

No. 190 August 2013



Teamspirit

For branch officers and national support group committee members

Welcome to the August edition of Teamspirit.

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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 0825 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 Name	Earmarked Description	Earmarked	Research	Welfare	General
Asian MS	Amiloride Clinical Trial in Optic Neuritis (grant 952)	£500.00			
Asian MS	Phenytoin clinical trial (grant 948)	£500.00			
Balleymoney Branch			£5,000.00		£5,000.00
Bedford Branch	Cambridge Myelin Repair 2011-2015	£1,180.00			
Chichester and Bognor Regis Branch	Cambridge Myelin Repair 2011-2015	£2,000.00			
Coleraine and District Branch	Cambridge Myelin Repair 2011-2015	£1,000.00			
Denbigh & District Branch			£2,000.00		
Great Yarmouth & Waveney Branch	Cambridge Myelin Repair 2011-2015	£500.00			
Hackney & City Branch					£340.00
Market Harborough & District Branch	MS Nurses	£250.00	£250.00		
Merton Branch	Grants	£6,800.00			
Redcar Districts Branch	MS Nurses	£500.00			
St Helens & District Branch	Cambridge Myelin Repair 2011-2015	£10,000.00			
St Helens & District Branch	Fairer Financial Assistance	£1,000.00			
St Helens & District Branch	Stem Cell Research	£10,000.00			

Branch donations

Branch Name	Earmarked Description	Earmarked	Research	Welfare	General
Stanhope & Weardale Branch	MS Helpline	£1,000.00			
Stanhope & Weardale Branch	Magnetic Resonance Imaging	£1,000.00	£2,000.00		
Stratford Upon Avon & District Branch	MS Helpline	£500.00	£500.00	£500.00	
Taunton & District Branch	Cambridge Myelin Repair 2011-2015	£2,500.00			
Taunton & District Branch	Amiloride Clinical Trial in Optic Neuritis (grant 952)	£1,250.00			
Taunton & District Branch	Phenytoin clinical trial (grant 948)	£1,250.00			
Total		£41,730.00	£9,750.00	£500.00	£5340.00

These are donations recorded 24 May to 11 July 2013.

News and events

Chief Executive's post-Board report (11 July 2013)

Welcome to this update on key aspects from the work of the MS Society's Board of Trustees following its meeting on 11 July 2013. This meeting took place at the MS National Centre in London. The full Board papers are available on the MS Society's website.

Regular reports

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

- Michelle Mitchell, Chief Executive Designate was welcomed to the meeting and confirmed that she would be joining the MS Society in September
- since the papers for the Board meeting went out the Cymru Council had held their annual meeting
- legacy notifications and residuaries are looking healthier than they have in some time
- the Board approved the Annual Report and Accounts for 2012 – the accounts will next be brought to members and voted on at the AGM
- the Board also approved the AGM 2013 resolutions, more detail on which can be found in the AGM article on page 6

60th Anniversary updates

An update was provided to the Board as this was the 'half-way' point for our 60th anniversary activities. This included:

- 230 stories received for heritage and hope
- 52 events have taken place at the time of writing the report
- income so far for Challenge60 is £138,000

Next Board meeting

The next meeting of the Board will be held at MS National Centre on Friday 20 September 2013. If you would like to attend as an observer please contact Rebecca Hawkins, Governance Officer, at governance@mssociety.org.uk or 020 8438 0700.

The key issues for discussion at this meeting are likely to include:

- operating plan and budget for 2014

If you have any comments or questions please contact me at pgordon@mssociety.org.uk or write to me at MS National Centre, 372 Edgware Road, London NW2 6ND.

Patricia Gordon

Acting Chief Executive

Audience: All

Action: For noting only

Contact: Rebecca Hawkins
governance@mssociety.org.uk
020 8438 0700

News and events

Carers Week big success

We're pleased to report that this year's Carers Week was the biggest and best yet – and we want to say a big thank you to all branches and volunteers who supported the campaign. The MS Society has been a proud partner of Carers Week for a number of years as it gives us a valuable opportunity to demonstrate our commitment to supporting the families and carers who support people living with MS.

Some key outcomes from this year's national campaign included:

- over 2,600 organisations registered with Carers Week
- over 10,000 local events took place across the UK
- millions of people were reached through Facebook and Twitter
- media coverage included newspaper, magazine, radio and television features in all four nations – some of which carried MS case studies
- MS carers challenged the Minister for Care and Support Norman Lamb MP at a speed networking event in Westminster

A number of MS Society branches got involved in Carers Week by running social meet-ups for carers, information stands and collection days, and joining up with local carers services at exhibitions and other local events.

We held a Family Fun Day in the national office in Belfast and workshops at the Scotland Council annual meeting and the Living with MS day in Swansea.

We also shared blog posts from carers Sophie and Gurmeet and a touching video about a young carer, Emily which was watched by over 1,100 people on YouTube.

Sainsbury's once again sponsored this year's campaign and the Sutton branch took the opportunity to partner with their local store and have an information stand in the foyer. They raised almost £250 over three days and reached out to many in the local community. Branch volunteer Tony Knappett commented that "it really is amazing how many people there are out there who have a connection with MS either in the family or amongst friends and work colleagues, and it was great to reassure them that they need not worry alone, because the MS Society is there for support wherever they may live."

If your branch took part in Carers Week this year or if you have feedback, comments or suggestions for next year's campaign, please get in touch. We're gathering this information for a final impact report and would love to hear from you.

Audience: All

Action: For noting and sharing

Contact: Natalie Pink
npink@mssociety.org.uk
020 8438 0805

News and events

MS Society AGM

Our AGM this year takes place on Saturday 21 September at the Royal College of Obstetricians and Gynaecologists in London.

Members should now have received their AGM packs, including full details of Trustees and National Council candidates and how you can vote for them.

The Board of Trustees and Council members are volunteers elected by the members of the MS Society to act on their behalf. Anyone who was a paid up member of the MS Society on or before 22 June 2013 is entitled to vote at the 2013 AGM. This year we'll be trialling an email option for members where we have email addresses.

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 resolutions about our Vision for a world free from the devastating effects of multiple sclerosis and the Working Locally programme.

All members are invited to attend the meeting. However, if you're unable to attend the proceedings, it will be filmed and will be broadcast live on the MS Society's website. Please use your vote and have your say!

Audience: All

Action: For noting and action

Contact: Governance

governance@mssociety.org.uk

020 8827 0470

RCGP e-learning module

The MS Society worked in partnership with the Royal College of General Practitioners (RCGP) to produce an e-learning module on MS that was launched in April 2012.

The module includes three 30 minute units focusing on:

- the role of GPs in diagnosing MS
- long term outlook and management
- psychological and social impact of MS on the patient and their carer(s)

Since its launch, over 1,500 GPs have completed the module, with a 34% average improvement in their knowledge of MS upon completion of the module. Comments received include:

- "It's an excellent, easy to understand comprehensive session on MS with important practical points to remember."
- "It's an excellent summary and [offers] helpful clinical content."
- "I really enjoyed the patient interviews and there was a lot of practical advice for GPs in this session."

While this is a great start, we need your help to encourage every GP (and any other interested health and social care professionals) to take the module to ensure that people with MS receive the best possible care and support.

The module can be accessed on the RCGP's Online Learning Environment at www.elearning.rcgp.org.uk or contact us if you'd like a flyer to print or email around.

Audience: All

Action: For noting and action

Contact: Education team

education@mssociety.org.uk

020 8438 0888

News and events

MS National Centre Open Day

Our MS National Centre Open Day in London is a great opportunity for you to meet MS Society staff and other volunteers, hear about activities happening across the charity and discuss the issues that affect you. As you read in the last edition, this year's open day will be on Tuesday 5 November 2013.

By attending this event you'll hear from senior staff about the MS Society's work and the latest developments in MS research, and have time to meet other volunteers from across the UK.

After a buffet lunch we'll also give you the opportunity to meet staff from different departments, hear updates on their areas of work and ask questions on any issues affecting you.

New volunteers should find this open day particularly beneficial but this invitation is extended to all MS Society volunteers, so please inform those in your branch or support group who may be interested in attending.

Travel expenses should be claimed from your branch or support group but if there are financial limitations, please contact us to discuss.

If you'd like to attend, please contact the volunteering team for a booking form. We look forward to seeing you on the day.

Audience: All

Action: For noting and sharing

Contact: Volunteering team
volunteering@mssociety.org.uk
020 8438 0944

Youngms.org.uk website

A few years ago we set up a website specifically for children and young people affected by MS called www.youngms.org.uk. Unfortunately, we have not had the resources or capacity to keep this website as up to date as we'd have liked.

So until we have the resources to keep the site up to date and relevant, we've decided to stop advertising it. The main reason being we think it's unfair to signpost to it when the information isn't always timely.

Please note we aren't shutting the website down and anyone who emails us through the site will still be responded to. But until we can give the site the attention it needs, we'd appreciate it if you don't promote it in any way – for example by handing out leaflets or bookmarks, or through links on your own websites.

If you do get any enquiries from young people about MS, please signpost them to our Facebook page or to the forums on our website. Alternatively, they can call our Helpline directly if they want to talk to someone.

Audience: All

Action: For noting only

Contact: Helpline
helpline@mssociety.org.uk
0808 800 8000

News and events

What is MS? (fourth edition, June 2013)

Our key introductory guide to MS has had a makeover!

Feedback on previous editions of 'What is MS?' suggested the introductory booklet should be smaller, lighter and more engaging. We've taken that on board and released a new edition that is A5-sized with a photographic cover to make it more visually appealing. We've also reduced the amount of text on each page and included images, to help make the information easier to read and take in.

It still covers all the key points – including an overview of MS and how it can affect someone, the risk factors for developing MS, how it's diagnosed and the different treatments for managing the condition and its symptoms. We also signpost to further sources of support and in-depth information from the MS Society, and explain how we can help.

We wouldn't have been able to produce this booklet without input from a wide range of people, including many people with MS. So we'd like to say a huge thank you to everyone who contributed to this new edition, whether they helped review the content, guide us on the look and feel, or provided us with quotes to use in the booklet.

We're really pleased with this new edition of 'What is MS?' and hope you are too. If you have any comments – good or bad – about this new edition, we'd love to hear them. Please fill in our feedback survey at www.surveymonkey.com/s/RMH9PGJ

Copies are available to order from the online shop shop.mssociety.org.uk or you can

download it from the website www.mssociety.org.uk/ms-resources/what-is-ms

Audience: All

Action: For noting, sharing and review

Contact: Information team
infoteam@mssociety.org.uk
020 8438 0799

Information Management Programme (IMP) update

Over the last three months we've been speaking to volunteers across the country about the challenges you face when accessing information and asking what we could do to address these. Using this feedback, we're working on plans for a series of online tools that will support branches and volunteers by reducing administration, enabling easier access to information and helping us better recognise the contribution of volunteers. At various forums and meetings in the autumn, we'll be joining you to go through the plans for this phase of work in greater depth and get further feedback to ensure that we prioritise things in the most useful way. If you're interested in learning more please speak to your local area staff about how to get involved or contact Gethin James from the information management team.

Audience: All

Action: For noting only

Contact: Gethin James
gjames@mssociety.org.uk
020 8438 0964

News and events

Working Locally update

Working Locally is in the midst of the first conversation establishing what people affected by MS want access to locally. We've been engaging with branches, volunteers and staff. More recently, through MS Matters, we've approached members and at the end of June we launched a blog on our website leading to a brief survey. Sessions are now running with a number of therapy centres and Shift MS will tweet and encourage people to visit the blog site from the end of July.

So far over 600 people have been engaged through 38 events.

Shortly we will undertake the first and second review of all feedback to establish themes of local need. We'll then draft outcomes for the MS Society working locally and undertake a review of the lessons we've learnt so far. We'll keep you up to date as the project progresses.

Audience: All

Action: For noting only

Contact: Stewart Long

workinglocally@mssociety.org.uk

or contact your local area staff

Disclosure & Barring Service update

On 17 June 2013 the Disclosure & Barring Service (DBS) launched further reforms to

disclosure checks. These changes only apply to England and Wales.

Update service

This service allows people to keep their disclosure certificate up-to-date and take it with them between organisations. People can sign up to the service online at www.gov.uk/dbs the next time they apply for a check. If someone is already a member of the service they should contact the volunteering team to discuss next steps.

Single certificate

As part of this service the DBS will no longer send a copy of the disclosure certificate to the MS Society. Therefore, when a volunteer receives their disclosure certificate they must send it in to the volunteering team (original or photocopy).

Individuals providing a service

We're no longer able to accept previous disclosure certificates from individuals providing a service (e.g. yoga teachers) that are not part of the 'update service' listed above.

Guidance

We have updated our guidance for volunteers to include these changes. Please see the 'Staying Safe' section of our volunteer website or contact the volunteering team for more information.

Audience: England and Wales only

Action: For sharing

Contact: Liz Wigelsworth

volunteering@mssociety.org.uk

020 8438 0944

News and events

New 'How to' guides

You've told us that you want practical guidance to support the different functions and activities of branches and groups. We're developing a range of 'How to' guides and we'll be telling you about each of them in Teamspirit as they become available.

How to be easy to contact by phone

<http://volunteers.mssociety.org.uk/resources/661> – This guide covers our agreed standards, how to set up and publicise your phone line, what your answerphone message needs to include and the different phone options available.

How to employ and manage branch based staff

This guide is for branches that employ staff or those considering it. It covers our recruitment and staff management policies and procedures, the costs involved and what support is available.

This guide isn't currently available online but please ask your local staff member for a copy.

Please let us know what you think about these new resources.

Audience: All

Action: For noting and review

Contact: Danielle Walker

branchresources@mssociety.org.uk

020 8438 0911

Research

Groundbreaking clinical trial for secondary progressive MS

A new phase 2 clinical trial called MS-SMART will begin this autumn, investigating whether three potential treatments could slow or halt disability progression in people with secondary progressive MS.

MS-SMART is a three-year trial that will test the safety and effectiveness of three different drugs - amiloride, ibudilast and riluzole – against a ‘dummy’ treatment in 440 people with secondary progressive MS.

The three drugs are already licensed for other conditions (amiloride is licensed to treat heart disease, ibudilast to treat asthma in Japan and riluzole is licensed for motor neurone disease) so researchers know the safety profile of the treatments, potentially shaving years off the research process.

The trial will be led by Dr Jeremy Chataway at UCL (University College London) and Professor Siddharthan Chandran at The University of Edinburgh and has been part funded by the MS Society, along with a number of other organisations.

Up to 15 trial sites will be identified in cities and towns across Scotland and England and participants will be monitored for two years using MRI scans and other clinical measures to test for signs of MS disease progression; it’s hoped the drugs will work by protecting the nerves from damage.

The recruitment for the trial will start towards the end of the year. If you would like more information about the trial, visit the MS-SMART website www.ms-smart.org

Audience: All

Action: Noting and sharing

Contact: Research
research@mssociety.org.uk
020 8438 0822

Support

Latest grants updates

Changes to our grant funds for carers

Following consultation with a range of carers, volunteers and carer's centre representatives we have revised the carers grant funds we offer. We now have one flexible fund named the Carer's Grant Fund that carers can apply to at different points in their lives, as their needs change.

There are three age groups: young carers (aged 15 and under), 'transitional' carers (16-24) and adult carers (aged 25 and over). Carers can apply once when they are in each of the young and transitional age groups and once every five years when they are in the adult age group.

Grants fall into two main categories; leisure and personal development. Leisure could include recreational activities giving carers a chance to relax, socialise or try something new. Personal development could include courses to enable carers to get back into work, embark on a new career or develop other 'life skills.'

Grants fund name change

From September this year the National Grants Fund (in England, Northern Ireland and Wales) will be called the Individual Support Grants Fund (the name of the fund in Scotland). The key elements of the fund remain the same. Applications should, in the first instance, be sent to an applicant's

branch for consideration. If the branch is unable to fund the request in full, the application can be sent to either the grants team at MS National Centre for applicants living in England, Northern Ireland and Wales; or the Grants Officer in Edinburgh for applicants living in Scotland. The funding criteria and upper limits are unchanged.

Updated application forms

To incorporate the many changes to the benefits system across the UK, we have updated the Individual Support Grants fund and the Short Breaks & Activities Fund application forms. We have tried to keep the information requested to essential items only. The sections on benefits are longer than before as some applicants will be in receipt of benefits that will be phased out, while others will have transferred to the new ones, so we need to include them all on the one form.

Audience: All

Action: For noting and sharing

Contact: Scotland – Ruth Morgan, Grants Officer 0131 335 4081

England, Northern Ireland and Wales – Grants team 020 8438 0700

Support

Thinking about a supported short break?

The MS Society has developed new partnerships with Active Assistance and The Good Care Group to enable people with MS, their carers and families to access short periods of respite care at home, or while on holiday in the UK or abroad.

Both services are new, specialist services for people with MS, and the organisations' professional carers have received training from the MS Society to ensure they have a true understanding of the condition and can provide the best possible support.

For holiday breaks, please note that accommodation and other arrangements will need to be made separately. Active Assistance and The Good Care Group only provide the care element of the break.

The two partnerships are working slightly differently and cover people living in different areas of the UK. Please contact the organisations directly for more information and to discuss specific needs.

Partnership with Active Assistance

Available to residents in England and Wales who are on a live-in care basis at home, or for use as a holiday care service for short breaks in the UK or abroad. Following an assessment, clients purchase a period of care, from a minimum of two nights to as long as is required.

Audience: England and Wales only

Action: For sharing

Contact: Active Assistance 01732 779353

Partnership with The Good Care Group

Available to residents in England and Scotland who are on a live-in care basis at home, or for use as a holiday care service for short breaks in the UK or abroad.

Following an assessment, an initial period of one week's care must be purchased, but can be split and taken as two periods over a six month period (minimum of three nights each). For more information and a brochure please contact The Good Care Group.

Audience: England and Scotland only

Action: For sharing

Contact: The Good Care Group
enquiries@thegoodcaregroup.com
08000 234 220

Financial support for short breaks

The MS Society's Short Breaks and Activities Fund can provide grants towards the costs associated with short breaks and holidays with care. To find out more and to apply, please contact the grants team.

Audience: All

Action: For sharing

Contact: Grants team

grants@mssociety.org.uk

Grants team 020 8438 0700

Grants Officer Scotland 0131 335 4081

Fundraising

Stu steps up

As you may have seen in the May/June issue of MS Matters, MS Society trustee Stuart Nixon is taking on an incredible challenge for Challenge60. Stuart, who has had MS for over 30 years and has been a wheelchair user for 16 years, is attempting to walk 60km over nine days to raise £60,000 for the MS Society.

The challenge, named “Stu steps up – 100,000 steps for MS” will take place along Jubilee Walk in London, from Buckingham Palace to the Olympic Stadium and back, from Saturday 5 October to Sunday 13 October. As Stuart only has mobility in one leg, he will be using a bespoke walking frame designed for him by students from Northumbria University.

The MS Society will be organising a walk to coincide with the final day of Stuart’s walk on Sunday 13 October. Anyone wanting to take part will be welcome to join. Please email challenge60@mssociety.org.uk for details.

If you can’t take part but would like to donate, visit www.justgiving.com/stustepsup or send a text message to 70070 quoting SNMS60, or by calling 0800 100 133. Stuart is keen to raise as much money as possible, so please do spread the word to your branches and support groups.

Audience: All

Action: For noting and sharing

Contact: Fundraising team
challenge60@mssociety.org.uk
0845 481 1577

MuSic

Our Community and Events team have been doing some research and it seems we have a lot of very musical MS Society supporters. ‘Stick it to MS’ (a record breaking drumming event in aid of the MS Society) was a major prompt for us to look at how we receive support from musicians. It seems not only do they enjoy lending their talent to our cause, but they’re also fantastic fundraisers.

With this in mind, we’ve developed a ‘how to’ guide which will help musicians, bands and budding promoters to put on an event in aid of the MS Society. Labelled ‘MuSic’, we’re hoping to have this available later in the year to support anyone who would like to arrange a music event. It’s hoped that it will inspire a variety of events from acoustic performances, string recitals, choirs, pop and rock bands to DJ nights and karaoke!

Essentially fundraisers taking up this option will be encouraged to partner with venues who can offer their venue free of charge or at a good charity rate, then casting out for some charitable and popular talent to create the bill. Add some publicity and social networking and the result should be a successful night for income generation, awareness raising and socialising.

Audience: All

Action: For noting and sharing

Contact: Simon Moran, Area Fundraiser
(North England)
smoran@mssociety.org.uk
020 8438 0740

Fundraising

Sponsored local event fundraising

Organising your own fundraising events is hard work! So, being aware of local events that your supporters could take part in is a key element of smart fundraising. We've all seen those local fun runs, cycle rides and raft races in the local papers and community websites. These are a great opportunity to make some money with less effort than putting on your own activities.

So, what are the benefits?

- less time consuming than organising your own event
- public events are a great way of raising your local profile and awareness of the MS Society
- it embeds your branch firmly at the centre of the local community
- it can add new fundraisers and potential new volunteers to your team
- it lowers the financial risk to the branch as somebody else is paying for the costs of the event

To really make the most of the opportunity, some planning and active recruitment will increase your chances of a successful campaign:

1. Come up with a list of suitable local events. Some of them might be just outside your immediate branch area, but will still be attractive to your potential local supporters.
2. Create a simple recruitment/marketing plan. You are aiming to ask people from outside of the branch to support you. How are you going to reach them?

3. Pull together your resources. Have a stock of sponsor forms/t-shirts ready to go. Create a welcome letter, an info sheet on what your supporter needs to know about the MS Society in order to raise as much money as possible for you.
4. Promote, promote, promote! Get out into the community and ask people to take part for you. Be prepared for the occasional no, but persevere!
5. Encourage and support your fundraisers throughout. An email or phone call just to see how they are getting on. Do they need more sponsor forms? Did they need help setting up their JustGiving page?
6. Go along on the day and cheer them on. It's your chance to say thank you in person for all of their hard work.
7. Keep in touch! Let them know how money is being spent locally and why you still need to raise more. When the time is right, ask them what they'd like to do next.

If looked after, your fundraisers could be your branch volunteers of the future. If you'd like more support on designing a recruitment/marketing campaign, do get in touch with your local area fundraiser.

You can also find out more information on our volunteer website <http://volunteers.mssociety.org.uk> under Fundraising & Campaigning > Fundraising Ideas > Get others to fundraise.

Audience: All

Action: For noting and sharing

Contact: Your local Area Fundraiser

Finance

Treasurers' forum dates and locations

Thank you to all committee members who have returned their completed treasurers' forum preference forms to the MS National Centres. Each year the finance department hosts a number of treasurers' forums which will give you the opportunity to receive financial training to help in the running of your branch and gain a better understanding of the treasurer's role.

The forums are for treasurers new to the role or those who just want a refresher; but as finances are the responsibility of the entire committee we would like to extend this invitation to any committee member who would like to attend.

The training will cover all the essentials, from maintaining financial records to completing the annual pro forma, financial controls, use of funds, Gift Aid and any other financial topics of interest. We are also excited to offer an introduction to the new branch accounting software. It will also be an opportunity to meet other treasurers and committee members.

Based on the response from the preference forms the following locations have been finalised for the forums:

Date: Thursday 12 September
Venue: Cardiff (Video-Conference)

Date: Saturday 14 September
Venue: Bristol

Date: Saturday 21 September
Venue: Birmingham

Date: Saturday 28 September
Venue: Guildford

Date: Monday 30 September
Venue: MS National Centre – London

Date: Saturday 5 October
Venue: Leeds

Those committee members who have sent in a preference form will be contacted by MS National Centre directly. Any other committee members who are interested in attending, please complete the booking form on page 29, which we would ask you to return as soon as possible via post or email financesupport@mssociety.org.uk to book your place. **We would appreciate your response at least a week before the date of the relevant forum.**

Further information will be sent out to attendees nearer the time.

We look forward to meeting you.

Audience: All

Action: For noting and action

Contact: Finance support
financesupport@mssociety.org.uk
020 8438 0700

For England

Regional Events

To cover period from 23 August to mid November 2013

North

Friday 6 September	MS Support training day 1 (North West, Cheshire and Merseyside)
Saturday 7 September	MS Support training day 1 (North of England)
Wednesday 11 September	MS Support training day 2 (Yorkshire and the Humber)
Thursday 12 September	Branch network meeting (North Cumbria)
Saturday 14 September	MS Support training day 1 (Lancashire, Greater Manchester and South Cumbria)
Tuesday 17 September	Branch network meeting (Northumbria and Tyne and Wear)
Thursday 19 September	Volunteer support forum (Yorkshire and the Humber)
Friday 20 September	MS Support training day 2 (North West, Cheshire and Merseyside)
Tuesday 24 September	Branch network meeting (Durham/Teeside)
Thursday 3 October	MS Support training day 2 (North of England)
Friday 4 October	MS Support training day 3 (North West, Cheshire and Merseyside)
Saturday 5 October	Annual development day (Lancashire, Greater Manchester and South Cumbria)
Saturday 5 October	Research talk (Scarborough)
Saturday 12 October	MS Support training day 2 (Lancashire, Greater Manchester and South Cumbria)
Saturday 19 October	MS Support training day 3 (Yorkshire and the Humber)
Thursday 24 October	MS Support training day 3 (North of England)
Friday 25 October	MS Support training day 4 (North West, Cheshire and Merseyside)
Saturday 2 November	MS Support training day 3 (Lancashire, Greater Manchester and South Cumbria)
Saturday 2 November	Living with MS conference (Southport)
Saturday 9 November	MS Support training day 4 (Yorkshire and the Humber)
Thursday 14 November	MS Support training day 4 (North of England)
Thursday 14 November	Volunteer forum (Yorkshire and the Humber)

For England

East

Saturday 31 August	Family fun day (East Anglia)
Wednesday 4 September	MS Support training day 1 (East Anglia)
Wednesday 4 September	MS Support engagement event (East Midlands)
Tuesday 10 September	MS Support training day 1 (Herts, Essex and Beds)
Saturday 14 September	Living with MS conference (Chesterfield)
Wednesday 25 September	Benefits information evening – Peterborough (East Anglia region)
Wednesday 25 September	MS Support training day 1 (Thames Valley)
Tuesday 1 October	MS Support training day 2 (Herts, Essex and Beds)
Wednesday 2 October	MS Support training day 2 (East Anglia)
Saturday 5 October	Benefits information talk (Banbury)
Monday 14 October	Volunteer forum (Herts & Beds)
Thursday 17 October	MS Support training day 2 (Thames Valley)
Thursday 17 October	Volunteer forum (Essex)
Saturday 19 October	Volunteer forum (Thames Valley)
Wednesday 23 October	Benefits information evening (East Anglia Region)
Thursday 24 October	Research talk (Kettering)
Tuesday 5 November	MS Support training day 3 (Herts, Essex and Beds)
Wednesday 6 November	MS Support training day 3 (East Anglia)
Saturday 9 November	Living with MS conference (Oxford)

London & South East

Saturday 31 August	MS Support training day 1 (Kent)
Friday 6 September	Volunteer induction (Surrey and Sussex)
Saturday 7 September	Benefits awareness talk (Kent)
Saturday 21 September	MS Support training day 2 (Kent)
Saturday 19 October	MS Support training day 3 (Kent)
Friday 25 October	Support volunteers forum (Kent)
Saturday 9 November	MS Support training day 4 (Kent)

West

Saturday 9 November	MS Support training day 4 (Kent)
Saturday 7 September	Wiltshire branches meeting (Wessex and West region)
Thursday 12 September	Chair's induction (West Midlands)
Saturday 14 September	Volunteer induction (Hants and Islands)

For England

Wednesday 18 September Dorset branches meeting (Wessex and West region)

Sunday 22 September Family focus day (Hants and Islands)

Wednesday 25 September Chairs induction – Bath

Wednesday 2 October Volunteer Induction (Somerset)

Saturday 5 October Family focus day (Wessex and West)

Wednesday 9 October Support volunteers forum (Wessex and West)

Thursday 10 October MS Support training day 4 (West Midlands)

Saturday 19 October Cognition information workshops (Hants and Islands)

Wednesday 23 October Fundraising development day (Hants and Islands)

Wednesday 6 November Support forum (Wessex and West)

Wednesday 13 November Benefits information event (Hants and Islands)

Saturday 16 November Volunteer forum (Hants and Islands)

If you are interested in the support volunteer role, please contact your local staff member. If you are a support volunteer and you have not yet attended the training session(s) you are interested in attending, please email volunteertraining@mssociety.org.uk to request a booking form.

For all other events, please contact your local staff member for more information and to book a place.

Watch videos of the England Council annual meeting online

This year's annual meeting took place in Birmingham last month and was very successful. Nearly 50 people joined England Council Members to hear about the work of the England Council, changes to benefits and a look back at the last 60 years of the MS Society. There was also a chance to discuss what people with MS need at a local level and how that might be provided, as part of the conversation about Working Locally.

The meeting was attended by our Society's Chairman and also the Acting Chief Executive, who were happy to hear and answer questions that were raised from the floor. The event was rated "very good" overall by those who came along and was described as "interesting", "well organised", "friendly" and "informative".

Videos and presentations from the day are available on the MS Society's website <http://tinyurl.com/englandcouncil>.

Audience: All

Action: Noting

Contact: Lucy Tennison

englandcouncil@mssociety.org.uk

020 8438 0765

For Northern Ireland

Living with MS

The MS Society is hosting a 'Living with MS' event at Titanic Belfast on Saturday 14 September from 10am – 4pm.

Living with MS is an information day for people with MS and their carers, family and friends. The day is attended by a range of people; from those who are newly diagnosed to those who have been living with MS for some time. The event provides a chance to learn more about MS and is also an opportunity to share information and experiences with other people affected by MS.

The event will include the annual Pritchard Lecture on the latest MS research (in conjunction with Queens University Belfast) and workshops on Caring for Carers, Mental Health and Wellbeing, and MS and Exercise. There will also be information stalls with lots of useful information.

Registration is free. To register your interest, please contact the Northern Ireland National Centre or your local branch.

Audience: Northern Ireland

Action: For sharing and action

Contact: NI National Centre
nireception@mssociety.org.uk
028 90 802 802

New acupuncture service

A new pilot acupuncture service will be available at the MS Society Resource Centre from Wednesday 11 September,

provided by qualified acupuncturist and hypnotherapist Joseph Pond.

Acupuncture may be an effective way to achieve pain relief, increase vitality, reduce fatigue and improve quality of sleep. Joseph will discuss your needs and arrange a private consultation at the Resource Centre. The service is available for people with MS and their carers and family members. During the pilot phase treatments will start from £10.

Joseph is also a certified hypnotist and can also teach you how to use self-hypnosis to help control pain, improve mood or lose weight. For more information or to arrange an appointment please contact Joseph directly.

Audience: Northern Ireland

Action: For sharing

Contact: Joseph Pond on 07846421304 or NI National Centre
nireception@mssociety.org.uk
028 90 802 802

Yoga classes

Yoga classes resumed at the MS Resource Centre, Belfast from 1 August. The classes are available for people with MS and carers and family members. Classes take place on Thursdays from 11am – 12.30pm. All new starters are very welcome but booking is essential.

Audience: Northern Ireland

Action: For sharing and action

Contact: Mark Hatte
nireception@mssociety.org.uk
028 90 802 802

For Northern Ireland

Branch training – dates for your diary

Committee members from branches in the western area are invited to attend the Western Area Forum on Wednesday 25 September from 10.30am – 1pm at The Fir Trees Hotel, Strabane. This session will focus on the Working Locally project. Area forums are also a good opportunity to meet up with neighbouring branches and share ideas.

Audience: Northern Ireland - West

Action: For sharing and action

Contact: Susan Carey

scarey@mssociety.org.uk 028 3083 3943

Grants training will take place on:

- Tuesday 8 October, MS Society Resource Centre Belfast, 10.30am – 12.30am
- Tuesday 8 October, Dunsilly Hotel, Antrim, 2.30pm – 4.30pm
- Wednesday 9 October, Silverbirch Hotel, Omagh, 10.30am – 12.30pm.

Training will be delivered by the grants team from MS Society National Centre. The development team are also planning to host training for all branch treasurers. More information will be circulated shortly.

Audience: Northern Ireland

Action: For sharing and action

Contact: Development Team

nidevelopmentteam@mssociety.org.uk

Northern Ireland fundraising

There are lots of upcoming opportunities where you can support the MS Society. Here is what's coming up:

Teamspirit No. 190 August 2013

For all you avid runners, walkers and strollers out there, **Belfast City Marathon** has just launched its first Half Marathon taking place on 22 September. Sign up today at www.belfastcitymarathon.com and help support the MS Society.

RunHer on 6 October is Northern Ireland's premier running event for women. Taking place on the grounds of the Stormont Estate Belfast participants can run 5k or 10k or walk 5k. So come on ladies, sign up today at www.runher.co.uk

Are you a brave sole? Our **Spooky Halloween Fire Walk** is back by popular demand on 25 October. If you can walk eight steps unaided or with the help of mobility aids, and are over the age of 18, you can take part in this spectacular event. Register now by calling Samantha on 028 90 802 802.

To round off our 60th anniversary celebrations our **Annual Gala Ball** will take place in the magnificent Belfast City Hall on Saturday 23 November, kindly hosted by the High Sheriff Cllr Brian Kingston. This is an evening not to be missed – there will be a glamorous drinks reception and a wonderful meal followed by music from the outstanding seven piece 'Riviera Swing Band'.

To reserve your table/tickets please call the fundraising team on 028 90 802 802 or email screighton@mssociety.org.uk

Audience: Northern Ireland

Action: For sharing and action

Contact: Samantha Creighton

screighton@mssociety.org.uk

028 90 802 802

For Scotland

Scotland Council Annual Meeting 2013

The MS Society Scotland Council held a very successful Annual Meeting at Perth Concert Hall on 14 June. 106 people attended the day and heard about the latest in MS research from Professor Siddharthan Chandran, who gave a fascinating presentation. Christine Carlin, our new Director for Scotland talked through the MS Society's work in Scotland, and in the afternoon workshops were held on a diverse range of subjects.

Overall, 95 per cent of people who attended the day rated it as either excellent or good. Some comments we received after the day included:

"Enjoyed every minute."

"The best event of this kind I've attended in the last 10 years."

"It's the first MS Society event I've attended and I've come away with a VERY positive view of our Society."

Audience: Scotland

Action: For noting only

Contact: www.mssociety.org.uk/scotland

Upcoming area forums for volunteers

This autumn the MS Society is holding five area forums around Scotland for those who volunteer for us. The forums were launched last year, and have since proved a great

opportunity for volunteers to network, share good practice and generate new ideas.

At the time of going to press, venues were still to be confirmed, but you can check our website for more details or call 0131 335 4050.

Highlands Forum

14 September

www.mssociety.org.uk/highlandsforum

East Forum

21 September

www.mssociety.org.uk/eastforum

North Forum

28 September

www.mssociety.org.uk/northforum

West Forum

5 October

www.mssociety.org.uk/westforum

Central Forum

12 October

www.mssociety.org.uk/centralforum

New self management courses

If you have MS, and would like to learn new skills to put you back in charge of your life, our peer-led self-management course might be just the thing for you. Our course leaders will help you explore a variety of topics; from pain and fatigue management and exercise, to relaxation and thinking techniques, communication skills and problem solving.

This course is free of charge, and consists of six weekly sessions, each lasting two and a half hours. Courses are currently available in the following areas:

For Scotland

Kirkcaldy

26 August to 30 September
Mondays, 6.30pm – 9pm
St Bryce Kirk Centre, St Brycedale Avenue,
Kirkcaldy, Fife, KY1 1ET

Galashiels

28 August to 2 October
Wednesdays, 10am – 2.30 pm
Asda Galashiels Superstore, Currie Road,
Galashiels, TD1 2AG

For courses in your area, keep an eye on the events section of our website.

Audience: Scotland

Action: For noting and sharing

Contact: Ailsa Blair

msscotland@mssociety.org.uk

0131 335 4050

MS Society Scotland at Naidex

Our information team will be running an information stand at Naidex Scotland on 18 – 19 September at the Scottish Exhibition and Conference Centre (SECC) in Glasgow.

Naidex Scotland is the leading independent living event in Scotland and showcases a range of independent living products. It's also an opportunity to pick up information and attend seminars featuring practical demonstrations, real life stories and advice. You can find out more at

www.scotland.naidex.co.uk

If you attend, do look out for the orange stand and drop by! We'll have a range of free publications about MS and staff will be very happy to answer your questions.

And, if you have time to help us out and volunteer for an hour or two, please contact Marion MacNeil in our Scotland office.

Audience: Scotland

Action: For noting, sharing and action

Contact: Marion MacNeil

mmacneil@mssociety.org.uk

0131 335 4050

On the political agenda: help shape our campaigns in Scotland

The Scotland Campaigns team is busy planning how it will keep MS high on the political agenda over the coming year. While there are likely to be a number of challenges ahead, there are also many opportunities to make a positive difference, and we need your help to do this.

Our 'MS Lottery' campaign that we launched in May really got the country talking, and we will continue to campaign on the major issues revealed in the report; on improving healthcare standards, access to MS medicines, welfare and employment, social care provision and support for unpaid carers.

It's so important that we continue to listen to what matters to people affected by MS in Scotland and find ways to make everyone's voices heard. Your experiences shape our campaigning and will help us have a bigger impact with MSPs and policy makers.

For Scotland

There are lots of opportunities for your branch and the people you work with to get involved. You can join our Campaigns Community or take part in one of our policy workshops later this year.

Audience: Scotland

Action: For noting, sharing and action

Contact: Sarah Ritchie
scotlandcampaigns@mssociety.org.uk
0131 335 4050

Do you know a health professional interested in fatigue management?

On 20 September we will be hosting, for the first time in Scotland, a FACETS training course for health professionals. The course will equip participants to deliver FACETS; a six week, group-based, fatigue management programme.

The FACETS programme is the outcome of an MS Society funded research project that took place at Bournemouth University and Poole Hospital NHS Foundation Trust. The programme incorporates “energy effectiveness techniques” – like lifestyle decisions and ways of working that maximise the energy people have – alongside cognitive behavioural strategies, helping participants to learn helpful ways of thinking about fatigue.

The FACETS training aims to equip participants to co-facilitate the six week, group-based FACETS programme using a manual and supporting resources, and enables participants to support people with MS to manage their MS related fatigue more effectively.

If you know any health professionals such as occupational therapists, physiotherapists and MS nurses, who would be interested in delivering a fatigue management programme, please ask them to find out more about the course on the events page of the website or to contact the MS Society Service Development Officer in their area.

Audience: Scotland

Action: For noting and sharing

Contact: Your local Service Development Officer

Scotland fundraising

Ladies who Lunch: Fire and Ice

Alongside the Ladies Who Lunch committee, we are in full swing organising the 60th anniversary Ladies Lunch. This year's event takes place on 20 September at the Thistle Hotel in Glasgow. The committee, including Michelle Logie and Cat Johnson from the Scotland Council, has chosen a Fire and Ice theme for the 2013 event to celebrate our diamond anniversary.

Ladies Who Lunch: Fire and Ice is kindly sponsored by Arnold Clark, who we look forward to welcoming at the event. All guests will enjoy a fantastic two course meal, bubbly and wine, luxurious pampering

For Scotland

and a jewel-filled goodie bag worth at least £30. This is a not to be missed opportunity for the ladies to don their bling and enjoy a dazzling afternoon's entertainment. Tickets for branches cost £40 or £400 for a table of 10. Join the event on the MS Society Scotland Facebook page www.facebook.com/mssocietyscotland and invite all your friends!

Loch Ness Marathon

The MS Society is one of the lead affiliate charities at the Loch Ness Marathon and Festival of Running which takes place on 29 September. Voted one of the best marathons in the UK, Baxter's Loch Ness Marathon will take our MS Superstars on a breathtaking journey along the south eastern shores of the beautiful and picturesque Loch Ness. They may even catch a glimpse of Nessie along the route!

As well as the marathon the festival includes the River Ness 10k, River Ness 5k, 10k Corporate Challenge and the Wee Nessie. With something for everyone, and a guaranteed great time complete with pasta party, family fun day, entertainment and a food fayre, the Loch Ness Marathon Festival is the perfect event for seasoned runners and novices alike. More information can be found on the website www.lochnessmarathon.com. For those interested in taking part please contact the fundraising team.

Another successful Edinburgh Marathon

Congratulations to all our MS Superstars for making the Edinburgh Marathon Festival another great success for the MS Society Scotland. With money raised from our

runners still coming in, we are currently sitting at £50,000 which could fund more than 925 hours of research. We are all delighted with this result and look forward to preparing for an even bigger 2014!

Audience: Scotland

Action: For sharing

Contact: Fundraising

msfundraising@mssociety.org.uk

0131 335 4063

Welcome to new fundraising staff

A big welcome to Sabrina Maguire and Elspeth White who have recently joined the Scottish fundraising team.

Sabrina is the new Fundraising Events Manager and is responsible for developing the MS Society Scotland's many events. She will also be looking at developing new events, so drop her a line if you have any ideas.

Elspeth joins us as the Area Fundraiser for South of Scotland, and will be working closely alongside Area Development Officers Paula, Darren and Marion to support branches with fundraising. Elspeth will also support our local community fundraisers in their challenges and build networks with local companies and community groups.

Audience: Scotland

Action: For noting and sharing

Contact: Sabrina and Elspeth

msfundraising@mssociety.org.uk

0131 335 4050

For Wales

Judi's move to Arthritis Care

Former Director of Wales, Judi Rhys, has been appointed as CEO of Arthritis Care - the leading UK charity supporting people with all forms of arthritis. She will take up her post in mid-August 2013.

Judi is currently acting Director of Operations for the MS Society. Prior to that and following a career in the NHS and higher education, Judi was Wales Director for Diabetes UK, and then took up the same role at MS Society.

We wish Judi every success in her new role.

Joseph Carter will continue in his role as Acting Director for MS Society Cymru.

Audience: Wales

Action: For noting and sharing

Social Services and Well-being Bill

In January this year the Welsh Government introduced the Social Services and Well-being Bill into the National Assembly for Wales. The Welsh Government wants to simplify the law by bringing lots of different legislation together in one act. All health and social care issues are decided by the Welsh Government rather than Westminster so this Bill is very important for the people of Wales.

The Bill has several stages before it can become law. At every stage the MS Society Cymru team will be trying to influence the Bill so that it improves services for people affected by MS in Wales.

At present we are working very closely with many other charities as part of an advisory group in Wales to get better services from the changes – we are stronger working together than on our own.

Jamie Matthews, our Policy, Press and Campaigns Manager is representing the MS Society Cymru and is regularly meeting senior politicians and the Health Committee at the National Assembly to fight our corner.

Audience: Wales

Action: For noting

Contact: Jamie Matthews

jmatthews@mssociety.org.uk

029 2078 6676

Area Network Meetings

In October MS Society Cymru will be hosting four Area Network Meetings in South East, West and Mid Wales allowing branches to come together and share ideas and best practice.

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

For Wales

The meetings will take place on:

15 October – 10.30 – 4.00 (coffee 10.15) St Mellons Hotel, Castleton, Cardiff CF3 2XR

17 October – 10.30 – 4.00 (coffee 10.15) Coleg Powys, Llanidloes Road, Newtown, Powys SY16 4HU

18 October – 10.30 – 3.30 The Kinmel Manor Hotel, St. Georges Rd, Abergele, Conwy LL22 9AS

30 October – 10.30 – 4.00 (coffee 10.15) The Ivy Bush Hotel, Spilman Street, Carmarthen, SA31 1LG

Audience: Wales

Action: Noting and action

Contact: Mid and South Wales – Sue Jones
sjones@mssociety.org.uk
01633 889 290
North Wales – Urtha Felda
ufelda@mssociety.org.uk
020 8827 0212 or 07920 429 477

Wales Annual Meeting

On 6 July MS Society Cymru held its Annual Meeting in Wrexham. The day was a great chance for members to have their say on the direction of the MS Society. There were presentations and workshops from Acting Director Joseph Carter and the MS Society Cymru team. There was also a useful presentation from Nick Rijke, Director of Policy and Research on recent research projects.

Audience: Wales

Action: Noting

aMaSing – Gwynedd and Mon Choir

On 22 June the newly formed 'aMaSing – Gwynedd and Mon Choir' celebrated its first public concert in Bangor. The choir shared the stage with famous singers Elin Fflur and Iona Williams in a show which was hosted by S4C presenter Nia Parry and raised over £3,500.

Urtha Felda, Area Development Officer for North Wales added that "research has shown that singing and belonging to a community choir offers many social, health and personal benefits, such as increased esteem, confidence and higher levels of the hormone endorphin, which naturally makes people feel happier".

The concert aimed to increase awareness of the MS Society and showcase the benefits of singing. The choir will perform again in Flintshire on the 9 November with many other local artists.

If you would like to join a choir, start your own MS Choir, or come and support the next concert, please get in touch.

Audience: Wales

Action: Noting and sharing

Contact: Urtha Felda
ufelda@mssociety.org.uk
020 8827 0212 or 07920 429 477

Classifieds

Please share these opportunities in your publications and networks.

Elap rotating car seat

Elap rotating car seat to aid entry and exit into vehicles available for sale. Originally purchased for £900, it is now available for any reasonable offer. For more information contact Fred Gazeley on 02476 372 614 or fred.gazeley@ntlworld.com

Accessible caravan

The North Surrey branch has a two-bed accessible caravan with full veranda and wheelchair ramp access available for holiday hire based at Church Farm in Pagham, West Sussex.

The Rio Willoughby is a comfortable and stylish caravan specifically designed with the needs of wheelchair users in mind. It has a spacious lounge/diner, a kitchen with lowered work surfaces, a bathroom with walk-in shower and two bedrooms.

Church Farm is a 5* Haven site with a great entertainment schedule and two swimming pools. For further information, please contact Caroline Keenan on 020 8393 7750.

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

Holiday Lodge

The North Norfolk Branch has just acquired a new Boston Lodge at Burgh Castle near Great Yarmouth, Norfolk for people with MS, families and carers. The lodge sleeps six with a bed-settee in the lounge, a twin room with en suite shower and a double room with overhead hoists running into a wet room. The cost is £200 from Saturday to Saturday. For park amenities please visit parkdean.com. For availability ring Sue 01263 578 148 or contact suewright48@btinternet.com.

Lisnaskea

MS Society Northern Ireland has two fully accessible chalets available for hire at the SHARE village in Lisnaskea. The cost is £200 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 235 729. (Please leave a message if necessary and we will call you back.)

Treasurers' Forum Preferences Form – 2013

Name: _____

Branch: _____

Committee Position: _____

I am a wheelchair user (Y/N): _____

If you have any dietary restrictions, please state: _____

Please indicate your selection(s) with a tick

Location	Date	Subject	Accommodation prior to forum (at branch expense)	Forum attendance only
Cardiff	12 Sept	Treasurer Training (General & Induction - video conference)	<input type="checkbox"/>	<input type="checkbox"/>
Bristol	14 Sept	Treasurer Training (General & Induction)	<input type="checkbox"/>	<input type="checkbox"/>
Birmingham	21 Sept	Treasurer Training (General & Induction)	<input type="checkbox"/>	<input type="checkbox"/>
Guildford	28 Sept	Treasurer Training (General & Induction)	<input type="checkbox"/>	<input type="checkbox"/>
MS National Centre	30 Sept	Treasurer Training (General & Induction)	<input type="checkbox"/>	<input type="checkbox"/>
Leeds	5 Oct	Treasurer Training (General & Induction)	<input type="checkbox"/>	<input type="checkbox"/>

Please list below any finance topics which you would like us to cover and we will endeavour to do so

1)..... 2)..... 3).....

Please return this form as soon as possible to:

Treasurers' Support Team, MS National Centre, 372 Edgware Road NW2 6ND

Fax: 020 8438 0877 or Email: financesupport@mssociety.org.uk

If you require **accommodation** prior to the forum please contact us as soon as possible so that we can advise you on the rates offered to the MS Society.

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

Asian MS

A national support group for Asian people with MS, their carers, friends and family
020 8458 0856
asianms@mssociety.org.uk

GLAMS

A national self-help support group for lesbians,

gay men, bisexual and trans (LGBT) people affected by MS

020 8438 0959
Glams.uk@googlemail.com

Mutual Support

For serving and ex-serving members of the Armed Forces and Reserves affected by MS, their dependants and carers.
020 8458 0856
Support-team@mutual-support.org.uk

Rishon MS group

A charity specifically dedicated to Jewish people with MS
020 8950 9212
bibrings@sky.com

JEMS

A Jewish care group for people with MS
020 8922 2222
Jems@jcare.org

The Shane Project

A support group for African/Caribbean and ethnic minority people with MS
www.shaneproject.org.uk
020 8884 6330
norma@shaneproject.org.uk

For more information on support groups contact Saher Usmani, MS Support Groups Officer on 020 8438 0856 or
susmani@mssociety.org.uk

Find us online

www.mssociety.org.uk
http://volunteers.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

www.mssociety.org.uk

<http://volunteers.mssociety.org.uk>