

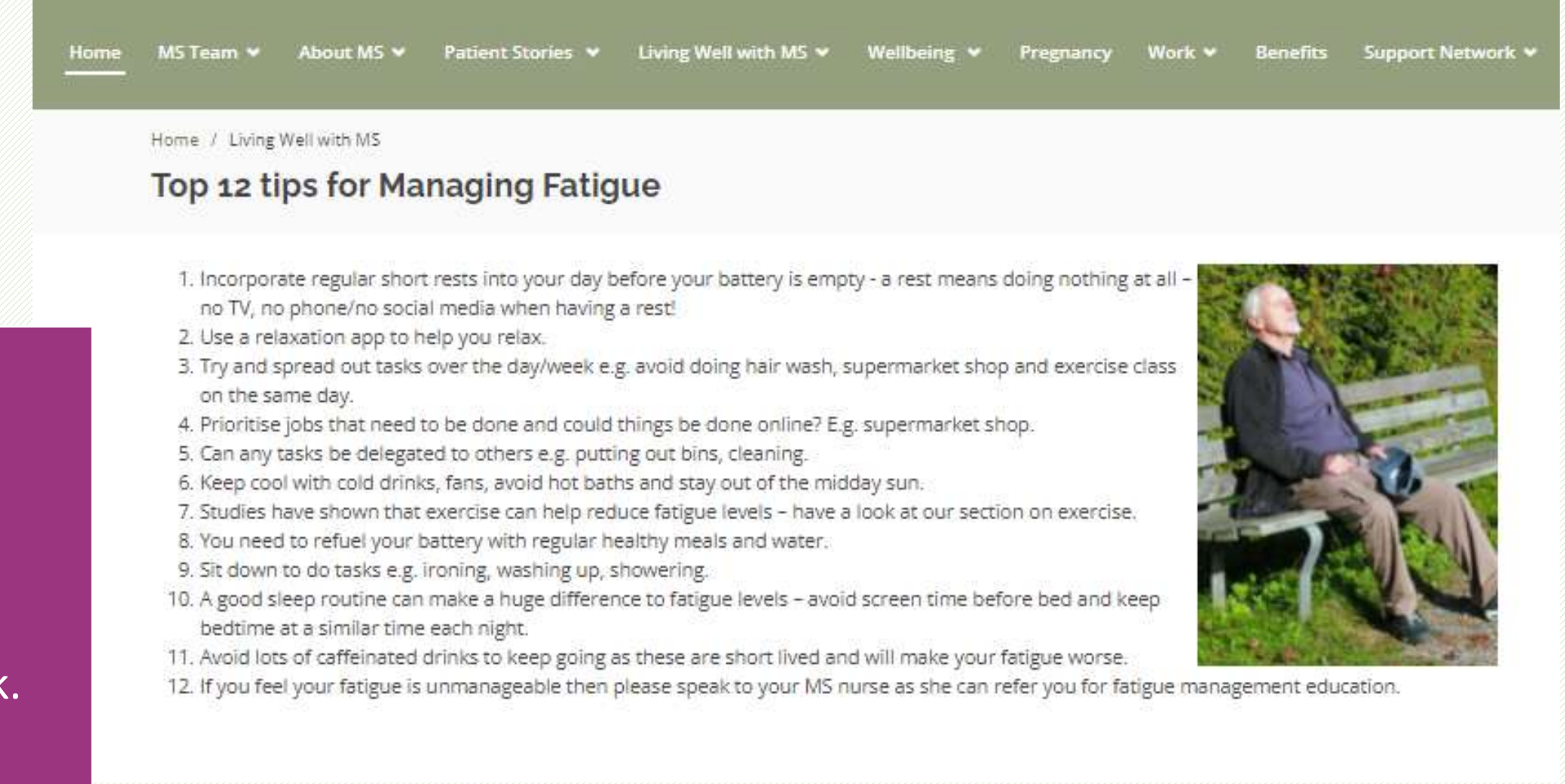
## Background

2020: Del Thomas won an International Nightingale Award to develop a "Local" wellbeing hub. At this time pwMS were seeking information online as many MS services had been reduced or redeployed. Much of the information they found was national and generic, there was very little about local MS support.



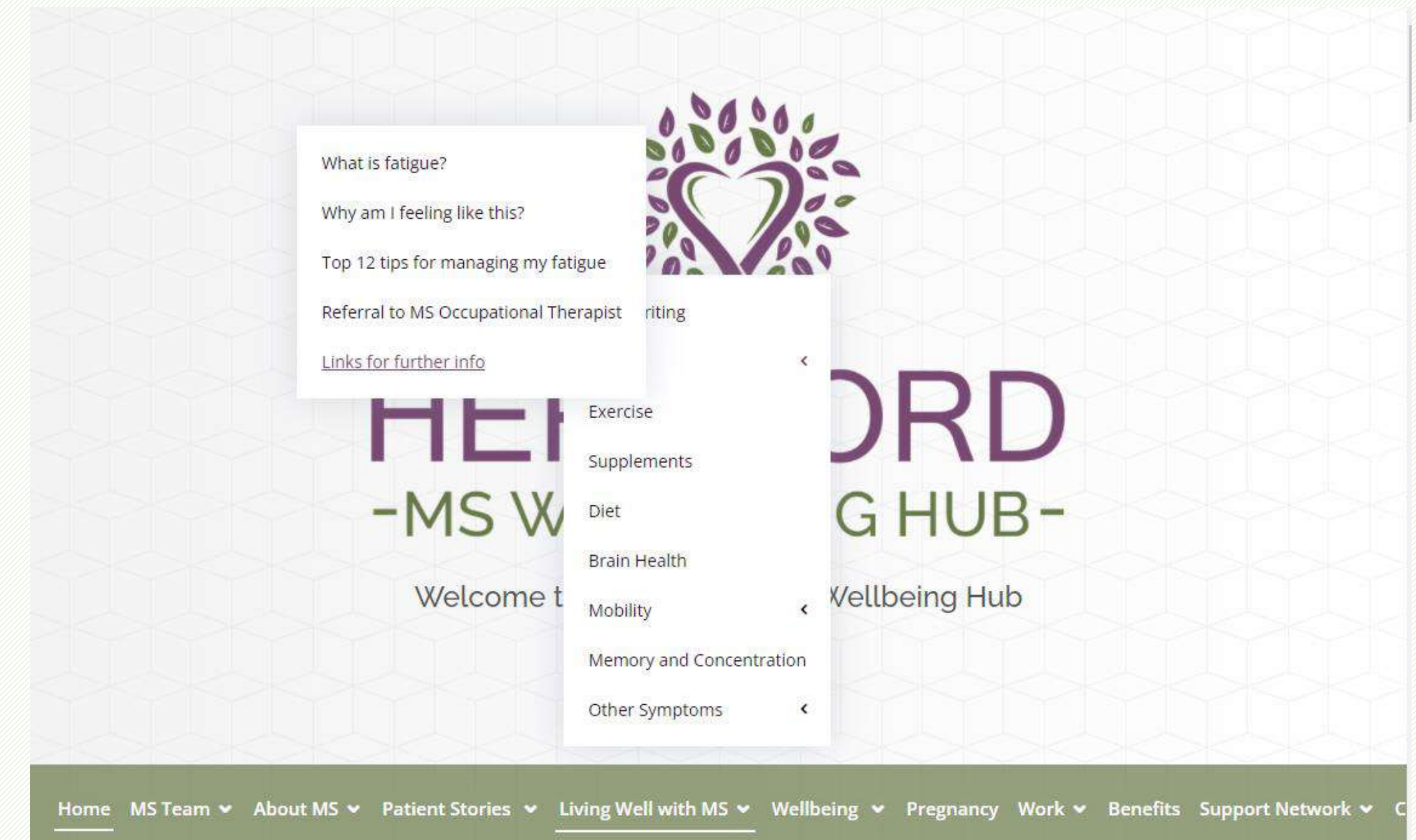
## Development of the Hub:

Core working group identified: MS Team, AHPs and PWMS.  
 Web designer engaged (Metatec).  
 Logo crowd sourced via 3<sup>rd</sup> party designers/design students, 14 designs submitted, following a brief from the Core Working Group.  
 Core working group developed the headings and subheadings framework.  
 Monthly meetings were planned.  
 Each core group member had a responsibility for developing an area of the website.  
 PWMS felt that there was a need for an increased patient voice within the site, they valued reading real life stories, therefore this was included into the framework.  
 Deadlines and chasing for the content was a huge task, which was undertaken by the core group lead.



## Hereford MS Services

<b>Support Network</b> Find out what local support there is on offer. From exercise classes, financial grants, where to hire equipment, carers support to just a cup of tea and a chat.	<b>Wellbeing</b> Looking after ourselves isn't always a priority, but it needs to be. Explore ways that maybe suitable for you, it could be relaxation or meditation. Please see a list of how to access this support or how to do it yourself.	<b>Work</b> Ever wondered: Do I tell my employer about my diagnosis? How can I go part time? Why am I being referred to my Occupational Health department? We offer information, guidance and support on working with your employers.
<b>Pregnancy</b> Pregnant and have MS? We share information about Hereford's maternity services and advice specifically regarding the MS. We answer questions such as: What medication can I continue on? How can I manage my fatigue? What to expect after birth?	<b>Living Well with MS</b> This is an overview of how to manage a variety of symptoms, and how to adapt your lifestyle to live well. There is much information in both written and in video format from your local team, which include advice from a Dietician and Speech & Language Therapist.	<b>Exercise</b> Listen and watch videos from your local Neuro Physios, on how to incorporate exercise into daily life, specifically in the work environment.



# HEREFORD -MS WELLBEING HUB-

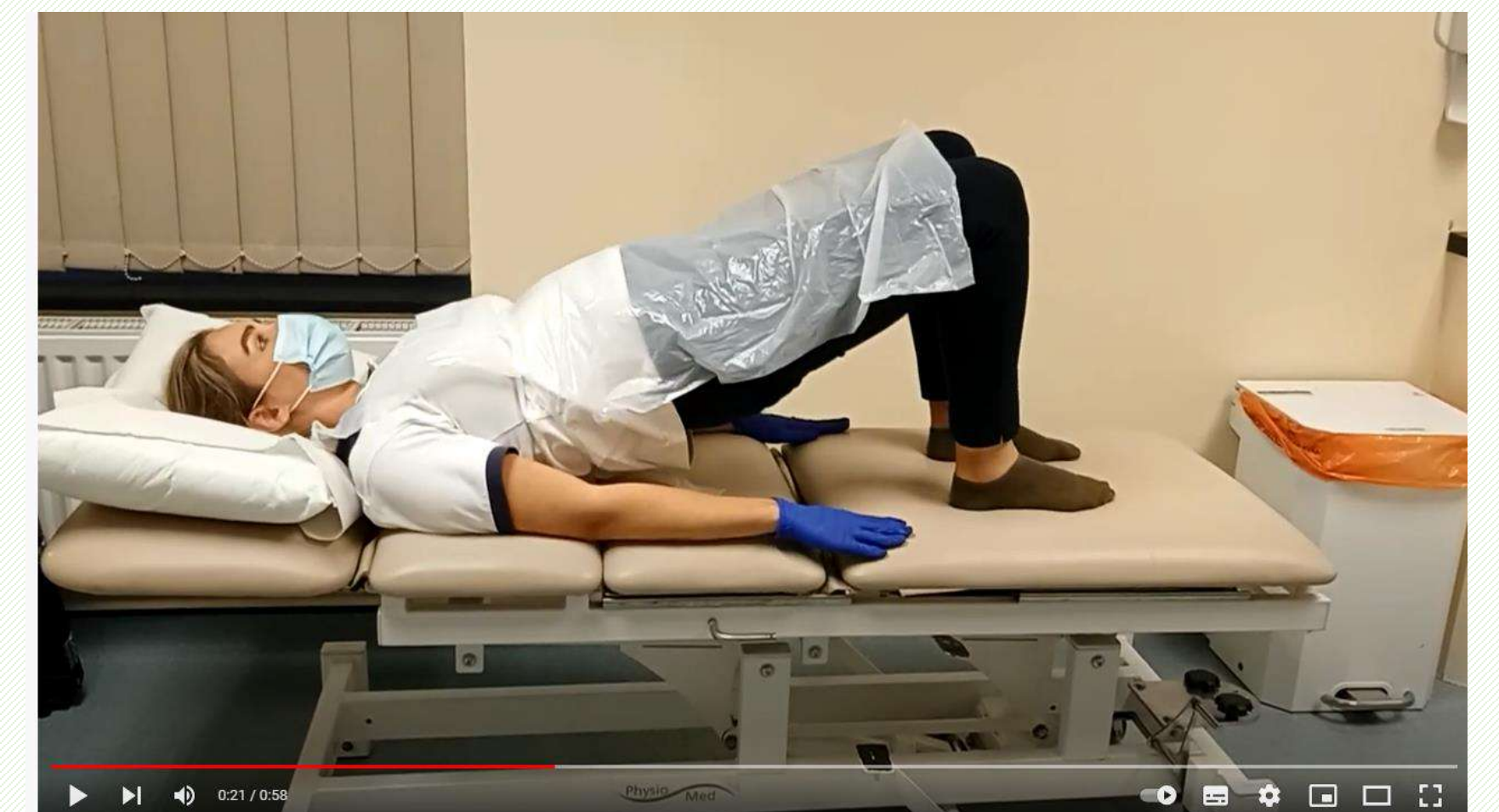
Del Thomas Lead MS CNS, Elaine Evans MS CNS, Claire Jones MS OT

## Wellbeing Internet Hub Costing

- Received: \$5000/£3812
- Spent:
  - £2650 for Web design
  - £200 for 3<sup>rd</sup> party crown sourcing the logo
  - £200 to register the domain name
  - Annual fee of £740 for ongoing hosting

## Content of the website:

- MS Team
- About MS
- Patient Stories
- Living Well with MS
- Wellbeing
- Pregnancy
- Work
- Benefits
- Support Network
- Covid



## End Game:

Once the content was built then the domain name was identified and bought, this needed to have words in that were throughout the website, this allows for the website to be searchable with terms such as: MS, Hereford, Support, Wellbeing, Local.  
 The website went live 25<sup>th</sup> March 2022.

## Future:

Fundraising for the site maintenance.  
 Continued input from the Core Working Group.

