



Living Well
North Tyneside
Supporting Health and Wellbeing

Raising awareness and supporting those affected by MS

What is MS Awareness Week?

Multiple Sclerosis Awareness Week is a dedicated time to raise awareness about multiple sclerosis (MS), support people living with the condition, and fundraise for vital research and services. Each year, communities, organisations, and individuals come together to highlight the challenges faced by those living with MS and to encourage better understanding of this neurological condition.

In 2025, MS Awareness Week will see the return of the "**Be Bold in Blue**" campaign — a fun and engaging way to get involved.

About Multiple Sclerosis

MS is a condition that affects the brain and spinal cord, causing a wide range of symptoms including fatigue, difficulty walking, vision problems, and issues with balance and coordination. Symptoms vary from person to person, and MS is often unpredictable. While there is currently no cure, treatments can help manage symptoms and slow progression.

The History of MS Awareness Week

MS Awareness Week is observed annually in the UK, organised by charities such as MS Society and MS Trust. Over the years, it has grown into a powerful national movement, not just to raise money for research but to give a voice to people living with MS, encourage inclusivity, and reduce stigma.

How to Celebrate and Show Support

1. Be Bold in Blue

Wear blue clothes, paint your nails blue, or decorate your workplace or school with blue balloons and posters.

2. Fundraise

Host a cake sale, arrange a sponsored walk, run, or cycle, or create your own fundraising challenge. Every pound raised helps to fund research and support services.

3. Learn and Share

Take the time to read personal stories from those living with MS and share their experiences on social media using hashtags like #MSAwarenessWeek and #BeBoldInBlue.

4. Join an Event

Attend online talks, workshops, or local events hosted by MS charities and healthcare organisations.

5. Advocate for Awareness

Talk to your workplace or school about promoting MS Awareness Week and encouraging inclusive practices for people with chronic conditions.

How to Get Involved in North Tyneside

North Tyneside MS Society Group — Local support, fundraising events, and activities for those living with MS and their families.

Northumbria Healthcare MS Services — Specialist clinics and support for MS patients

Related Links

- [MS Society UK](#)
- [MS Trust](#)
- [Shift.MS - Download the Shift.ms app to connect and manage multiple sclerosis, from diagnosis.](#)
- [NHS information about multiple sclerosis](#)
- [North Tyneside MS Society Group](#)
- [Northumbria Healthcare MS Services](#)

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