

# Teamspirit

For branch volunteers and national support group committee members



*Tom from the Dudley & District branch and Sophie from the Birmingham branch were among those who attended the National Centre open day*

## National Centre open day

Our MS National Centre open day took place in November with a number of volunteers from across the UK attending to hear from our Vice-Chairman John Litchfield, new Chief Executive Michelle Mitchell and Chairman Hilary Sears. Talks were also held by UK staff and our research team and it was a great opportunity for volunteers to

talk to each other and share ideas. Attendees from the day said, “the day was very eventful. It was my first time at National Centre and I didn’t know what to expect. Brilliant day!” and, “everyone was fully involved and the staff were extremely enthusiastic regarding their roles.” We hope to hold another day in 2014 so watch this space for more details.



# News and events

## Want to share your branch's good news?

Send your story ideas to us at [teamspirit@mssociety.org.uk](mailto:teamspirit@mssociety.org.uk) and we'll be in touch!

### Branch partnership to support carers

The Gravesend & District branch has built a budding relationship with Carers First in Kent.

Following the closure of the North West Kent Carers, as well as the loss of a specialist local counsellor for MS Carers in the area, a gap in support was felt in the Gravesend & District area.

When Carers First stepped into the gap, the branch decided to strengthen their relationship with the new organisation and worked with them to arrange a special drop-in session for local families and carers in November.

Karen Jackson, a Carer Support and Assessment Coordinator from Carers First provided carers in the area with specialist benefits advice, which the branch is unable to provide. The local MS nurse also dropped-in and got an overview of the services they offer. On the day, five new carers registered with Carers First, which will ensure they are provided with ongoing support.

The event marked the beginning of a strong relationship that will see Carers First attending branch drop-in sessions on a monthly basis, and the local MS nurse signposting carers to the information and support they can provide.

If your branch would like to explore working in partnership with the local carer's service in your area, please contact your local staff team.

 **Audience:** All

 **Action:** Note



# News and events

## We need your help

The volunteering team provide information and support to staff and volunteers across the MS Society.

One of our main areas of work is to develop written resources, guidance and templates to support you in your role. When we plan and write this information it's important that we include the views of volunteers so we know it will work for you.

With thousands of volunteers across the UK, this can be a challenge. So, to tackle this we're bringing together a group of volunteers to feedback on our work and make sure it's relevant and useful.

If this is something you'd be interested in we'd love to hear from you. The good news is you can take part from the comfort of your own living room. We'll send the resources out to you and you just need to read it, note down your comments and send it back.

The first thing we'll be working on is a booklet to welcome all volunteers to the MS Society. If you'd like to get involved or have any questions, please get in touch.



**Audience:** All



**Action:** Act – get in touch



**Contact:** Volunteering team

020 8438 0944

[volunteering@mssociety.org.uk](mailto:volunteering@mssociety.org.uk)

## Shining Stars

We know that our volunteers are fantastic, and make outstanding contributions every single day. That's why it's so important to us to make sure we're recognising your hard work in the best possible way.

Some branches may know about our Shining Star awards, which can be given to volunteers to recognise an outstanding contribution. We've recently reviewed the Shining Star awards, and decided that they aren't working as well as they could be and that there are better ways to recognise our volunteers.

For this reason, from now on we'll no longer be issuing the Shining Star award in its current form. Instead, we're currently developing a new scheme which will encourage branches and groups to give awards which are flexible, inclusive, and recognise even more of our amazing volunteers.

We'll be releasing more details about our exciting new scheme in the early part of 2014, so keep an eye on our volunteer website for more information.

In the meantime, we will still be issuing certificates to recognise top contributions. If you would like to issue a certificate please contact the volunteering team.



**Audience:** All



**Action:** Note



**Contact:** Volunteering team

020 8438 0944

[volunteering@mssociety.org.uk](mailto:volunteering@mssociety.org.uk)



# News and events

## MS Life is coming

MS Life, the biggest national information and research event for people with MS, is taking place on 26-27 April 2014 at Manchester Central. Here's how you can help:

- promote MS Life in your branch newsletter, webpage or on social media. The MS Life team can provide copy and also have postcards that you can send out to your members, just contact the MS Life team on the details below to request more information.
- we know 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 and the MS Life team can help get you started.
- grants are also available to help people who live outside the Greater Manchester area to attend the event. The form can be downloaded from the MS Life website. Grant applications will close on 28 March 2014.

You can also register yourself to attend the event on the MS Life website too.



**Audience:** All



**Action:** Share, act – register to attend



**Contact:** MS Life team

020 8438 0941

[msslife@mssociety.org.uk](mailto:msslife@mssociety.org.uk)

[www.msslife2014.org.uk](http://www.msslife2014.org.uk)

## The latest news on the four new MS medicines

Four new MS medicines, which have proved safe and effective in late stage clinical trials for relapsing remitting MS, are being considered by the National Institute for Health and Care Excellence (NICE) for use on the NHS across England and Wales.

We're pleased to report that NICE's final decision on teriflunomide is that they intend to make it available on the NHS in England and Wales. As we go to print this decision is undergoing a standard appeal process, which is routine before a treatment is made available following a positive decision. This treatment is still going through the Scottish Medicines Consortium process at the moment.

We're still waiting for the initial NICE decision on dimethyl fumarate and will be responding to an initial disappointing negative decision for alemtuzumab. The fourth medicine, laquinimod, is at a much earlier stage in the process, with the first appraisal committee scheduled for May 2014.

Treatments should be available in England and Wales within three months of NICE issuing final guidance, which follows the appeal process after the final decision; and a little later in Northern Ireland. Scotland has a separate process, but is working to a similar timescale. Keep an eye on our website for updates at <http://www.mssociety.org.uk/ms-news>.



**Audience:** All



**Action:** Share



**Contact:** Alice Weeden

[campaigns@mssociety.org.uk](mailto:campaigns@mssociety.org.uk)

020 8438 0700



# News and events

## Personal Independence Payment

The rollout of the new benefit Personal Independence Payment began this year, and we're really keen to hear about your experiences of the assessment for the new benefit. This will allow us to report any problems back to the government as quickly as possible, and crucially, call for change.

We've designed a survey covering the different stages of the PIP application process and are working on it with other members of the Disability Benefits Consortium. This means that the evidence we gather will be from a wide range of people and will give us the clearest picture of how PIP is working, and any problems that need to be addressed.

If you've made a new claim or been reassessed for PIP, you can fill in the survey at [http://www.surveymonkey.com/s/DBC\\_PIP\\_survey](http://www.surveymonkey.com/s/DBC_PIP_survey)

 **Audience:** All  
 **Action:** Share  
 **Contact:** Campaigns team  
[campaigns@mssociety.org.uk](mailto:campaigns@mssociety.org.uk)  
020 8438 0700

## Post-Board meeting report

Our Board of Trustees meeting took place on 3 December 2013 at MS National Centre in London. Copies of the Board papers are available on our website at <http://www.mssociety.org.uk/ms-resources/board-papers-dec-2013-agenda>

 **Audience:** All  
 **Action:** Note  
 **Contact:** Governance team  
[governance@mssociety.org.uk](mailto:governance@mssociety.org.uk)



# Info and resources

## Our volunteer website

You've told us that our volunteer website needs to be simple to use and have a positive focus. While we undertake in-depth development of new resources for branches and support groups, we're also making interim updates to the website, section by section.

You may not have visited us in a while so why not come and see what we've been working on?

- we've added links to key resources like the **committee and treasurers' handbooks**, **Teamspirit** back issues, and **policies and important documents** (like our constitution) to the main page
- we've broken down the **committee handbook** into sections, so you can download only the information you need, rather than the whole handbook
- we've developed new sections on **staying safe, giving quality information, supporting carers** and **applying to local trusts** for funding
- we've included all local and national training opportunities, volunteer forums and national council meetings under the **events and training** tab

## How to find us

- You can reach the volunteer website by heading straight to our **web address** <http://volunteers.mssociety.org.uk/>
- You can also find us through the main MS Society website <http://www.mssociety.org.uk/> – by scrolling down and clicking **I am a... Volunteer** on the right hand side of the page



**Audience:** All



**Action:** note, act – visit the website



**Contact:** Danielle Walker

[branchresources@mssociety.org.uk](mailto:branchresources@mssociety.org.uk)

020 8438 0911

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



# Info and resources

## Update on our resources

### PIP – two new resources available

**For people making a new claim, or being reassessed**

**Claiming Personal Independence Payment (PIP)** (First edition, October 2013). This 52 page booklet has information about claiming PIP, the benefit that has replaced Disability Living Allowance (DLA). It includes a question-by-question guide to filling in the 'How your disability affects you' form and an insert listing all the descriptors used by the assessors.

### For people who currently claim DLA

**Changing from Disability Living Allowance (DLA) to Personal Independence Payment (PIP)** (October 2013). A four page factsheet that explains the process of switching over from DLA to PIP.

Both of these resources are available to download or to order. Visit our online shop at <http://shop.mssociety.org.uk>. If you need a login for bulk orders please contact us.

## Childhood MS

A revised version of this resource is now available to download from the website. It aims to answer some of the questions a parent might have if their child has been diagnosed with MS. The previous printed booklet is out of date and is no longer available. Please recycle any remaining copies.



**Audience:** All



**Action:** Share

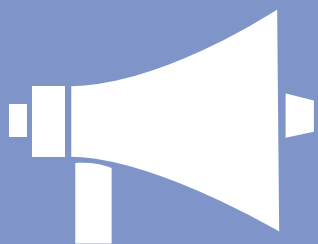


**Contact:** Information team

[shop@mssociety.org.uk](mailto:shop@mssociety.org.uk)

020 8438 0999

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



# Fundraising

## Thank you for all your fundraising efforts!

We know how much work goes into your fundraising activities and we're always grateful for your generous contributions.

In 2013 our branches and support groups collectively contributed over £356,000 towards MS research and nationally funded services to support people affected by MS. And this is on top of the money you spent to support people in your local area. Thank you.



**Audience:** All



**Action:** Note



**Contact:** Fundraising team

0845 481 1577

[fundraising@mssociety.org.uk](mailto:fundraising@mssociety.org.uk)

## Let's get baking to beat MS

Cake Break 2013 was a huge success, with over 2,900 people registering to take part. Together we raised over £325,000 with more than £80,000 going directly to branches.

It's never too early to start planning this year's events – or to ask your local community to host a Cake Break. Almost half the people that registered for Cake Break in 2013 were new to the organisation so it's a fantastic way to attract new fundraisers and volunteers to your branch.

We'll be sending your branch a pack containing everything you need to plan your own event and promote Cake Break in your area. If you haven't received your pack by 31 January 2014 please contact us.

Don't forget, you can bank Cake Break income locally again this year – we just need to know how much you've banked. We'll be in touch to find out your fundraising totals later in the year.



**Audience:** All



**Action:** Share, act –  
sign up to host a Cake Break



**Contact:** Your local area fundraiser

0845 481 1577

[cakebreak@mssociety.org.uk](mailto:cakebreak@mssociety.org.uk)





# Fundraising

## Take on the Three Peaks

Climb the highest peaks in Scotland, England and Wales in 24 hours. On 20, 21 and 22 June 2014, a team of supporters will take on the three highest mountains in the UK – Ben Nevis, Scafell Pike and Snowdon – in just 24 hours! With spectacular views and an amazing atmosphere, you can enjoy some of the best scenery in the UK, while helping to beat MS.

A Three Peaks participant said of the challenge, “climbing the Three Peaks was most definitely a challenge! But the fantastic MS Society group were a great support and we had lots of laughs along the way. Highlights included reaching the snow-capped summit of Ben Nevis and being able to see for miles, and then the massive sense of achievement when we descended Mount Snowdon the next morning.”



**Audience:** All



**Action:** Share



**Contact:** Rebecca Stead  
0845 481 1577

[www.mssociety.org.uk/3peaks](http://www.mssociety.org.uk/3peaks)

## Telephone campaign update

We recently ran a successful telephone campaign where we called people who have requested MS Society publications to gather feedback on our support services and ask for donations. Results are still coming in, but the feedback was really positive. Following this success, starting in February, we'll be calling donors and former members. We'll keep you posted on the results.



**Audience:** All



**Action:** Note



**Contact:** Direct marketing team  
020 8438 0722  
[marketing@mssociety.org.uk](mailto:marketing@mssociety.org.uk)

## Christmas shop income

Thanks to everyone who bought from our Christmas collection and to everyone who earned funds for their local branch by quoting the branch code when ordering. We're not yet able to confirm final figures but the 25% commission payments will be transferred direct to branches in April.



**Audience:** All



**Action:** Note



**Contact:** Christmas fundraising team  
020 8438 0984  
[christmas@mssociety.org.uk](mailto:christmas@mssociety.org.uk)



# Fundraising

## Branch planning for 2014

The New Year is here, and it's time to start reviewing your fundraising activities from 2013 and plan for the year ahead. We recommend you start a fundraising plan to help you throughout 2014.

### What's a fundraising plan?

A fundraising plan is a straightforward document to show how much money you need (or want) to raise for your branch and how you are going to raise it. A plan will give you a good idea of how much you need to raise to deliver the services you want as well as the activities that will help you meet your fundraising target.

### Fundraising self-assessment

As part of your planning, it's a good idea to use the fundraising self-assessment tool. You can identify your branch or group's strengths and areas for improvement.

The self-assessment tool is available on the volunteer website under the Fundraising and Campaigning section titled "Effective fundraising".

Your area fundraiser can help you develop your fundraising activities, and with such a diverse range of fundraising events there's always at least one new event you could try!



**Audience:** All



**Action:** Act – put together a plan and self-assessment



**Contact:** Your area fundraiser

## Online fundraising

Collecting sponsorship online is an increasingly popular way that supporters are choosing to fundraise given its ease and convenience.

JustGiving, our preferred supplier, also collect Gift Aid automatically on our behalf.

We don't recommend using other sites, as they don't always safeguard funds exclusively for the charity chosen by the supporter (an issue experienced after the liquidation of The Dove Trust's Charity Giving site in the summer) or provide full reporting mechanisms. Additionally processing donations from multiple sites incurs additional expense as its more time consuming to reconcile income.

Please share this link with your supporters so they can raise funds online [www.justgiving.com/mssociety](http://www.justgiving.com/mssociety). Alternatively, some larger branches may want to set up their own account with JustGiving. More information about how to do this is available on the volunteer website.

Donors can make online donations to your branch by visiting [www.mssociety.org.uk/](http://www.mssociety.org.uk/) donate and indicating in the comments field that the donation is for your branch.

If you have any questions about online fundraising please get in touch.



**Audience:** All



**Action:** Note



**Contact:** Your area fundraiser



# Support

## Our short break partnerships

We have a number of short break partnerships available for people with MS. Help us promote the opportunities below to your branch or support group.

### Calvert Trust Exmoor

The Calvert Trust team in Exmoor are offering an MS course from 2-5 May 2014 for people with MS, their families and friends. It's a great chance to try your hand at fully accessible activities including canoeing, archery and abseiling in the beautiful surroundings of the Exmoor National Park.

The weekend costs £242 per person which includes activities, meals and three nights accommodation. Contact Calvert Trust directly for more information on 01598 763221 or email [exmoor@calvert-trust.org.uk](mailto:exmoor@calvert-trust.org.uk).

### Carers Trust

People with MS living in England and Wales can buy flexible care for short breaks and holidays in those countries, thanks to our partnership with Carers Trust.

Care is provided by trained carer support workers from the Crossroads Care scheme covering the destination. Contact the Crossroads scheme near you for more information – call 020 8498 7900 to find your nearest one.

**Please note:** The correct price for each assessment (two are needed) is £30 – Teamspirit issue 191 incorrectly stated £15 each.

### The Good Care Group and Active Assistance

For live-in care at home or on holiday, The Good Care Group and Active Assistance might be able to help. They cover people living in England and Scotland and can be contacted on 08000 234 2220 or email [enquiries@thegoodcaregroup.com](mailto:enquiries@thegoodcaregroup.com). Active Assistance covers people living in England and Wales and can be contacted on 01732 779 353.



**Audience:** All



**Action:** Share



**Contact:** Natalie Pink

020 8438 0805

[fundraising@mssociety.org.uk](mailto:fundraising@mssociety.org.uk)



# Finance

## Selling MS Society vehicles

We've been in discussions with HM Revenue and Customs (HMRC) over VAT arrangements for our branches. One area highlighted by HMRC has been the sale of motor vehicles and VAT. This is a complex area so if you have any questions on this information, please speak to the finance team.

### Approval

If you want to sell branch land, property or motor vehicles you will need to contact the MSNC finance department in order to get approval.

### Selling motor vehicles and VAT

You may need to charge VAT when selling a motor vehicle – it will all depend on:

- what type of vehicle it is
- whether you were charged VAT when you purchased the vehicle
- who you sold the vehicle to

The rules are:

1. **If you sell a vehicle to another branch**  
VAT is not applicable in this case.
2. **You are selling a wheelchair accessible vehicle where you didn't have to pay VAT to purchase it because it met the rules contained in the Treasurers Handbook Appendix E, Annex F**

You do not have to charge VAT if you are selling the vehicle to another charity or organisation that meets the requirements

for not charging VAT (see the VAT certificate contained in the Treasurers Handbook Appendix E, Annex F).

If you are selling the vehicle to anyone else you will need to charge VAT.

3. **You are selling a vehicle where VAT was not charged and it did not meet the rules contained in the Treasurers Handbook Appendix E, Annex F**

You do not have to charge VAT providing you sold the vehicle for less than what you paid for it. If you sold it for more then please speak to the finance team at the MS National Centre as the rules in this case are very complicated.

4. **A vehicle where you had to pay VAT to purchase it**

You do not need to charge VAT on the sale of the vehicle.

### Raising a VAT invoice

If you do have to charge VAT then a VAT invoice will need to be raised. Only the finance team can raise VAT invoices so please get in touch.

### What to do with the VAT you receive

The VAT you receive will need to be passed on to the MSNC so it can be included on our VAT return. Please pass this over promptly so we can process this efficiently.



**Audience:** Branch chairs and treasurers



**Action:** Note



**Contact:** Finance team

[financesupport@mssociety.org.uk](mailto:financesupport@mssociety.org.uk)



## Branch pro-formas

The deadline to submit branch pro-formas is 31 January 2014. There are different processes this year for branches who are, and aren't, using the online branch accounting systems.

### Branches using online branch accounting

If your branch uses online branch accounting, your treasurer should have received an update of the treasurers' handbook and the internal financial controls checklist via email.

#### What you need to do:

- the chair must verify the receipts and payments report column figure for 'year to date' to December 2013. This can either be done by emailing back a copy of the report to the finance team (copying in the branch treasurer) confirming it's accurate, or, signing the report and posting it back to finance
- the chair and treasurer must both sign the completed internal financial controls checklist and return these to the finance team by email or post
- these must both be completed by **31 January 2014**

### Branches not using online branch accounting

If your branch doesn't use online branch accounting your branch treasurer should have received a paper copy branch pro-forma pack for 2013 via post. If you haven't received your pro-forma or would like an electronic copy, please contact us on the details below.

#### What you need to do:

- the branch chair and treasurer need to sign the completed internal financial controls checklist and post it to the finance team at the address below
- This must be completed by **31 January 2014**

Please remember, you don't need branch annual meeting approval to send the accounts direct to MS National Centre. In addition, if you're waiting on a report from an accountant or for your balance sheet to be signed, please send a draft copy of your pro forma separately before the end of January and provide a copy of the report or signed balance sheet as soon as it's available.



**Audience:** Branch chairs and treasurers



**Action:** Act – send your pro forma by 31 January 2014



**Contact:** Finance team

**financesupport@mssociety.org.uk**

Return forms by post to: Finance department, MS National Centre, 372 Edgware Road, London, NW2 6ND






# For England

## Events calendar

As ever in the coming months there will be support volunteer training, volunteer forums and information events taking place locally. Rather than list all the events here, please check out the events listings on the volunteer website at: <http://volunteers.mssociety.org.uk/events>




All potential delegates will receive a personal invite to the events suited to them, so if there's anything you'd like to attend or anything you're expecting to attend just contact your LSDO for more information.

-  **Audience:** England
-  **Action:** Note, act – contact your LSDO for more information
-  **Contact:** Your LSDO

## Invitation: social care focus groups

As a result of the government's new Care Bill, England's social care system is currently undergoing major reform. We want to hear your views on how your local social care services should be delivered. We particularly want to know if you think social care services could be better implemented to meet the needs of people with MS.

Workshops will be held across England in 2014 and we're currently scoping out locations and dates. If you're interested or know someone who might be, please do tell them to get in touch.

-  **Audience:** England
-  **Action:** Note
-  **Contact:** Emma Darkins  
[campaigns@mssociety.org.uk](mailto:campaigns@mssociety.org.uk)

## England Council: new members and meeting dates 2014


We're delighted to welcome a new member in 2014, Joe Vick (Wessex and West).

Joe is from Cirencester and first became involved with the MS Society after his son was diagnosed with MS. Joe's wife and others founded the Cirencester branch of the MS Society (which now includes Stroud and South Cotswolds) and Joe would like to use his experience of MS and his professional capabilities to help the MS Society develop.

The England Council will meet six times in 2014 and members are welcome to attend meetings – just get in touch at least two weeks in advance.

The 2014 dates are:

- Friday 24 and Saturday 25 January
- March date to be confirmed
- Friday 6 June
- Saturday 7 June  
(England Council annual meeting)
- Thursday 14 August
- Tuesday 22 October

-  **Audience:** England
-  **Action:** Note
-  **Contact:** Louraine Palmer  
020 8438 0757  
[englandcouncil@mssociety.org.uk](mailto:englandcouncil@mssociety.org.uk)



# For Scotland




## New Acting Director for Scotland

Last month Stewart Long, our UK Head of Working Locally, took over as Acting Director for Scotland, following the resignation of Christine Carlin.

Stewart has a wealth of strong general management experience and previous leadership experience across a number of organisation-wide strategic projects. He also has years of experience in supporting MS Society branches in both his roles as Head of Working Locally, and his previous role as Head of Operational Delivery for the MS Society, working closely with local operations staff in Scotland.

Stewart formally took up the role in December, and has been in Scotland meeting local staff and branches and learning about the exciting work planned in Scotland for 2014. As well as his role in Scotland, Stewart will continue to have responsibility for the UK-wide Working Locally programme.

We'd like to take this opportunity to welcome Stewart to his new role in Scotland and to thank Christine for her contribution to the charity. We wish her well for the future.

 **Audience:** Scotland  
 **Action:** Note  
 **Contact:** Scotland office  
0131 335 4050

## Open Day in Scotland marks 60 year anniversary

On 29 November volunteers and fundraisers joined staff at the MS Society Scotland's office in Edinburgh for a 60th birthday party to celebrate the work of the MS Society and its volunteers over the decades. Joined by local MSPs, over 60 fundraisers and volunteers came together to mark the landmark anniversary. The event was kicked off by some inspirational talks from volunteers, and was an informal networking opportunity as well as a celebration of the anniversary.

Comments from those who came along included, "a great day with a positive vibe", "friendly and happy atmosphere", "it was a good experience to meet everyone from the office face to face and have a chat" and, "excellent day". Local MSP Gordon MacDonald also said, "the whole nation is grateful for the work MS Society staff, volunteers and fundraisers do in helping people live with the condition. I was proud to attend the Open Day party and show my support for this wonderful charity."

 **Audience:** Scotland  
 **Action:** Note, share  
 **Contact:** Sarah Richard  
0131 335 4050  
[sarah.richard@mssociety.org.uk](mailto:sarah.richard@mssociety.org.uk)



# For Scotland

## New members of Scotland Council

We're delighted to welcome Alison Ritchie and Anita Duffy to the Scotland Council.

### Anita Duffy

Anita is from Inverness-shire, and joined the MS Society upon diagnosis in 1999. She brings to the role experience from her former occupation as a Registered General Nurse, and hopes to put her communication skills to good use.

### Alison Ritchie

Alison is from Livingston and was also diagnosed with MS in 1999. Her late father had MS, so she has lived with the condition for many years. Alison worked as a GP before retiring due to ill health. She is passionate about campaigning for a better deal for those with neurological conditions and their families, and has a particular interest in transport.

Members are welcome to attend meetings – just get in touch in advance of the date.

The 2014 dates are:

- Wednesday 19 February
- Wednesday 7 May
- Friday 20 June  
(Scotland Council Annual meeting)
- Wednesday 13 August
- Wednesday 19 November



**Audience:** Scotland



**Action:** Note, share



**Contact:** Rosemary Hastie  
0131 335 4050

[rosemary.hastie@mssociety.org.uk](mailto:rosemary.hastie@mssociety.org.uk)  
[www.mssociety.org.uk/scotland-council](http://www.mssociety.org.uk/scotland-council)

## Self-management courses 2014

Our self-management courses are for people with MS who want to learn new skills to put them back in charge of their life.

Our course leaders, who all have a long-term condition themselves, help explore a variety of topics; including pain and fatigue management, exercise, relaxation and thinking techniques, communication skills and problem solving.

The course is free of charge, and consists of six weekly sessions, each lasting two and a half hours. The following courses will run in 2014:

### Aberdeen

5 March - 13 April, times to be confirmed  
Stuart Resource Centre, Aberdeen

### Peebles

25 April - 30 May, 10am - 12.30pm  
Peebles Community Centre

### Banchory

4 September - 9 October  
Times and venue to be confirmed

Courses will also be running in the following areas with details yet to be confirmed: Fife, Edinburgh, Kilbirnie, Montrose, Elgin/Lhanbryde, Berwick and Eastern Borders.

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



**Audience:** Scotland



**Action:** Share, Act – book onto a course



**Contact:** Ailsa Blair  
0131 335 4050

[msscotland@mssociety.org.uk](mailto:msscotland@mssociety.org.uk)





# For Scotland

## ms space North 2013 update

In August we held a very successful ms space North event in the Aberdeen Exhibition Centre. Attendees were treated to an overview of MS research from Professor Charles French-Constant. Other experts delivered talks on MS nurses, telehealth/care, assistance dogs, self directed support, getting active and welfare reform.

For the first time at ms space we ran 'get active zones', where guests could try a range of activities and graded exercise opportunities. The sports zone included walking football, boccia, new age kurling and ping pong. The fitness zone offered pilates, yoga and Tai chi sessions. The hobby zone featured crafts and gardening; and the access zone enabled people to find out where they could access the activities.

You can watch an inspiring overview at [www.youtube.com/user/MSSociety](http://www.youtube.com/user/MSSociety) and all of the talks are on our website at [www.mssociety.org.uk/msspacenorth](http://www.mssociety.org.uk/msspacenorth).

If you'd like to know more about who came along and what they thought of the day, you can request a copy of the evaluation report from Garry Kinnear. If your branch would like to discuss how we can help you host your own information event, please get in touch with Garry, or your Area Development Officer.



**Audience:** Scotland



**Action:** Note



**Contact:** Garry Kinnear

[events@mssociety.org.uk](mailto:events@mssociety.org.uk)



# For Northern Ireland

## New members of the NI Council

We're pleased to welcome two new members to the NI Council at the AGM, Peter Cardwell and Siobhan Allister.

### Peter Cardwell

Peter is a journalist with UTV and has raised more than £6,000 for us in the last few years through marathon running, Cake Breaks and pub quizzes. Peter was inspired to join the NI Council by his aunt Hazel Millar, who is secretary of Omagh branch and his late aunt Sheila who had MS.

### Siobhan Allister

Siobhan is a member of the Fermanagh branch and a dedicated and successful fundraiser. Her son Ben was the MS Society Young Person of the Year in 2012 having raised more than £20,000 for the MS Society.

The MS Society Northern Ireland Council represents people affected by MS in the province, and works on their behalf. The Council is responsible for MS Society Northern Ireland's strategy and works alongside the staff team in Northern Ireland, as well as local branches, to beat MS.



**Audience:** Northern Ireland



**Action:** Note



**Contact:** Patricia Gordon

[patricia.gordon@mssociety.org.uk](mailto:patricia.gordon@mssociety.org.uk)

## Celebrating our volunteers

On 2 December we celebrated our 60th Anniversary in style with a special volunteer reception at Hillsborough Castle. More than 80 local volunteers, staff and supporters attended along with Minister for Health Edwin Poots MLA.

NI Council Chairman Peter Eakin presented each branch with a certificate of appreciation in recognition of the support and services they provide to people affected by MS.

Five volunteers also received Shining Stars to acknowledge their outstanding contribution to the MS Society; Professor Stanley Hawkins – Consultant Neurologist, Pat O'Loughlin – 34 time Dublin Marathon runner and fundraiser and MS Society Day Centre volunteers Josephine Begley, Edna Rice and Robert Connor.

Please note we have made changes to our Shining Star awards. See our update on page 3 for more information.



**Audience:** Northern Ireland



**Action:** Note, share



**Contact:** Brenda Maguire

[brenda.maguire@mssociety.org.uk](mailto:brenda.maguire@mssociety.org.uk)



# For Northern Ireland

## Exercise classes – 2014 schedule

The New Year is traditionally a time to set challenges, so why not be more active with our exercise classes?

Research suggests that regular exercise can help people with MS alleviate their symptoms, including fatigue, and manage their condition more effectively. It can also help people with MS stay as mobile and active as possible. This is because it improves muscle strength and fitness, which can help with mobility and weakness problems. There's no evidence that exercise makes MS worse in the long-term or that it causes relapses.

The classes, run in conjunction with Active Communities, focus on functional exercises designed to improve posture, mobility and strength, and cater for all levels of mobility.

- Belfast: Grove Wellbeing Centre – Wednesday 12.15pm - 1.15pm
- Coleraine: Coleraine West Community Centre – Monday 11.30am - 12.30pm
- Fermanagh: Lakeland Forum Enniskillen – Monday 1.30pm - 2.30pm
- Larne: Larne Leisure Centre – Thursday 11.30am - 1pm
- NDA: Bangor Sportsplex – Thursday 11am - 12 noon
- Omagh: Hospital Road Community Centre – Wednesday 1.30pm - 2.30pm

 **Audience:** Northern Ireland  
 **Action:** Share, act – come along  
 **Contact:** Dawn Harrison  
 028 9080 2805  
[dawn.harrison@mssociety.org.uk](mailto:dawn.harrison@mssociety.org.uk)

## BBC fundraising appeal

We're delighted to announce our BBC Radio Ulster fundraising appeal will be broadcast on Sunday 26 and Monday 27 January 2014 (time to be confirmed). The appeal was recorded by Melissa Leavy, aged 13, who was diagnosed with MS last year, and her mum Theresa. They're asking for the public to donate to support our research. The appeal will be accompanied by short films including interviews with other MS Society Northern Ireland members.

Keep an eye on our Facebook and Twitter pages for more information. We'll also contact all branches with final details closer to the time so please help us promote the appeal.

 **Audience:** Northern Ireland  
 **Action:** Share  
 **Contact:** Brenda Maguire  
[brenda.maguire@mssociety.org.uk](mailto:brenda.maguire@mssociety.org.uk)



# For Northern Ireland

## Treasurers training

A one-day training programme will be provided to all branch treasurers to introduce our online accounting system. Two provisional dates have been arranged on Friday 28 February or Saturday 1 March (venue to be confirmed).

All treasurers are asked to contact the NI Development Team with their preferred date.

-  **Audience:** Branch Chairs and Treasurers/Assistant treasurers in NI
-  **Action:** Act – confirm your preferred date
-  **Contact:** Charlotte Moore or Susan Carey  
[nidevelopmentteam@mssociety.org.uk](mailto:nidevelopmentteam@mssociety.org.uk)  
028 90 802 802

## Get involved in 2014

There are lots of opportunities to support us in 2014. Whether you'd like to donate your time as a volunteer, create your own fundraising event or take part in one of our upcoming fundraisers, you can get involved and help beat MS.

Our **Fright Night** at Crumlin Road Gaol is back by popular demand and takes place on 7 February. Registration is just £10 and each participant is asked to raise at least £140.

**Belfast City Marathon** takes place on 5 May and also includes a fun run and marathon walk. If you'd like to join Team MS get in touch.

We'll also have zip slides, abseils and parachute jumps for the all the adrenalin junkies out there. Get in touch if you'd like more information.

-  **Audience:** Northern Ireland
-  **Action:** Share, act – sign up
-  **Contact:** Samantha Creighton  
028 90 802 802  
[samantha.creighton@mssociety.org.uk](mailto:samantha.creighton@mssociety.org.uk)  
[www.mssociety.org.uk/northernireland](http://www.mssociety.org.uk/northernireland)



# For Wales

## New Cymru Council members

We're delighted to welcome new members to the MS Society Cymru Council.

### Huw Roberts

Huw Roberts is 62 and from Swansea. Huw is actively involved in the "Twocann Tuesday support group" in Swansea, which offers a supportive and sociable environment for people of all ages who live with MS in the area.

### Naomi Manton

Naomi Manton, 38, was diagnosed with MS in 2005. She is a member of the Flintshire branch and has set up a regular "Young Persons Meet-Up", which enables her to provide information and advice about what the MS Society can offer people who live with MS.

### Rod Hill

Rod Hill, 59 from Cardiff, joins Huw and Naomi on the Cymru Council from 2014. Rod has had personal experience of seeing the effects of MS on close friends, and intends to use his position on the Council to make sure that issues surrounding MS remain high on the healthcare agenda.



**Audience:** Wales



**Action:** Note

## Changes to Cymru phone numbers

From 1 January 2014, MS Society Cymru is changing its contact telephone number and all calls will be directed through the MS National Centre in London.

The new public telephone number to contact MS Society Cymru will be 020 8438 0700, but members will still be able to reach Cymru staff directly through direct line numbers.

This change will allow us to save money that can be spent on delivering better services for people with MS.

The Cymru team can be contacted directly on:

**Joseph Carter**, Acting Director –  
029 2167 8924

**Matthew Witty**, Executive Assistant –  
029 2167 8921

**Iestyn Evans**, Area Fundraising Manager –  
029 2167 8920

**Jamie Matthews**, Policy, Press and Campaigns Manager – 029 2167 8923

**Urtha Felda**, Area Development Officer (North Wales) – 020 8827 0212

**Rebecca Pearce**, Service Development Officer (South & Mid Wales) – 020 8438 0854

**Sue Jones**, Local Support Development Officer – 020 8438 0981



**Audience:** Wales



**Action:** Note



# Branch contributions

Thank you to all branches for your contributions. These are all gratefully received.

<b>Branch contributions 13 September 2013 - 14 November 2013</b>				
<b>Branch Name</b>	<b>Earmarked Description</b>	<b>Earmarked</b>	<b>Research</b>	<b>General</b>
Ayrshire Branch				£750.00
Ayrshire & Arran Branch			£1,000.00	
Banbury & District Branch			£500.00	
Berwick & Eastern Borders Branch	MS Nurses	£1,500.00	£1,500.00	
Birmingham Branch			£5,000.00	
Bolton & District Branch	MS Nurses	£1,000.00	£1,000.00	
Cambridge & District Branch	Cambridge Myelin Repair 2011-2015	£1,000.00		
Clitheroe & Ribble Valley East Branch			£1,000.00	
Dunoon & District Branch				£1,000.00
East Berkshire Branch			£10,000.00	
Fermanagh Branch			£5,000.00	
Fife Branch				£399.00
Fife Branch			£3,000.00	
Hull Beverley Borough & Holderness Branch			£35,000.00	
Inverness & Nairn Branch			£1,000.00	
Inverurie & District Branch			£1,000.00	
Lymington & District Branch				£100.00
North Devon Branch			£2,000.00	
North Tyneside Branch	Fairer Financial Assistance	£3,000.00	£3,000.00	
Oldham & District Branch			£2,000.00	
Orkney Branch	Edinburgh Centre for Translational Research	£3,000.00		
Orkney Branch	Cambridge Myelin Repair 2011-2015	£3,000.00		
Peebles Branch	Cambridge Myelin Repair 2011-2015	£5,000.00		
Salford & District Branch			£300.00	
Shetland Branch			£5,000.00	
Stockport & South East Manchester Branch [MSS STP]			£1,000.00	£1,000.00
Teesside Branch			£5,000.00	
Telford & District Branch			£1,000.00	
Wandsworth Branch			£3,000.00	
Warrington & District Branch			£1,825.00	
Wirral Branch	Cambridge Myelin Repair 2011-2015	£1,000.00		
Worcester & District Branch	Cambridge Myelin Repair 2011-2015	£3,000.00		
<b>Total</b>		<b>£21,500.00</b>	<b>£89,125.00</b>	<b>£3,249.00</b>



# Classifieds

## Derek Dawson 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 from £200 from Saturday to Saturday. For park amenities please visit [parkdean.com](http://parkdean.com). For availability ring Sue 01263 578 148 or contact [suewright48@btinternet.com](mailto: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](mailto: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'll 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.*



## 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  
020 8438 0700

### 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](mailto: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](mailto: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](mailto: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](mailto:support-team@mutual-support.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](mailto:saher.usmani@mssociety.org.uk)

## Find us online

[www.mssociety.org.uk](http://www.mssociety.org.uk)

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

[www.facebook.com/mssociety](http://www.facebook.com/mssociety)

[www.twitter.com/mssocietyuk](http://www.twitter.com/mssocietyuk)

[www.facebook.com/childrenwithMS](http://www.facebook.com/childrenwithMS)

### Grants

020 8438 0700  
[grants@mssociety.org.uk](mailto:grants@mssociety.org.uk)  
(England, Wales, Northern Ireland)

0131 335 4081  
[grantsscotland@mssociety.org.uk](mailto: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