

# Teamspirit

For branch volunteers and national support group committee members



*Stuart Nixon MBE, with the letter informing him of his Honours*

## MS Society volunteer awarded MBE

A long-serving MS Society volunteer has been awarded an MBE in the Queen's New Year's Honours list. Stuart Nixon, 49, has volunteered for us for more than 17 years, including just completing a six-year term as a trustee. However, his contributions go well beyond that important role. Stuart took on

an extraordinary fundraising challenge in October 2013, raising over £62,000. Despite having used a wheelchair for 15 years and only having mobility in one leg, he walked 60km around London over nine days using a bespoke walking frame. We'd like to congratulate Stuart for his incredibly well deserved award.



# 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 win Big Lottery 'Awards for All' grant

The Gwynedd & Môn branch has been awarded £5,000 for the development of its choir, 'aMaSing'.

Acting Director for MS Society Cymru, Joseph Carter, said: "We're delighted that the branch has been awarded the fund. The application was easy and they now have enough funds to pay for a choir leader, venue, expenses, music and performance costs for the whole year."

Awards for All provides voluntary and community groups with a quick and easy way to get National Lottery grants between £500 and £5,000 for projects which help improve local communities and the lives of people most in need. The programme encourages a wide range of community, health, educational and environmental projects.

Please contact Urtha Felda if you're living in Gwynedd or the Isle of Anglesey and would like to join the choir or see them perform.

To discuss an application to Awards for All contact your area fundraiser.



**Audience:** Wales



**Action:** Note



**Contact:** Your area fundraiser for information about Awards for All.

For information about the choir contact Urtha Felda

020 8827 0212

[urtha.felda@mssociety.org.uk](mailto:urtha.felda@mssociety.org.uk)



# News and events

## MS Week

**28 April - 4 May 2014**

MS Week 2014 is fast approaching, and with your help, this could be our most successful one yet!

This year's campaign will build on last year's Stop the Lottery campaign to highlight the issues people with MS, and healthcare professionals, face in accessing MS treatments.

We have new research which will identify the reasons why people are, and are not, on MS treatments. We'll take our campaign to national parliaments, local decision makers and the media too.

Beyond MS Week we'll continue to call for the right treatment at the right time for people with MS and will look at the barriers, and our solutions, for securing this for people with MS, whatever their situation, wherever they live. We'll focus on demanding better access to disease modifying treatments for those with relapsing remitting MS, but also on supporting people with progressive MS to access treatments and therapies that can help manage symptoms.

Your involvement, as always, will be crucial in helping spread the word and campaign at a local level. We'll provide you with everything you need to support MS Week on the volunteer website; from letters to local papers and MPs to social media content.

### MS Week in England

We'll be holding a Parliamentary evidence session in Westminster on 30 April.

The session will include members of the APPG for MS, the Department of Health and health professionals.

### MS Week in Northern Ireland

We'll be holding a reception in Stormont on Tuesday 29 April from 2 - 4pm. We'll be inviting MLAs, health department officials and health professionals. Invitations have been sent to members in Northern Ireland. Please note disabled parking is very limited and will be allocated on a first come, first served basis.

### MS Week in Scotland

We'll be holding a reception in the Scottish Parliament during MS Week to raise awareness of the campaign. The reception will take place on Wednesday 30 April from 6 - 8pm and further details will be sent to branches shortly.

### MS Week in Wales

We'll be hosting a reception at the Pierhead building of the National Assembly, Cardiff Bay, on 30 April. The reception will take place from 12 - 2pm. All are welcome and lunch will be provided. Further details will be sent to branches in the coming weeks.



**Audience:** All



**Action:** Share



**Contact:** MS Week team

020 8438 0700

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



# News and events

## MS Life 2014

MS Life 2014 is taking place at Manchester Central on **26 and 27 April**. It'll feature workshops, research talks and a lifestyle exhibition.

More than 3,000 people affected by MS are expected to attend, making it the biggest MS lifestyle and information event in the world.

The event will be split up into zones including symptom management, benefits, work and services and family and carers. Within each area people will have the chance to meet experts and join workshops and support groups. In an MS Life first, we'll have a 'science zone' where you'll be able to question the scientists and take part in interactive activities.

You'll also be able to hear from some of the UK's top MS researchers on a wide range of topics. Speakers include Professor Robin Franklin on the latest developments in myelin repair research.

You can register to attend at [www.mslife2014.org.uk](http://www.mslife2014.org.uk)

### MS Life Fund

Grants are available to provide assistance towards the cost of transport and accommodation for those wishing to attend MS Life. The closing date for applications to the MS Life Fund is **Friday 28 March 2014**.



**Audience:** All



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



**Contact:** MS Life team

020 8438 0941

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

[www.mslife2014.org.uk](http://www.mslife2014.org.uk)

## MS Society Awards nominations now open

Nominations are now open for the MS Society Awards, which celebrate the achievements of people in the MS community. The Awards will be held in the autumn, and we'd like to hear your nominations.

There are 11 categories of awards available – each one recognising and rewarding the remarkable dedication and hard work of groups and individuals who do so much to improve the lives of people living with MS.

The categories this year include:

- Carer
- Young Carer
- Digital Media
- Employer
- Fundraiser
- Media
- Professional
- Research
- Volunteer
- Young Person

The MS Society also awards a special prize to the 'MS Inspiration of the Year'.

If you'd like to recognise someone who has done something remarkable for the MS community, we'd like to hear from you.

You can make your nomination online at [www.mssociety.org.uk/awards](http://www.mssociety.org.uk/awards) or get in touch to be sent a nomination form by post.

Nominations are open until Friday 16 May 2014.



**Audience:** All



**Action:** Share, act – nominate today



**Contact:** Amanda Rayner

01494 671 332

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



# News and events

## Branches receive email addresses

We've begun a process of introducing MS Society email addresses for all branches, to make communicating easier.

All branches across the UK will have two email addresses: one for the branch, for example, [branchname@mssociety.org.uk](mailto:branchname@mssociety.org.uk) and one specifically for MS Support, [branchnamesupport@mssociety.org.uk](mailto:branchnamesupport@mssociety.org.uk)

This is great news because:

- volunteers will no longer need to use their own personal email addresses for MS Society activities
- it will ensure there's no break in communications when a volunteer steps down, changes roles or their personal email address
- it will help branches communicate more effectively with members and the public
- it allows us to manage the risk around data protection and confidentiality because of improved IT security

If we haven't contacted your branch yet, we'll be in touch over the coming weeks to identify who will require access to each mailbox, and provide login details and guidance. There's also information about being easy to contact by email on our volunteer website (see the article on page 6).



**Audience:** All



**Action:** Note, share



**Contact:** Volunteering team  
020 8438 0944

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

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

## New MS pill for the NHS

Neurologists in England and Wales can now begin prescribing Aubagio (also known as teriflunomide) on the NHS, following the approval of the treatment by the National Institute for Health and Care Excellence (NICE). The NHS has a legal obligation to start funding this treatment for eligible people with relapsing remitting MS by 22 April 2014.

This is a particularly exciting step forward in treatment options as Aubagio is the first oral treatment to be made available as a first-line treatment option on the NHS. Three other treatments (two other oral treatments and one infusion) are currently at different stages of NICE appraisal, with final decisions expected during 2014.

### Northern Ireland and Scotland

Northern Ireland will make its decisions based on NICE's judgements. The Scottish Medicines Consortium (SMC) is carrying out a separate review of Aubagio in Scotland, with a decision expected in March and has started the appraisal process for the infusion treatment.



**Audience:** All



**Action:** Share



**Contact:** Alice Weeden  
020 8438 0700

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





# Info and resources

## New *How To* guides

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

### How to develop a benefits advice partnership

<http://volunteers.mssociety.org.uk/advice-partnership>

The MS Society doesn't give benefits advice, but setting up an advice partnership is a good way to meet the need for specialist support. This guide includes finding an organisation to work with, planning, setting up and promoting your service, and monitoring the results.

### How to be easy to contact by email

<http://volunteers.mssociety.org.uk/branch-email>

This guide covers why being easy to contact by email is an essential requirement, practical suggestions for setting up and maintaining your branch email addresses (see the article on page 5) and the support available to help you.



**Audience:** All



**Action:** Note



**Contact:** Danielle Walker

020 8438 0911

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

## Our online shop

What does our online shop stock?

How do I set up an account?

How long will my order take to arrive?

You can find the answers to these questions and more on our volunteer website at <http://volunteers.mssociety.org.uk/shop>.

If you can't find the answer to your query on the main page or on the frequently asked questions (FAQs), please contact us. There's now a dedicated email address where you can send any online shop enquiries – or you can phone us on the details below.



**Audience:** All



**Action:** Note



**Contact:** Online shop enquiries

020 8438 0999

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

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



# Info and resources

## Update on our resources

### The Information Standard – our certification

After an external audit last year we're delighted that our certification has been renewed for another three years. The Information Standard is a quality assurance mark designed to improve the quality of health and social care information. For more about the Standard, visit our website page entitled, 'Our information'.

### Benefits and MS

(9th edition November 2013)

The benefits system is changing. Please replace any previous editions with this updated guide to the benefits available to people affected by MS, including PIP.

This resource is 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.

### Adaptations and your home

(Reviewed January 2014)

This resource has been reviewed and revised, but it will remain download only.

### Helpline flyer

'If you have a question or just want to talk ...' – this information leaflet contains a handy card to remind you of our Helpline contact details whenever you need them.

Feel free to pass it on to anyone affected by MS – you can order it from our online shop (code: LF14).



**Audience:** All



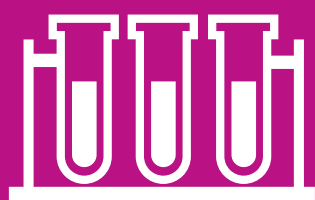
**Action:** Share



**Contact:** Information team

020 8438 0999

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



# Research

## Funding new research projects

Our 2014 grant round has now closed for applications, and final decisions on the projects we'll be funding will be made in the summer. We'll bring you an update on these projects in a future edition of Teamspirit.

Funding decisions will be made by two expert panels of researchers, scientists and people affected by MS. These panels will consider all aspects of the application itself and how well it fits with our Research Strategy and James Lind Alliance (JLA) Priorities.

You can read more about the grant round process on the research blog on our website.

### New projects funded in 2013

From our 2013 grant round we've committed funding to 18 new projects, totalling £2.1 million. This takes our total spend on research since 1956 to £148 million (in today's money).

Research into progressive MS is a priority area, and this is reflected in the new projects funded. Many studies are focused on ways to repair damage to myelin, while other interesting new projects aim to develop treatments for foot drop, bladder symptoms and chronic leg swelling.

Visit the research pages of the website for more details on all the new projects.



**Audience:** All



**Action:** Note, share



**Contact:** Research team

020 8438 0822

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

## Benefits of exercise in MS

The findings of the largest exercise study conducted in people with MS have recently been published.

The trial, funded by the MS Society, included 120 people with MS who completed a three-month exercise programme entailing a combination of sessions which were geared towards the mobility and symptoms of each participant.

The results showed that the exercise programme increased regular participation in physical activities, and improved fatigue management and quality of life.

As a result of this study, we'll now be rolling out a Get Active programme – working with leisure and activity providers to deliver MS awareness sessions to improve the opportunities for people with MS to get active locally.

One of the first models is working with the Highlands University to deliver a programme of activity to local people with MS.

We have also piloted the first training for Pilates-type exercise for people with MS and we are rolling this out across the UK.

For more information you can get in touch or come and see us in the Get Active zone at MS Life (see the article on page 4).



**Audience:** All



**Action:** Note, share

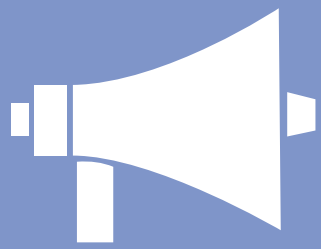


**Contact:** Research team

020 8438 0822

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





# Fundraising

## Update on national fundraising appeal

As you already know, we're developing exciting plans for a national appeal to significantly increase funds to grow our pioneering MS research programme over the next 10 years.

We've put together an ambitious 'proposition' – essentially a document making the case for why people should support the appeal – and we're now testing this to help us agree the breadth and depth of our plans. As well as speaking to leading MS researchers, existing and prospective supporters and other stakeholders, we'll also be contacting a number of branch volunteers across the country in the near future to get your views.

Updates on the development of the appeal will be included in future editions of Teamspirit.

 **Audience:** All  
 **Action:** Note  
 **Contact:** Nicola Tallett  
020 8438 0719  
[nicola.tallett@mssociety.org.uk](mailto:nicola.tallett@mssociety.org.uk)

## Cake Break

Many of you will already have Cake Break 2014 in your diary, but just to remind you the official day is **Friday 2 May**, during MS Week. We want to make this year's Cake Break the biggest and best yet, and already have hundreds of keen bakers on board!

Don't forget to help us promote Cake Break using the posters and leaflets that were sent to your branch back in January. Any money raised for your branch can be banked locally; you just need to tell us how much you've banked.

The Cake Break website, [www.cakebreak.org.uk](http://www.cakebreak.org.uk), has been revamped, and this year we've added new features such as simple recipes for families and a photo gallery so all our cake breakers can share their best culinary creations. You can also create your own posters and send e-invitations out to all your friends.

This year we're also encouraging cake breakers to share their photos, recipes and tips to enhance the community Cake Break spirit. If you've got any recipes or tips you'd like to share email them to the Cake Break team.

 **Audience:** All  
 **Action:** Share, act –  
sign up for a Cake Break  
 **Contact:** Cake Break team  
0845 481 1577  
[cakebreak@mssociety.org.uk](mailto:cakebreak@mssociety.org.uk)  
[www.cakebreak.org.uk](http://www.cakebreak.org.uk)



# Fundraising

## An update on fundraising campaigns

### MS-SMART appeal

You may remember last November we launched the MS-SMART appeal, asking members and supporters to make a donation. MS-SMART is a ground-breaking clinical trial, which will be testing three drugs at once – a first in MS research. If successful, the drugs will be the first ever disease modifying treatment for people with secondary progressive MS. At time of going to press we had already raised £213,000. Thank you for your support in making this happen, this is a truly amazing achievement.

### Helpline campaign

This March we'll be launching a fundraising campaign which will focus on our MS Helpline. The appeal will be sent to a selection of members and supporters.

### Telephone campaigns

Further to this, following successful telephone campaigns in 2013, we've recently started calling current and former donors to ask for donations.

We'll keep you posted on the results from all these activities.



**Audience:** All



**Action:** Note, share



**Contact:** Direct Marketing team  
020 8438 0717  
[marketing@mssociety.org.uk](mailto:marketing@mssociety.org.uk)

## Sainsbury's Charity of the Year application

Now is the time to start getting your branch ready to be considered as the Charity of the Year at your local stores. Nominations are expected to open in late April.

As well as valuable fundraising, stores usually offer raffle prizes, donations in kind, preferential collection opportunities, volunteering and space to promote the branch.

Get local members and supporters involved by:

- forming a link with the Community Champion – let them know about the branch and why the store should support you
- encouraging local people to nominate the branch, through your newsletter, personal contacts and at events
- writing a short summary about your branch on a few nomination forms and give these to people to submit – it makes it easier for them and makes sure they get across exactly what the branch does
- giving people stickers with the wording that they can just stick on the form

You can find information and resources to support your branch to be shortlisted on the volunteer website at

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

If you are shortlisted, your area fundraiser will be happy to help you with your presentation to the store about why you should be chosen and the difference their support will make.



**Audience:** All



**Action:** Note, act



**Contact:** Your area fundraiser



# Fundraising

## Raffles, lotteries and competitions

Raffles and lotteries can be a great way to raise funds but it's important that branches follow the law.

For **raffles**, where the tickets are sold and drawn at a private event, a licence is not required. Deductions for the costs must not exceed £100 and less than £500 should be spent on prizes. Vouchers can be offered as a prize, but not cash.

If the tickets are being sold to the public, before the event at which the draw takes place, then a licence from your local authority will be required. The charge is £40 and four weeks' notice is required.

Licensed **lotteries** require a named promoter, the prizes and draw date to be specified, the charity clearly identified and tickets must be sold at the same price on the same terms.

In all instances, tickets should not be sold by under 16's. Alcohol in sealed containers can only be offered as a prize if everyone present is over 18.

Another option is a **prize competition**. Ask a question that requires knowledge or judgment and reward prizes to those who answer correctly, basing the competition on skill rather than luck. This type of event doesn't need to be registered.

For more information see  
[www.doitforcharity.com](http://www.doitforcharity.com),  
[www.institute-of-fundraising.org.uk](http://www.institute-of-fundraising.org.uk)  
or our volunteer website:  
<http://volunteers.mssociety.org.uk>.



**Audience:** All



**Action:** Note



**Contact:** Your area fundraiser



# Support

## Grants updates for 2014

We've been updating our resources to reflect changes in the benefits system and to help us reach more people. In the spring we'll be sending out a pack of updated materials about grantmaking, so please keep an eye out for these.

**Name change** – the funds formerly known as the National Grant Fund in England, Wales & Northern Ireland, and the Individual Support Grant Fund in Scotland have now been changed to the Individual Support Grant Fund UK-wide.

**Upper limits for the Individual Support Grant (ISG) Fund** – the upper limits and list of items covered have not changed for 2014. The full list of upper limits can be found on the volunteer website.

**Short Breaks and Activities (SBA) Fund** – in 2013, 1,207 people took a short break, holiday, had respite care or took part in other activities as a result of a SBA Fund grant. We awarded 563 grants in total at a cost of £438,807. Recently an applicant said: 'I'd never have known about the fund if it wasn't for a newsletter from my local branch'.

**Vitalise Partnership** – our partnership with Vitalise, a provider of short breaks and respite care, will be continuing into 2014. Vitalise matches grants from the SBA Fund towards stays at Vitalise centres and the amount available from Vitalise has now increased from £30,000 to £40,000.

**Carers Grant Fund** – we now have one fund called the Carers Grant Fund, that carers can apply to at different points in their lives, as their needs change. Grants fall into two main categories; leisure and personal development.

**Application forms** – we've updated the ISG Fund and the SBA Fund application forms for 2014, to reflect changes to benefits across the UK. The form that was previously called 'Application for financial assistance' is now called the Individual Support Grant Application Form. There have been minor changes throughout all of the forms to make them more user-friendly.

**Team updates and telephone hours** – our phone hours for 2014 are 9.30am - 1pm and 2pm - 4.30pm, however we will close from 1pm on Fridays to enable us to complete essential financial and admin tasks such as applying to other funders.



**Audience:** All



**Action:** Note, share



**Contact:** Grants team

England, Wales, NI: 020 8438 0700

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

Scotland: 0131 335 4050

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



# Support

## Carers Week Quest

In 2014 we're once again supporting Carers Week, which aims to reach out to the thousands of carers missing out on support and services. Right across the UK, hundreds of individuals and organisations will be signing up to support the Carers Week Quest, which takes place from **9 - 15 June**.

There are lots of ways branches can support the campaign:

- find out more at [www.carersweek.org](http://www.carersweek.org) and sign up and pledge your support
- find out about events and activities happening locally to publicise or attend
- organise your own events and activities or link up with local organisations and carers services
- use the opportunity to talk to people about caring and the difference that support can make to them and the person they care for

For previous Carers Weeks, branches have organised information stands, social events and joined up with carers' organisations to host workshops and drop-ins for families and carers in their area. But it could be as simple as including an article in your newsletter. Please contact your local staff team for guidance and support.



**Audience:** All



**Action:** Share, act – sign up, organise events



**Contact:** Natalie Pink  
020 8438 0805  
[natalie.pink@mssociety.org.uk](mailto:natalie.pink@mssociety.org.uk)  
[www.carersweek.org](http://www.carersweek.org)

## Short breaks partnerships update

We have four partnerships in place which aim to make it easier for people with MS and carers to access short breaks, holidays and respite care in the UK and abroad.

### Crossroads Care

People with MS living in England and Wales can buy flexible care for short breaks and holidays in those countries, provided by trained carer support workers from the Crossroads Care scheme covering the destination. Contact Crossroads Care on 020 8498 7900 for more details.

### The Good Care Group and Active Assistance

Professional carers from The Good Care Group and Active Assistance have received special MS training from the MS Society. Both companies provide live-in care at home or while on holiday in the UK or abroad.

The Good Care Group covers people living in England and Scotland – contact them on 08000 234 2220 or [enquiries@thegoodcaregroup.com](mailto:enquiries@thegoodcaregroup.com).

Active Assistance covers people living in England and Wales – contact them on 01732 779 353.

### Wheelfreedom

Wheelfreedom are offering people with MS 10% off the hire charge of manual wheelchairs, which can be delivered to your home or another location in mainland Britain (for an additional charge). Powered wheelchairs are also available but restrictions apply. Contact Wheelfreedom on 0800 0258 005.



**Audience:** All



**Action:** Share



**Contact:** Natalie Pink  
020 8438 0805  
[natalie.pink@mssociety.org.uk](mailto:natalie.pink@mssociety.org.uk)





# Finance

## Branch finances

So we can meet our statutory obligations it's essential that our branches submit the following to the finance team on a regular basis. Thank you for getting this information to us on time.

### Quarterly VAT returns

As of last year, it's now an HM Revenue and Customs (HMRC) requirement that all branches provide our National Centre finance team with quarterly VAT return information so that we're able to fully complete our VAT return. Therefore, it's essential that every branch supplies details of all income received during the quarter and a listing of supplier invoices where VAT was incurred on expenditure. We have a template to make this as easy as possible for you and this is available on the volunteer website, or by contacting our finance team.

The deadline for submitting this information is one month after the quarter end, so we need the information from you by:

- 30 April
- 31 July
- 31 October
- 31 January

Branches using the online branch accounting system can record their VAT and therefore don't need to submit their quarterly returns. There's more information about this on the volunteer website, or by contacting our branch VAT email address.

### Other submissions

As well as the quarterly VAT returns, branches need to submit the following to the finance team on a regular basis:

- annual pro forma pack if not using branch accounting online – this needs to be completed and returned to the finance team once a year, by 31 January
- internal financial controls checklist – this needs to be completed and returned to the finance team once a year, by 31 January
- agreed Upon Procedures Report – this only needs to be completed and returned to the finance team once a year, by 31 January, if it is requested by the finance team

All of these are essentials, and must be submitted to help us meet statutory requirements and reduce the risk of misuse of charitable funds.

When these aren't submitted they will be followed up and a member of the finance team will get in touch with your branch to discuss these further.



**Audience:** Treasurers



**Action:** Act – submit your returns and details



**Contact:** Finance team

**branchvat@mssociety.org.uk**

**financesupport@mssociety.org.uk**



## Some tips for Branch Accounting Online

If your branch is already using Branch Accounting Online, here are a couple of useful IT tips and tricks:

- Ensure that your pop-up blocker is set to allow pop ups from the Branch Accounting Online website – if not, some of the functions may not work properly.
- To export reports produced by Branch Accounting Online to Excel use the “output type” drop down menu. This can be found on the page used to select the date of the report.
- We know that a couple of branches have experienced difficulties logging into the system recently. If you find yourself unable to log in, please use the “forgotten your password?” button. This will generate an email to you with a new password which should solve the problem. Make sure you type this password in when logging in (rather than copying and pasting).

For those not already using Branch Accounting Online who would like to, or would just like further information please contact **[financesupport@mssociety.org.uk](mailto:financesupport@mssociety.org.uk)**



**Audience:** Treasurers



**Action:** Note



**Contact:** Finance team

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



# For England

## Events calendar

As ever in the coming months there will be support volunteer training, volunteer forums and information events taking place locally. You can check out our 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



**Contact:** Your LSDO

## Wainwright's Coast2Coast walk

This summer we're organising a 188 mile trek along Alfred Wainwright's acclaimed route, inspired by a group of Australian supporters who are journeying to the UK to complete the epic walk. Please help us promote this opportunity.

Taking place from 30 August - 11 September, the route runs from the Irish Sea to the North Sea. With two-thirds of the route set within the Lake District, Yorkshire Dales and North York Moors National Parks, this is an opportunity to enjoy one of England's most magnificent treks. The walk starts at St Bees in Cumbria, with highlights including the many lakes, valleys and peaks of the Lake District, the remote moorland of the Yorkshire Dales and the extraordinary views from the Beacon Hills, before finally ending at the dramatic cliff side setting of Robin Hood's Bay.

To sign up, just visit our website, or contact the fundraising team on the details below.



**Audience:** England



**Action:** Share



**Contact:** Elise Murray

0845 481 1577

[elise.murray@mssociety.org.uk](mailto:elise.murray@mssociety.org.uk)



# For Northern Ireland

## Annual Meeting

The NI Council will hold their Annual Meeting on **Tuesday 29 April 2014** in the Long Gallery at Stormont. The meeting will take place after our MS Week Parliamentary Reception. The Council will provide an update on their activities during 2013, plans for 2014 and answer questions from members. All are welcome.

If there are specific topics you'd like to hear more about please email your comments or questions to Ann Wilson on the details below.



**Audience:** Northern Ireland



**Action:** Share, act – send through questions or comments



**Contact:** Ann Wilson  
028 90 802 802

[ann.wilson@mssociety.org.uk](mailto:ann.wilson@mssociety.org.uk)

## Treasurer training

Treasurer training will take place in the Board Room at the Resource Centre from 11.00am - 3.30pm with a half hour lunch break, on **Friday 28 February 2014**.

The training is on Branch Accounting Online.



**Audience:** Treasurers



**Action:** Act – sign up



**Contact:** NI Development Team  
028 90 802 802

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

## Get involved in fundraising

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.

### Abseil at the Europa Hotel

Fancy going 'Over the Top' for the MS Society NI? On **27 April** you can take part in our abseil at the Europa Hotel Belfast. The event is for over 14s only, with a registration fee of £10 and minimum sponsorship of £65.

### Belfast City Marathon

Join 'Team MS' for the Belfast City Marathon on **5 May**. Whether you're a marathon runner, wheelchair racer, relay team or fun runner there is an option for everyone. To register visit [www.belfastcitymarathon.com](http://www.belfastcitymarathon.com) and then contact us to receive your full sponsorship pack.

### Zip-a-dee-doo-dah!

Get an adrenalin rush as you zip across Belfast's River Lagan at our Lagan Zip Slide. This is a great event for anyone looking for a bit of a challenge. Taking place on **8 June** and **21 September** the event is for over 16's only. The registration fee is £10 and minimum sponsorship is £65.

### Moonlight Walk

Take part in our magical Moonlight Walk on Slieve Donard on **16 August**. This is a fantastic opportunity to walk up Northern Ireland's highest peak with only the stars and a torch to guide you. A reasonable level of fitness and suitable walking shoes/clothing are required. The registration fee is £10 and minimum sponsorship is £50.



**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)



# For Scotland

## Support volunteer training dates

During 2014 we'll be continuing to recruit and train support volunteers to provide vital local support.

Support volunteers aim to empower people with MS through giving information about MS, offering emotional support and facilitating access to available services and support. They work as part of a team in a local branch or group.

All support volunteers need to complete our four day learning and development programme, which is spread out over the year. Locations and dates are as follows:

### Glasgow

Day 1: Choice and Control – Saturday 26 April  
Day 2: Emotional Support – Saturday 31 May  
Day 3: Information Matters – Saturday 30 August  
Day 4: Money Matters – Saturday 4 October

### Aberdeen

Day 1: Choice and Control – Friday 25 April  
Day 2: Emotional Support – Friday 30 May  
Day 3: Information Matters – Friday 29 August  
Day 4: Money Matters – Friday 3 October

Venues will be confirmed nearer the time. To book and for more information about support volunteering, please contact Lynda Boyce.



**Audience:** Scotland



**Action:** Act – book onto a course



**Contact:** Lynda Boyce

0131 335 4050

[lynda.boyce@mssociety.org.uk](mailto:lynda.boyce@mssociety.org.uk)

## Take part in an Area Forum this spring

Area Forums are your chance to network with other local volunteers who are committed to making a difference to people living with MS. They're a space for the peer-led sharing of ideas and good practice, and promise to be a lively and engaging day.

The format and agenda of the forums are being planned by volunteers and area development officers, and we'll be sending out more details (including venues) to all branches shortly.

Dates and locations are:

- **Highlands and Islands Forum**, 5 April, Inverness
- **North Forum**, 12 April, Inverurie
- **Central Forum**, 4 April, Dunfermline
- **West Forum**, 4 April, Ayrshire
- **East Forum**, 12 April, Edinburgh

All forums will run from 11am - 3pm, with a light lunch provided.



**Audience:** Scotland



**Action:** Note – date for your diary, share



**Contact:** Your Area Development Officer (ADO)





# For Scotland

## Voices for Change 2014

Voices for Change campaign workshops are hitting the roads again and we'd love you to get involved. The workshops are a chance for people affected by MS to share their experiences and help shape MS Society campaigns in Scotland.

The two-hour workshops are free, informal and informative. The focus is on hearing people's views and experiences, but we'd like you to leave informed about government policy and feeling inspired to work with us to take action on the big campaign issues.

This summer we'll be running workshops on **welfare and benefits** in Aberdeen, Fife and Inverclyde. We know this is a very important issue for many people with MS. If you're interested in taking part, or can help us arrange or promote the workshops, please get in touch.

 **Audience:** Scotland  
 **Action:** Share, Act – get in touch  
 **Contact:** Sarah Richard  
0131 335 4050  
[sarah.richard@mssociety.org.uk](mailto:sarah.richard@mssociety.org.uk)




## Where there's a will...

Did you know that in 2012, 36% of our income came from gifts that people left us in their will? This support helps us provide services and fund research into finding a cure for MS.

We'd like to share with you the story of Mrs Jessie Macdougall from Helensburgh. When she passed away in March 2013, she kindly left £3,000 in her will to the MS Society. Her son Roy told us that there is a connection with MS in the family and that supporting our work was close to his mother's heart.

With £3,000, we can undertake 56 hours of research to find a cure for MS or support 600 people who call our Helpline for support and guidance.

Please help us spread the word about the difference leaving a gift to the MS Society in your will can make. If you would like more information about wills, please contact Alison McGachy, Individuals and Trusts Fundraising Manager. Alison can come to your branch and talk to members about wills, and supply you with legacy information leaflets.

 **Audience:** Scotland  
 **Action:** Note, share  
 **Contact:** Alison McGachy  
0131 335 4050  
[alison.mcgachy@mssociety.org.uk](mailto:alison.mcgachy@mssociety.org.uk)



# For Scotland

## Events programme 2014

This year, we're delighted to offer more fundraising events than ever before. From the famous Edinburgh and Loch Ness marathon festivals to smaller running, cycling and challenge events, we have something to suit everyone – from beginners to seasoned athletes.

We've produced a great four page booklet detailing all these events, with information on where the money goes and how to sign up. This booklet includes events that we have charity places available at. Even if no places are available fundraisers can still take part to raise money for the MS Society.

Each branch should have received a copy by now, but do let us know if you'd like some more for circulation. Remember that fundraisers can choose for their income to go to their chosen branch.



**Audience:** Scotland



**Action:** Note, share



**Contact:** Sabrina Maguire  
0131 335 4050

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

## Pilot exercise project in Moray

We're delighted to announce the development of an innovative local exercise project for people with MS.

Our 'Stop the MS Lottery' report, published last year, highlighted the difficulties people with MS can have to be physically active.

In Moray, the MS nurse has been working with the MS Society's Service Development Officer for North Scotland, Keith Park, and Moray College to offer exercise and sport taster sessions for people with MS living in the Moray area. The college held an Open Day in February to allow people to drop in and try out classes, after which they could sign up for a series of classes at the college. These will run from **21 March - 2 May**, finishing with a session on 9 May that will provide information on how participants can continue to remain active.

Another similar pilot is also in the pipeline for the Aberdeen area. Once these pilots have been completed and evaluated we'll look at how we can extend the project to other areas of Scotland. If your branch is interested in providing accessible exercise in your area, please get in touch with Keith Park.



**Audience:** Scotland

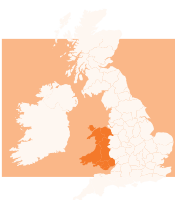


**Action:** Note



**Contact:** Keith Park  
07554 116 108

[keith.park@mssociety.org.uk](mailto:keith.park@mssociety.org.uk)



# For Wales

## Cymru Council meetings

Following our announcement of our new Council members in the last edition of Teamspirit, we're now able to announce the dates for MS Society Cymru Council meetings for 2014:

- 8 February (Future Inns, Cardiff Bay)
- 20 June (Ramada, Wrexham)
- 13 September (Future Inns, Cardiff Bay)
- 22 November (Future Inns, Cardiff Bay)

On 21 June we'll also be holding the Cymru Council Annual Meeting, taking place at the De Vere Village Chester St David's in Flintshire. This meeting will be part of a Living with MS event. Members are welcome to attend the Annual Meeting, and further information on how to register will be included in the next edition of Teamspirit.

For further information contact Matthew Witty on the details below.



**Audience:** Wales



**Action:** Note



**Contact:** Matthew Witty

029 2167 8921

[matthew.witty@mssociety.org.uk](mailto:matthew.witty@mssociety.org.uk)

## Fundraising & Campaigning across Wales

Policy, Press and Campaigns Manager, Jamie Matthews and Fundraising Manager, Iestyn Evans are visiting branches across Wales throughout 2014 to talk to them about leading the MS agenda and fundraising. They recently visited the Conwy branch in Llandudno which was a huge success.

Iestyn said: "Fundraising and campaigning are linked, without one we can't do the other. I'm here to provide advice and support for all those fundraising for the MS Society. It's important for us to share ideas with each other across Wales and maximise our income. Without fundraisers we wouldn't be able to provide ongoing support and grants to people with MS in Wales."

Jamie added: "It's important for the MS Society Cymru team to know what's happening 'on the ground' – we need to know the issues people affected by MS in Wales are facing day to day so that we can represent them and raise their concerns with decision-makers. We've had some real successes with the Social Services and Well-being (Wales) Bill passing through the National Assembly that will hopefully improve services for people with MS."



**Audience:** Wales



**Action:** Note



**Contact:** Jamie Matthews

029 2167 8923

[jamie.matthews@mssociety.org.uk](mailto:jamie.matthews@mssociety.org.uk)

Iestyn Evans

029 2167 8920

[iestyn.evans@mssociety.org.uk](mailto:iestyn.evans@mssociety.org.uk)



# For Wales

## Area Network Meetings

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

The meetings will take place on the following dates. All meetings are 10.30am - 4.30pm.

- Thursday 10 April – Mid and West Wales Area Network Meeting, Coleg Powys, Llanidloes Road, **Newtown**
- Tuesday 15 April – South East Wales Area Network Meeting, Hilton Hotel, Langstone Road, **Newport**, NP18 2LX
- Wednesday 23 April – South West Wales Area Network Meeting, The Ivy Bush Hotel, Spilman Street, **Carmarthen**, SA31 1LG
- Friday 25 April – North Wales Area Network Meeting, Red Cross House, North Wales Business Park, Cae Ethin, **Abergele** LL22 8LJ



**Audience:** Wales



**Action:** Note



**Contact:**

Mid and South Wales – Sue Jones  
020 8438 0981

[sue.jones@mssociety.org.uk](mailto:sue.jones@mssociety.org.uk)

North Wales – Urtha Felda  
020 8827 0212

[urtha.felda@mssociety.org.uk](mailto:urtha.felda@mssociety.org.uk)



# Branch contributions

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

Branch contributions 15 November 2013 - 14 January 2014				
Branch Name	Earmarked Description	Earmarked	Research	General
Asian MS	Phenytoin clinical trial (grant 948)	£500.00		
Asian MS	MS-SMART Research Project Grant 982	£1,000.00		
Basingstoke & District Branch			£105.00	
Bedford Branch	Cambridge Myelin Repair 2011-2015	£1,000.00		
Bridgend & District Branch			£1,000.00	
Canterbury & District Branch			£1,000.00	
Chesterfield & District Branch			£6,000.00	
Chorley & District Branch	Cambridge Myelin Repair 2011-2015	£1,000.00		
Dereham & District Branch	Cambridge Myelin Repair 2011-2015	£4,000.00		
Enfield Branch	Stem Cell Research	£2,500.00		
Enfield Branch	Cambridge Myelin Repair 2011-2015	£2,500.00		
Falkirk Branch	Edinburgh Centre for Translational Research Grant	£3,000.00		
Hambleton and Richmondshire Branch	Stem Cell Research	£2,500.00		
Hillingdon Branch	Cambridge Myelin Repair 2011-2015	£4,000.00		
Hounslow Branch			£60,000.00	
Huntingdon & District Branch			£2,000.00	£2,000.00
Isle of Wight Branch			£2,000.00	
North Norfolk Branch				£2,000.00
Scunthorpe & District Branch	Cambridge Myelin Repair 2011-2015	£5,000.00		
St Helens & District Branch	MS-SMART Research Project Grant 982	£1,000.00		
Sutton (London Borough of) Branch	MS-SMART Research Project Grant 982	£7,000.00		
Sutton (London Borough of) Branch	Cambridge Myelin Repair 2011-2015	£2,000.00		
Sutton (London Borough of) Branch	MS Helpline	£1,000.00		
<i>continued overleaf</i>				





# Branch contributions

Branch Name	Earmarked Description	Earmarked	Research	General
Tunbridge Wells & District Branch	Nerve Fibre Damage Research Project – Grant 939	£10,000.00		
Tunbridge Wells & District Branch	Genetic variation in MS Research Project 955	£10,000.00		
Wakefield & District Branch	MS-SMART Research Project Grant 982	£1,500.00		
Wandsworth Branch	MS-SMART Research Project Grant 982	£1,000.00		
<b>Total</b>		<b>£60,500.00</b>	<b>£72,105.00</b>	<b>£4,000.00</b>

## Branch contribution clarification

In the last edition of Teamspirit we stated that the Ayrshire and Arran branch had contributed £1,000 to research. This was an error, and should have read that the branch donated £10,000. We apologise to the Ayrshire and Arran branch for this mistake, and any disappointment caused.

We also apologise to the Peebles branch, who donated £5,000 to the Edinburgh Centre for Translational Research Grant, not towards Cambridge Myelin Repair 2011 - 2015 as was stated in the previous edition.



# Classifieds

## 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 email [mscaravanpagham@hotmail.co.uk](mailto:mscaravanpagham@hotmail.co.uk)

## 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 with access to the gym, sauna and swimming pool. 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 via the Amberwood telephone which is manned by volunteers. Leave a message and someone will call you back: 07709 235729.

*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  
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](https://www.facebook.com/mssociety)

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

[www.facebook.com/childrenwithMS](https://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