



PONTIO PROJECT

▶ The Pontio Project provides emotional, befriending and one to one support to people living with and affected by Multiple Sclerosis (MS) in Wales.

▶ We offer information and support on employment rights & welfare benefits (incl. PIP/ESA claims); ways to manage your MS; accessing treatments, health & social care services.



Information



Befriending

Support

Contact

0808 800 8000

mymscymru@mssociety.org.uk

www.mssociety.org.uk/wales



ARIENNIR GAN Y LOTERI
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