



We invite you to join us at our monthly coffee afternoons at Les Cotils.

2.00 –4.00pm

Why not pop in and join us? Everyone is welcome, those who have MS and those who help you . You have an opportunity to meet us the health care professionals working in MS and together we hopefully can improve the service we can offer you.. It's very informal, tea ,coffee and cake provided!

More details contact Debbie

MS Specialist Nurse. 07781 133082

Susi Ms Physio 07781 132315

October 25th. Beating Winter Blues

Novemebr 22nd.Hopefully a dietician/nutritionist

20th December Festive Fun

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