



**OVERCOMING**  
MULTIPLE  
SCLEROSIS

# FINDING HOPE WITH OMS - 10th Anniversary Edition

Webinar series

## Kickstart 2022 with OMS

Wednesday 26th January at 7pm GMT

Hosted by



*Grazina Berry*  
OMS CEO

Plus special guest  
Sam Josephs



*OMS Facilitator and  
Nutritional Therapist*

# What we'll cover

- Welcome and introductions
- What shaped our plans
- What you said – Community Engagement Survey 2021
- What we're doing - our top priorities
- Kickstart your 2022 with the OMS program – top tips
- Q&A

# What shaped our 2022 plans

- Our vision and values
- Our work in 2021:
  - 😊 what we achieved
  - 😐 what didn't go so well
  - 😬 what we learnt
- Your feedback – our first community engagement survey
- The context for our work – the pandemic, resources available

# 2021 highlights

- We expanded our reach and are now informing, supporting and empowering nearly 25,000 people with MS!
- Our new webinars were attended by nearly 1,000 people from 36 countries, 94% rated it very highly
- We now have 94 Circles and 100 Ambassadors
- Living Well with MS podcast is in top 20% of all podcasts
- Our governance is strong – welcoming new Trustees and Chair!
- Promising engagement with healthcare professionals

# 2021 highlights



*“Strangely I only found OMS a few months ago, but what a fantastic change you have been to me. It's been like a light going on.*

*No more negativity, no more downward spiral. I now feel so much more positive about the future, and somewhat in charge of my own direction”*

# What we learnt

- Our Circles Online platform must become more accessible and user friendly
- We need to better resource community engagement and support
- Our information resources need to become more tailored to our diverse community and be more accessible
- We need to raise our profile with the healthcare and research community

# Your views matter!



# The voice of our community



- 80% of respondents are female, 20% male, 58% - aged between 45-64yrs
- 62% are living with Relapsing Remitting MS and over 30% with Progressive MS
- 29% of people diagnosed in the last 4 years
- Fatigue is the most common symptom reported, followed by loss of balance and mobility issues
- Key audiences under-represented in our current activities - i.e. people aged 55+, people new to the program, and family and friends



# The voice of our community

**78% are highly likely to recommend the OMS program to others**

- Finding time for meditation is the biggest challenge overall in following the OMS program
- 20% found the OMS diet a challenge because it's hard to fit with family choices, a lack of motivation and knowledge

# The voice of our community



- 56% of people rated the support by OMS as 3 or below
- People would welcome more face to face interactions
- 76% of people had contact with their Neurologist in the past 12 months
- 55% did not discuss healthy lifestyle with their clinician and only 8% had heard of OMS through their healthcare professional

# Our top priorities in 2022

## 1. INFORM

Updated/ expanded information resources

## 2. SUPPORT

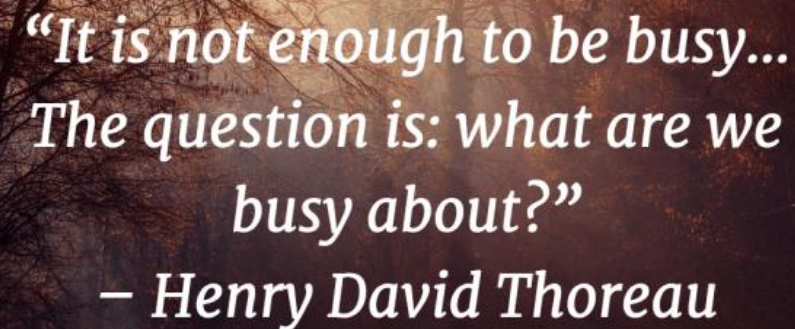
Grow community support and inclusion

## 3. EMPOWER

Shape advocacy, including work with Healthcare Professionals

## 4. COLLABORATE

Develop and test a new type of event that combines digital and face to face support



*“It is not enough to be busy...  
The question is: what are we  
busy about?”  
– Henry David Thoreau*

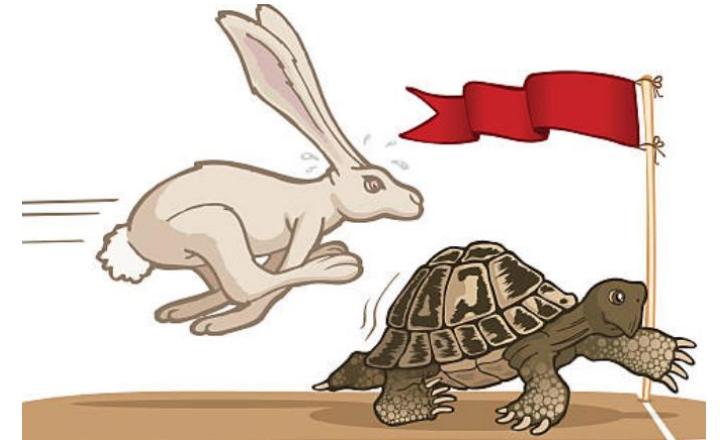
# Our top priorities in 2022



# Top Tips to kickstart 2022 with OMS

- **Slowly, slowly wins the race**

- ✓ start small and aim to build on new habits
- ✓ if you fail, scale it back and start again



- **Be specific**

- ✓ clearly identify where you struggle and where you want to see change
- ✓ nail it down to specifics
- ✓ set goals that are realistic, helpful and motivating by doing something you actually enjoy



# Top Tips to kickstart 2022 with OMS

- **Plan the week**
  - ✓ diarise cooking, exercise, meditation slots
  - ✓ identify busy times, anticipate weak spots, be flexible
  - ✓ make it visible – on the fridge / family pinboard
- **Don't do it alone**
  - ✓ inform your family / flatmates / colleagues
  - ✓ Join an OMS Circle & connect to a local Ambassador, Circles Online, WhatsApp groups, Facebook, Instagram recipe shares, buddy system (gym), podcasts, webinars, blogs



**Stay Positive, Be Kind to Yourself -  
focus on future benefits & BELIEVE!**



Our survey said: >20% OMSers struggle with the 'diet' element of the program

Diet = "daily intake of food" *BUT also* "abstinence from food"

What if we swap the word 'diet' for '**nourishment**' ??



# Some Easy Nourishing Hacks

- **Switching:**
  - ✓ 'white' to brown
  - ✓ oils – EVOO; flax on pasta / toast / salad dressings
  - ✓ land for sea
- **Adding:**
  - ✓ extra portion of colourful, varied veggies
  - ✓ a can of chickpeas into rice or lentils onto salad
  - ✓ flaked almonds, walnuts or chia onto porridge
- **Reducing:**
  - ✓ frequency of family meat-based meals – Meat-Free Monday
  - ✓ portion sizes of meat / chicken – curry vs whole steak
  - ✓ batch making sauces/marinades/soups rather than buying





# For the fussy ones – a white lie!

## When all else fails – trick them!

- Switch poultry to white fish
- Switch mince to minced soy/Quorn
- Plant based milks & yoghurts
- Tell them the supermarket sold out!

Wonder with them, and enthuse over the alternatives!



**LET'S TALK!**