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Managing your relapses November 2019

Understanding progressive MS August 2021

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Diet and nutrition March 2021

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Work and MS – an employee’s guide January 2019

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Claiming Personal Independence Payment (PIP) September 2016(a)

The Work Capability Assessment

 – for ESA and Universal Credit January 2020

For family and friends

– when someone close to you has MS October 2023

Supporting someone with MS

– a guide for family and carers October 2023

Advanced MS: a carers handbook October 2023

MS and your bowels February 2020

MS and your bladder June 2019

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