

Teamspirit

For branch volunteers and national support group committee members



Phoebe and John from the volunteering team say thank you to our wonderful volunteers

Volunteers Week 2014

This year Volunteers Week is taking place from 1-7 June. We wanted to take the opportunity to say thank you.

To each of our volunteers, whether you are in our groups, branches, offices or at

home – thank you for your enthusiasm, your commitment and your time. By giving up your time you have helped make a real difference to people living with MS. We cannot achieve all we do without you so thank you all!



News and events

Want to share your branch's good news?

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

Developing the MS Society's new strategy 2015 - 2019

Every organisation needs a strategy – a guiding document setting out the outcomes and change it wants to achieve, and the activity it will undertake to achieve them. Our current strategy, 'Putting the pieces together to beat MS' carries us through to 2015, so earlier this year we began the process of developing a new one for the next five year period from 2015 - 2019.

Developing an effective organisational strategy requires engagement with a wide range of people. For us, this means engaging our trustees, national councils, staff, supporter groups, branches and volunteers, as well as people with MS, their families and carers, across all four nations of the UK. It also means building on existing work – for example the large survey of members we carried out in 2012, and the Working Locally programme.

At the end of January we launched an engagement programme that will enable us to gather views and opinions on the new strategy, with a focus on the outcomes we want to achieve for people with MS over the next 10 years, the role we should play in achieving those outcomes, and the values that will guide our approach.

From now until 9 June, we'll be taking advantage of opportunities to engage people nationally and locally in the development of our new strategy. There have been discussions and activities at national council meetings and MS Life, a survey of membership, and discussions at local volunteer meetings and forums around the UK. There will also be an open consultation in MS Matters.

In addition, branches will be asked to contribute views and opinions on some key questions and issues via an email consultation in May.

The new MS Society strategy for 2015 - 2019 will be taken to the Board of Trustees for approval in July, and to the AGM for endorsement by the membership in September.

Branches and volunteers play a vital role in supporting people affected by MS locally, so we strongly encourage you to contribute your views and opinions to help shape the best possible strategy for the organisation for the next five years.



Audience: All



Action: Note



Contact: Strategy development team
020 8438 0700

strategy@mssociety.org.uk



News and events

Advice partnerships

Did you know our MS Helpline takes over 100 calls every month from people concerned about benefits?

The MS Society isn't able to give advice, so many branches have set up advice partnerships with local organisations such as Citizens' Advice Bureaus. Branches fund additional capacity within the service specifically for people with MS and their carers to enable them to access the advice they need.

The longest running partnerships date from 2008 and there are now 25 established partnerships in England, two in Wales and several in Scotland. A further five are currently being set up.

These partnerships have supported hundreds of people with MS and their carers to claim thousands of pounds worth of benefits they are entitled to. Vitally, these partnerships have provided support and reassurance to people going through a very stressful process.

To help branches identify if a partnership is needed, and to support them in setting up and managing a partnership, we've developed a How to Guide and a template Service Level Agreement which can be found on the volunteer website at: <http://volunteers.mssociety.org.uk/advice-partnership>

If you think this is something people affected by MS in your area would benefit from, please read the guide and speak to your local member of staff.



Audience: All



Action: Note, act



Contact: Your local staff member

MS Week 2014 update

MS Week took place from 28 April - 4 May. This year's campaign 'Treat Me Right' built on last year's 'Stop the Lottery' campaign by highlighting the issues people with MS, and healthcare professionals, face in accessing MS treatments.

A full update on what happened in MS Week will be in the July edition of Teamspirit.

It's still not too late to support the Treat Me Right campaign. You can sign up on our website at www.treatmerightms.org.uk



Audience: All



Action: Share



Contact: Communications team
020 8438 0700

msweek@mssociety.org.uk
www.treatmerightms.org.uk



News and events

MS Life 2014 update

MS Life 2014 has now taken place. Based at Manchester Central on 26 and 27 April the weekend featured workshops, research talks and a lifestyle exhibition.

You can watch videos of the research talks and highlights from the weekend at the MS Life website.

A full update on MS Life will be in the July edition of Teamspirit.



Audience: All



Action: Note



Contact: MS Life team

020 8438 0891

mslife@mssociety.org.uk

www.mslife2014.org.uk

MS Society Awards

Don't forget to nominate someone for the MS Society Awards!

Do you know a person doing great things for someone affected by MS? It could be a volunteer, carer, researcher or healthcare professional you know or have worked with.

Nominate your MS star today and thank them for all they have done. This year's MS Society Awards nominations are open until **16 May**, so get your nomination in before it's too late.

The Awards will be held in the autumn. For more information check out the nominations form on our website.



Audience: All



Action: Share, act – nominate today



Contact: Amanda Rayner

01494 671 332

mssocietyawards@mssociety.org.uk

Updates on Aubagio

Aubagio (previously teriflunomide) is the first tablet to be made available as a first line disease modifying therapy for MS. Aubagio offers people an oral alternative to current 'first line' injection therapies, (interferons or glatiramer acetate), which are offered to people with relapsing MS in the first instance.

There are further 'second line' treatments for people who are not responding well or who have a more aggressive form of MS.

The policy and campaigns teams from across the four nations have been pushing hard for the treatment to be approved.

England and Wales

Following the approval by the National Institute for Health and Care Excellence (NICE) of Aubagio in January, the NHS is now legally obliged to make the treatment available to those eligible in England and Wales.

Northern Ireland

The Department of Health, Social Services and Public Safety (DHSSPS) in Northern Ireland recently confirmed that Aubagio should be prescribed by health and social care trusts, and trusts will now take the necessary steps to make the treatment available within the next nine months.

Scotland

In March the Scottish Medicines Consortium (SMC) approved Aubagio for use on the NHS in Scotland. The decision came just weeks after the medicine was approved by NICE for use in England, Wales and Northern Ireland.



Audience: All



Action: Share



Contact: Policy and Campaigns team

020 8438 0700

campaigns@mssociety.org.uk



Info and resources

Volunteer recruitment posters

Following on from the volunteer recruitment leaflet, the volunteering team has now produced a new volunteer recruitment poster in six different designs. This is now available for you to use at recruitment fairs, fundraising events or anywhere else you may want to display it. Like the leaflet, there's a blank space for you to add your local contact details, so that any potential volunteers can contact you directly.

If you'd like copies of these, please contact the volunteering team on the details below.



Audience: All



Action: Act – contact us for some posters



Contact: Volunteering team
020 8438 0944

volunteering@mssociety.org.uk

Update on our resources

Two new editions now available:

Managing bladder problems

(Fifth edition, February 2014)

Claiming Employment and Support Allowance

(Second edition, March 2014)

Sample copies of both these booklets were sent to branches in April. Please recycle all old editions.

To order copies, visit our online shop at <http://shop.mssociety.org.uk>. If you need a login for bulk orders please contact us.



Audience: All

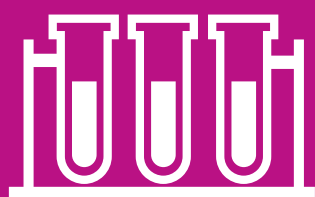


Action: Share



Contact: Information team
020 8438 0999

shop@mssociety.org.uk



Research

Research funding applications under review

This year we've received 60 applications for research funding in our 2014 grant round. Researchers based at any UK university or NHS institution can apply for MS Society funding, with different types of grants available ranging from one year innovative awards to longer term project grants.

Of the applications received this year, 35 are for biomedical research projects and 25 are for care and services projects. Applications will be reviewed by expert researchers and people affected by MS, who score the applications and submit additional comments.

Applications that score highly enough are taken forward to the next stage of the process, the panel meeting, where they are discussed in detail by people affected by MS and researchers who work in the MS field. A final decision about which projects receive funding will be made in August/September this year, so keep an eye on our website for the announcement.

To learn about our grant round process in more detail read our recent blog post, "Funding top research in 2014: How we decide what we fund".



Audience: All



Action: Note, share



Contact: Research team

020 8438 0822

research@mssociety.org.uk

Simvastatin trial: promising results for progressive MS

Results have been published from the first clinical trial in recent years to show a benefit in people with secondary progressive MS. The MS-STAT trial, which was led by Dr Jeremy Chataway, involved 140 people with secondary progressive MS, who were randomly assigned to receive either simvastatin (80mg) or a placebo drug for a period of two years. Those taking simvastatin showed a significant reduction in brain atrophy (brain shrinkage) as well as early indications of an effect on disease progression. The drug was also well tolerated, although further, larger trials will need to be conducted to know for certain how safe and effective simvastatin might be for people with secondary progressive MS.

Dr Susan Kohlhaas, Head of Biomedical Research, said of the trial: "There are no treatments that can stop the condition from worsening in people with progressive MS. Scientists have worked for years to find a potential treatment that could help people, and now, finally, one has been found. This is very exciting news."

Read more about the trial in our interview with Jeremy Chataway on our Research Blog.



Audience: All



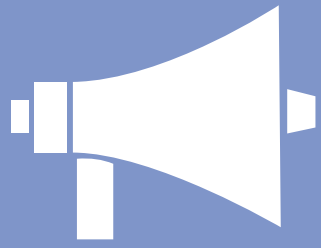
Action: Note, share



Contact: Research team

020 8438 0822

research@mssociety.org.uk



Fundraising

Donor recognition

In order to acknowledge our supporters, the MS Society thanks some donors in our annual report. This year we'd like to invite branches and support groups to recognise supporters in this listing too.

If you have an individual or organisation that financially supported your branch with a gift of over £5k during 2013 and/or a fundraiser who raised £10k or more in cumulative gifts to the end of 2013, then please let us know. This does not include legacy gifts which will be thanked within a general statement on the same page. Email their full name or the full name of the organisation to Naida Hutchinson by 5pm on Friday 16 May 2014.

We may need to check details with you so please include a contact email and phone number. It's worth noting that not all donors want public recognition; if in doubt, please check with the donor before sending their details through.



Audience: All



Action: Act – let us know your biggest donors



Contact: Naida Hutchinson
naida.hutchinson@mssociety.org.uk

Let them eat cake

Many of you will be holding your amazing Cake Break events this month, so good luck! We hope that they're a huge success and look forward to hearing all about it and seeing your photos.

Don't forget to let us know how much was raised at your Cake Break. It's also really important to let us know when you bank any Cake Break donations from supporters too, so we don't spend time and money following up with supporters who have already given their donation to your branch. Please send us full details of each donation banked.

If you haven't registered for Cake Break yet, it's not too late – you can hold your event whenever works for you. You can still register via the Cake Break website www.cakebreak.org.uk or call us on the details below.

Happy baking!



Audience: All



Action: Share, act – bank your donations



Contact: Cake Break team
0845 481 1577
cakebreak@mssociety.org.uk
www.cakebreak.org.uk



Fundraising

An update on fundraising campaigns

On 26 April 2014 we launched our brand new Spring raffle. With tickets still only costing £1 and the chance to win one of six fantastic prizes and a top prize of £3,000, there's no better time to take part. Please spread the word amongst your friends and family and order your tickets today. The ticket hotline number is 0800 100 133 or to find out more information visit www.mssociety.org.uk/raffle.

Further to this and following successful telephone campaigns in 2013 and early 2014, 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. For more information on this and all other fundraising campaigns, please contact the Direct Marketing team.



Audience: All



Action: Share



Contact: Direct Marketing
020 8438 0717

marketing@mssociety.org.uk

Bike MS New York City

This October, the MS Society USA is holding a sponsored cycle through New York City, and they've made places available to us. Please help us promote this incredible event to your branches or groups.

Cycle through New York City traffic-free by joining in Bike MS. Taking place on 5 October, this is one of the largest charity bike rides in America. With three exciting routes to choose from, you can take on a distance that suits you; either 30, 55 or 100 miles. You'll get the chance to see some of "the Big Apple's" most iconic sights – such as Brooklyn Bridge, Chelsea Piers and the Yankee Stadium.

Registration for this overseas adventure only costs £50 and there'll be a great welcome from the organisers, the MS Society USA. Look forward to a fantastic atmosphere on the day, including a post-race reception. Join the MS Society team today to be a part of this incredible challenge in its thirtieth anniversary year.

To sign up, or for more information about how to promote this opportunity, please visit our website or contact the fundraising team on the details below.



Audience: All



Action: Share, act – get involved, anyone can sign up



Contact: Elise Murray

0845 481 1577

fundraising@mssociety.org.uk



Support

Carers Week Quest

Carers Week (**9 - 15 June**) is getting closer, but there's still time to show your support for this year's Carers Week Quest, which aims to reach out to the thousands of carers missing out on support and services.

Here's just a flavour of what we know some branches are involved in locally:

- The Bexley and Dartford branch is organising a carers information event in partnership with Oxleas NHS Trust and other local agencies. Carers can bring along the people they care for, who will have the opportunity to take part in activities on the day.
- The Alton and Petersfield branch is working with local professionals to host a carers workshop.
- The Gravesend branch is organising a special Carers Week 'day' for local families.
- Signing up for the annual Carers Week BBQ at the MS Society Resource Centre in Belfast (see page 12 for more information).

If your branch is planning some activity for Carers Week, joining an event, having a stand or just promoting the campaign and events in your newsletter, please let us know. We'll include your branch in our annual Carers Week impact report, write it up as a case study and share it with other branches for inspiration.

Find out more about Carers Week at www.carersweek.org, and sign up and pledge your support.



Audience: All



Action: Share, act – sign up, organise events



Contact: Natalie Pink
020 8438 0805
natalie.pink@mssociety.org.uk
www.carersweek.org



Finance

Pro-forma 2013

Thank you to all branches who have submitted their 2013 year end accounts. Your hard work is very much appreciated.

If you're not yet using branch accounting online then we'd like to invite you to do so for 2014. Users of branch accounting online can record entries on a receipts and payments basis. As a result, users of branch accounting online don't have to:

- produce the year end pro-forma
- record entries for fixed assets as the finance team at MS National Centre will do this for you
- submit quarterly VAT forms to MS National Centre

Interested? Then get in touch for further information.



Audience: Treasurers



Action: Act – get in touch to use branch accounting online



Contact: Finance team
financesupport@mssociety.org.uk

Treasurers' reports to branch Annual Meeting

At this time of year a number of branches are preparing to hold their branch annual meeting. This meeting is the perfect opportunity for branch treasurers to present an overview of the branch's financial activities for the year as well as its position at year end. The format this takes and the level of detail required varies between branches so it's up to you and your committee how much detail you go into.

In general though, we recommend you cover the following areas:

- income
- expenditure
- restricted funds
- assets and liabilities
- plans for the coming year

You may also want to provide a basic summary of this information to the committee prior to the Annual Meeting to give them time to familiarise themselves with the information. Branches using branch accounting online can use it to produce these reports. These include receipts and payments reports, fund reports and event reports. All reports can be exported to PDF or Excel.

If you have any queries, or would like to start using branch accounting online please contact the finance team.



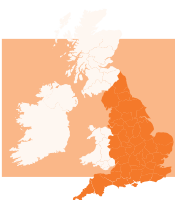
Audience: Treasurers



Action: Note



Contact: Finance team
financesupport@mssociety.org.uk



For England

Events calendar

Check out our events listings on the volunteer website at:

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



Audience: England



Action: Note



Contact: Your LSDO

MS nurse post saved

At the end of 2013, local people in Northumberland received exciting news when they were informed that one of the MS specialist nurse posts in Northumberland had been saved as a result of extensive campaigning. The campaign, supported by three local branches and area staff, the MS Nurse Steering Group and other MS related charities, gathered speed throughout 2013. People wrote to the NHS Trust to explain why the MS Nurse Service was invaluable to them.

One person described their MS Nurse as being their Sat Nav – “She tells me where to go, what to do, when I have taken a wrong turn and how to put it right again. Basically I would feel totally lost without her”. The Nurses and Steering Group are now looking forward to developing services further in 2014.

Congratulations to all local branches involved for such a successful campaign!



Audience: England



Action: Note



Contact: Angie Stewart

angie.stewart@mssociety.org.uk

England Council Annual Meeting

The England Council Annual Meeting will take place on **Saturday 7 June** at the MS National Centre in London. The meeting will take place from 11.00am – 3.30pm.

The Council will provide an update on their work so far. There will also be presentations on the direction of travel for the MS Society, the development of our strategy, the benefits landscape and its implications, as well as discussion of the MS Society's key achievements throughout 2014 so far.

The Annual Meeting is open for all members to attend. If you, or anyone in your branch or support group, would like to attend the Annual Meeting please contact Louraine Palmer on the details below for more information.



Audience: England



Action: Share, act – get in touch to come along to the meeting



Contact: Louraine Palmer

020 8438 0757

louraine.palmer@mssociety.org.uk



For Northern Ireland

Carers Week

Carers Week takes place from **9 - 15 June**. This year we're hosting a special Carers Week BBQ on Saturday 14 June 2014 between 1pm - 4pm at the MS Society Resource Centre in Belfast.

This event is an opportunity to get together as a family, relax and enjoy a BBQ. There will also be information available on the support and services available for carers in Northern Ireland.

To find out more or to register please email our Development Team on the details below. Please also see the article on page 9 for more information on Carers Week 2014.

 **Audience:** Northern Ireland
 **Action:** Sign up
 **Contact:** NI Development Team
028 90 802 802
nidevelopmentteam@mssociety.org.uk

Get involved in fundraising

Every edition we tell you about fundraising activities which are coming up in Northern Ireland in the coming months. Our upcoming events are:

Fright Night at Crumlin Road Gaol

On **23 May** you can experience the ghoulish goings on and stay overnight at the historic Crumlin Road Gaol Belfast. Over 18's only. Supper, breakfast and paranormal tour provided. Beginning at 9pm until 8am the following morning, registration is £10 per person with a minimum sponsorship of £140.

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



For Scotland

Self-management courses

We've recently been working with the Ayrshire branch to set up a self-management course with their members that is held on their regular branch meeting dates. If you'd like this, or something similar, to happen in your area we'd be very pleased to discuss ideas with your branch.

Our self-management courses offer the opportunity to meet others with MS in a friendly environment and explore topics such as:

- methods to manage pain and fatigue
- relaxation techniques
- ways to get the best from your healthcare professionals

There's a chance for a chat over a cuppa and biscuits too! Each session lasts for two and a half hours, once a week for six weeks.

We're planning to hold courses soon in Banchory, Lundin Links, Cumbernauld, Berwick, Edinburgh, East Lothian, Elgin/Lhanbryde area, Armadale, Kilbirnie, Wigtonshire, Dingwall area and Montrose.

For more details please check our website www.mssociety.org.uk/scotland-events or look on the 'near me' map.

To find out more about attending a course, or to discuss how we can hold one in your area, please contact Ailsa Blair.



Audience: Scotland



Action: Share, act – get in touch



Contact: Ailsa Blair

0131 335 4050

msscotland@mssociety.org.uk

www.mssociety.org.uk/scotland-events

'Benefits and MS' Voices for Change workshops are open for booking

This June the MS Society, together with local welfare advisors, are hosting workshops on benefits and MS.

The aim is for people affected by MS to find out more about recent benefit changes, share their views and help shape MS Society campaigns. We know that benefit changes are a major concern for a lot of people and the views we gather will help us get loud with policymakers.

Can you help spread the word in your newsletter or on your Facebook page? The workshops are free to attend and open to anyone affected by MS. We're taking bookings for the following workshops:

Stuart Resource Centre, Aberdeen

2 - 4.30pm on **20 June 2014**

Guest speaker from Aberdeen Welfare Rights

Roths Halls, Glenrothes

2 - 4.30pm on **25 June 2014**

Guest speaker from Citizens Advice and Rights Fife (CARF)

Your Voice Community Centre, Greenock

1.30 - 4pm on **23 June 2014**

Guest speaker from Inverclyde Council Welfare Team

We're also finalising details for a fourth workshop in Inverness. Confirmed details will be available on our website shortly.



Audience: Scotland

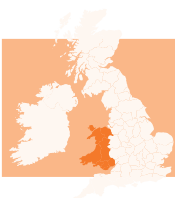


Action: Act – sign up through the email address below



Contact: Sarah Richard

events@mssociety.org.uk



For Wales

Living with MS – North Wales




Following the success of last year's Living with MS event in Swansea, we're pleased to announce that a Living with MS event will be held in Flintshire on 21 June.

Living with MS is an information day for people with MS and their carers, family and friends. The day is attended by a range of people from those who are newly diagnosed to those who have been living with MS for some time.

The event provides a chance to learn more about MS. It's also an opportunity to share information and experiences with other people affected by MS.

There will be presentations and workshops on a range of topics including developments in research, information and support for carers, fatigue management, exercise and physiotherapy, and welfare reform. It will take place at the end of carers week and will also include the Cymru Annual Meeting.

The event will take place at the De Vere Village Chester St David's, Queensferry, Flintshire between 10am - 3.30pm. Members will be emailed and written to nearer the time, but please promote this in your upcoming newsletters. You can register by emailing conferenceadmin@mssociety.org.uk

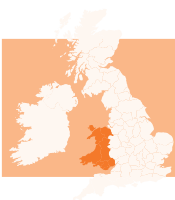
 **Audience:** Wales
 **Action:** Share, act – register to attend
 **Contact:** Conferences team
conferenceadmin@mssociety.org.uk

aMaSing Choir at Llangollen 2014

On **10 July** the aMaSing Choir will be performing at the Llangollen International Musical Eisteddfod. It's more than a renowned choral music festival – it's a celebration of music, dance, costume and culture from nations around the world.

Come and support the choir!

 **Audience:** Wales
 **Action:** Share
 **Contact:** Urtha Felda
020 8827 0212
urtha.felda@mssociety.org.uk



For Wales

Trekfest

If you're looking to promote a fundraising event for your local supporters, how about promoting the Brecon Beacon Trekfest 2014?

This is a sponsored event for tough trekkers and a great opportunity for fundraising. The event is growing in popularity and now has 750 places.

Supporters can choose from one of two routes; 54 miles in 24 hours or 27 miles in 12 hours.

The event, organised by 'Global Challenge Events', promises that TrekFest 2014 will deliver an emotional, fun and life-changing experience – in one of Wales' most beautiful locations.

The event will appeal to first-timers or hardened long distance walkers.

Promote the event in your newsletter, throughout your contacts and to any local business or groups who you think may want to enter a team. Contact Iestyn Evans for fundraising materials and advice for anyone who signs up.

For more information, photos and booking details, see www.trekfest.org.uk

 **Audience:** Wales
 **Action:** Share
 **Contact:** Iestyn Evans
020 8438 0700
iestyn.evans@mssociety.org.uk
www.trekfest.org.uk

Social Services and Well-being Bill

The Bill has now passed through the National Assembly and will soon become law. The Bill, of which MS Society Cymru has been a key contributor, makes many changes to social services in Wales. At every step of the Bill's passage, we have highlighted the specific needs for people with MS who rely on social services. MS Society Cymru will continue working with the Welsh Government and other charities to make sure the Bill is implemented to the benefit of people with MS.

 **Audience:** Wales
 **Action:** Share
 **Contact:** Jamie Matthews
020 8438 0700
jamie.matthews@mssociety.org.uk

Cymru Council meetings

The Cymru council are meeting on the following dates:

20 June (Ramada Plaza, Wrexham)

13 September (Future Inns, Cardiff Bay)

22 November (Future Inns, Cardiff Bay)

If you would like to attend a meeting as an observer or find out more about the Cymru Council, then please contact Matthew Witty on the details below.

 **Audience:** Wales
 **Action:** Note
 **Contact:** Matthew Witty
029 2167 8921
matthew.witty@mssociety.org.uk



Branch contributions

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

Branch contributions 31 January - 27 March 2014

Branch Name	Earmarked Description	Earmarked	Research	General
Belfast Branch	Local MS Services	£3,000.00		
Belfast Branch			£2,000.00	
Camden Branch			£1,500.00	
Derby Branch	MS-SMART Research Project Grant 982	£3,000.00		
Gravesend & District Branch			£1,000.00	
Lincoln & District Branch	Cambridge Myelin Repair 2011-2015	£3,000.00		
Lymington & District Branch	Cognition Information Day	£100.00		
North Durham Branch	Cambridge Myelin Repair 2011-2015	£4,500.00		
Omagh Branch	Stem cell research	£5,000.00		
Reigate & District (South Surrey) Branch			£960.30	
Ryedale Branch			£15,000.00	
Sefton Area Branch			£500.00	
South and West Cornwall Branch			£250.00	
Worksop & District Branch	MS-SMART Research Project Grant 982	£500.00		
Yeovil & Sherborne District Branch	MS Nurses	£2,000.00	£2,000.00	
Total		£21,100.00	£23,210.30	



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

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. For availability ring Sue 01263 578 148 or contact suewright48@btinternet.com

Lisnaskea

MS Society Northern Ireland has two fully accessible chalets available for hire at the SHARE village in Lisnaskea. The cost is £200 per week and includes a SHARE fitness leisure pass 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

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

Support groups

Asian MS

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

GLAMS

A national self-help support group for lesbians, gay men, bisexual and trans (LGBT) people affected by MS
020 8438 0959
glams.uk@googlemail.com

Mutual Support

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

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

Find us online

www.mssociety.org.uk

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

www.facebook.com/mssociety

www.twitter.com/mssocietyuk

www.facebook.com/childrenwithMS

Grants

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

0131 335 4081
grantsscotland@mssociety.org.uk
(Scotland)

Give us a call

National MS Helpline

0808 800 8000

MS Information Line

020 8438 0799

Membership

020 8438 0759

Volunteering

020 8438 0944

Fundraising

0845 481 1577