

# Teamspirit

For branch volunteers and national support group committee members



Support volunteer Narinder features in our Achievements Report with her mother Jasbinber

## 2013 year in review

Our Achievements Report, 'Looking back on 2013', features highlights from 2013 as well as personal stories from members and volunteers. We spoke to people affected by MS all over the UK to find out how our projects have helped them live their lives to the full.

It's a real snapshot of the brilliant things we do together.

Visit <http://www.mssociety.org.uk/achievements2013> to take a look at the interactive PDF which brings the stories to life, as each person sharing their experiences shot a short 'selfie' video as well as submitting a 'selfie' picture.



# 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!

## Treat Me Right campaign begins with a bang

As you know, MS Week marked the beginning of Treat Me Right – our new long-term campaign calling for all people with MS to get timely access to the treatments that are right for them.

The campaign launch was a great success and 300 people attended Parliamentary receptions across the UK, securing the public support of numerous ministers, policy makers and influencers in every nation. More than 4,500 people have signed up to the campaign online.

We've had some great support at branch level, particularly with the Letter to Editor you shared with local papers during MS Week. Of special note is our Luton branch, which hosted an information stand all week at the Luton & Dunstable Hospital and was joined on the Friday by Gavin Shuker MP.

Thank you to everyone who helped make MS Week a success across the UK.

But this is just the first step. As the new NICE guideline for the treatment of MS in England

and Wales demonstrates (see article on page 3), our work is by no means done.

Watch this space for how you can support the next phase of the campaign and if you haven't already done so, please add your name today [www.treatmerightms.org.uk](http://www.treatmerightms.org.uk)

### MS Week in England

We held a Parliamentary reception in Westminster during MS Week which saw a number of MPs show their support, including the Shadow Minister for Older People and Care, Liz Kendall MP. Over 3,000 of you wrote to your MP calling on them to back the campaign, and 90 MPs from across the House supported our Parliamentary petition calling for people with MS to access the right treatment at the right time, wherever they live.

### MS Week in Northern Ireland

We were delighted that so many people affected by MS helped us to launch the Treat Me Right campaign at Stormont. The campaign was backed by local MS specialists Dr Gavin McDonnell, Dr Orla Gray and Dr Stanley Hawkins. More than 40 MLAs attended the reception and also pledged their support.



# News and events

## MS Week in Scotland

Over 70 MSPs had their photograph taken holding the Treat Me Right campaign pledge board, including First Minister Alex Salmond and Deputy First Minister Nicola Sturgeon. Around 140 people joined us at our reception at the Scottish Parliament to hear from Minister for Public Health, Michael Matheson, and BBC journalist and MS Cross Party Group member Elizabeth Quigley. As well as committing to working with us as a partner, Mr Matheson agreed to our request for Scottish Government engagement in an access to medicines roundtable following MS Week.

## MS Week in Wales

There were 90 delegates and 15 Assembly Members present at our Welsh Assembly reception including the Minister for Health and Social Services, Mark Drakeford AM. Hundreds of people wrote to their local AMs raising the challenges of accessing services in Wales, and delegates shared their experiences in workshops at the reception. A report has been produced for Assembly Members, and can be shared with branches on request.

The following week, the Minister launched the final Neurological Conditions Delivery Plan for Wales. This document will shape the local and national future of neurological services (including MS services) over the next five years and we've been working with civil servants to raise awareness of the specific needs of the MS community.



**Audience:** All



**Action:** Share, act – support  
Treat Me Right



**Contact:** Communications team  
020 8438 0700

[mweek@mssociety.org.uk](mailto:mweek@mssociety.org.uk)  
[www.treatmerightms.org.uk](http://www.treatmerightms.org.uk)

## MS Society fights NICE disappointment

The National Institute for Care and Health Excellence (NICE) published its draft clinical guideline for MS in April. We were very disappointed with the guideline and have been putting pressure on NICE to make significant amendments.

The guideline itself was drafted behind closed doors – our request to present evidence to the NICE MS Guideline Development Group last October was declined.

The guideline proposes blocking access to two treatments that are proven to significantly improve quality of life for people with MS – Fampyra and Sativex – which help people to walk more easily, and manage painful muscle spasms. The draft guideline also fails to recommend that people with MS be reviewed by MS specialists, such as an MS nurse or neurologist.

In our detailed policy response, we have urged NICE to reconsider its decisions on the treatments and reiterated the value of MS specialists in the treatment, care and support of people with MS.

We also published an open letter in the media which outlined our concerns.

NICE are currently reviewing responses to the draft, and we expect the final guideline to be published in October this year.



**Audience:** All



**Action:** Share



**Contact:** Policy and Campaigns team  
020 8438 0700

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



# News and events

## Care Act Update

As of April 2015, the Care Act will come into full force in England.

The Care Act has been referred to as the biggest overhaul of the care and support system in the past 60 years. Key changes include:

- A new national minimum eligibility threshold – until now, local authorities have been able to decide the threshold: decisions varied from place to place, creating a postcode lottery for eligibility to vital care and support.
- All carers will be entitled to an assessment – if a carer is eligible for support, they will have a legal right to receive support for those needs, just like the people they care for.
- A cap on the costs that people have to pay for care in their lifetime.

We've been working hard as part of the Care and Support Alliance to ensure that the reforms take into account the needs of people affected by MS. Whilst many of these changes could be positive, we still have concerns, particularly about funding and how the eligibility threshold will be set.

We will continue to campaign for people affected by MS to receive the care and support they need.

 **Audience:** All  
 **Action:** Note, share  
 **Contact:** Policy and Campaigns team  
020 8438 0700  
[campaigns@mssociety.org.uk](mailto:campaigns@mssociety.org.uk)

## MS Life 2014 update

Nearly 3,300 people joined us in Manchester in April for MS Life. The 65 different workshops across the weekend provided a great opportunity for people to learn more about MS research and symptom management, as well as about changes to benefits and services.

If you didn't make it to the event, you can watch videos of the research talks and highlights of the weekend on our YouTube channel:  
<http://www.youtube.com/MSSociety>

MS Life is a great way of engaging with the wider MS community, especially people who are newly diagnosed. Twenty per cent of attendees had been diagnosed within the last two years and 75 per cent of those said that they were now going to look into volunteering with us.

Delegates who attended said:

*"I have just been diagnosed so the workshops were an incredible help! Thank you for an amazing event, it changed my life!"* Karine

*"I went on my own and the people I met made me feel very comforted. I think it helps that the whole place is set up in a way that encourages people to talk and be open. MS Life was truly inspiring."* Naomi

 **Audience:** All  
 **Action:** Note  
 **Contact:** MS Life team  
020 8438 0891  
[msslife@mssociety.org.uk](mailto:msslife@mssociety.org.uk)



# Info and resources

## Committee handbook update

During the second half of 2014, we'll be updating **Making it work: a committee handbook** for branches and national support groups.

In last year's Volunteer Survey, you told us that you don't always know if you're using the most up-to-date guidance and that you want it to be easier to use the online committee handbook. You also told us that you're concerned about paper wastage and cost.

We've already split the committee handbook down into individual sections you can view and download on the volunteer website. A quick link has been added to the home page under **Most popular resources**, or you can use this link – <http://volunteers.mssociety.org.uk/committee-handbook>

The committee handbook on the volunteer website will always be the current version. When we've made the updates, we'll tell you what pages have changed so you can print them if you prefer. We'll no longer provide paper copies in binders.

### Want to get involved?

Have you spotted something in the committee handbook that needs to be clearer? Or would you like to join our team of local staff and volunteers who'll review the updates before we finalise them? Either way, please get in touch.

 **Audience:** All  
 **Action:** Note, act – get involved  
 **Contact:** Danielle Walker  
020 8438 0911  
[branchresources@mssociety.org.uk](mailto:branchresources@mssociety.org.uk)

## Update on our information resources

Two new editions now available:

### Residential care and your options

(Fourth edition, April 2014)

The new edition is now available on the website [www.mssociety.org.uk](http://www.mssociety.org.uk).

Please recycle previous editions.

### Getting the best from social care services

(Third edition, April 2014)

The new edition is now available to download or order. We have sent a sample copy to all branches. Please recycle previous 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.

Withdrawn:

### Getting the best from health care services

The existing booklet is out of date and we have no plans at present to produce a new one. This means we are withdrawing it from the website and online shop.

However, you can still find information on health care on our main website, [www.mssociety.org.uk](http://www.mssociety.org.uk), the Treat Me Right website, [www.treatmerightms.org.uk](http://www.treatmerightms.org.uk), and on the NHS choices website, [www.nhs.uk](http://www.nhs.uk)

 **Audience:** All  
 **Action:** Share  
 **Contact:** Information team  
020 8438 0999  
[shop@mssociety.org.uk](mailto:shop@mssociety.org.uk)



# Info and resources

## Looking for branded materials and publications?

The online shop stocks our information resources as well as fundraising and merchandising materials.

In addition to ordering for your own branch fundraising, you can order resources to be used by supporters to raise funds for us, and for other branch events.

Make sure that your branch has a supply of commonly requested items such as t-shirts, running vests, sponsor forms, collecting boxes, and information about us, ready to give a potential supporter.

Information resources are free and can be given to anyone. There is no charge for postage but other materials have to be paid for. Delivery of items takes up to five working days.

Guidance on using the shop is available via <http://volunteers.mssociety.org.uk/shop>

A downloadable copy of the merchandise catalogue has been added to the site to help you see and share with others what is available. This should also make it easier to find each item's code number for ordering.

Orders for fundraising or merchandising materials must be ordered and then authorised by two separate committee members. You may want to check that your branch has this system in place.

If you require any assistance, please contact the information team on the details below.



**Audience:** All

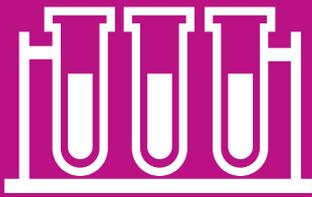


**Action:** Note



**Contact:** Information team  
020 8438 0999

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



# Research

## MS Register secures funding to continue

After a successful pilot period, we are extending our funding of the world-leading UK MS Register for a further three years. Over 10,000 people have joined the register already, providing essential data and expanding our knowledge of life with MS in the UK.

### Providing evidence

The MS Register is unique in allowing people with MS to enter their details and experiences of living with MS directly, by completing online surveys. The knowledge gained from these surveys has already revealed a great deal about employment and levels of anxiety and depression in people with MS. This information can now fuel campaigns for fair, relevant policy and improved healthcare.

Online survey data can also be combined with clinical data provided by neurologists from selected NHS hospitals and treatment centres, building an incredibly accurate picture of MS across the UK.

### Next phase

The clinical data collection will now be expanded to include additional hospitals and NHS treatment centres, and those who have already signed up are encouraged to keep returning regularly.

 **Audience:** All  
 **Action:** Note, share  
 **Contact:** Research team  
020 8438 0822  
[research@mssociety.org.uk](mailto:research@mssociety.org.uk)

## Getting involved in research

The research pages on our website are full of useful resources, such as details of the research projects we're currently funding and new treatments in the pipeline. We'd like to highlight our '**Be in a Study**' page because it provides an excellent way for people affected by MS to find out more about participating in research:

<http://www.mssociety.org.uk/research/get-involved>

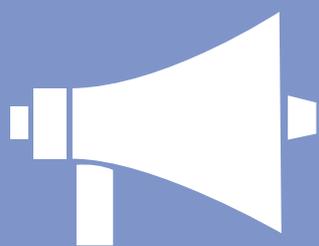
Recently some researchers have been contacting members or branches directly for help with recruitment, so we'd like to request that these queries are forwarded on to the research team – contact details below.

We prefer researchers to always contact the research team first for the following reasons:

- to ensure that the research has full ethical approval and is led by an experienced researcher
- to ensure branches aren't sent too many requests
- to allow the research team to offer further support to researchers
- to save time and administration

By uploading research projects directly onto our website, we can allow more people to read about opportunities. We may also ask branches to distribute information, but this is done on a case-by-case basis.

 **Audience:** All  
 **Action:** Note, share  
 **Contact:** Research team  
020 8438 0822  
[research@mssociety.org.uk](mailto:research@mssociety.org.uk)



# Fundraising

## Direct mail appeal for genetics research

In June, we sent out a direct mail appeal to current supporters and members. This appeal asked for funding to support genetics research, in particular looking into the role of two genes – GPR65 and GALC – which may offer great insight into the potential causes of MS.

Professor Stephen Sawcer is leading a research project investigating these two genes, which are important in helping immune cells to function properly. The project will explore exactly how they might be involved in increasing a person's chance of developing MS and could take us one step closer to developing more effective treatments.

This is a very exciting appeal and to date you've already raised an incredible £122,000! Thank you so much for your fantastic support.

To find out more about this research and the appeal, please visit [www.mssociety.org.uk/genetics](http://www.mssociety.org.uk/genetics) or contact the fundraising team on the details below.

 **Audience:** All  
 **Action:** Share  
 **Contact:** Vanessa Mattina  
020 8438 0770  
[vanessa.mattina@mssociety.org.uk](mailto:vanessa.mattina@mssociety.org.uk)

## ChallengeMS

After the success of Challenge60 in 2013, this year we're inviting people to take on a new fundraising challenge over the 30 days of September – ChallengeMS. Together, we hope to raise £125,000 to fund the next breakthroughs in research.

Participants are encouraged to take on their own personal challenge. This could be anything from volunteering with a branch, giving up chocolate or taking up the challenge to run 10K.

All ChallengeMS supporters can get involved by using the social media hashtag [#IchallengeMS](https://twitter.com/#!/challengeMS) to share how they challenge their MS day to day. Why not post it on your Facebook page to help spread the word?

One challenge could be joining our MS Walk, a 10K or 20K route taking in the iconic landmarks along the River Thames on 28 September. Our CEO, Michelle Mitchell, is taking part in this event.

There are lots of ways to get involved with ChallengeMS: please visit [www.challengems.org.uk](http://www.challengems.org.uk) or [www.mssociety.org.uk/mswalk2014](http://www.mssociety.org.uk/mswalk2014) for more details.

 **Audience:** All  
 **Action:** Share, act – get involved and spread the word  
 **Contact:** Fundraising team  
0845 481 1577  
[challengems@mssociety.org.uk](mailto:challengems@mssociety.org.uk)  
[www.challengems.org.uk](http://www.challengems.org.uk)  
[www.mssociety.org.uk/mswalk2014](http://www.mssociety.org.uk/mswalk2014)



# Fundraising

## Cake Break 2014 update

We're delighted that we've had over 2,200 sign-ups for Cake Break this year so far, and have already received an incredible £190,000 in donations from across the UK. Thank you so much to all those who have held your Cake Break, or are planning to soon. It's because of all of you that we're moving towards our target of £350,000, funding over 6,000 hours of life-changing research.

If your branch held a Cake Break, we'd love to receive your stories, photos and tips. Share them with us at [cakebreak@mssociety.org.uk](mailto:cakebreak@mssociety.org.uk)

It's really important that you let us know when you bank Cake Break donations from your own event and from supporters. Last year more than £80,000 went directly to branches.

This information is vital for us to effectively evaluate the success of Cake Break and it will help reduce our administration costs. Please send us as much information as possible, including the name and address of the donor, to the contact details below.



**Audience:** All



**Action:** Share, act – tell us when you bank your donations



**Contact:** Cake Break team  
0845 481 1577

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

## Go green and raise money

Did you know that we've raised almost £55,000 through the recycling of used and unwanted ink cartridges, toners, mobile phones, MP3 players, sat navs, digital cameras and electronic games consoles?

Working together since 2011, the partnership between The Recycling Factory and the MS Society enables us to receive a donation for each item successfully recycled.

The Recycling Factory provides free of charge recycling materials – from freepost envelopes to collection boxes. A free courier collection will also be arranged for full boxes.

To get started, simply call The Recycling Factory team on **0800 091 0696** or email [mssociety@trf-uk.com](mailto:mssociety@trf-uk.com)

Further information can also be found at: [www.therecyclingfactory.com/mssociety](http://www.therecyclingfactory.com/mssociety)



**Audience:** All



**Action:** Share, act – recycle your items for us



**Contact:** Corporate Partnerships team  
020 8438 0700

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



# Fundraising

## Land Securities partnership comes to a close

Our two year partnership with Land Securities, the largest commercial property company in the UK, began in April 2012. During this time, their employees worked closely together with our volunteers and staff to create an exciting range of lucrative fundraising activities and awareness events based in 20 of their shopping centres nationwide, raising a tremendous total of **£216,312**.

### How did we reach this target?

'Search for a Star' and 'Music for MS', both talent themed events, entertained regular visitors. Exhilarating sporting days involved Swimming with Sharks, firewalks, and abseils, including scaling down the Spinnaker Tower in Portsmouth. Many branches held collection and awareness days to engage with the local community. A Christmas Gala Ball was held in the West 12 centre in London, and there was even a bespoke interactive snowman built to collect spare change in their new shopping centre Trinity Leeds!

Land Securities have been able to demonstrate a positive impact within their communities and encouraged visitors to extend their time within the centres. The partnership has also provided personal development, team building and learning opportunities for many employees across the company.

This unique relationship has also helped to deliver long-term benefits for the MS community by providing a platform to recruit over 100 volunteers, promote our services and information provision, and for branches to build local networks. Many of these will continue for years to come, leaving a lasting legacy for the partnership.

We would like to thank the following branches and groups for their involvement with the Land Securities activities and events over the last two years:

Aberdeen  
Bognor Regis  
Brent  
Bristol  
Cambridge  
Camden  
Cardiff  
Chichester  
Dundee  
Exeter  
Inverurie  
Islington  
Leeds  
Leeds Fundraising Network  
Lewisham  
Liverpool  
Lothian wide  
Luton & Dunstable  
North Herts  
Nottingham  
Oxford and District  
Portsmouth and District  
South Devon  
South Gloucestershire  
Sunderland  
Sutton  
Thanet  
Wakefield  
West Herts  
West Oxfordshire  
Worcester



**Audience:** All



**Action:** Note



**Contact:** Barbara Spreadborough  
020 8438 0716

**barbara.spreadborough@  
mssociety.org.uk**



# Support

## Discounted accessible holidays

Arranging an overseas holiday if you've got reduced mobility or care needs can be a challenge. Our new partnership with Accessible Travel and Leisure may make it a little easier, as we're teaming up to offer people with MS a discount of up to five per cent when they book with the company.

The company's experienced staff are able to discuss suitable holiday options for people with MS who may have reduced dexterity or mobility, or require care while away from home. Holiday arrangements can be tailored to meet individual needs whilst offering a "one stop shop" facility, thanks to the company's large portfolio of approved suppliers in Europe and beyond.

Flights and accessible transfers are available from many UK airports. There is a wide selection of hotels, villas and apartments, or cruises to choose from, which have all been personally inspected by the company's staff.

Contact Accessible Travel and Leisure on 01452 729739 to discuss a booking and receive a quote.

People with MS who book with the company will receive a discount of up to five per cent depending on the type and location of the holiday package. The company can organise equipment and personal care needs for most destinations (subject to availability) but these costs are excluded from the discount because, although facilitated by the company, they are paid directly to the local supplier.

Find out about our other short breaks and holiday partnerships on our website at [www.mssociety.org.uk/breaks](http://www.mssociety.org.uk/breaks)

Please be aware that, whilst we are delighted to work in partnership with other organisations to help improve access to short breaks and holidays, the MS Society cannot make any guarantees or accept any responsibility in respect of the services provided.

 **Audience:** All  
 **Action:** Share  
 **Contact:** Accessible Travel and Leisure  
01452 729739



# Finance

## Treasurers' Forums 2014

Our regular series of Treasurers' Forums has a new programme for 2014. These events are aimed at treasurers and all those in committee roles who have an interest in branch finances. All are welcome, whether you're new to the role and would like to learn more, or are an experienced treasurer who is interested in refreshing your knowledge of our particular ways of working.

The forums aim to offer you the opportunity:

- to understand the treasurer's role in detail
- to see a demonstration of branch accounting online
- to learn what appropriate financial controls should be in place at each branch
- to learn about meeting regulatory requirements, including for VAT
- to meet and talk with volunteers from other branches
- to meet key staff from the finance team and learn about where to get further support concerning branch finances
- to discuss any other topics you'd like covered

Each forum runs 10am-4pm with breaks. Dates and locations are as follows:

MS National Centre (London)	22 July
Leeds	23 August
Birmingham	30 August
Bristol	6 September
Glasgow	12 September
Peterborough	13 September

If you'd like to book a place, please download a booking form from the Events and Training section of the volunteer website – <http://volunteers.mssociety.org.uk/events> – or contact the volunteering team on the details given below.

If possible, please book before 14 July so we can do our best to ensure the forums meet your requirements. Full details will be sent once booking has been confirmed.

We look forward to seeing you there.



**Audience:** Treasurers



**Action:** Act – book your place



**Contact:** Volunteering team

020 8438 0944

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



# For England

## Surrey branch created

After many months of hard work, the innovative merger of the four branches in Surrey (Guildford, Woking, North Surrey and Reigate) into one branch is nearing completion.

For some time, MS Society branches in Surrey had been experiencing difficulties maintaining branch activities on behalf of their members, due to a lack of volunteers to take on committee roles. The situation became increasingly difficult and staff from the London and South East Area Team worked closely with branch committees to find the best solution.

The new branch will be known as Surrey Branch and will incorporate a small strategic committee heading up a number of delivery teams, including MS Support, fundraising, communications and an action team. By having one committee for the whole of Surrey instead of the current four, we're freeing up our volunteers to concentrate on the aspect of volunteering they wish to be involved with most. This ensures people are happy in their volunteering role, feel more confident, and are better supported.

Another innovative new service in Surrey will be drop-in sessions held by support volunteers at The Surrey Hubs. The Surrey Hubs is a network of drop-in shops on local high streets providing information, advice, advocacy and other services related to care and support.



**Audience:** England



**Action:** Note



**Contact:** Allan Matthews  
020 8827 0210

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

## Increasing opportunities for exercise in the North

The Lancashire, Greater Manchester and South Cumbria region has been hard at work developing new exercise initiatives.

In recent months, the region has launched a joint exercise programme across Blackburn and Clitheroe branches, as well as proposing a new pilates class at Burnley and Pendle. The aim is that the whole region can offer an MS exercise initiative, whether it's branch-organised or through a partner. There are pilates, yoga, tai chi, exercise and neuro-physio classes available, and more.

Leo Brightley, LSDO for the region said, "The Lancashire, Greater Manchester and South Cumbria region has a strong service focus: we want to provide a wide range of information, support and activities for people affected by MS. We hope that our branches will be offering something that will be attractive to as many people as possible in the MS community. Whilst we want variety, where something is popular it makes sense to try and deliver that across the region."

If you are interested in developing an exercise class see the "Setting up physiotherapy and exercise sessions" information in the Resource section of the volunteer website, <http://volunteers.mssociety.org.uk>, or contact your LSDO.



**Audience:** England



**Action:** Note



**Contact:** Your LSDO



# For Northern Ireland

## Support Volunteers

We are currently recruiting support volunteers across NI. This is a vital role within the community which helps ensure that local branches provide quality support to local people affected by MS. This can involve (but is not limited to) helping to provide emotional support and a listening ear to people you speak to, providing information and updates about branch activities, sending information out if requested/appropriate, signposting people to relevant services and helping to reduce isolation among people affected by MS and their friends and family members.

We are currently welcoming applications from interested individuals in advance of the next support volunteer training programme which begins in September 2014. For further information and application forms please contact us on the details below.



**Audience:** All



**Action:** Share



**Contact:** Charlotte Shirley

028 90 802 802

[charlotte.shirley@mssociety.org.uk](mailto:charlotte.shirley@mssociety.org.uk)

## Get involved in fundraising

There are lots of opportunities to support us coming up. 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.

### **Moonlight Walk – 16 August**

Take part in our magical Moonlight Walk on Slieve Donard. 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.

### **Jump for MS – 7 September**

Jump for MS at the Skydive Centre, Garvagh. This is a one off opportunity to tandem jump with a qualified instructor and freefall 13,000 feet. Medical restrictions and weight limit apply to this activity.

### **Zip-a-dee-doo-dah! – 21 September**

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 challenge. This event is for over 16s only.

### **Walk on hot coals – 24 October**

A great event for adrenalin junkies! Walk over hot coals and show your support for people affected by MS.

For more information about taking part in these fundraising opportunities, please contact Samantha Creighton, Community Fundraiser, on the details below.



**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

## Scotland Council open meetings

Our Scotland Council will be holding two open meetings later in the year. The open meetings will give you the opportunity to hear an update from the Scotland team, examples of local partnerships in action in your area and a talk from one of Scotland's leading researchers. There will also be the opportunity to network over a light lunch, and to visit the marketplace where you can speak to the team about getting involved with us in your area, or tell us about the great work you're already doing!

### Meeting dates:

- Friday 29 August      Stuart Resource Centre, Aberdeen
- Saturday 4 October    Ratho Station, Edinburgh

For more information and to book your place, please visit [www.mssociety.org.uk/scotland-events](http://www.mssociety.org.uk/scotland-events) or contact us on the details below. Please share amongst your local networks.

**Audience:** All

**Action:** Share, act – book your place today

**Contact:** 0131 335 4050  
[events@mssociety.org.uk](mailto:events@mssociety.org.uk)  
[www.mssociety.org.uk/scotland-events](http://www.mssociety.org.uk/scotland-events)

## Self-management courses – help us spread the word

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

- managing pain and fatigue
- relaxation techniques
- getting 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.

Starting soon in these areas:

**Kilsyth:** Garrell Vale Community Centre  
23 August – 27 September  
Every Saturday, 10am-12.30pm  
Book by 7 August

**Bathgate:** Bathgate Partnership Centre  
26 August – 30 September  
Every Tuesday, 6-8.30pm  
Book by 11 August

We hope to hold courses soon in Lundin Links, Irvine, Dingwall area, Dundee, East Kilbride, East Lothian, Edinburgh West, Elgin area and Kilbirnie.

For more details please check our website [www.mssociety.org.uk/scotland-events](http://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 work with your branch to hold one in your area, please contact us on the details below.

**Audience:** All

**Action:** Share, act – book your place

**Contact:** Ailsa Blair  
0131 335 4050  
[msscotland@mssociety.org.uk](mailto:msscotland@mssociety.org.uk)



# For Scotland

## Loch Ness Marathon

Our biggest running fundraiser in the North of Scotland, the Baxters Loch Ness Marathon and Festival of Running, takes place on 28 September. This monster race has been voted one of the best marathons in the UK, and will take our MS Superstars on a breathtaking journey along the south and eastern shores of Loch Ness.

As well as the full marathon, the festival includes the River Ness 10K and 5K, the 10K Corporate Challenge and the Wee Nessie – a 400 metre run for children aged five or under.

There will be lots going on for runners and spectators, including live music and entertainment, charity and sports expos, family fun activities and the Baxters Food & Drink Fayre.

There is more information at [www.lochnessmarathon.com](http://www.lochnessmarathon.com)

Entry for charity places for the full marathon, and places for all the other events, closes on 8 September. Please help us spread the word in your area. The fundraising team have promotional posters you can use, contact them on the details below.

 **Audience:** All  
 **Action:** Share  
 **Contact:** Fundraising team  
0131 335 4050  
[msfundraising@mssociety.org.uk](mailto:msfundraising@mssociety.org.uk)

## New outreach clinic in Glasgow

MS Society has joined forces with Revive MS Support to provide an outreach clinic in Glasgow's East End.

Revive MS Support are leading the project. Members of the MS Society's Glasgow North and East Branch contributed to the planning and will assist with promoting the clinic.

The clinic will operate in the F.A.R.E (Family Action in Rogerfield and Easterhouse) community centre in Easterhouse. It will offer physiotherapy, complementary therapies, counselling, MS nurse clinic, speech and language therapy, and potentially other services.

The service launches with an Open Day on Wednesday 27 August, 10am-3pm, at which people can drop in to meet the therapists and the MS nurse. The clinic will then begin operating on 9 September and open on a fortnightly basis, alternating Tuesdays and Wednesdays. Appointments should be made in advance – please call Ann at Revive on 0141 945 3344 for more information. A transport service will also be available.

The project has funding until the end of March 2015, but we hope that it will prove successful and secure further funding to continue.

For more information on service development in the West of Scotland, and how your branch can get involved, please contact us on the details below.

 **Audience:** All  
 **Action:** Note, share  
 **Contact:** Mags Mackenzie, SDO  
07768 015 012  
[mags.mackenzie@mssociety.org.uk](mailto:mags.mackenzie@mssociety.org.uk)



# For Wales

## Cymru Council meetings

The Cymru council are meeting on the following dates:

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

## Calling all fundraisers

Are you the fundraising officer at your branch or someone who has an interest in fundraising? Our Area Fundraising Manager, Iestyn Evans, would like to hear from you.

We're keen to look at fundraising plans for branches and support groups, and provide advice and assistance to help you raise even more money to improve the lives of people affected by MS in Wales.

If you would like to discuss your fundraising plans or would like any advice, then please contact Iestyn on the details below.

 **Audience:** Wales  
 **Action:** Note  
 **Contact:** Iestyn Evans  
029 2167 8920  
[iestyn.evans@mssociety.org.uk](mailto:iestyn.evans@mssociety.org.uk)



# Branch contributions

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

<b>Branch contributions 28 March - 22 May 2014</b>				
<b>Branch Name</b>	<b>Earmarked Description</b>	<b>Earmarked</b>	<b>Research</b>	<b>General</b>
Andover Branch			£1,500	£500.00
Bath & District Branch	Cambridge Myelin Repair 2011-2015	£3,000.00		
Campbeltown & District Branch	Edinburgh Centre for Translational Research Grant	£6,000.00		
Cheltenham & North Cotswold Branch			£3,000.00	
Dumbarton & District Branch			£422.00	
East Hertfordshire & West Essex Branch			£10,300.00	
Gosport & Fareham Branch	Hampshire and Islands Regional Development Programme	£50.00		
High Wycombe & District Branch	MS Nurses	£333.00	£333.00	
High Wycombe & District Branch	Helpline	£333.00		
Northampton & District Branch	Cambridge Myelin Repair 2011-2015	£5,000.00		
Plymouth Liskeard and Districts Branch			£2,000.00	
Rishon Multiple Sclerosis Aid Group				£1,006.00
Rochdale & District Branch			£1,000.00	
Sefton Area Branch			£1,000.00	
Settle, Bentham & District Branch	Cambridge Myelin Repair 2011-2015	£1,000.00		
Shrewsbury & District Branch	MS-SMART Research Project Grant 982	£5,000.00		
Trafford & South West Manchester Branch	MS-SMART Research Project Grant 982	£4,000.00		
West Hertfordshire Branch	MS-SMART Research Project Grant 982	£3,000.00		
Winchester & District Branch	Hampshire and Islands Regional Development Programme	£50.00		
Winchester & District Branch	Cambridge Myelin Repair 2011-2015	£2,000.00		
<b>Total</b>		<b>£29,766.00</b>	<b>£19,555.00</b>	<b>£1,506.00</b>



# 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 [www.parkdean.com](http://www.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 or 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 0848

[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)

### 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