

No. 182 May 2012



Teamspirit

For branch officers and national support group committee members

Welcome to the May edition of Teamspirit.

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Don't forget – the information in the first seven sections is for **everyone**, wherever you are in the UK.

Get in touch

We're always keen to hear your feedback, so if you have any comments, suggestions or ideas email teamspirit@mssociety.org.uk, phone 020 8438 0741 or write to Teamspirit, MS Society, 372 Edgware Road, London NW2 6ND.

If you're a newsletter editor, email teamspirit@mssociety.org.uk to receive a version of Teamspirit that you can copy and paste into your branch or regional newsletter.

Branch donations

Branch or group	Description	Earmarked	Research	General
Alton – Petersfield & District			£400.00	
Asian MS	Cambridge Myelin Repair 2011-2015	£1,000.00		
Ballymoney				£10,000
Barnsley & District	The effects of a practical exercise programme on physical activity and quality of life in people with MS (Grant no 888/08)	£1,500.00		
Brent	Cambridge Myelin Repair 2011-2015	£1,000.00		
Campbeltown & District	Edinburgh Centre for Translational Research Grant	£3,000.00		
Canterbury & District			£1,000.00	
Cheltenham & North Cotswold			£3,000.00	
Chepstow Support Group	MS Cymru	£250.00	£500.00	
Dereham & District	Cambridge Myelin Repair 2011-2015	£1,500.00	£1,500.00	
Dunoon & District			£1,500.00	
East Hertfordshire & West Essex	Cambridge Myelin Repair 2011-2015	£2,500.00		
Hambleton and Richmondshire	Stem Cell Research	£2,500.00		
Haringey	MS Nurses	£3,000.00		
Henley On Thames & District			£2,000.00	
Hull Beverley Borough & Holderness			£250.00	

continued overleaf

Branch donations

Branch or group	Description	Earmarked	Research	General
Isle of Man	Cambridge Myelin Repair 2011-2015	£25,000.00	£25,000.00	
Loughborough & District	Stem Cell Research	£1,000.00		
Mendip	Cambridge Myelin Repair 2011-2015	£2,000.00		
North Suffolk & District	Cambridge Myelin Repair 2011-2015	£1,000.00	£1,000.00	
Scunthorpe & District	Cambridge Myelin Repair 2011-2015	£2,500.00		
Sittingbourne			£1,000.00	
South East Northumberland			£50.00	
Thanet	Cambridge Myelin Repair 2011-2015	£1,500.00		
Trafford & South West Manchester	Cambridge Myelin Repair 2011-2015	£4,000.00		
West Hertfordshire	Cambridge Myelin Repair 2011-2015	£5,000.00		
Totals		£58,250.00	£37,200.00	£10,000.00

These are donations recorded in February and March 2012.

News and events

Your Council's annual meeting

The four Councils of the MS Society will each be holding an Open Meeting over the next few months. All members are invited to attend to find out more about your nation's Council and its role in the MS Society.

Northern Ireland Council

**Friday 11 May 2012, 10.30am,
at the Hilton Hotel, Templepatrick**

To attend, contact Mark Hatte on 028 9080 2802 or email mhatte@mssociety.org.uk

Scotland Council

**Friday 22 June, 10.30am,
at the Crowne Plaza Hotel, Glasgow.**

To attend, contact Garry Kinnear on 01313354073 or e-mail gkinnear@mssociety.org.uk

England Council

**Saturday 30 June (time tbc)
in Birmingham (venue tbc)**

To attend, contact Lucy Tennison on 020 8438 0807 or email englandcouncil@mssociety.org.uk

Cymru Council

**Saturday 7 July 2012 (time tbc),
Future Inns Hotel, Cardiff.**

To attend, contact Matthew Witty on 029 2078 6676 or email mwitty@mssociety.org.uk

More details about all meetings can be found on www.mssociety.org.uk

MS Society AGM, 15 September 2012

At this year's AGM our members will be electing trustees and council members and voting on resolutions.

Join us as a trustee or council member

If you share our vision of a world free of the devastating effects of MS, why not apply to join our Board of Trustees or one of our Councils in Wales, Scotland, England and Northern Ireland.

Being a council member or trustee means making a vital contribution to our work in a leadership role that's exciting, rewarding and enjoyable.

We need people from all walks of life to speak for the diverse communities where MS has an impact. A creative thinker and good team worker, you will have an understanding of MS and the effects of living with MS.

The deadline for applications is 18 May 2012. Interviews will be held in June and elections will take place during August and early September, with results announced on the day of the AGM, 15 September 2012.

For more information or to request an application pack contact:

England council – Lucy Tennison,
ltennison@mssociety.org.uk, 020 8438 0807

Northern Ireland council – Patricia Gordon,
pgordon@mssociety.org.uk, 028 9080 2802

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Scotland council – Rosemary Hastie,
rhastie@mssociety.org.uk, 0131 335 4062

Cymru council – Matthew Witty,
mwitty@mssociety.org.uk, 029 2078 6676

Board of Trustees – Susan George,
Governance Manager,
governance@mssociety.org.uk,
020 8438 0862

Propose a resolution

Could we be doing something differently that would be of interest to a significant number of members – and have a real impact on the lives of people affected by MS?

As a member of the MS Society, it is your right to propose just such an idea, in the form of a resolution to be voted on by all the other members at the AGM.

The Society's Board of Trustees has the final say on whether a resolution goes to the members' vote. Accepted resolutions are printed in the AGM booklet sent out in August, together with a response from the Board and information about how to vote.

You or a representative will have to come along to the AGM to speak for two minutes about the resolution and help answer any questions from members.

Contact Susan George for a resolution proposal form and guidance, or if you have any questions, by writing to MS National Centre, 372 Edgware Road, London, NW2 6ND, emailing governance@mssociety.org.uk or phoning 020 8438 0862.

Make sure you get the form back to us by 12pm on Wednesday 23 May.

Could you spare time for a vital post?

Chair of the Audit & Risk committee (voluntary post)

To take on this role you will need to have a strong risk management background with recent experience, good awareness of internal control systems and great communication and presentational skills. The average time commitment for this post is three days per quarter.

National Treasurer (voluntary post)

To take on this role you will need to have a strong financial and analytical background. Recent financial or investment experience is essential as well as the ability to explain complex financial issues. Experience of communicating with a wide variety of people and organisations, along with great presentational skills are also required.

The average time commitment for this post is two days per month.

Application packs will be available from 29 March. For more information email governance@mssociety.org.uk or call Susan George on 020 8438 0862.

News and events

MS Week 2012

By the time this **Teamspirit** is in your hands, you will hopefully already have seen and heard some of the media coverage we have been working hard to secure to mark MS Week 2012.

We conducted two opinion polls to inform a report we published at the start of MS Week (30 April - 6 May), which summarises the challenges of living with MS. The report covers relationships, work and social life, and reveals how other people's attitudes – and misunderstanding of MS – can make living with the condition harder than it needs to be. To see the full report, visit our website at www.mssociety.org.uk

By now, you'll also hopefully have seen some videos we've produced that are intended to spark interest and encourage people to think what it might be like to live with MS. If you haven't already, watch them at www.msfightback.org.uk, and share with your own networks to spread the word and encourage people you know to 'join the Fightback' against MS.

Many in your branches will also receive a fundraising letter during MS Week, which will be sent to 65,000 supporters across the UK, including active members. The letter encourages recipients to join the Fightback against MS by making a donation. If you have any questions or feedback about the mailing, please contact Sarah Briggs in the direct marketing team on sbriggs@mssociety.org.uk or 020 8438 0847.

And you can't have missed the fact that MS Week 2012 culminates in Cake Break on Friday 4 May. If you haven't already been busy in the kitchen, it's not too late to come on board or encourage others to do so – see more at www.mssociety.org.uk/cakebreak

Carers Week 18 - 24 June 2012

The MS Society is proud to be one of eight national partners in Carers Week 2012. Please join us in celebrating Carers Week and the valuable role which families and unpaid carers play in supporting people with MS.

Carers Week aims to:

- Celebrate the contribution that the UK's 6 million carers make to those they support.
- Raise awareness about the role and needs of carers.
- Encourage carers to think about their own health and wellbeing, as well as that of the people they care for.
- Identify 'hidden carers', with the aim of enabling them to access support and services.
- Influence and inform decision-makers, such as MPs and health and social care professionals, helping to secure increased resources for carers from central and local government.

News and events

We provide information, financial assistance and emotional support for carers.

Information

The MS Society has a range of publications containing information and advice for carers and families:

- Caring for someone with MS: a handbook for family and friends
- MS in your life – a guide for young carers
- MS Carers: The man's guide to caring for someone with Multiple Sclerosis

You can order these from the Information team by calling **020 8438 0799** or from our online shop on the MS Society website.

Financial assistance

We have two grant funds specifically for carers

- Young Carers Fund
- Carers Opportunities Fund.

We also support carers through the Short Breaks and Activities Fund. Carers can apply to this for funding towards short breaks and holidays.

Find out more from the Grants Team on **020 8438 0700** or grants@mssociety.org.uk or visit the grants pages on the website. If you live in Scotland, please call **0131 335 4050** or email grantsscotland@mssociety.org.uk

Emotional support

The MS Helpline is available to give free and confidential advice and support to anyone affected by MS from 9am-9pm, Monday-Friday. The helpline number is **0808 800 8000**.

Campaigning

Visit the campaigns pages on our website or sign up for campaign updates from the MS Society: www.mssociety.org.uk/campaignsnetwork for more information about how the MS Society is campaigning to improve support for carers and to find out how you can join the campaign.

Want to get involved in Carers Week 2012?

This could be an opportunity to reach out to families and carers in your community and to establish links with other charities and organisations in your area which support carers.

You might want to put on an event in your branch to give carers the opportunity to meet each other and learn about the information and support they can access from the MS Society. This could be an information event, a coffee morning, or even a pampering session for carers. You could invite health professionals, exercise experts, beauticians or your local MP, or just provide the opportunity for carers in your area to have a cup of tea and a catch-up.

If you are putting on an event for Carers Week, let others know by posting details on the Carers Week website, www.carersweek.org, or use this site to see what other events are happening in your area. Just a handful of MS Society leaflets at another event might be enough to spread the word about the carers support your branch or group already provides.

News and events

Ideas to help you support Carers Week...

- Add Carers Week to the agenda for your next committee meeting to discuss ways in which your branch might take part.
- Register at www.carersweek.org or by calling: **0845 241 2582** to receive your Carers Week pack and to order free materials such as leaflets, balloons, posters, banners etc.
- Start planning an event! There is a handy checklist on the events pages of the Carers Week website to help you to do this. Your event does not *have* to be in Carers Week – if you already have a branch event or meeting planned for June, you could use it as an opportunity to focus on carers.
- MPs are being invited to join parliamentary events in Westminster – write to yours to encourage them to attend. If you live in Scotland, Northern Ireland or Wales, you can also contact your MSP, MLA or AM respectively to encourage them to take action and participate in events being organised in each country. There will be template letters available on the Carers Week website, or sign up for campaign updates from the MS Society to get more information: www.mssociety.org.uk/campaignsnetwork

If you do register to take part in Carers Week and plan to hold an event, we'd love to hear about it. Please email Sue Allison (Strategic Lead for Carers) at sallison@mssociety.org.uk to let us know.

Guide on running a charity shop

A “how to” guide on running a charity shop is being developed for branches, following secondment of a senior manager from the John Lewis partnership to the MS Society last year.

Ian Traverse, who spent six months working with MS society volunteers and staff in 2011, visited almost all the shops run by local branches to look at their retail practice. He produced an individual report for each branch to help them learn how they could increase income from their shops.

Ian then produced a “how to” guide for branches which have or are considering running charity shops. The guide is currently being edited and will be available in the next few months. Look out for details of how to get your copy on the new microsite for branches and volunteers.

New information booklet available

Employment and Support Allowance (ESA) (MS Essentials 29)

First edition, April 2012

The MS Society has produced a guide to Employment and Support Allowance (ESA), the benefit that many people with MS claim if they are unable, or find it difficult, to work.

It is a complicated benefit with a claims process that can feel quite negative.

News and events

The booklet is split into five sections, starting with a diagram showing what is assessed through the claims process. Then there's the basic qualifying conditions and overview of what a claimant could receive if successful. The remaining sections cover the main steps of an ESA claim and how to appeal a decision if necessary.

In the middle of the booklet there is a pull-out section. This has the criteria that the Department for Work and Pensions uses to assess the information given them.

New Editions from the MS Society:

Disease modifying drugs (MS Essentials 06) *Fifth edition, March 2012.*

New edition of the booklet about drugs that can reduce the number of relapses people with MS experience. It is divided into two parts, the first looking at the drugs that are currently licensed for MS in the UK, including the eligibility criteria and whether they are available on the NHS. The second section looks at other drug treatments that might be used to reduce relapses, but which aren't licensed specifically for MS.

The booklet includes information on Gilenya (fingolimod), recently approved by NICE.

Sex, intimacy and relationships (MS Essentials 12) *Third edition, April 2012.*

Sexuality – how we think and feel and express ourselves sexually – is an important part of life. But having MS can sometimes

affect how people feel about themselves sexually or their ability to have sex and to feel sexual pleasure. This booklet aims to reassure people that they are not alone, and to show how having MS does not automatically mean that sexual and emotional life has to stop being fulfilling and fun.

Swallowing difficulties (MS Essentials 24) *Second edition, March 2012.*

At least a third of people with multiple sclerosis (MS) probably experience some changes in their swallowing at some time. For some people, these changes come and go, or happen during a relapse and never re-appear. But for others, they can be an ongoing issue. But however swallowing is affected, there are things people with MS can do to make swallowing as easy, comfortable and safe as possible.

These booklets do not contain a list of references. A list of references is available on request, and all cited articles are available to borrow from the MS Society library (there may be a small charge). Contact the UK Information Team.

Please recycle all old editions of these booklets.

Sample copies of these booklets will be sent to all branches by the beginning of May.

Withdrawn: MS Essentials factsheet: Critical Illness insurance *(September 2009)*

This factsheet has been withdrawn. For information on this subject please signpost people to

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www.moneyadvice.service.org.uk/yourmoney/insurance/critical_illness_insurance.aspx

For a list of all our key publications showing the latest editions and revisions visit the website: www.mssociety.org.uk/ms-resources/key-publications. You can also find it by searching on the phrase 'key publications'.

If you would like copies of any of our titles, visit our online shop at <http://shop.mssociety.org.uk>. If you need a login for bulk orders please contact the Information Team (details below).

If you do not have internet access you can telephone the orderline on 0300 1000 801.

Information Team:

email infoteam@mssociety.org.uk or call 020 8438 0799 (weekdays 9am-4pm).

Revamped Helpline leaflet available

A new leaflet about the MS Society Helpline is now available to branches and support groups.

The revised leaflet replaces the current version and includes a Helpline card which is practical for keeping in a purse or wallet. The new version is more colourful and attractive to promote the approachability of the Helpline service.

It contains details of how to contact the Helpline, information on the emotional support available and emphasises the confidentiality of the service. The leaflet aims to let people know that, whatever their connection to MS, nothing is too small to talk about.

Branches can order bulk copies of the leaflet directly from the Helpline. To place an order, call 0808 800 8000 or email helpline@mssociety.org.uk

New Helpline opening hours

The free MS Helpline will be opening on Saturdays for a trial period of six months, from 21 April until 20 October 2012. Opening hours will now include 10am-1pm every Saturday.

The extended hours will be reviewed in autumn to assess the demand for availability of the Helpline on Saturdays. The usual opening hours still also apply (9am-9pm, Monday to Friday).

The Helpline provides a national, free and confidential service for anyone affected by MS, whether for information or emotional support. As well as contacting the Helpline by phone on 0808 800 8000, people can also email the Helpline at any time at helpline@mssociety.org.uk.

It would be helpful if branches could update their telephone messages to advise callers of the new Helpline opening hours.

Support

Grants team opening hours extended

New opening hours for the MS Society's Grants Team based at MSNC mean that people in England, Wales and Northern Ireland can now get advice and guidance on grants all morning and afternoon, five days a week.

The Team can now be contacted between **9.30am-1pm** and **2pm-4.30pm, Monday - Friday**. If you need advice regarding any aspect of grantmaking, please call 020 8438 0700 and ask for a member of the grants team or email us on grants@mssociety.org.uk

The MSNC-based Grants Team can advise on grant applications received by your branch. We can also send you materials such as grant application forms and promotional leaflets, and answer queries you have about any of the MS Society's grant funds, including the Short Breaks and Activities Fund, the Carers Opportunities Fund and the Young Carers Fund. We can also help you to access other sources of funding, both statutory and charitable.

In Scotland, Ruth Morgan is the Grants Coordinator, advising branches in Scotland on grant applications, the MS Society's grant funds in Scotland and top-ups for Scottish branches, as well as processing applications where there is no branch. Contact Ruth on 0131 335 4050 or grantsscotland@mssociety.org.uk

Short breaks for young carers

Young carers of people with MS can enjoy a fun-filled activity holiday break in June at the Calvert Trust's centre in Kielder, Northumberland as part of Carers Week 2012.

Groups, individuals or whole families (which include a young MS carer) are all welcome. A respite care package is available to make sure that anyone who needs care can get involved, and the young carer can make the most of their break.

The weekend takes place from 22-24 June, in the spectacular surroundings of Kielder Water and Forest Park. It costs £217 per person, which includes all meals, activities and accommodation in the centre or one of the Scandinavian-style lodges.

For more information and to make a booking, call 01434 250232 or email enquiries@calvert-kielder.com.

Help us spread the word to young carers by getting in touch with your local carer's centre or young carer's support groups.

Remember that our Short Breaks and Activities Fund considers grants for people with MS and carers to help towards the cost of short breaks, holidays, respite care and activities. To find out more, contact the Grants team on 020 8438 0700 or email grants@mssociety.org.uk; if you live in Scotland call 0131 335 4050 or email grantsscotland@mssociety.org.uk

Support

Amy Winehouse Foundation donates £10,000 for young people

We are pleased to announce that the Amy Winehouse Foundation has donated £20,000 to the MS Society to benefit young people affected by MS. £10,000 will be spent on a major study of children and young people and £10,000 on grants for young people. The grant funding will be put towards grants from the Short Breaks and Activities Fund for young people with MS, and our Young Carers Fund.

If you know of any young carers or young people with MS in your area who would benefit from a grant from the MS Society, please ask them to contact the grants team on 020 8438 0700 or grants@mssociety.org.uk for more information; if you live in Scotland please call 0131 335 4050 or email grantsscotland@mssociety.org.uk

An update on MS Support

After a successful pilot in the West of England in 2010, the new MS Support programme is now rolling out across the UK.

Steering Group

A UK-wide Steering Group made up of MS Society volunteers and staff advises

on the roll out and future development of the MS Support programme.

The Steering Group first met on Friday 24 February and agreed some key actions, including:

- Resolving issues around safeguarding and protection of vulnerable adults, by developing guidance for volunteers and putting in place clear reporting procedures for support volunteers to use
- Providing lead support volunteers with additional learning and development opportunities tailored to their role. We will be doing further work to define the lead volunteer role and develop a new training resource, and will start consultation on this project later this year.
- Providing ID cards for support volunteers. We will be scoping the best way to take this forward in future.
- Making sure there is consistency around ongoing support and learning. Further work to understand what is currently available and what we should provide in the future will start shortly.

The next Steering Group meeting takes place on Wednesday 9 May.

If you have any questions about the group, or would like to raise any issues for the group to discuss, please contact Phoebe White on 020 8438 0942 or email pwhite@mssociety.org.uk.

MS Support eLearning course launched

Thanks to £34,000 worth of pro bono work by specialist e-learning company Kineo,

Support

we are pleased to announce that we are launching an e-learning module as part of the MS Support four-day training course.

The 'Quality information giving' module was produced with expertise from Kineo and staff in the MS Society's Information Team, who developed content taking account of feedback from volunteers.

To access the module, support volunteers who sign up for the four day MS Support training course will be sent a unique username and password to access and track their way through the module.

We know some people can find accessing web based products a challenge and we want to support you to undertake this module. So if you have any question or concerns, please contact your local area staff member in the first instance.

Support volunteer training in your region

The four-day training course for support volunteers is currently taking place in the following locations:

- England (Kent, East Anglia, Cheshire & Merseyside, Wessex & West, South West)
- Wales
- Scotland
- Northern Ireland

More than 150 people have already participated in MS Support training in 2012, and more courses are planned for autumn. Feedback from training sessions held so far has been excellent, 84 per cent rated the course as good or very good.

To find out when support volunteer training is happening in your area, or to book on to a course, please contact Lauren Stevens on 020 8438 0789 or email volunteertraining@mssociety.org.uk

MS Society and MS Therapy Centres – working together

MS National Therapy Centres and the MS Society have a long historical relationship. Each organisation has a robust membership base, and both draw strength from direct involvement in all aspects of their work by people affected by MS.

Many people are already members of both organisations, so it seemed a natural progression for the two organisations to get even better at working together, both nationally and locally. A couple of years ago both organisations affirmed their wish to work more closely with each other.

Many MS Society branches and local Therapy Centres are already working together to ensure that they are able to improve the range and quality of services provided to local MS communities, maximising the effective use of the limited resources available.

And where close working relationships already exist, the experience has been very positive. Comments include "Joint working with the Therapy Centre is the best thing we have done – no regrets", and "Just go for it!"

Support

Over a series of short articles, we want to tell you about some of the joint working success stories and share some 'top tips' for how you can benefit from similar close working.

Making history in Lincoln

Chair of the MS Society's Lincoln branch Noel Harris says, "The main challenge has been 'bringing round' older and more established members".

Before Noel became chair six years ago, people from the two organisations rarely spoke to each other.

At around the same time Noel became chair, a new Therapy Centre manager, Maureen, came into post. Maureen and Noel were both keen to work out how they could work together and help each other for the benefit of people affected by MS. Without their specific input, the joint relationship may never have happened. It required communication, listening and compromise from both sides. But what they have achieved together has made the process more than worth it.

During MS Week each year, the two local organisations fundraise jointly. The rest of the year, they fundraise separately, retaining independence to raise much needed funds. It's the best of both worlds.

In a future article, you will hear more about joint fundraising success between MS Society branches and MS Therapy Centres.

As well as sharing the valuable resource that is the MS Therapy Centre, the MS Society Lincoln branch provides financial support

for physiotherapy, and the two organisations share an ambulance / minibus. This has halved costs for both organisations and enables them to provide a better service.

The closer working over the past few years has given MS a 'louder voice' locally, and encourages more people to take more notice. It has also increased the options available for people affected by MS. Many branch members didn't know about the services offered by the Therapy Centre. They now use and benefit from these facilities and sometimes meetings are so popular they struggle for space!

Other examples of changing perceptions

In Huntingdon, Cambridgeshire, the new MS Therapy Centre's manager was key to building up the relationship with the local MS Society branch. Recognising that previous issues should be left in the past, they wanted to start from scratch and focus on what is important for the present and the future: enabling people with MS to access services.

The two organisations now work closely together more often. And greater use of facilities, plus shared activities, has helped develop a community. As well as the serious stuff, they've been working together for years on combining social events, such as a Summer BBQ. This goes a long way to help build a lively local community for people affected by MS.

Support

Six tips for closer working

- 1 There does need to be a genuine wish and will to develop and improve existing relationships and improve the services for people affected by MS
- 2 Get both committees on board with the initiative
- 3 It is essential to meet with the right people and to be open minded
- 4 Be patient and be prepared to each 'give a bit'
- 5 Most importantly keep dialogue going and listen to each other
- 6 Remember to use local staff for further guidance and support.

Are you doing anything to work closer together in your area?

Share your successes with your counterparts in other branches by emailing teamspirit@mssociety.org.uk. Or contact your local MS Society staff member, who can also support you to develop relationships locally.

Utility companies and vulnerable people

By law, each utility company in the UK must provide a range of free services to certain customers who are on their "Priority Services Register". A Priority Services Register is a list of people who are:

- Of pensionable age
- Chronically sick
- Blind or partially sighted
- Deaf or partially deaf
- Have mental health problems
- Disabled in any other way.

If you know someone who is likely to be vulnerable in the event of an electrical power cut, an outage of gas supply or the water supply being cut off, encourage them to register with either their utility suppliers (the company that sends their bill) or the companies which transport the gas or distribute the electricity to their home and their local water company. You can find out more on the Consumer Focus website at www.consumerfocus.org.uk/get-advice/energy/households/help-for-vulnerable-consumers

If someone has trouble paying their utility bills, they should also contact the billing company or provider of the utility which have Trusts to help those in hardship.

Fundraising

60th Anniversary

The MS Society has its 60th Birthday on 2 December 2013.

We want to mark this occasion together – the whole MS Society – throughout 2013, celebrating all we have achieved to date and preparing ourselves for all that remains to be done to beat MS.

During 2013, we want everyone to join in – from members and volunteers to staff and people affected by MS. But rather than creating a host of new activities, we want to ensure that as many as possible of our existing activities will have a special “60th sparkle” and communicate our celebratory messages.

So as you make your plans for 2013, please make room for celebratory messages within your usual calendar. That way, your branch or support group will be able to celebrate in a way which makes sense to you and your members, and know that you are part of a bigger celebration across the UK.

For example, you may want to include something about the MS Society’s 60th anniversary in your branch’s annual meeting, or at an annual event for your support group members. We will also be celebrating at the MS Society’s AGM, and will include the ‘60 years’ celebration in the MS Society Awards and in MS Week 2013.

To help with the planning, we want to hear about your experiences of celebration locally.

- How have you marked notable occasions?
- Who have you involved so that you reached more people with celebrations?
- What materials did you find useful?
- What else could you have made use of?

Email teamspirit@mssociety.org.uk and we will put you in touch with colleagues with whom you might want to join up or share ideas.

And because we are focusing on 60 years of MS Society activity across the UK, we want to start collecting stories, photos and memories – bringing together our heritage and history. So if you have ideas, suggestions, memories, photos or other materials, please let your local area staff know.

Partnership with Land Securities

Following a competitive process, the MS Society has been selected as Land Securities’ Charity of the Year. Land Securities is the largest commercial property company in the UK and our partnership with them will run from April 2012 until March 2013.

Land Securities is committed to helping the MS Society raise awareness of MS and aim to reach a fundraising target of £100,000. The company has offered us high profile space inside their 21 shopping centres (in England, Scotland and Wales) which will also give us access to their 60 million visitors.

Fundraising

This partnership is a unique opportunity to raise MS issues at both a national and local level and encourage people to 'get active to beat MS'. It will deliver long-term benefits for the MS community by providing a platform to recruit volunteers, promote our services and information provision, and for branches to build local networks.

Every three months, we will have the opportunity to hold an event in their shopping centres. The events will be coordinated by the Corporate Partnership Team at MSNC with support from other teams (including Area Fundraisers), branches and volunteers across the Society to deliver them. If your branch is local to one of Land Securities' 21 shopping venues, your Area Fundraiser will contact you over the coming weeks to discuss the partnership and how your branch can get involved.

Could your branch be your local Sainsbury's Charity of the Year?

Every year, each Sainsbury's store invites shoppers and staff to nominate a local charity to be their 'Charity of the Year'. The chosen charities benefit from a year-long link with their local Sainsbury's supermarket, with staff getting involved to organise fundraising events and volunteering for the charity throughout the year.

Nominations usually open at the end of April or beginning of May. Simply fill in a short nomination form and post it into the 'Local Charity of the Year' voting box found in all Sainsbury's stores.

Each Sainsbury's store will then draw up a shortlist from all the nominations they receive. Representatives from the shortlisted charities will be asked to visit the store to talk to colleagues about what they do and how the Sainsbury's team could support them. Each winning 'Local Charity of the Year' will be announced in June.

Benefits for your branch

This is a fantastic opportunity for branches across the UK. On average, a Sainsbury's Charity of the Year receives £2,000, plus the donation of various items throughout the year. And that's on top of the community exposure and awareness.

Get involved by:

- Asking all your supporters to nominate you in your local store through your newsletter and at events. The more nominations you get, the more likely the store is to take notice of you and put you on the shortlist
- Write a few sentences about your branch on a few nomination forms and give these to people to submit. It makes it easier for them and makes sure they get across exactly what the branch does).
- Ask your supporters to let you know if they work in Sainsbury's or know people that do. Charities which have a personal connection to staff are more likely to get chosen.

Fundraising

- Build links your local store's 'Community Champion' – every Sainsbury's supermarket has one.

Each store has their own way of choosing their Charity of the Year from their shortlist. If you are shortlisted, you can get help from your local Area Fundraiser on the next steps.

Other supermarket schemes

Waitrose has a long standing Charity of the Month scheme, which asks shoppers to vote for a favourite charity with a little green token.

But did you know that Asda have just started a similar scheme? Wherever you shop, make sure you explore getting your branch linked up with your local supermarket.

Dealing with a legacy

A legacy is money left to the MS Society in someone's Will. This article explains how legacies gifted to branches are dealt with by the MS Society. This information applies to all nations.

The MS Society uses an external company which notifies the relevant national office of any legacies naming the MS Society.

If the MS Society is named in a Will, staff based at the relevant national office will deal with the administration of the legacy.

The staff at the national offices will:

- Ensure the executors of the Will undertake their duties properly and obtain the maximum amount from the estate for beneficiaries.
- Approve the estate accounts and check to ensure any fees charged are reasonable.
- Ensure matters pertaining to the Will are dealt with quickly and accurately.
- Ensure any tax is reclaimed where applicable,
- And ensure any disputes regarding the legacy and negotiations with other beneficiaries of the Will are dealt with properly.

The MS Society has dedicated legacy officers, who are experts in legacy matters, to deal with these issues.

Legacies naming branches

If your branch is named in a will, the MS Society's legacy officers will support you to ensure the process is as simple as possible. As well as providing support, it is particularly important that any matter which could become contentious or could involve court action be referred to MS National Centre without delay as solicitors may need to be instructed.

From being notified of a legacy to payment being received normally takes between six and eight months, but for complicated or large bequests, the administration of the Estate can take years.

Once all queries are resolved, **legacies less than £10,000 in total** will be paid over to branches along with other amounts due each month.

For **legacies of more than £10,000 in total**, branches need to complete a simple spending plan to show how they intend to use all or part of the legacy effectively and in line with the Society's objectives. If a branch already has excess reserves, the spending plan will need to include how these will be reduced. The legacy officer will pass details of the legacy to the relevant local area staff member, who in turn will notify the branch to explore how the legacy can be used and document this in the spending plan.

The plan will be passed to the relevant national centre for review and approval.

Once the review is complete and if there are no queries that arise from this, the amount will usually be paid to the branch a few

Finance

weeks later. Any queries which do arise will need to be addressed before the amount can be paid to the branch.

Legacies sent directly branches

We are aware that a branch will sometimes receive a legacy direct from a solicitor or from one of the executors.

If this happens, branches must notify the relevant National centre because the legacy may have queries associated with it whereby a branch could require additional advice from the legacy officer.

Queries about branch legacies should be directed to the relevant national office in the first instance or emailed to the finance department financesupport@mssociety.org.uk

Important changes regarding Gift Aid

HM Revenue & Customs has recently updated the information it requires including on Gift Aid declarations.

A Gift Aid declaration now needs to include confirmation from the donor that they have paid enough Income Tax or Capital Gains Tax in that tax year to cover the amount that will be reclaimed by all the charities they donate to. (Council tax and VAT do not count.) The declaration must make clear that the donor understands the charity will reclaim 25p of tax on every £1 that they have given (28p on every pound given for donations up to 5 April 2008).

A model declaration can be obtained from Branchzone. If you do not use the model declaration then you should use the checklist provided by HM Revenue & Customs to ensure your gift declaration form is valid. (www.hmrc.gov.uk/charities/checklist.pdf)

Research

New research projects announced

The MS Society has pledged £1.7 million to 13 new research projects starting in 2012.

With progressive MS a priority, four projects are dedicated to finding treatments and improving care and services in this crucial area. We have also committed funds for a much needed project to better understand the support needs and experiences of children with MS.

Another cutting-edge project is using the latest MRI technology to visualise the brain in a detail never seen before. This will give researchers a better understanding of the damage caused by MS and put them in the best position to develop medicines to beat the condition.

All of our research is only made possible by your generosity. To learn more about our projects and what your donations could achieve, check out the research section of our website or the latest issue of 'Research Matters'. www.mssociety.org.uk/ms-resources/research-matters-spring-2012

Remember to register

More than 8,000 people have signed up to the UK MS Register so far – about one in 10 of all people with MS in the UK.

But we need more people with MS to sign up if the register is to have most impact and achieve its full potential.

Why join? It is the first register in the world that will combine information from people with MS, neurologists and data collected by the NHS. It will form an incredibly accurate picture that will completely revolutionise our understanding of MS.

The long-term possibilities of what the MS register can achieve are endless. The register could change the focus of MS research by finding new avenues to explore, supporting various research projects and clinical trials. As the register will give us an accurate picture of MS, it could be used for campaigning to get the right funding and services for people with MS. It could also transform the delivery of care and services for people with MS.

Registering is very simple – just log on to www.ukmsregister.org and submit details about your MS and how it impacts on your life. You must live in the UK and have an email address. The website explains in more detail how the register will work.

If you live in one of the five pilot site areas – London, Swansea, Belfast, Nottingham or Edinburgh – the online data that you submit can also be combined with that from your neurologist and from the NHS. Speak to your neurologist next time you see them and they will ask for your consent for this data to be collected.

All of the information you give the register will be anonymous and confidential – no one will have access to information which identifies you as an individual.

Join the register today and help us to beat MS.

Support Groups

MS Society National Support Groups exist to provide support to particular communities of interest. We have three National Support Groups.

Asian MS offers support to anyone affected by MS from the UK's South Asian communities. Asian MS works to raise awareness of MS among the Asian communities, by attending events organised by Asian community organisations and by running information days. Asian MS will be having their Annual Meeting on Saturday 19 May from 12pm to 4pm in the Windsor and Maidenhead Town Hall.

GLAMS supports gay, lesbian, bisexual and transgender people with or affected by MS. GLAMS members nationwide can use the GLAMS message board on the Society's website to chat to one another.

Mutual Support offers a wide range of support services to people with MS who are or have been members of the armed forces as well supporting their families and carers. The group helps to sort out pensions and benefits, provides members with information about MS, organises residential weekends and has its own website. The Annual Meeting of Mutual Support will be held at Sunningdale Hall Hotel in Ascot on 29 April at 10am.

For England

What's happening in your part of England?

There is an extensive programme of training, development and support events taking place across England over the next few months. Contact your local area staff for more information.

North

Thursday 17 May	Yorks and Humber regional support group – Leeds
Saturday 26 May	Cheshire and Merseyside branch development day
Saturday 26 May	Lancashire, Greater Manchester and South Cumbria Providing Support Induction and volunteer induction – Leogh
Saturday 23 June	North of England Living with MS - Northumberland

London & South East

Wednesday 9 May	Health and Social Care Forum – Thanington, Kent
Tuesday 15 May	Events risk management training – Crawley, Sussex
Saturday 9 June	Information event and branch re-launch – Brighton, Sussex
Saturday 9 June	Volunteer induction – Maidstone, Kent
Saturday 23 June	Volunteer induction – Crawley, Sussex
Wednesday 4 July	Chairs' Forum – Maidstone, Kent

West

South West

Tuesday 1 May	Benefits Road Show – Exeter, Devon
Thursday 3 May	Benefits Road Show – Taunton, Somerset
Monday 14 May	Branch Forum – Taunton, Somerset
Tuesday 15 May	Branch Forum – Cornwall

Wessex & West

Wednesday 27 June	Volunteer induction for all new volunteers (Gillingham, Dorset)
Wednesday 4 July	Chairs' induction – Bath

West Midlands

Tuesday 1 May - Thursday 3 May	Naidex – Birmingham
Thursday 17 May	Volunteer induction
Tuesday 19 June	South Zone – Westmead, Hopwood
Tuesday 26 June	North Zone – Roman Way, Cannock
Wednesday 4 July	Putting the Pieces Together: Best Practice in Delivering MS Services conference for professionals

For England

East

Wednesday 2 May	Volunteer Forum – Bedford (venue tbc)
Thursday 3 May	Volunteer Forum – Thetford, Norfolk
Friday 4 May	Volunteer Forum – Chelmsford, Essex
Wednesday 9 May or Thursday 10 May	Events risk management training – Hertfordshire (tbc)
Saturday 26 May	Working with MS conference – Herts, Essex & Beds (venue tbc)
Monday 11 June	Volunteer Forum (including induction training) – Derby
Thursday 21 June - Saturday 23 June	Mobility Roadshow – Peterborough
Sunday 24 June	Volunteer Forum (including induction training) – Leicester
Sunday 24 June	Wheel and Walk event – Huntingdon
Saturday 30 June	Volunteer Forum (including induction training) – Lincoln
Saturday 30 June	Volunteer Forum – Thames Valley (venue tbc)

For Northern Ireland

MS Support Volunteer Programme

Training sessions for Support Volunteers are taking place across Northern Ireland over the coming months.

May

Tuesday 15	Dunsilly Hotel Antrim
Wednesday 16	Silverbirch Hotel Omagh
Friday 18	Ramada Hotel Belfast

June

Tuesday 19	Dunsilly Hotel Antrim
Wednesday 20	Silverbirch Hotel Omagh
Friday 22	Resource Centre Belfast

All training sessions will take place 10am - 3.30pm. For more information please contact the Northern Ireland development team on 028 9080 2802.

Fun for the family

Family in focus project

A family fun day will take place on Saturday 5 May 2012 at the Craigavon Civic Centre, followed by fun activities in the Craigavon Golf, Ski & Water Centre.

Our Annual BBQ will take place on Saturday 23 June 2012 at 2pm at The Resource Centre, 34 Annadale Avenue, Belfast This is a fun day out for all the family including a bouncy castle, face painting, nail art and much more.

For more information or to book your place on any of these events please contact your local ADO or the Resource Centre on 028 9080 2802 or email nidevelopmentteam@mssociety.org.uk

Stormont reception for MS Week

A reception will be held in the Long Gallery, Parliament Buildings, Stormont, on Tuesday 1 May 2012 at 2pm. Anybody wishing to attend, please contact Mark Hatte, mhatte@mssociety.org.uk or 028 9080 2802.

For Northern Ireland

Energia's Charity of the Year

The MS Society Northern Ireland is delighted to announce a new corporate partnership. Energia, a member of the Viridian group, is the largest independent energy supplier in Ireland. Company staff have chosen the MS Society NI as its Charity of the Year for 2012. This is fantastic news and we expect Energia staff to get involved in a whole host of fundraising events and activities throughout.

Does anyone in your branch know of or work for a company that chooses a Charity of the Year? Let the Fundraising Team know and we can approach them jointly.

Fundraising events to beat MS

The Fundraising Team is keen to support you in your fundraising and is happy to join a branch meeting to discuss fundraising ideas and initiatives. We want to make it as easy as possible for your branch to raise those vital funds.

If you're struggling to come up with ideas and new events, the Fundraising Team can offer places for your branch supporters on centrally organised events and activities. All you need to do is recruit willing volunteers – we will take care of the rest.

The Fundraising Team has put together a whole host of events for 2012 and can supply advertising materials and support

resources. Whether you want to promote the Ladies Lunch or the Lagan Zip Slide, the Europa Hotel Abseil or Cake Break, the Ben Nevis Challenge or the Fire Walk later in the year, give the Fundraising Team a call on 028 9080 2802 and let's chat.

Dates for your diary:

Ladies Lunch – Saturday 14 April
at Victoria's Restaurant, Belfast

Lagan Zip Line – Saturday 28 April.
Call us to pick up your information pack.

Europa Hotel Abseil – Sunday 28 May and Sunday 28 September 2012

Cake Break – Have you organised yours?
Friday 4 May or any day which suits you

Fire Walk – Friday 26 October 2012
Dare You!!

Ben Nevis Challenge –
14-16 September 2012 for an
experience never to forget

For Scotland

Have your say on welfare reform in Scotland

The newly-formed Scottish Parliament Welfare Reform Committee is keen to hear views from people across Scotland on the new welfare system, which will be put in place once the UK Welfare Reform Bill is fully implemented.

With this information, the Committee will assess what the main issues of the current system are, and what it should look to focus on when scrutinising the impact of the UK Welfare Reform Bill in Scotland.

The MS Society Scotland will be submitting an overall response, but branches can also submit responses. **This is your opportunity to let MSPs know how welfare reform will affect people in your area.** To find out more, please visit www.scottish.parliament.uk/parliamentarybusiness/CurrentCommittees/47889.aspx

For more information about changes to benefits, please visit: www.mssociety.org.uk/get-involved/campaigns/key-campaigns/uk-campaigns/battling-benefit-reform (although this is not up-to-date as bill has now been passed).

Update: Self Directed Support Bill

On 1 March 2012 the government introduced the Social Care (Self Directed Support) Bill into the Scottish Parliament.

The Bill proposes that all local authorities must offer people four choices about how they would like to receive their care.

MSPs will have a chance to change the Bill before it becomes law. To ensure that they consider the needs of people with MS through this process, we asked people with MS to complete a survey on SDS.

To find out more about the response we submitted, based on the results of the survey, please contact Policy Officer Jo O'Neill on 0131 335 4050 or email joneill@mssociety.org.uk

Look out for more information about self-directed support in the next edition of MS Connect.

MS pill rejected by Scottish Medicines Consortium

The new pill for people with relapsing-remitting MS, Gilenya, has been rejected for use by the Scottish Medicines Consortium (SMC) on the grounds that it does not offer value for money for the health service.

For Scotland

Gilenya was licensed by drug regulators in March 2011. Since then, the availability of Gilenya has depended on whether local health boards have agreed to pay for it. The SMC's decision means that this will remain the case for people in Scotland.

The MS Society has submitted a patient interest submission to the SMC highlighting the benefits of this therapy for people with MS.

Patricia Gordon, Director of the MS Society Scotland said:

"This is disappointing news for people with MS and it will leave some people with no effective treatment option. Access to MS treatments in the UK is very poor and our hope is that the SMC and the manufacturers Novartis can work together to make this treatment available to the people who need it."

Gileyna has been approved for the treatment of adults in England and Wales with highly-active relapsing remitting MS by the SMC's equivalent, NICE. Novartis have indicated a desire to resubmit Gilenya to the SMC, and we have written to the SMC to ask them to reconsider.

For more information about accessing treatments in Scotland, please contact Policy Officer Jo O'Neill at joneill@mssociety.org.uk.

Policy Forum to meet in Paisley

**Monday 11 June 2012
11am-2pm, St Mirins
Cathedral Parish Hall**

The MS Society's Policy Forum is open to anyone affected by MS. It's a chance for people to share their views and experiences of MS with us so that our policy and campaigning is guided by people who know the most about MS – you!

The Policy Forum meets four times a year and on Monday 11 June we will be meeting in Paisley. As always we will be seeking your views on the latest government policy and legislation. Our aim is to tell politicians why MS matters – come along and tell us what you think, and please spread the word among your members.

Please note places at The Policy Forum meetings are limited and, therefore, allocated on a first-come-first-served basis. Book online at www.mssociety.org.uk/ms-events/2012/02/policy-forum-paisley or call Garry Kinnear on 0131 335 4050.

For Scotland

Self Management Courses

We are holding a selection of self management courses across Scotland throughout the year. These free courses are open to people aged 18 and over who have MS and, where spaces are available, to people with any other long term health condition.

What makes these courses special is that the course leaders have a long term condition themselves and understand the difficulties that people can face. The emphasis is on learning what people can do for themselves and how to make the most of the information they get from health care workers.

For more information on courses near you, visit the events pages of our website, or look under 'near me' for information events. To see at a glance what's on, search our site for 'self management'.

Shining Star and Saltire Awards

There's one month to go until Volunteers' Week (1-7 June) and it's the perfect opportunity to thank your volunteers by giving them an MS Society certificate of appreciation or, for the outstanding volunteer, you can apply to award them with a Shining Star.

Our annual Shining Star Award Scheme is designed to recognise outstanding individual contributions by volunteers who are working with, or on behalf of, people affected by MS. The recipients of the awards are volunteers who have been nominated by volunteers.

If you would like to thank young people who are volunteering for you, you might like to apply for a Saltire Award (previously called Millennium Volunteer (MV) Award). These are available to young people aged between 12 and 25 years old.

Following local coverage of two young volunteers receiving their MV Awards, Paisley Branch has reported that 26 per cent of its volunteers are now aged between 16 and 19 – an increase of 18 per cent! Find out more at www.saltireawards.org.uk

Please contact Lynda Boyce, Volunteer Development Manager on 0131 335 4050 or email vdm@mssociety.org.uk for further information about Volunteers Week 2012 and how to celebrate your volunteers.

For Wales

Ready to Work: MS and Employment

MS Society Cymru is running two events on MS and employment on Wednesday 30 May.

In the afternoon, we are holding a workshop which will bring together people with MS, MS specialist healthcare professionals, employers, disability employment organisations and Jobcentre Plus. We will be exploring how all these groups can work together better to help support people with MS to stay in work.

In the evening, we are co-hosting a reception at the Senedd on the same issue, to engage with AMs, the media, trade unions and employers. Both events will hear from Stephen Bevan, the author of the recent Work Foundation report on MS and employment.

If you are interested in attending either event, please contact MS Society Cymru: mscymru@mssociety.org.uk or 029 2078 6676.

Benefits support: CAB partnerships

In some areas of the UK, MS Society branches have developed partnerships with local Citizens Advice Bureaux to deliver benefits advice support for people with MS.

These partnerships have been very successful in securing new benefits for people with MS, and supporting them through appeals. This support is likely to prove more necessary with the upcoming welfare reform changes.

MS Society Cymru wishes to work with our branches and local CABs to develop these services, starting in South West Wales where this support is currently weakest. For more information, please contact Ian Folks – ifolks@mssociety.org.uk; 020 8438 0854.

Gwent MS Specialist OT post saved

In early January, the Anuerin Bevan Health Board told us it would not immediately recruit a replacement MS Specialist Occupational Therapist (OT) after the retirement of Linda Morgans, the previous post holder, and the future of the post was uncertain.

After campaigning work by MS Society Cymru and the local branches, they decided by late February to recruit to the post and hope to have someone in post by summer. We are now working with the health board to ensure that the new service works as well as possible for local people with MS.

Classifieds

Please share these opportunities in your own publications and networks

Lisnaskea

MS Society Northern Ireland has two fully accessible chalets available for hire at the SHARE village in Lisnaskea. The cost is £150 per week and includes a SHARE fitness leisure pass. Bookings are taken on a first come, first served basis. To book a holiday please contact Mark on 028 9080 2802 or mhatte@mssociety.org.uk.

Amberwood Holiday Lodge

West Herts Branch has a holiday lodge at Shorefield Holiday Village, near Lymington, Hampshire, for people with MS, families and carers. The chalet has a master bedroom with en suite shower room, a twin bedded room, bathroom, and lounge/ kitchen area with double fold-out sofa bed. A brand new mobility scooter is also available to use. Bookings can be made by calling Richard Smith on 07709 235729. (Please leave a message if necessary and we will call you back.)

For Sale: Handicare Ibis XP powered wheelchair in 'as new' condition, including £800 of extras

The Handicare Ibis XP Powerchair provides a solution for people who are unable to move themselves either manually or foot-propelling, yet want to remain independent.

Compact, easy to manoeuvre, this wheelchair has a maximum range of 15 miles, and a maximum weight capacity of 25.2 stone / 160kg.

Just £1950 (Jan 2012 manufacturer's price: £3195 + VAT)

For information, contact Kenneth Dakin, 01691 622544, or email kennethdakin@yahoo.co.uk

Available:

Pride Mobility Go-Chair

Used but in excellent condition. It has a maximum speed of 3-4mph depending on user weight, a range of 10 miles and a maximum user weight of 113kg (17.5 stone). It is available from the Maidstone, Kent area and we ask that a sensible donation is made to the branch is asked. It comes with a complete manual and of course a dedicated charger.

More details available upon request. Please call Will Buckle at the Maidstone and District Branch on 01622 675556 or 759568 or alternatively email will.buckle@btinternet.com.

Available:

LEVO Stand-up Wheelchair

A sophisticated piece of equipment, and a unique aid for those finding difficulty walking and standing. It is used but in excellent condition. It performs the functions of a standard wheelchair, also assists standing up with its electric lift mechanism and comes with a dedicated clamp-on dining/work tray. There is a full user, service manual and charger unit.

The maximum suggested user weight is 120kg (approx 19 stone). It is available from the Maidstone, Kent area and a realistic donation to the local branch is requested.

More details available upon request. To discuss, please call Will Buckle at the Maidstone and District Branch on 01622 675556 or 759568 or alternatively email will.buckle@btinternet.com.

Mention of advertisement by the MS Society of products or services is not an endorsement by the MS Society, its volunteers or staff.

Teamspirit directory

MS Society

MS National Centre
372 Edgware Road
London
NW2 6ND
020 8438 0700

MS Society Cymru

Temple Court
Cathedral Road
Cardiff
CF11 9HA
02920 786 676

MS Society

Northern Ireland

The Resource Centre
34 Annadale Avenue
Belfast
BT7 3JJ
02890 802 802

MS Society Scotland

National Office
Ratho Park
88 Glasgow Road
Ratho Station
Newbridge
EH28 8PP
0131 335 4050

Support groups

There are support group for Jewish people, lesbians and gay men, Afro-Caribbean people, Asian people, and former and serving members of the armed forces.
020 8438 0856
susmani@mssociety.org.uk

Find us online

www.mssociety.org.uk

www.facebook.com/mssociety
www.twitter.com/mssocietyuk

www.youngms.org.uk

www.facebook.com/childrenwithMS

Grants

020 8438 0700
grants@mssociety.org.uk
(England, Wales, Northern Ireland)
0131 335 4081
grantsscotland@mssociety.org.uk
(Scotland)

National MS Helpline

0808 800 8000

MS Information Line

020 8438 0799

Membership

020 8438 0759

Volunteering

020 8438 0944

Fundraising

0870 241 3565

Teamspirit

MS National Centre
372 Edgware Road
London
NW2 6ND
020 8438 0944
teamspirit@mssociety.org.uk