

Teamspirit

For branch volunteers and national support group committee members



MS Society Awards

A big thank you to everyone who was involved in our MS Society Awards this year. The ceremony took place on 17 October at The Dorchester in London, and was a celebration of many incredible achievements from across the MS community.

Taking the prize home for Volunteer of the Year was Trishna Bharadia (pictured centre) for her wonderful work with the Asian MS support group. The other finalists were Kate Mitchell from Devon,

who helped develop the very first MS Citizen's Advice Bureau partnership, and Tony Willmott for his dedication to the South Suffolk branch.

We had a record number of nominations in the Awards this year and it was incredibly difficult for the judges to choose the finalists from all of the worthy nominees. Our category champion for Volunteer of the Year, Petula Storey said "we are proud of all of our volunteers, it's always difficult when we have to pick just one."



News and events

Want to share your branch's good news?



Send your story ideas to us at teamspirit@mssociety.org.uk and we'll be in touch!

Luton, Dunstable and District branch receive summer school scheme support

Over the summer the Luton, Dunstable and District branch was one of three local charities chosen to benefit from a group of young volunteers as part of a political and community outreach scheme. Local MP Gavin Shuker hosts a three week summer school programme each year for talented young people with an interest in local and national politics.

The group has worked hard to raise the branch's profile and create long-lasting local partnerships. Among the group's highlights were organising a branch re-launch event as well as developing relationships with local youth organisations and even Luton Town FC!

The project was a huge success, and has left a legacy for the branch to maintain and build upon for the future.

 **Audience:** All
 **Action:** Note



Borders branch partnership with local leisure centres

The Borders branch has joined up with Borders Sport and Leisure to offer people with MS free sessions of Power Plate Vibration Therapy.

Power Plate is a machine with a vibrating platform on which exercises can be performed. After branch members loved using a Power Plate at their local leisure centre, the Borders branch committee asked their physiotherapist Dawn Dixon to investigate further. After consultation with members, the branch committee decided to help make this exercise opportunity more widely available to people with MS in the area.

Branch members negotiated an agreement with Borders Sport and Leisure, who purchased a Power Plate and trained their instructors in its use. The branch has a contract for 15 hours of use a week at two local leisure centres so that people with MS can book free sessions, with instructors providing support.

After three years the agreement will be reviewed, but the branch is already making plans so they can continue to fund the project if it proves successful. The branch is also encouraging people to try out other exercise opportunities including pilates and physiotherapy.

 **Audience:** All
 **Action:** Note

Teamspirit

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News and events

MS Life is coming

MS Life, the biggest national event for people with MS, is taking place on 26-27 April 2014 at Manchester Central. We need your help to promote it, and to encourage your members to come along.

There are several ways you can support MS Life:

- You can promote it in your branch newsletter, webpage or on social media – copy, images, new logos and even web banners are available from the MS Life team to help you with promotion.
- We understand that Manchester isn't easy for everyone to get to, so why not use your branch minibus or hire a coach to get you and local members there? It's not as hard as it sounds - the SE Northumberland branch organised this for their members in 2012 and had such a great time they are deciding to do it again. The MS Life team can help you get started. And don't forget grants are available to help people who live outside of the Greater Manchester area attend the event.
- Or perhaps you know someone who could speak or run a session at MS Life? Encourage them to put themselves forward. More details can be found on our website.

We look forward to seeing you there!



Audience: All



Action: Share, act – consider how to support MS Life



Contact: Jenny Harris
020 8438 0941

mslife@mssociety.org.uk
www.mssociety.org.uk/mslife

Working Locally update

Thanks to everyone who took part in our Working Locally consultation across the UK this year. The exploration of what support and services people affected by MS need was extremely helpful. It will help us shape a picture of what our role could be locally to better meet the needs of people affected by MS.

Over the past six months we have spoken with more than 1,500 people across the UK including 332 through our online survey and therapy centres as well as 93 healthcare professionals.

We have held 126 'engagement' events with people from across the MS Society – these have spanned from one to one conversations and volunteer forums to Working Locally workshops.

We will review each of the contributions to better understand the broad areas raised. We will need to explore these alongside the opportunities and challenges presented by the changing external environment.

Our goal is to provide the best support to people affected by MS locally, wherever they live. Thank you to everyone who voted at the AGM in favour of the Trustees resolution on Working Locally.



Audience: All



Action: Note



Contact: Stewart Long

workinglocally@mssociety.org.uk






News and events

MS Society appeal to appear on BBC One

We're excited to say we've secured a BBC Lifeline TV appeal, in which we'll be given 15 minutes of BBC TV air-time to call on viewers to donate to us.

Lifeline has been running for more than 25 years; there have been over 300 appeals so far with more than £6 million raised for charities.

Our appeal is due to be broadcast on a Sunday in November on BBC One. Please keep an eye on our website, Twitter or Facebook for more details closer to the time; and tell everyone you know to tune in and donate!

 **Audience:** All
 **Action:** Share
 **Contact:** Andrea Lisher
pressoffice@mssociety.org.uk

AGM update

The MS Society's annual general meeting (AGM) took place on Saturday 21 September in London, and was well attended by members, who took an active part in the proceedings. A live webcast enabled members who couldn't attend to follow the meeting.

You can find out more about the resolutions and those elected on our website, www.mssociety.org.uk/aboutus

 **Audience:** All
 **Action:** Note
 **Contact:** Governance
governance@mssociety.org.uk

Chief Executive's post-Board report

The MS Society's Board of Trustees meeting took place on 20 September 2013. The meeting took place at the MS National Centre in London, and the full Board papers are available on our website at

<http://www.mssociety.org.uk/ms-resources/board-papers-september-2013-agenda>

 **Audience:** All
 **Action:** Note
 **Contact:** Governance
governance@mssociety.org.uk





Info and resources

Whistle blowing policy

Branch chairs, treasurers, secretaries and lead support volunteers will find a copy of our updated whistle blowing policy in this issue of Teamspirit to add to your copy of "Making it work - a committee handbook for branches and national support groups." It has also been added to the volunteer website.

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

Our whistle blowing policy sets out the procedures to follow if you have a concern about exceptional or serious malpractice, such as health and safety, fraud or mismanagement.



Audience: All



Action: Note and act



Contact: Petula Storey
Head of Volunteering
volunteering@mssociety.org.uk

New trust fundraising website section

You've told us you want to know how to write successful trust applications to fund branch and group activities.

Visit: <http://volunteers.mssociety.org.uk/applying-local-trust>

This new section covers everything you need to apply to local grant making organisations, including how to find a suitable fund, writing your application and preparing your budget, and what records you should maintain to keep track of your progress.

You can apply to any local trust where the MS Society is not able to apply nationally. It's important to coordinate your application with your Area Fundraiser or fundraising team, as most trusts only make one grant at a time.



Audience: All



Action: Act - read and review new info



Contact: Danielle Walker
020 8438 0911

branchresources@mssociety.org.uk



Info and resources




New health and safety website section

You've told us you want to access health and safety resources on our volunteer website to help you to manage risk effectively.

Visit: <http://volunteers.mssociety.org.uk/branch-and-group-basics/staying-safe>

This new section covers everything you need to manage risk across four key areas of branch activity – transport, property, fitness and events. It includes specific risk assessments and a full range of supporting documents, such as our insurance cover details, accident and incident forms, and health and safety handbooks.

All risk assessments and health and safety documents have been reviewed and updated for autumn 2013. You must use these up-to-date versions to meet our risk audit requirements.

 **Audience:** All
 **Action:** Act - read and review new info, use up-to-date forms
 **Contact:** Danielle Walker
020 8438 0911
branchresources@mssociety.org.uk

BMA (British Medical Association) Patient Information Awards 2013

We're excited to announce the 2012 edition of our booklet "Sex, intimacy and relationships" won the 2013 British Medical Association Patient Information (self care) Award.

The judges said the booklet was "very well-produced and sensitively written, and well thought through. This edition is completely different in approach to the previous one, following user feedback. There is an online survey for evaluation of the resource. I liked the fact that the books are available from the MS Society library, as I can imagine that I would feel unsure about ordering them through my usual libraries."

Thanks to all those who gave us feedback on the booklet – it really does help!

 **Audience:** All
 **Action:** Note only
 **Contact:** Information team
020 8438 0799
infoteam@mssociety.org.uk





Info and resources

Personal Independence Payment (PIP) update

Many people who claim DLA are worried about how the change to PIP is going to affect them. Here are some key points you can tell them:

- They don't need to do anything until the Department of Work and Pensions (DWP) contacts them. For many people, this will not be until at least October 2015.
- From October this year, anyone reporting a change in their condition or reaching the end of an existing award will be reassessed for PIP, not DLA.
- In all other cases – such as an indefinite award – reassessment will begin from October 2015.

Coming soon is a guide to claiming PIP for new claimants and anyone who is being reassessed. As soon as this is available we will send sample copies to all branches.

Audience: All
Action: Share
Contact: Information team
 020 8438 0799
infoteam@mssociety.org.uk

Know a good case study?

Our campaigns team is very keen to hear about the experiences of anyone who has gone through the PIP application or reassessment process. Information you give us will help us inform decision makers about what is working well and what needs to be changed.

Audience: All
Action: Act – get in touch if this has affected you
Contact: Campaigns team
campaigns@mssociety.org.uk

Vision and MS (Third edition, August 2013)

We have a new edition of our booklet about vision problems, including optic neuritis. It has been printed in large print (16 point), but if you'd like a copy in larger print, please get in touch.

Sample copies of this booklet have been mailed to branches along with the Publications list 2013. Please recycle all old editions.

If you would like to order copies, visit our online shop. If you need a login for bulk orders please contact us.

Audience: All
Action: Share
Contact: shop@mssociety.org.uk
 020 8438 0999
<http://shop.mssociety.org.uk>



Research

Top 10 MS research priorities identified

Last year, alongside several organisations, we led a partnership with the James Lind Alliance to find the top 10 research questions among people affected by MS and health care professionals.

Over the year we've narrowed down over 1,000 submissions to the top 10 most important questions to people affected by MS and health care professionals. These are (in ranked order, where 1 is the most important):

1. Which treatments are effective to slow, stop or reverse the accumulation of disability associated with MS?
2. How can MS be prevented?
3. Which treatments are effective for fatigue in people with MS?
4. How can people with MS be best supported to self-manage their condition?
5. Does early treatment with aggressive disease modifying drugs improve the prognosis for people with MS?
6. Is Vitamin D supplementation an effective disease modifying treatment for MS?
7. Which treatments are effective to improve mobility for people with MS?
8. Which treatments are effective to improve cognition in people with MS?
9. Which treatments are effective for pain in people with MS?
10. Is physiotherapy effective in reducing disability in people with MS?

We are now working to ensure these priorities are addressed. As it stands, 75% of our current research reflects priorities in the top 10, which is a great start. For example, we are funding MS-SMART, a ground-breaking clinical trial investigating whether three drugs can alter progression in people with secondary progressive MS. There was more information about this trial in the last edition of Teamspirit.

Previous partnerships using this process in other conditions have a track record of turning priorities into research projects by securing major funding. This is really encouraging news and we will be working to make this happen with the MS top 10. We hope the top 10 will help researchers select topics when developing applications, and influence the decisions of research funders.

Thank you to everybody who contributed, whether it was submitting questions, promoting the information to your branches and members, or voting on your top priorities – this wouldn't have happened without you.

 **Audience:** All
 **Action:** Share
 **Contact:** Mital Patel
research@mssociety.org.uk
www.mssociety.org.uk/jla



Research

Organising research talks for branches

Research is a big topic of interest for people affected by MS and this year we've delivered a number of research talks to our branches. Unfortunately, we only have limited resources to deliver these research talks and the demand is bigger than our ability to provide them.

We thoroughly plan our talks to make sure they have maximum impact and reach as many people in the MS community as possible. The same approach will be used for 2014 and we'll work with branches to promote and deliver these events.

We know our limited resources are frustrating for branches who want to hold your own talks, but we ask that you don't approach researchers directly. Researchers have huge demands on their time and, if approached too often, may pull back from some priorities where their involvement was essential. The

research team hold an overview of who is being approached for what purpose, so are able to ensure researchers aren't becoming overwhelmed with requests.

If your branch would like to hold a research talk in 2014, please discuss this with your local area staff who can share the talks already scheduled. If it's agreed that your need for a research talk is greater than one already scheduled, we'll try to accommodate. Otherwise we'll explore with you whether another information topic might meet your objectives, and consider your location as part of the planning process for the following year.

The research team is currently exploring other ways for people to access engaging and easy to understand research updates. We'll keep you informed as this work progresses.



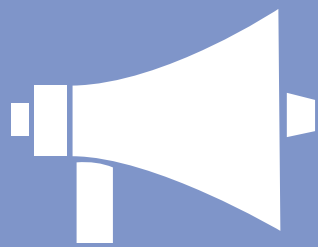
Audience: All



Action: Note only



Contact: Your local area staff



Fundraising

Christmas is coming...

You can fundraise for your branch by making purchases from the catalogue - you just need to quote your branch's 'unique code' when ordering and the branch will receive up to 25% of the value of your purchase at the end of the Christmas season. Codes were sent to branch contacts in early August. You can also get your code by emailing christmas@mssociety.org.uk or calling 020 8438 0770.

Christmas raffle

In October, you should have received your Christmas raffle tickets. There are six prizes and a top prize of £4,000. If you would like tickets, and haven't yet received them, please contact the ticket hotline on 0800 100 100. All tickets need to be returned by 13 December 2013 with a draw date of 20 December 2013. Good luck!

Other ways to fundraise

For more fun ways to fundraise for your local branch, visit www.mssociety.org.uk/christmas in the run up to Christmas.

If you have a Christmas fundraising success story you'd like to share, please get in touch by emailing christmas@mssociety.org.uk or by call 0845 481 1577.

Catalogue order line: 0844 314 4384
Catalogue customer services: 0844 314 4385
Shop online: www.mssocietyshop.co.uk

 **Audience:** All
 **Action:** Share, act
 **Contact:** Vanessa Mattina
020 8438 0770
vanessa.mattina@mssociety.org.uk

Direct Mail appeal updates

In October there was a mail appeal aimed at bringing in new supporters which focused on the story of Shana, MS Society campaigner and supporter. We're hoping this appeal will bring us over 1,500 new supporters.

In November we'll be sending a direct mail appeal to current supporters and members. The appeal requests funds for an exciting new research project.

Alongside these, we'll be continuing to call former members and people who have requested publications to gather feedback on our membership and support services.

 **Audience:** All
 **Action:** Note
 **Contact:** Peter Marsh
020 8438 0722
peter.marsh@mssociety.org.uk





Fundraising

Climb to the roof of Africa!

Would you like to climb the highest mountain in Africa? Well now is your chance!

The Fundraising team are organising a trek to the summit of Mount Kilimanjaro in August 2014, exclusively for our supporters. We'll be joined on this rewarding trip by Paralympic dressage rider Simon Laurens. Simon was diagnosed with MS in 2005, and the MS Society has been a part of his life for many years. Simon says "we all face challenges in life, and this will be a tough one. Taking on this challenge is the best way I can think of to give something back."

The MS Society team will be climbing the Lemosho route, through rainforest, desert and glacier, over eight days, before finally emerging at Kilimanjaro's ice-capped peak at 5,895m.

We'll be fully supported by a team of guides and porters, helping us to beat MS, one step at a time. Get in touch if you'd like to join the team.



Audience: All



Action: Share, act - sign up to take part!



Contact: Rebecca Stead

020 8438 0890

fundraising@mssociety.org.uk

www.mssociety.org.uk/kilimanjaro

Cards for a Cause raising funds for research

This year we're inviting celebrities and other famous names to create a one-off birthday card to mark our 60th anniversary in 2013. Those taking part will be asked to add a design to the front of a blank card, expressing 'Happy Birthday' in any way they wish. They can draw, paint, add a photo they've taken or even create a collage - anything goes!

These unique items will be auctioned online through eBay for Charity from 18 November until 2 December – the day we turn 60.

The Cards for a Cause auction will be open to the general public, who will have the chance to buy a card as a very special birthday gift for a fan of the artist, or perhaps for themselves! Proceeds from the sale of the cards will fund research into treatments to help us beat MS for good.

Please help by spreading the word to family and friends, and keep an eye on the volunteer website for further details.

If you have a connection to a celebrity or high profile individual who might be kind enough to design a card (or know someone who does), please let us know and we'll be delighted to send them a blank card and pre-paid return envelope.



Audience: All



Action: Share, act



Contact: Lee Dainty

020 8438 0733

lee.dainty@mssociety.org.uk





Support

Re-launch of partnership with Crossroads Care

You may remember last year that we set up a partnership with Carers Trust and local Crossroads Care schemes, offering people with MS and families care and support from trained care support workers during a short break or holiday.

We're pleased to announce that after a brief pause, this partnership is being re-launched on 1 November for people living in England and Wales, who want to take a break anywhere in those two countries.

Care can be purchased on an hourly basis, following an assessment of the person with MS's needs, and a 'safe working' assessment of their chosen holiday accommodation.

Each of these assessments costs £15. Care hours will be charged at the local rate of the Crossroads Care scheme at the destination, which is usually between £15 - £18 per hour. The hourly rate covers the support workers' travel expenses, but does not cover additional expenses incurred on excursions and activities.




Contact your local Crossroads Care scheme for more information – find them at www.carers.org/carers-services/find-your-local-service or phone Carers Trust on 020 8498 7900.

Our other short breaks partnerships

For people who prefer or need live-in care during short breaks at home or on holiday, we have partnerships with care providers The Good Care Group and Active Assistance. Professional carers from both organisations have received training from us to ensure they have a deeper understanding of MS.

- The Good Care Group partnership is available for people living in England or Scotland. Contact them on 08000 234 220 or email enquiries@thegoodcaregroup.com.
- The Active Assistance partnership is available for people living in England or Wales. Contact them on 01732 779353.

We also have a partnership with Wheelfreedom, which offers people with MS a 10% discount on the hire charge of a manual or powered wheelchair. Delivery to home address or holiday accommodation in the UK or abroad is extra. Contact Wheelfreedom on freephone 0800 0258 005 for more information.

 **Audience:** All
 **Action:** Share
 **Contact:** Natalie Pink
natalie.pink@mssociety.org.uk



Support

Independent Living Advice Line

Disability Rights UK run an advice line for people who have questions about independent living and getting direct payments. In particular the advice line can help with enquiries about personal budgets, social services funding (including appealing decisions) and general advice on hiring personal assistants.

Call the advice line on 0300 555 1525 between 9am and 1pm on Monday or Thursday, or alternatively email independentliving@disabilityrightsuk.org

The advice line cannot help with enquiries about claiming benefits, but there are other helplines you can call – search www.gov.uk for details or contact the information team on 020 8438 0799 to find out.



Audience: All

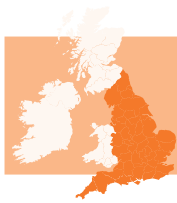


Action: Share



Contact: Information team
020 8438 0799





For England

To cover period from 1 November to end January

North

Saturday 2 November	MS Support training day 3 (Lancashire, Greater Manchester and South Cumbria)
Saturday 2 November	Living with MS conference (Southport)
Wednesday 6 November	Support volunteer forum (Cumbria, North of England)
Wednesday 6 November	MS nurse steering group meeting (Cumbria, North of England)
Saturday 9 November	MS Support training day 4 (Yorkshire and the Humber)
Tuesday 12 November	MS nurse steering group meeting (Northumberland, North of England)
Thursday 14 November	MS Support training day 4 (North of England)
Thursday 14 November	Volunteer forum (Yorkshire and the Humber)
Saturday 30 November	MS Support volunteer training day 4 (Lancashire, Greater Manchester and South Cumbria)
Saturday 25 January	Support forum (Yorkshire and the Humber)

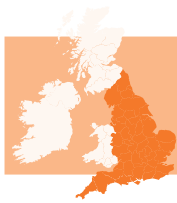
East

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)
Monday 11 November	'How to talk about the MS Society' training session (Essex)
Tuesday 12 November	'How to talk about the MS Society' training session (Herts and Beds)
Friday 15 November	Support volunteer forum (Essex)
Saturday 16 November	MS Support training day 3 (East Midlands)
Monday 18 November	Support volunteer forum (Herts and Beds)
Tuesday 26 November	MS Support training day 4 (Herts and Beds)
Thursday 28 November	MS Support training day 4 (East Anglia)
Saturday 7 December	MS Support training day 3 (Thames Valley)
Sunday 8 December	Symptom management conference (Herts and Beds)
Tuesday 14 January	MS Support training day 4 (East Midlands)
Saturday 18 January	MS Support training day 4 (Thames Valley)

London & South East

Saturday 2 November	Fundraising development day (Kent)
Saturday 9 November	MS Support training day 4 (Kent)
Thursday 14 November	MS Support training day 1 (Surrey and Sussex)
Wednesday 27 November	Volunteer forum (Kent)
Friday 29 November	Shared decision making event (North London)
Friday 29 November	Support volunteer forum (Surrey and Sussex)
Friday 29 November	Support volunteer training day 4 (Kent)
Wednesday 22 January	MS Support training day 3 (Surrey and Sussex)





For England

West

Wednesday 6 November	Volunteer induction (Bristol, Wessex and West)
Wednesday 6 November	Support forum (Wessex and West)
Tuesday 12 November	MS Support training day 4 (Wessex and West)
Wednesday 13 November	Benefits information event (Hants and Islands)
Saturday 16 November	Volunteer forum (Hants and Islands)
Saturday 23 November	Living with MS conference (Winchester)

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.

Carers Together

Caring for someone with MS can be a rewarding yet challenging journey. Without the right support, caring can take its toll on relationships, family life and the carers' own health. Carers Together is an exciting project offering carers access to valuable emotional support via online and face to face mentoring.

Carers Together matches carers looking for support with trained volunteer mentors with previous caring experience. Mentoring helps carers to work through the difficulties they may be experiencing and receive support as well as signposting to other sources of help. Mentors are able to share their own experience and techniques with others, to help them cope with the stresses and strains of caring.

Online mentoring is available to carers in England who have access to the internet; while the face to face opportunity is currently available to carers living in the Birmingham area.

To sign up for support from either service, contact the Carers Together team on carers@timebank.org.uk or phone 0121 236 2531.




-  **Audience:** England
-  **Action:** Share
-  **Contact:** Natalie Pink
natalie.pink@mssociety.org.uk



For Northern Ireland

Living with MS

We held a very successful 'Living with MS' event at Titanic Belfast on 14 September. More than 350 people attended the day and heard from Professor Siddharthan Chandran who gave a fascinating presentation on MS research. Attendees also took part in workshops on carers, employment, yoga and mental health. The BBC were also there to film an upcoming Lifeline appeal which will be broadcast on BBC Northern Ireland and Radio Ulster on Sunday 20 October to raise awareness of MS and the MS Society. This is in addition to the UK-wide BBC Lifeline appeal detailed on page 10.

 **Audience:** Northern Ireland
 **Action:** Note, share
 **Contact:** Brenda Maguire
brenda.maguire@mssociety.org.uk

Volunteer recognition at Hillsborough Castle

Branches from throughout Northern Ireland have been asked to select four volunteers to attend a special 60th anniversary volunteer recognition event at Hillsborough Castle on 2 December. Tom Mallon, Acting Head of MS Society Northern Ireland: "this is a really special event which gives us the opportunity to thank our volunteers for all their hard work and dedication."




 **Audience:** Northern Ireland
 **Action:** Note, share
 **Contact:** Tom Mallon
tom.mallon@mssociety.org.uk

Acupuncture service

A new pilot acupuncture service has begun at our Resource Centre, provided by qualified acupuncturist and hypnotherapist Joseph Pond.

Some people report help with some symptoms of MS after receiving acupuncture. 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. Priority appointments will be given to people with MS.

Joseph is also a certified hypnotist and can also teach you how to use self-hypnosis to control pain, improve mood or lose weight. For more information or to arrange an appointment please contact Joseph on 07846 421 304 or contact MS Society NI reception on 028 90 802 802.

 **Audience:** Northern Ireland
 **Action:** Note, share
 **Contact:** Joseph Pond
07846 421 304



For Northern Ireland

There are lots of opportunities to support the MS Society:

60th Anniversary Gala Ball

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. There will be a glamorous drinks reception and a wonderful meal followed by music from the outstanding seven piece ‘Riviera Swing Band’. Tickets are £50. To reserve your table/tickets please call the fundraising team.

Get festive

Get into the Christmas spirit with our ever popular Santa Dash and Dander on 7 December (Stormont Estate) or 14 December (Lurgan Park, Lurgan). Both courses cover two miles, and the events are suitable for families, parents with prams, people using mobility scooters and, of course, the family dog. Free Santa Suits are provided. Just register for £5 per adult or £3 per child and raise what you can at this family friendly sponsored walk/wheel or run. This is a really fun event so why not get a group together from your branch and come along?

Design your own event

Whether you’d like to organise an adrenalin fuelled challenge, host a tea party or simply arrange a local collection, our fundraising team can provide all the help and support you need. We also have lots of helpful tips and ideas on our website

www.mssociety.org.uk/fundraising

 **Audience:** Northern Ireland

 **Action:** Share, act – design your own event

 **Contact:** Samantha Creighton
028 90 802 802
samantha.creighton@mssociety.org.uk
www.mssociety.org.uk/fundraising



For Scotland

MS Society Ratho 60th birthday open day

Friday 29 November, 12.00pm – 3.00pm
MS Society Office, Ratho Park

Have you ever wondered what the teams in Ratho are doing in the fight to beat MS? Come along and meet us, Council members and other volunteers, share your successes and hear about all the exciting things coming up.

Please come to help us celebrate the MS Society's 60th birthday which is a perfect time to celebrate and thank all of you, our wonderful volunteers. We couldn't do it without you!

Members and non-members are all welcome to join us.

For more details or to let us know you're coming along (so we can make sure there's enough birthday cake for everyone!) contact msscotland@mssociety.org.uk or call 0131 335 4050.

 **Audience:** Scotland
 **Action:** Share, act – let us know you're coming along
 **Contact:** 0131 335 4050
msscotland@mssociety.org.uk

Training for support volunteers coming to the Highlands

Are you a good listener? Do you want to help people affected by MS? Could you signpost people to local services and organisations?

We're currently recruiting for support volunteers in the Highlands to provide a range of support and information to local people affected by MS. The role offers a fantastic opportunity to get involved and make a difference. For those already volunteering in this role, the training is a great way to update your skills and find out the latest information.

The training will be delivered in Inverness during a weekend residential to allow people from throughout the area to attend. This will take place on 2-3 November at the Kingsmills Hotel in Inverness and will include accommodation and all meals. For those who are travelling some distance, accommodation can be arranged for the Friday night. The training will run from 10.30am to 3.30pm, with breaks included, on both days. Not only will you learn a lot, it should also be a really fun couple of days with a friendly group.

If you're already a support volunteer with your local branch, or if you're a branch keen to recruit more support volunteers, please get in touch.

 **Audience:** Scotland
 **Action:** Act – get in touch if you would like to be a support volunteer, or would like to recruit more to your branch
 **Contact:** Lynda Boyce
0131 335 4050
lynda.boyce@mssociety.org.uk





For Scotland

Workshops for volunteers: new booklet

We've produced a new booklet that outlines the training opportunities that we can offer branches, at a time and place that suits you. From how to recruit new volunteers to your branch, to how to administer grants, we have plenty of great workshops on offer. Copies are being sent to all branches, so if you see something that interests you, please don't hesitate to get in touch.

 **Audience:** Scotland
 **Action:** Act - get in touch to book onto a course
 **Contact:** Lynda Boyce
 0131 335 4050
lynda.boyce@mssociety.org.uk

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 self-management course might be just the thing for you. Our course leaders, who all have a long-term condition themselves, will help you explore a variety of topics, from pain and fatigue management, exercise, relaxation and thinking techniques, communication skills and problem solving.

This course is free of charge, and consists of six weekly sessions, lasting two and a half hours.

Courses are currently available in the following areas:

Dalmuir

25 October to 29 November 2013, Fridays,
1.00 – 3.30pm
Dalmuir Park, G81 3QT

Barrhead

29 October to 3 December 2013, Tuesdays,
10am – 12.30pm
Dunterlie Community Centre Training Room,
Stewart Street, G78 1AL

For courses in your area, keep an eye on the events section of our website www.mssociety.org.uk/scotland-events

Would you like us to run a self management course in your branch/area? Get in touch!

 **Audience:** Scotland
 **Action:** Act – get in touch to book
 **Contact:** Ailsa Blair
 0131 335 4050
msscotland@mssociety.org.uk



For Scotland

MS Matters – we need you!

We hope you have been enjoying your new MS Matters magazine. We know that Scottish content is very important to you, which is why we have dedicated eight pages to news and stories from Scotland in every issue.

As well as nation-wide issues and stories, we're looking for local highlights to promote in the magazine. If you'd like to publicise forthcoming events, or let people know about the fantastic local support available in your area, please let us know! We can't guarantee we can include everything, but if we can't find space in MS Matters we'll help you promote your local activities online through our website, Facebook and Twitter.

And if you know someone with a great story to tell, please let us know – we are always looking for people living in Scotland to interview for either the Scotland pages or the UK-wide pages.

 **Audience:** Scotland
 **Action:** Share your stories
 **Contact:** Hannah Maunder
0131 335 4050
scotmagteam@mssociety.org.uk

Scotland fundraising Edinburgh Marathon 2014

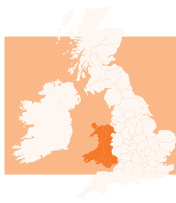
Registration is now open for the Edinburgh Marathon Festival (EMF) 2014 and we would love support from our branches. We already have lots of MS Superstars signed up to run in Scotland's biggest marathon festival, and we want to hear from loads more!

Runners can choose from the EMF Marathon, Half Marathon, Hairy Haggis team relay, 10k or 5k. This year, our Team MS runners raised nearly £58,000 in total for the MS Society Scotland, so it's a fantastic fundraiser.

We can provide you with posters, leaflets and any other support you need.

 **Audience:** Scotland
 **Action:** Share
 **Contact:** Sabrina Maguire
0131 335 4050
sabrina.maguire@mssociety.org.uk
[www.edinburgh-marathon.com/
charity-information&charities](http://www.edinburgh-marathon.com/charity-information&charities)





For Wales

MS Society Cymru 60th birthday

As you know, this year we're celebrating our 60th anniversary and MS Society Cymru are hosting a reception at the Pierhead building in Cardiff Bay. Please come along and celebrate with us, we'd be delighted to see you!

The evening will be a great opportunity to reflect on our achievements in Wales and look towards the future. We hope to celebrate individuals, groups and projects, and look at some of the exciting developments in research and new technology, such as telemedicine.

The event comes at an important time with the Social Services and Well-being Bill (Wales) progressing through the National Assembly and the Welsh Government publishing a delivery plan relating to neurological services.

There will be drinks and a buffet provided and we'd like as many members to attend as possible. If you'd like to attend please contact us.



Audience: Wales



Action: Share, act – sign up to come along



Contact: MS Cymru reception
029 2167 8922
mscymru@mssociety.org.uk

Putting the Pieces Together

On Thursday 28 November we're hosting a one-day information event for people recently diagnosed with MS, called Putting the Pieces Together.

If there's someone in your branch or support group who has recently been diagnosed with MS, is in the process of being diagnosed, or is the partner of someone who has recently been diagnosed, please encourage them to come along to this day.

Whilst we can't promise all the answers, this day aims to provide some of them and to help the newly diagnosed know where to get the information and support they need.

Speakers

This information event is being led by the MS team based at Princess Alexandra Hospital, Rhyl and the Walton Centre.

Venue

The day is being held at Venue Cymru, Penrhyn Crescent, Llandudno LL30 1BB. The room has sweeping views over the bay, and a free sit down lunch is provided. There is a pay and display car park at the theatre (£2 for full day) or on the prom opposite (£1.50 for full day).

How to book

Please contact Matthew Witty on the details below.



Audience: Wales



Action: Share with people recently diagnosed



Contact: Matthew Witty
029 2167 8921
mscymru@mssociety.org.uk



Branch donations

Branch donations 12 July 2013 - 12 September 2013

Branch Name	Earmarked Description	Earmarked	Research	General
Alnwick & District Branch	Cambridge Myelin Repair 2011-2015	£1,000.00		
Andover Branch			£500.00	
Black Country Branch	Phenytoin clinical trial (grant 948)	£200.00		£1,000.00
Clydebank & District Branch				£1,500.00
Coventry & District Branch	Phenytoin clinical trial (grant 948)	£10,000.00		
Coventry & District Branch	Amiloride Clinical Trial in Optic Neuritis (grant 952)	£10,000.00		
Canterbury & District Branch			£1,000.00	
Dundee Branch	Edinburgh Centre for Translational Research Grant	£10,000.00		
East Grinstead & District Branch	MS Nurses	£700.00		
East Grinstead & District Branch	Fairer Financial Assistance	£700.00	£700.00	
Eastbourne & South Wealden Branch	Cambridge Myelin Repair 2011-2015	£2,000.00		
Haywards Heath & District Branch			£2,000.00	
High Wycombe & District Branch	MS Nurses	£350.00		
High Wycombe & District Branch	MS Helpline	£350.00	£350.00	
Kings Lynn & District Branch	Cambridge Myelin Repair 2011-2015	£5,000.00		
Kings Lynn & District Branch	Tissue Bank	£2,500.00		£2,500.00
Loughborough & District Branch	MS Nurses	£1,000.00		
Leamington Spa Warwick & Kenilworth Branch	Cambridge Myelin Repair 2011-2015	£2,500.00		
Leicester & District Branch				£395.00
Merton Branch			£2,000.00	
Burnley & Pendle Branch			£600.00	
Richmond and Kingston Branch			£2,500.00	
South East Cheshire Branch	Symptom Relief Fund	£500.00		
South East Cheshire Branch	Cambridge Myelin Repair 2011-2015	£500.00		
Westmorland South Lakes Branch			£5,000.00	

Clarification

Apologies to the Wakefield and District branch whose donation of £1,500 towards research in June 2013 was not listed in the previous edition of Teamspirit.





Classifieds

Derek Johnson stamp collection

In previous editions of Teamspirit, we've asked readers to send their used postage stamps to Derek Dawson to raise money for MS research. Derek has recently moved house, so send your used stamps to Derek at 54 Robertson Way, Huntingdon, Cambs, PE28 2GG.

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.

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 mark.hatte@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.

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

Our offices

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

Feedback on Teamspirit

Teamspirit

MS National Centre
372 Edgware Road
London NW2 6ND
020 8438 0944

teamspirit@mssociety.org.uk

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

saher.usmani@mssociety.org.uk

Find us online

www.mssociety.org.uk

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

www.facebook.com/mssociety

www.twitter.com/mssocietyuk

www.facebook.com/childrenwithMS

Grants

020 8438 0700

grants@mssociety.org.uk

(England, Wales, Northern Ireland)

0131 335 4081

grantsscotland@mssociety.org.uk

(Scotland)

Give us a call

National MS Helpline

0808 800 8000

MS Information Line

020 8438 0799

Membership

020 8438 0759

Volunteering

020 8438 0944

Fundraising

0845 481 1577

