Information NOW
Information for people in Newcastle upon Tyne

MS Society Newcastle and Gateshead

MS Society Newcastle and Gateshead group is a volunteer led group for local people living with the effects of Multiple Sclerosis (MS). They are part of the national MS society network. They run social events, exercise classes, trips as well as providing signposting and support.

regular activities include:

- Dance and movement class every Monday at Tesco Kingston Park
- MS Community Nights
- Social at the Glasshouse Every 2nd Saturday of the Month at The Glasshouse International Centre for Music
- online counselling service for people living with MS in Newcastle and Gateshead areas

They are open to new volunteers to support the group.

Last updated: October 27, 2025

Telephone: 07817 307893

Telephone note: leave a message and a volunteer will respond asap

Website: www.mssociety.org.uk

Helpline: 0808 800 8000

National, Monday to Friday 9am to 7pm
Email: newcastlegateshead@mssociety.org.uk

Website 2: https://www.mssociety.org.uk/support-and-community/near-me/newcastle-and-gateshead-group

Twitter: https://twitter.com/mssnewcastle

Facebook: https://www.facebook.com/NewcastleandGateshead/

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