**The MS Service at Kingston Hospital:**

**MS Specialist Nurse: Lee-Anne Dippenaar**

**MS Consultant Neurologist: Dr Lara Sanvito**

The MS Specialist Nurse provides a specialist nursing service people with a confirmed diagnosis of MS who lives within the London Borough of Kingston.

**The MS Specialist Nurse provides:**

* Support, advice and information for patients who have recently been diagnosed with MS
* Initiation of disease modifying treatments and drug monitoring
* Ongoing support for patients with MS and their carers via telephone or direct contact
* Specialist nursing assessment and advice on the management of MS, working closely with therapy colleagues within the hospital or in community rehabilitation teams.
* Links between community and hospital services
* Case management for patients with complex needs
* Links to other services supporting people with MS, making referrals when required
* Education and training for health and social care professionals involved in MS.

**Getting in touch with the MS Nurse:**

* If you have been diagnosed with MS and live in the borough of Kingston, you can ask your GP, neurologist or any other healthcare professional to refer you by writing to the Specialist Nurse at Kingston hospital. Once you are known to the nurse you can contact her directly without going back through your GP.
* The MS Nurse will arrange an appointment to see you.
* Between appointments, you should get in touch with the MS Nurse if you are concerned about new symptoms you are experiencing; you think you may be having a relapse; you are finding it difficult to cope with any aspect of your MS; you need advice about medication; or you have a question about your MS.
* You should get in touch by calling 02089342774 or 07837694148. However, please remember that your call may not be returned the same day.
* **Please note this is not an emergency service. In an emergency please contact either your GP, NHS Direct, or call an ambulance.**

**Contact details:**

**Address:**

Multiple Sclerosis Nursing Service  
Kingston Hospital, Galsworthy road, KT2 7QB

**Direct Tel: 02089342774 or 07837694148**

**Secretary to MS Nurse Tessa Green: 02089343396**

**Email:**

**MS Specialist Nurse:** [**Lee-Anne.Dippenaar@kingstonhospital.nhs.uk**](mailto:Lee-Anne.Dippenaar@kingstonhospital.nhs.uk)

**MS Therapies Nurse:** [**Myra.Laugo@kingstonhospital.nhs.uk**](mailto:Myra.Laugo@kingstonhospital.nhs.uk)

**Secretary:** [**Tessa.Green@kingstonhospital.nhs.uk**](mailto:Tessa.Green@kingstonhospital.nhs.uk)

**Opening times:**

The service is available between **Mondays to Friday each week** from 9am-5pm

**Further Support:**

The MS Society Kingston branch

* Holds regular events for people with MS in Kingston
* Provides grants, transport, access to counselling and yoga.
* The branch has a support officer who can provide personal support and assistance to anyone with MS. Visit the branch website, send an e-mail to [info@msrichmondandkingston.org](mailto:info@msrichmondandkingston.org) or call 020 8542 1712.
* Runs a free, confidential helpline for anyone affected by MS, providing both information and emotional support. It is open Monday to Friday, 9am-9pm and available on 0808 800 8000 FREE or via email [helpline@mssociety.org.uk](mailto:helpline@mssociety.org.uk)

A wide range of useful information about MS can be found on the MS society website at <http://www.mssociety.org.uk/>, including information for the newly diagnosed, managing specific symptoms, exercise and MS, new drugs, applying for benefits, getting a Blue Badge and much more.

The MS Trust

The MS Trust works to make a difference today for people living with MS by providing free, reliable information and by supporting the health professionals who work with them.

Find out more about their services and how you can get involved at [http://www.mstrust.org.uk](http://www.mstrust.org.uk/)

MS Therapy Centers:

Charities that provide treatments, exercise classes and gym equipment for members through trained professionals like physiotherapists.

Guilford:

<http://www.samsoncentre.org.uk/>

Sutton & Croydon:

<http://surrey-ms.org/>

MS Atrium  
[msatrium.com](http://www.msonetoone.com/Home/Interstitial?url=https%3A%2F%2Fwww.msatrium.com%2F%23%2Fpatient-resources%2F)

MS Atrium is an educational site that presents emerging trends and innovative topics in multiple sclerosis. The site is supported by Genzyme, a Sanofi company.

MS World  
[MSWorld.org](http://www.msonetoone.com/Home/Interstitial?url=http%3A%2F%2Fwww.MSWorld.org)

Provides online support, chat, and message boards to more than 75,000 people worldwide living with MS. MS World, where "Wellness is a State of Mind®"!

Caregiver Action Network (CAN)  
[caregiveraction.org](http://www.msonetoone.com/Home/Interstitial?url=http%3A%2F%2Fwww.caregiveraction.org)

Educates, supports, and empowers those who care for a loved one with a chronic illness, disability, or the frailties of old age.

Multiple Sclerosis Foundation (MSF)  
[msfocus.org](http://www.msonetoone.com/Home/Interstitial?url=http%3A%2F%2Fwww.msfocus.org)

MSF offers a wide range of free services including: national toll-free support, homecare, support groups, assistive technology, and more.