

# Oceans of Hope coming to Edinburgh



Come visit us on Monday, August 19, from 10 am to 6 pm.

We are berthed next to the Royal Yacht Britannia in Leith Harbour.

from 3 pm to 6 pm we are hosting a reception for special invites.

SEE PROGRAMME ON THE BACK



Oceans of Hope sailed around the world with a crew of people living with MS. This was a life changing endeavor for all participants, changing the perceptions of what you are able to do, even though you are living with a disabling disease. Oceans of Hope emphasizes the empowering effect of belonging to a caring and strong community where we dare challenge ourselves - creating meaning in our lives and hope for the future.

Oceans of Hope keeps on sailing. This year visiting Scotland - hosting an event on the waterfront of Leith Harbour together with Anne Rowling Regenerative Neurological Clinic, MS Brain Health, European MS Platform (EMSP) and the local MS society.

## **OPEN BOAT FROM 10 AM TO 3 PM**

Meet some of the MS crew from the circumnavigation. Meet MS Brain Health, EMSP, Anne Rowling Clinic and the local MS society.



MS Brain Health

Time Matters



EUROPEAN  
MULTIPLE SCLEROSIS  
PLATFORM



Anne Rowling  
Regenerative Neurology Clinic

[www.oceansofhope.org](http://www.oceansofhope.org)



Oceansofhope

# Programme of the reception



What's new in the field of research in MS? What can be done to protect brain health for people with MS? How can we create the best possibilities for people with MS - and what can we all learn from that?

- 15.00 - 15.20: Welcoming by the City of Edinburgh, MS Society Scotland and Oceans of Hope
- 15.20 - 16.00: Mingling
- TALKS
- 16.00 - 16.20: Dr. David Hunt, Anne Rowling Clinic - Research in MS, 2019
- 16.25 - 16.45: Professor Gavin Giovannoni - MS Brain Health
- 16.50 - 17.10: Dr. Saúl Reyes - Social Capital and MS
- 17.15 - 17.35: Dr. Mikkel Anthonisen - Oceans of Hope Research Project 2019  
Supported by Trigon Foundation
- 17.35 - 18.00: Mingling



## About Oceans of Hope

Oceans of Hope and the Sailing Sclerosis Foundation was founded in 2013 by the Danish doctor and seaman Mikkel Anthonisen. From June 2014 to November 2015 Oceans of Hope circumnavigated the world with an active crew of people living with MS. The journey changed the perceptions of MS and what is possible even though you are living with a chronic and disabling condition.



## Questions about the event?

Please contact project manager Josh Hall, [josh.hall@oceansofhope.org](mailto:josh.hall@oceansofhope.org)



"When we meet despair, we must create possibilities and hope. Oceans of Hope is about finding our resources together and living our life, while we have it. And if we stand together, we can accomplish great things – even though we have been hit hard in life."

- Mikkel Anthonisen, Founder



"The ties linked between us, that are common on Oceans of Hope have a special healing and strong character like new nerve fibers that replace those damaged by MS. It is a very strong medicine."

- Marie Stjernholm  
- MS crew on sailing around the world

