

Join an MS Help event

We're holding events across the UK to introduce MS Help: a simpler way to find support, information and local services from the MS Society.

Many of these are part of our wider community events. You can come along to meet others, hear what's new, and find out what MS Help means for you.

If you can't attend in person, or there isn't an event near you, you can join one of our online sessions instead.

Scotland

Newly Diagnosed with MS: Next Steps, Together 1 June 2026, 4.30-7.30pm Riverside Lodge Hotel, Irvine, Ayrshire, Scotland Book your place	Family and friends of the MS Community Afternoon Tea 6 June 2026, 1-4pm Callendar House, Falkirk, Scotland Book your place
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England

Devon MS Community Event: Plymouth 4 June 2026, 1-4pm Manadon Sports and Community Hub, Plymouth, England Book your place	West Sussex MS Community Event: Connect, Chat and Hear About MS Help 5 June 2026, 10am-12pm The Charis Centre, Crawley, England Book your place
Cheshire South East Cheshire Information Event 11 June 2026, 2-4.30pm The Moonflake Stadium, Crewe, England Book your place	Cheshire South East Cheshire Information Event 11 June, 6.30-8.30pm The Mornflake Stadium, Crewe, England Book your place
West Midlands MS Help Launch Event West Midlands 15 June 2026, 1.30-4pm Crowne Plaza Hotel, Solihull, England Book your place	Greater London Date TBC

<p>Essex</p> <p>MS Community Event: Connect, chat and hear about MS Help 16 June 2026, 6.30-9pm White Hart Hotel, Braintree, England Book your place</p>	<p>Kent</p> <p>Live Well With MS: Connect, Chat & Hear About MS Help 19 June 2026, 10am-12.30pm Royal Engineers Museum, Gillingham, England Book your place</p>
<p>North Yorkshire</p> <p>MS Community Event: Connect, chat & hear about MS Help 20 June 2026, 1.30am-1.30pm York College, Bishopthorpe, England Book your place</p>	<p>Bristol</p> <p>MS Community Event: Bristol 23 June 2026, 10am-12.30pm Vassell Centre, Bristol, England Book your place</p>
<p>Cumbria</p> <p>Living Well with MS Information Event - Kendal 27 June 2026, 10am-4pm Kendal Rugby Club, Kendal, England Book your place</p>	<p>Devon</p> <p>MS Community Event: Exeter 30 June 2026, 10.30am-1pm Wonford Centre, Exeter Book your place</p>
<p>Lincolnshire</p> <p>Lincoln Research and MS Help Launch Event 3 July 2026, 1-4.30pm The Showroom, Lincoln, England Book your place</p>	<p>County Durham</p> <p>MS community event: Connect, chat and hear about MS Help 4 July 2026, 1.30-4.30pm The Graham Sports Centre, Durham Book your place here</p>

Wales

<p>South Wales</p> <p>Newly Diagnosed Event – Cardiff 12 June 2026, 9am-3pm Llanrumney Hall Community Trust, Llanrumney, Wales Book your place</p>

Online

MS community online event: Hear about MS Help

2 July 2026, 1-1.45pm

[Book your place](#)

MS community online event: Hear about MS Help

2 July 2026, 6-6.45pm

[Book your place](#)