Multiple Sclerosis Society

No. 184 August 2012

Teamspirit

For branch officers and national support group committee members

Welcome to the August edition of Teamspirit.

Contents

Don't forget – the information in the first six 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 0928 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
Banbury & District			£500.00	
Bedford	Cambridge Myelin Repair 2011-2015	£1,000.00		
Coleraine				£3,000
Denbigh & District	Cambridge Myelin Repair 2011-2015	£566.50		
Dundee	MS Helpline	£500.00		
Durham & District	Cambridge Myelin Repair 2011-2015	£2,000.00		
Exeter			£400.00	
Hull Beverley Borough & Holderness			£75.66	
Kings Lynn & District	Cambridge Myelin Repair 2011-2015	£5,000.00		
Kings Lynn & District	Stem Cell Research	£5,000.00		
Maldon & East Essex	Cambridge Myelin Repair 2011-2015	£3,000.00		
Merton			£2,000.00	
Newcastle & Gateshead	Fairer Financial Assistance	£1,000.00	£4,000.00	
Newport (South Wales)			£360.00	
North Tyneside	Fairer Financial Assistance	£3,000.00	£3,000.00	
Perthshire & Kinross-Shire Branch	Edinburgh Centre for Translational Research Grant	£10,000.00		
Richmond & Kingston	Cambridge Myelin Repair 2011-2015	£2,500.00		
Salford & District			£500.00	

continued....

Branch donations

Branch or group	Description	Earmarked	Research	General
Sefton Area	Stem Cell Research	£150.00	£500.00	
Waltham Forest				£5,000.00
Westmorland South Lakes	MS Nurses	£1,500.00	£1,500.00	
Totals		**£35,216.50**	**£12,835.66**	**£8,000.00**

News and events

Report from MS Society Board meeting, 5 July 2012

Welcome to this update on key aspects from the work of the MS Society's Board of Trustees following its meeting on 5 July 2012. The full Board papers are available on the MS Society's website at **www.mssociety.org.uk/board-papers**

Regular reports

Key features in the Chief Executive's update to the Board and the latest management accounts were:

- There was considerable media coverage of MS Society-funded research into the incidence of childhood MS and Jack Osbourne's diagnosis of MS. The Society contributed comments from spokespeople, gaining significant publicity and raising awareness.
- Work continues on the planning for the 60th anniversary celebrations, including discussions at Councils' annual meetings. Branches will get further information later this year to assist them with planning for celebrations locally.
- Volunteers Week took place from 1 June – 7 June. Volunteers' stories were published each day on the Society's website, and promoted through social media such as Facebook and Twitter. The Board, all of whom are themselves volunteers, pass on their best wishes and thanks to all the Society's thousands of volunteers.
- Carers Week took place from 18 June – 24 June. The Society published its Carers Operational Framework, recognising the work of carers and setting out the Society's plans for supporting carers in the future. 62 MS related local events took place during Carers Week.
- The financial health of the MS Society remains good and, through hard work and dedication of volunteers and staff, we are on track to meet our income target for 2012

MS Life 2012

MS Life 2012 was held on 14 and 15 April 2012. The Board was provided with a review of the fourth MS Life event, at which we saw nearly 2,000 participants. The Board noted the very positive feedback from visitors, and the exceptional work of staff and volunteers to make the event so successful.

Information and Education Work

The Board was updated on the progress of the Society's information and education work, including the success of the new website and social media, awareness events (such as MS Life and 'Getting to grips' courses) and publications. The Society will be developing its activities for health and social care professionals, and has recently successfully worked with the Royal College of General Practitioners to develop learning materials about MS for GPs.

Changes to Short Breaks

The Board was briefed on progress implementing new plans for short breaks. This involved transferring the Society's respite care centres to new providers who would continue to provide services for people with MS. The Board was pleased that this difficult task had been achieved, and commented on the significant progress made in delivering our new, more personalised, approach to short breaks.

Next Board meeting

The next meeting of the Board will be held at the Marriott Regents Park, London NW3 3ST, on 15 September 2012 (prior to the AGM). If you would like to attend as an observer please contact the Chief Executive's office, at **governance@mssociety.org.uk** or 0208 438 0700. The key issue for discussion at this meeting will be the Society's operating plan and budget for 2013. If you have any comments or questions please contact me at **sgillespie@mssociety.org.uk** or write to me at MS National Centre, 372 Edgware Road, London NW2 6ND.

Thank you from me and the Board for your work, and your support for our efforts for people affected by MS.

Yours sincerely,

Simon Gillespie
Chief Executive
July 2012

MS Society AGM, 15 September 2012

Our AGM this year takes place on Saturday 15 September at the Marriott Hotel Regent's Park in Swiss Cottage, London.

By the time you receive this issue of Teamspirit, members should have received their AGM packs, including full details of how you can vote for new trustees and nation council members.

The AGM enables members to influence the work of the MS Society. This year, as well as the standard resolutions on the accounts and the auditors, we have a resolution about celebrating our 60th anniversary in 2013 along with all the people who have contributed to the fight to 'beat MS'.

Elections are also being held for trustees and council members in England, Northern Ireland, Scotland and Wales. Details of all candidates are included in the AGM pack. The Board of trustees and council members are volunteers elected by members of the Society to act on their behalf.

Anyone who was a paid-up member of the Society on or before 10 June, 2012 is entitled to vote at the 2012 AGM. Votes can be cast:

- By post, using the forms in the AGM pack;
- Online at **www.mssociety.org.uk-2012**;
- By attending the meeting.

All members are invited to attend the meeting. However, if you are unable to attend, the proceedings will be filmed and will be broadcast live on the MS Society's website. The recording will also be available for viewing after the AGM has taken place.

Please use your vote and have your say! To book a place at the AGM, please complete the registration form at **www.mssociety.org.uk/agm-2012** or call **020 8438 0470.**

Council Annual Meetings

Annual meetings have now been held by all four national councils for England, Scotland, Northern Ireland and Wales.

The meetings were held to inform people affected by MS of the work of the MS Society and the councils, ask questions, and discover some of the ground-breaking research projects being funded.

The meetings were well-attended and lively discussions were held. For more information about the work of the councils, visit the MS Society website at **www.mssociety.org.uk/councils** or contact a national council member.

Reminder – MS National Centre Open Day for MS Society volunteers

The MS National Centre Open Day in London is on Tuesday 27 November 2012. This is a great opportunity to meet MS Society staff and other volunteers, hear about activities happening across the Society and discuss issues that affect you.

During the day, you will hear updates from senior staff about the MS Society's work and the latest developments in research, and have a chance to ask questions on issues that affect you.

All MS Society volunteers are invited, particularly new volunteers. To attend, please contact the volunteering team for a booking form on **020 8438 0944** or email volunteering@mssociety.org.uk. Bookings will be made on a first come, first served basis. Travel expenses can be claimed from local branches or support groups. If there are financial limitations, please contact the volunteering team.

News and events

UK Volunteer Opinion Survey 2012

In 2009, for the first time, we asked all our volunteers to take part in a survey about your experiences volunteering with the MS Society. Almost a quarter of you took part, and this gave us valuable information to help us improve the way we work with volunteers.

In November, we plan to run another UK-wide volunteer survey – and this time, we want even more of you to tell us what you think. Whatever your role – whether you've been with us just a few months or many years – your views will be heard and noted.

The timing is perfect as next year we'll be setting out a new plan for how we recruit and support volunteers in the future and that can only be done with your input. Your views will influence the support we offer in the future and how we develop volunteering roles in the MS Society.

So get ready to tell us what you think. This is your chance to have your say. More details will be made available in November, when the survey will be sent out to volunteers by email and post. The results will be published early in the New Year with our conclusions and an action plan.

Should you have any questions please contact the volunteering team on **020 8438 0944** or email **volunteering@mssociety.org.uk**

New editions of MS Society publications

Publications List (2012 edition)

Now available is a new edition of our list of all booklets, audio recordings and DVDs from the MS Society (formerly called 'Information from the MS Society')

Just diagnosed (Third edition, July 2012)

The latest edition includes a revised summary of disease-modifying drugs.

Please recycle all old editions of these booklets.

Copies of all these titles are now available to download or order from the website or online shop. Sample copies of the publications list have been sent to all MS Society branches. Sample copies of 'Just diagnosed' will be sent in August.

If you would like copies of any of these titles, visit our online shop at **http://shop.mssociety.org.uk.** If you need a login for bulk orders please contact the information team by email: **infoteam@mssociety.org.uk** or call **020 8438 0799** (weekdays 9am-4pm).

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

Fasting and MS (factsheet) – download only

We have made minor updates to this factsheet which looks at considerations for anyone with MS who might want to fast.

Key publications list

For a list of all our key publications showing the latest editions and revisions visit the website **www.mssociety.org.uk/resources** or search with the phrase 'key publications'.

Please promote our big benefits survey!

We've launched a major disability benefits survey through the Disability Benefits Consortium and we need as many people with MS as possible to complete it, so please spread the word!

This is a great opportunity for everyone with MS to share their experience of benefits assessments, and what they think about benefits changes and how they affect them. The more people who respond to the survey the stronger our case for change. Please encourage people within your branch or support group to take part in the survey by visiting **www.surveymonkey.com/s/disability-benefits** (it should take no more than 15 minutes to complete).

The survey will be open until mid-September. We look forward to hearing from you.

The benefits battle continues…

The survey results will form an important part of our ongoing campaign to reduce the impact of the Government's benefits reforms on people with MS.

We've already secured important changes to the application process for the new Personal Independence Payment (the benefit replacing DLA), to help make it as straightforward as possible and support people with fluctuating conditions to have the best chance of getting the right support. And we're continuing to push for changes to the proposed eligibility criteria and assessment processes to make them fairer for people with MS.

Meanwhile, our campaigning doesn't stop with the Government – we're working with over 50 other charities to urge the companies that carry out the assessments to sign up to a set of pledges and commit to making them as fair as they can be.

Our work to improve the Work Capability Assessment for ESA is also picking up pace, with the Government committing funds to test our recommendations for improvements to the assessment criteria to make them better for people with fluctuating conditions. We'll keep you posted on the changes that are made. To stay up to date and support our benefits campaigns, visit **www.mssociety.org.uk/benefitscampaign** or sign up for campaign updates at **www.mssociety.org.uk/campaigns-community.**

International collaboration to speed up research into progressive MS

The MS Society has joined an international collaborative effort to speed up the development of treatments for people with progressive forms of MS.

The International Progressive MS Collaborative was launched on World MS Day in May by charities from the UK, USA, Canada, Italy and the Netherlands along with the MS International Federation.

Researchers and medical experts from across the globe will come together later this year to discuss priorities and identify the research that is needed to get us closer to finding treatments specifically for progressive MS.

Dr Doug Brown, the MS Society's Head of Biomedical Research and a member of the Collaborative said: "There are currently no treatments for people with progressive MS to slow the worsening of disability, and trials and studies to identify potential treatments have so far been disappointing. That's why we're delighted to be part of the International Progressive MS Collaborative – a proactive attempt by MS charities around the world to find an urgent answer to this problem."

We hope that by working together, MS charities can identify opportunities for research more quickly and effectively.

Amy Winehouse Foundation funds short breaks for young people with MS

You may remember our recent announcement about the generous donation of £10,000 given to us by the Amy Winehouse Foundation. £5,000 is to be spent on grants for short breaks, respite care and holidays for people with MS aged 25 and under. If you know anyone in your branch area who may benefit from this opportunity please ask them to contact the grants team on **020 8348 0700** or **grants@mssociety.org.uk**

For those with MS over 25, grants for short breaks, respite and holidays are still available through the MS Society funded Short Breaks and Activities Fund. More information about the fund can be obtained from the contact details above or from **0131 335 4050** or **grantsscotland@mssociety.org.uk** if you're in Scotland.

MS Society Professional Study Grant Programme

Our study grant programme is available to all health and social care staff who work with people affected by MS. The aim of the programme is to enable health and social care staff to attend courses or training events that will help them provide people affected by MS with the highest possible standard of care and support.

Please spread the word so all health and social care staff working with MS are aware of the study grant programme. The Society can award up to £1,000 per application and will usually contribute 50 per cent of the total course fees; however this can be exceeded in exceptional circumstances.

To apply for a grant, applicants must be members of the MS Society's professional network, which they can join free on our website at **www.mssociety.org.uk/ms-support/for-professionals/join-the-professional-network**

The grant application form can be found on the MS Society's website at **www.mssociety.org.uk/ms-resources/professional-grant-application-form**

For more information about the Study Grant Programme and other professional development opportunities please contact the education department on **020 8438 0888** or email **education@mssociety.org.uk**

Carers Week – thank you!

Thank you and congratulations to everyone who took part in this year's Carers Week. You were part of the biggest Carers Week ever!

Here are a few highlights:

- 1,900 organisations registered to take part and over 9,000 events took place around the country.
- With Carers Week partners, we published a hard-hitting report exploring the impact of caring on the health and well-being of the UK's carers, which got extensive media coverage.
- Carers of people with MS joined us to take the message to more than 50 Parliamentarians at two events in the Palace of Westminster.

But the campaign continues!
You can still write to your MP to ask them to stand up for carers in your area. Visit **http://bit.ly/carersweekcampaign** to take our easy action to write to your MP.

Better support for families and carers

Around three quarters of people with MS will at some point rely on informal care from family and friends. We recognise the important role that families, carers and friends play in supporting people with MS. In recognition of this important role we chose Carers Week (June 18 - 24) to launch our new Carers Operational Framework.
The Carers Operational Framework sets out our vision and direction of travel for developing services and resources to better support the families and carers of people with MS.
It defines our target audience, and sets out what is required to engage with and support families and carers across the UK.

The framework shows how we will:

- Reach more families and carers
- Collect evidence to better understand carers' needs
- Represent the views of families and carers to influence policies that impact on their lives
- Ensure equity of access to MS Society services and support across the UK
- Work in partnership to get better support for carers
- Put carers' needs at the heart of everything we do within the MS Society
- Involve carers in governance and decision making
- Support employees and volunteers to balance work and caring
- Provide high quality information and support through a variety of channels
- Provide high quality training and education

The Carers Operational Framework has been developed through consultation with people affected by MS, staff, volunteers, members, professionals and external organisations. However we know branches and support groups work closely with families and carers and have forged partnerships with local carers' centres and organisations. This is why we value your suggestions and comments of how to develop the framework. Please get in touch to share your ideas, or request a copy of the framework from Sue Allison by email at **sallison@mssociety.org.uk** or call **0208 827 0204.**

Fundraising

Preparing for 60th Anniversary

In 2013 it'll be 60 years since Mary and Richard Cave founded the MS Society to support and empower people affected by MS. How do you want to celebrate our anniversary? Your ideas will make sure we mark it in style.

We'll be celebrating the achievements of everyone involved with the MS Society and looking forward to an exciting future. Rather than take resources from vital research and support, we're integrating celebrations into existing events. MS Week, annual meetings, national fundraising events and the MS Awards will all have extra "60th sparkle".

At the recent annual meeting, we asked delegates to share their thoughts on how best to mark the anniversary. Here are just a handful of their ideas:

- Turn the Christmas party into a birthday party
- Create a commemorative brooch
- Sponsor a team to ride 60 miles on an exercise bike
- Collect and share the recollections of branch members and volunteers
- Hold a "Come Dine With Me" style dinner party for six people – who each pay £10 to attend
- Hold a pub quiz with 60 questions in it

Now it's over to you. What fundraising events could you hold? If we hold an event that all branches can join in, what would you choose? Send your ideas to **60years@mssociety.org.uk**

Investing in the future

Over the past few months, the Fundraising and Marketing team has been working hard to find new ways to increase the MS Society's donor base in order to secure funding for the future. As part of this, rigorous data analysis has been conducted along with workshops and market research on a sample of the population. It became clear that we need to be bolder in our messaging and the way we speak about MS.

During August, we will be running a campaign to test our findings. Two sets of inserts will be placed in a variety of publications. Both tell the story of people living with MS in a hard-hitting way which we hope will make the public sit up and take action. We hope they will encourage more people to donate, and will use the results to inform future fundraising campaigns. We are aware that such powerful advertising is not always comfortable for some people affected by MS, but we hope you understand the importance of getting the attention of mainstream audiences.

Shana Pezaro, who features in the campaign, said: 'I decided to share my story in this way to show how MS can affect people on a daily basis. It's not an easy thing to live with, and I want people to understand that. I hope that this will help the MS Society raise much-needed funds to support people living with MS across the UK'.

Fundraising

As this programme progresses we will keep you posted; look out for updates in subsequent issues of Teamspirit.

For more information about this campaign, please contact Charlene in the direct marketing team on **0208 438 0717** or email **cvallory@mssociety.org.uk**

Appeals update

During MS Week, you and your members may have received a fundraising letter from Simon Gillespie asking readers to join the Fightback against MS. So far, over £110,000 has been raised. Please pass on our thanks to anyone you know who donated.

Our next fundraising letter will go out in September to around 30,000 supporters. This will include members who have very recently made a donation in addition to their membership subscription. The letter will be about the research projects we're committing to fund from September, with a particular focus on symptom relief work.

If you have any questions or feedback about our fundraising appeals, please contact Sarah Briggs in the direct marketing team at MS National Centre on **0845 481 1577** or email **sbriggs@mssociety.org.uk**.

Cake Break update

Great news from Cake Break! Over £250,000 has been raised so far by those who hosted a Cake Break, and donations are still coming through.

About 1,184 cake-eating events were held by supporters around the UK, in their homes, workplaces, schools and communities. On average each event raised approximately £212, and some people have sent in thousands!

We'll be able to know much more about this year's Cake Break thanks to all those who gave us their feedback over the phone. This will help us plan a much better and bigger Cake Break in 2013.

So thank you to all who took part in this fantastic collective event.

Christmas is coming…

This year's MS Society Christmas catalogue is now available with a fantastic selection of cards, gifts and stocking fillers. All proceeds go towards beating MS. You can fundraise for your local branch by making purchases from the catalogue. Quote your branch's unique 'media code' when ordering and the branch will receive up to 25 per cent of the value of your purchase at the end of the Christmas season. Codes will be sent to branch contacts in early August. You can also get your code by emailing **christmas@mssociety.org.uk**

Members who haven't bought from the catalogue previously will receive a copy with their July/August MS Matters. Any members who have bought from the range in the past will receive catalogues direct from our Christmas catalogue supplier, Sutton's, as the season progresses. Sutton's bear all costs for these mailings, including printing and dispatch. The MS Society receives commission on all sales through the collection, and incurs no direct costs for the additional mailings.

Please note that we are now working with Sutton's after our longstanding Christmas catalogue supplier, Webb Ivory, went into administration earlier this year. Sutton's offer a wider range and higher quality cards at the same prices and delivery options. We expect a smooth service, but advise that orders be placed early to prevent disappointment.

Useful contact details:

General questions or feedback – call Sarah Briggs in the marketing team **020 8438 0847**

For branch 'media code' – email **Christmas@mssociety.org.uk** or call **0800 100 133**

Catalogue order line – call **0844 314 4384**

Catalogue customer services – call **0844 314 4385**

Browse and shop online – visit **www.mssocietyshop.co.uk**

Other Christmas fundraising opportunities

A Christmas portal is now online: **www.mssociety.org.uk/christmas.** In the run up to Christmas, you'll see it gradually filled with seasonal fundraising ideas and fun ways you can support the MS Society's work.

Have you organised a successful Christmas fundraiser in the past? If so, please email your story to **christmas@mssociety.org.uk** we could use it to promote Christmas fundraising to supporters across the UK.

Treasurers' Forum

We are pleased to announce that the Treasurers' Forum 2012 programme will begin later this summer.

We had an unprecedented high attendance in 2011 of new and existing committee members. The feedback received from attendees indicates this is an invaluable way for branch committees to increase and refresh their knowledge of branch finance matters.

Booking forms, including details of how and when people can get involved, will be sent out in due course.

Branch Accounting

The pilot of branch online accounting is underway. Thank you to all those involved for their continued contribution and feedback.

We welcome treasurers not involved in the pilot to use the online facility for recording branch financial transactions. This will reduce the administrative burden on branch treasurers, improve the Society's financial reporting processes and enable the Finance team at MS National Centre to better support treasurers.

Treasurer involvement and feedback at such an early stage of the system will be invaluable. If you are interested in taking part in the pilot, please contact **financesupport@mssociety.org.uk** for more information.

For England

Regional events from 26 August to 11 October

North

Wednesday 29 August	MS Support training day 1 (North of England)
Saturday 1 September	MS Support training day 1 (North of England)
Wednesday 5 September	MS Support volunteer engagement event (Yorkshire & the Humber) – Leeds
Thursday 6 September	MS Support training day 1 (Cheshire & Merseyside)
Saturday 22 September	MS Support training day 2 (North of England)
Wednesday 26 September	MS Support training day 2 (North of England)
Wednesday 10 October	MS Support training day 3 (North of England)
Thursday 11 October	MS Support training day 3 (North of England)
Thursday 11 October	Yorkshire & Humber network meeting (West) – Leeds
Saturday 13 October	Living with MS – Harrogate

East

Saturday 1 September	Meet the scientists! Research day – Cambridge
Tuesday 4 September	MS Support training day 1 (Thames Valley) – Buckingham
Wednesday 5 September	MS Support training day 2 (Thames Valley) – Maidenhead
Saturday 8 September	Working with MS – Nottingham
Tuesday 11 September	MS Support training day 1 (Herts, Essex & Beds)
Wednesday 12 September	MS Support training day 1 (Herts, Essex & Beds)
Thursday 13 September	Getting to Grips course starts (4 weeks) – King's Lynn
Wednesday 19 September	Volunteers' forum – Thetford
Wednesday 26 September	MS Support training day 2 (Thames Valley) – Buckingham
Tuesday 2 October	MS Support training day 3 (Thames Valley) – Maidenhead
Saturday 6 October	Living with MS – Kesgrave

London & South East

Friday 7 September	MS Support training day 1 (South London) – Bromley
Saturday 8 September	Living with MS – Crawley
Saturday 8 September	MS Support training day 1 (Kent) – Maidstone

For England

London & South East

Friday 14 September	MS Support training day 2 (South London) – Bromley
Sunday 16 September	‘Breaking boundaries in research’ awareness event – Birchington, Kent
Saturday 22 September	MS Support training day 2 (Kent) – Maidstone
Wednesday 26 September	Fundraisers’ forum (South London)
Wednesday 26 September	Branch development day (Kent) – Maidstone
Friday 28 September	MS Support training day 1 (Surrey & Sussex)
Saturday 29 September	MS Support training day 1 (Surrey & Sussex)
Thursday 4 October	MS Support training day 1 (North London)
Friday 5 October	MS Support training day 3 (South London) – Bromley
Friday 12 October	MS Support training day 4 (South London) – Bromley
Saturday 13 October	Newsletter editors’ forum – Maidstone

West

Sunday 26 August	Bungee jump fundraiser – Tamworth
Monday 10 September	MS Support engagement event (Hants and Islands) – Eastleigh
Tuesday 18 September	MS Support training day 3 (West Midlands) – Birmingham
Saturday 6 October	Chairs’ and Support Volunteers’ conference (West Midlands)
Tuesday 9 October	MS Support training day 4 (West Midlands) – Birmingham
Tuesday 9 October	MS Support training day 1 (South West)
Wednesday 10 October	MS Support training day 1 (Wessex & West)
Saturday 13 October	Hants and Islands Regional Quiz – Fleet

For information on how to be a support volunteer and detail and bookings for these and other events, please contact your local staff member.

If you are a support volunteer yet to attend the training session(s) please email **volunteertraining@mssociety.org.uk** to request a booking form.

MSSNI Events – Working in Partnership to Beat MS

These are difficult times in terms of fundraising and yet, it's in these difficult times our services and support are most needed. It's not easy to come up with new ideas or activities to raise those vital funds and sometimes finding volunteers to help with events can be really difficult. You can get involved in the forthcoming events;

- Slieve Donard Dander, 19 August
- Zip Line Challenge across the Lagan, 25 August
- Ben Nevis Challenge (weekend), 14-16 September
- Wheel & Walk, Lurgan Park, 15 September
- Wheel & Walk, Castlewellan, 23 September
- 'Spooky' Halloween Firewalk, 26 October
- Step into Christmas Gala Ball featuring Marty Fay and the Bandidos as wells as May McFettridge, 24 November, Ramada Hotel, Shaw's Ridge, Belfast. Early Bird booking rate available until 30 September 2012.

The fundraising team can support you, we can help with event planning, organisation and management on the day – all you need to do is recruit participants to raise funds. In return, your branch retains all income after costs. It really is that simple.
No fuss, no bother, it couldn't be any easier! Call the Fundraising Team on **028 9080 2802** for information and promotional materials about these events.

A changing approach to MS Support

The first round of the MS Support Training has now been completed with over 25 volunteers. New support teams will be ready to start providing this vital service in branch areas.

We can now confirm that day one of the MS Support Training (Introduction to MS) for new and existing support volunteers will take place on Tuesday, 23 October 2012, at 10.30am-3.30pm in the Resource Centre in Belfast.

If you have any queries about the support volunteer programme or would like any further information please contact the development team on **028 9080 2802** or email **nidevelopmentteam@mssociety.org.uk**

Family in Focus Project

Our Family in Focus programme continues to offer 'Time to Talk' for families. This offers families access to counselling for dealing with the impact of MS on everyday life. This service is open to people with MS, their carers, partners and family members as individuals or as a group.

The service is completely confidential and available at Relate offices across Northern Ireland. If you are interested in accessing support form the programme please contact Relate NI directly on **028 9032 3454** to make an appointment. When booking, mention the MS Society NI to have your appointment fast tracked.

Summer camp for young people affected by MS

A young people's summer camp at Share Centre, Lisnaskea, will take place on 14 and 15 August 2012. This is an overnight stay for young people affected by MS across NI aged from 12 to 16 years. For more information please contact the development team on **028 9080 2802** or email **nidevelopmentteam@mssociety.org.uk**

For Scotland

Self Management – new courses

The MS Society's free self management courses can help you manage the emotional and physical affects of living with MS. The courses are run by volunteer course leaders who have a long-term condition.

Thirteen courses are starting over the next few months across Scotland. To book your place, request more information and promotional materials for the courses please call coordinator Ailsa Blair on 0131 335 4050 or email **ablair@mssociety.org.uk** – it's never too early to book.

Full details are also available on our website **www.mssociety.org.uk/events**

Hamilton: Burnbank Centre
20 August
1.00 pm

Lerwick: Market House
20 August
1.30 pm

Clydebank: Skypoint Centre
21 August
10.30 am

Dundee: Ardler Centre
23 August
2.30 pm

Strathpeffer: Strathpeffer Community Centre
3 September
10.00 am

Balintore: Seaboard Memorial Hall
10 September
1.30 pm

Aberdeen: Stuart Resource Centre
12 September
1.30 pm

Stornoway: St Columbas Hall
24 September
10.00 am

Grangemouth: Dundas Centre
12 October
10.00 am

Paisley: Seaboard Accord Hospice
22 October
10.00 am

Blairgowrie: Blairgowrie Cottage Hospital
25 October
10.00 am

Blantyre: Miners Comm Resource Centre
30 October
1.00 pm

Each course lasts 2½ hrs per week, for six weeks

We also plan to hold courses in the following areas;

October: Musselburgh, Clackmannan, Inverness, Irvine, Keith

November: Edinburgh To be confirmed: Greenock, Aberdeenshire

The website will be updated when details become available.

For Scotland

The Loch Ness Marathon – an opportunity to reach new donors in your area

In 2011, 28 MS Society runners took part in the Loch Ness Marathon and raised £17,000 to support people living with MS in Scotland. The runners raised an average of £525 each.

This year, the marathon takes place on Sunday, 30 September and while ballot entries have closed, the MS Society has places available to runners who wish to run to support their local branch.

The event starts on the high ground between Fort Augustus and Foyers, before dropping down to the banks of the loch and finishing at Bught Park in the centre of Inverness.

Entry is now open for this monster marathon which will be held alongside a 10k and 5k fun run .This is an excellent way to reach new donors in your local area, while raising funds for the branch.

Branch runners joining the MS Society Scotland team will receive a running pack, which includes a t-shirt, sponsor forms and support with their fundraising and training. In addition, the fundraising team will be at the finish line to cheer every MS Society runner. After the event, monies raised will be given to the branches that recruited the runner, minus the £90 entry fee for the race.

Recruitment packs will be sent in coming weeks with further details on how runners can join the MS Society Scotland team. In the meantime if you have any questions or want to register a runner now, please contact Sarah Farquhar, Area Fundraiser (North of Scotland) on **07920 829491**, or email **sfarquhar@mssociety.org.uk**.

Access to Medicines Guide Scotland

We're pleased to launch a new guide on how to campaign for access to MS medicines in Scotland.

The guide aims to help people affected by MS make the best possible case for access to medicines which have been proven effective, including:

- how medicines are made available on the NHS
- how to navigate local NHS systems
- how to raise awareness of the issue medicines in Scotland.

The guide is available online at **http://www.mssociety.org.uk/ms-resources/how-to-access-medicines-scotland**

Area Network Meetings

In October MS Society Cymru will be hosting four Area Network Meetings around Wales allowing branches to come together and share ideas and best practice.

It will be a useful opportunity to feedback from the Cymru Council Annual Meeting and UK AGM, as well as discussing ways to progress the support volunteer project.

The meetings will take place on the following dates:

- Wednesday, 10 October – South West Wales Area Network Meeting, The Ivy Bush Hotel, Spilman Street, **Carmarthen**, SA31 1LG - 10.30-4.30
- Tuesday, 16 October – South East Wales Area Network Meeting, St Mellons Hotel, Castleton, **Cardiff**, CF3 2XR – 10.30-4.30
- Thursday, 18 October – Mid and West Wales Area Network Meeting, Coleg Powys, Llanidloes Road, **Newtown** – 10.30-4.30
- Friday, 19 October – North Wales Area Network Meeting, Kinmel Manor Hotel, Abergele, **Conwy**, LL22 9AS – 10.30-4.30

For more information in Mid and South Wales please contact Sue Jones, Local Support Development Officer on 01633 889290 or email **sjones@mssociety.org.uk.** In North Wales please contact Urtha Felda, Area Development Officer on **020 8827 0212** or email **ufelda@mssociety.org.uk.**

Clywedog Sailing Club – Disability Sailing Success

Do you live with MS? Would you like to try sailing?

Clywedog Sailing Club, near Llanidloes in Powys, held a very successful Disability Sailing Day on 30 June. More than 30 participants with varying disabilities enjoyed a day of sailing, despite rainy weather.

Clywedog Sailing Club is equipped with full facilities for those with disabilities, including a hoist and pontoon and a craft suitable for wheelchairs (not under sail). Club members were on hand to take people sailing.
A variety of craft were available from adapted sailing dinghies to canoes and kayaks. Participants enjoyed the feeling of independence, confidence and freedom during the sailing sessions.

The next MS Disability Sailing Day and picnic is on Saturday, 8 September, at Clywedog Sailing Club. For all enquiries contact Keith Rollinson on **01686 640305** or email **em.keith@rollinson.me**

For Wales

Social care reception – advanced notice

In advance of the Welsh Government publishing the Social Care Bill, a draft law to radically reform the way social care is delivered in Wales, there will be a reception to focus on key aspects of the Bill and influence changes.

The reception will take place at 6pm on Tuesday, 13 November, in the Pierhead Building next to the Senedd. Branches are encouraged to promote the event and invite members.

For more information and to get involved please contact Joseph Carter on **029 2078 6676** or email **jcarter@mssociety.org.uk**

Thank you to our North Wales branches

We would like to thank the North Wales Service Users Forum, which brings together branches in North Wales, for hosting a major conference on MS and Employment.

The event, held on 28 April, brought together experts in physiotherapy, benefits and employment support, managing stress and work. The conference was a great example of what branches can achieve when they come together. The event was a success and will help shape the MS and Employment work underway.

Classifieds

Please share these opportunities in your 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. Bookings can be made by calling Richard Smith on **07709 235729**. (Please leave a message if necessary and we will call you back.)

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

Teamspirit directory

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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
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