

Patient information factsheet

Wessex multiple sclerosis service

Your consultant:

Your MS nurse (please circle as appropriate):

Team	Contact number	Email
UHS (Wider Southampton, Eastleigh, Winchester, Lymington and New Forest)	023 8120 6864	uhs.mssupport@nhs.net
Southampton City SO14 to SO19	0300 123 5007	sarah.gibbs12@nhs.net
Portsmouth City	0300 123 5009	sharon.mcloughlin@nhs.net
SE Hants Team	023 9268 1067	Shft.MSTeam@nhs.net
Basingstoke	01256 376471	mtopping@nhs.net
Salisbury	01722 746776	lynda.parker1@nhs.net
Isle of Wight	01983 552094	elaine.morey@nhs.net or maxine.ormiston@nhs.net
West Sussex and the wider area	01273 26 5969	katrina.orchard@nhs.net
Horsham, Crawley and Chancetonbury area	01403 620446	sc-tr.msnursehorsham@nhs.net

Useful resources

Information

MS Trust www.mstrust.org.uk/

MS Society www.mssociety.org.uk/

Support

Shift MS shift.ms/

MSUK counselling www.ms-uk.org/counselling

Monitoring your own health

Keep a symptom diary

SymTrac free app www.novartis.co.uk/symtractm

Brain Health www.msbrainhealth.org/

Please remember to inform the DVLA of your diagnosis:

www.gov.uk/multiple-sclerosis-and-driving

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My medical record

My medical record is your personal online health record, offering a range of tools to support you in managing your healthcare.

Ask your team at your next visit or see **www.mymedicalrecord.uhs.nhs.uk** to find out more.

If you need a translation of this document, an interpreter or a version in large print, Braille or on audio tape, please telephone 023 8120 4688 for help.