

Support from someone who knows what it's like

WELLINGTON MS PEER SUPPORT PROGRAMME

Talking to someone who knows exactly what you're going through can make such a difference when you're living with MS – our Peer Support programme is designed to help make life easier.

Why have a peer support programme for people with MS?

Many people with MS tell our Community Advisors that they'd like to talk to someone else with MS about their experience in particular subjects. This is called 'Peer Support'.

Why is this important?

Nothing beats first-hand experience from a trusted and reputable source. People with MS benefit by hearing about the experiences of others, and in sharing and connecting with people with similar needs and challenges. This support can help people make vital decisions about their health and management of their MS, alongside guidance from Community Advisors.

What sort of topics do people with MS want to discuss with others?

Topics do vary but some common themes include:

- Being newly diagnosed
- MS disease modifying treatments
- Stem cell therapy (HSCT)
- Pregnancy and MS
- Being active with MS
- Holistic management

How does Peer Support work?

Just contact your MS Community Advisor and let them know you are interested in receiving Peer Support, and the topic/s that you would like to discuss. Your Community Advisor will then put you in touch with a person who has the relevant experience and you can have a chat with them when it suit both parties.

Is it confidential?

Absolutely! Our Peer Supporters are friendly, discrete and empathetic. Your information will not be shared with other parties, and we ask that the same applies for our Peer Supporters' details.

What training have the Peer Supporters had?

Our Peer Supporters have been selected because of their empathy, experience and skills and have participated in Peer Support training. They have access to tools and to the support of a Peer Support Mentor.

How do I start?

Simply by contacting your Community Advisor. As well as putting you in touch with a Peer Supporter, your Community Advisor will give you some simple guidelines and tools so you get the best out of your contact.

Do I give feedback on my experience of using the Peer Support Programme?

Yes please! Feel free to give us feedback at any stage and we will send you a brief questionnaire after you have some Peer Support. Feedback is important so we can adjust and adapt as necessary.

What if it's not for me?

If it's not for you or the connection with your Peer Supporter is not working, you can discuss any issues with your Community Advisor.