundraising total is £100,000 with the total across the UK £195,000.

The walk aims to raise money to fund life-changing MS research and to fight for better treatment and care for the community.

It also raises awareness and provides better opportunities for people affected by MS to come together through a fun activity.

Battersea Park London held the first ever MS walk back in 2013 and since has raised over £1million in support of the MS community and each year many people with MS take part.

Thousands of people are involved in the walk and it aims to be an accessible and inclusive celebration of the MS community with a collective agreement of stopping MS.

Zack Jewkes who took part in MS Walk London 2021 said: "The MS Walk was great as it brought together both people who were affected physically by MS and family and friends who all had the same idea of raising money and awareness for the condition."

The different distances on offer provide an opportunity for everyone. Click [here](#) for more information.



Image Credit: Joe Lester, Press and PR Officer, MS Society

MS is a neurological condition affecting the bodies nerves when the protective nerve coating known as myelin is mistaken for a foreign body and is attacked.

Nerve damage disrupts the messages along nerve fibres by slowing them down, distorting them or preventing messages between the brain and body all together.

One in 500 people live with MS in the UK, with 7,000 diagnosed annually and the disease is caused by a mixture of genetic and environmental factors.

Symptoms can include: vision problems, numbness, tingling feelings, fatigue, and pain – with that they can be mild or severe and develop and change over time.

According to the society, carers can make a world of difference for those living with MS, with nine out of ten people saying friends help them manage the condition, however social care is greatly underfunded and doesn't receive enough support from the government.



Image Credit: Joe Lester, Press and PR Officer, MS Society

The unpredictability and variety of MS makes it hard for others to comprehend the condition, therefore talking it helps inform loved ones on how they can support a person with MS.

The MS Society hosts a range of fundraising events across the UK in addition to the walks including 'Game Over for MS' as well as thousands of people running, skydiving, and cycling each year all for MS.

This December the society will host their fifth 'Carols by Candlelight' service to raise money for their Stop MS Appeal which aims to raise £100 million for MS by 2025.

For more information visit the MS Societies website [here](#).

The MS Helpline is free and confidential – 0808 800 8000.

Featured Image Credit: Joe Lester, MS Society