

# Teamspirit

For branch volunteers and national support group committee members



*Lord Dubs, Vice Chair of the All Party Parliamentary Group for MS, in a clip from our video*

## All Party Parliamentary Group agrees action plan

In July, the Westminster All Party Parliamentary Group (APPG) for MS agreed a new Action Plan for 2014 - 2015. The group includes over 45 MPs and peers from across the political spectrum, all of whom are committed to being strong Parliamentary advocates for people affected by MS. You can watch a video of the APPG's recent visit to Northern Ireland on our website and YouTube channel.

In the run up to the 2015 General Election, group members will discuss financial security, research innovation and access to physical wellbeing services for people with MS. We'll be supporting members to table debates and quiz members in Parliament on these issues.

Find out more and watch the video:  
[www.mssociety.org.uk/campaigns](http://www.mssociety.org.uk/campaigns)  
[www.youtube.com/mssociety](http://www.youtube.com/mssociety)



# 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!

### New five year strategy

Our Board of Trustees recently approved a new five-year strategy for the MS Society. This strategy is ambitious and aspirational, transforming several areas of our work while seeking to grow and diversify our income.

#### Our goals

The new strategy is based around achieving seven long-term goals that people with MS have told us they want to see realised. These goals were developed through extensive engagement with people affected by MS, our staff, and volunteers – including a survey to which almost 3,000 people responded.

We know that, above all, people with MS want access to effective treatments for their condition, including treatments which can slow, stop or reverse the accumulation of disability. We'll achieve this through significantly increasing our investment in research, influencing others and campaigning to ensure people have timely access to treatments that already exist. In doing this, we'll continue to be there for people affected by MS who need support today, ensuring that no-one has to face MS alone.

#### Our approach

Collaboration and co-production will be at the core of our approach. We can't achieve our goals on our own, so we'll work much more closely with our branches, support groups, volunteers, other charities, professionals, and organisations across the neurology and disability sectors. We'll work UK-wide,

tailoring our approach where appropriate, and we'll be inclusive, reaching out to those who don't currently benefit from our support. We'll continue to be an organisation of, not just for, people affected by MS, ensuring that they are at the heart of our decisions and our work.

#### The strategy and the AGM

The new strategy will be presented to members for endorsement at the AGM on 20 September; a summary was included in the AGM materials sent out with the August issue of MS Matters. If you're a member, please do remember to vote. If you have any questions about the strategy please contact the Strategy and Impact team (details below).

Following the AGM, and assuming it is endorsed, we'll communicate our new strategy to the wider MS community.

Your support and involvement will be crucial as we move into this exciting new phase. We look forward to working with you to implement the strategy locally and achieve a real and positive difference in the lives of people affected by MS.

Read a summary of the strategy on our website: [www.mssociety.org.uk/agm-2014/resolutions](http://www.mssociety.org.uk/agm-2014/resolutions)



**Audience:** All



**Action:** Share, act – vote



**Contact:** Strategy and Impact team  
020 8438 0850

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



# News and events

## MS Portal Update

As you may know, we're currently working on an Information Management Programme (IMP) to improve the way that we share, access, store and collect information across the organisation. One aspect of this programme is the MS Portal, a website which will contain a range of tools to support you – our volunteers.

To begin with, the new MS Portal will exist alongside the MS Society volunteer website, but over time (and following a wide roll out and detailed training), the MS Portal will replace the volunteer website as it exists today.

Over the last year, the IMP team have been conducting a consultation across the UK to gain a thorough understanding of the issues faced by both staff and volunteers when trying to find information. Over 30 branches fed into this consultation and your feedback has been taken into consideration. As a result of these consultations, the original design and scope of the system has been expanded to provide even more tools to support you in your roles.

A number of tools on the MS Portal will now do more than was previously planned for, and we'll be adding in completely new tools that deliver even more benefits. One example of this is that we'll be creating an online storage system for branches to use so that you can reduce the paper documents which you're currently storing in your homes.

Delivering these extra benefits is going to take a little more work than we'd previously planned for, so we've revised the timeline for the MS Portal.

- **Now - Dec 2014:** we'll be building the system and testing it all works properly
- **Jan - Feb 2015:** we'll be piloting the system with volunteers in two regions
- **March - May 2015:** we'll be rolling out the system, delivering training and releasing self-training resources

If you'd like any more information about the MS Portal and the user requirements, or the IMP programme in general, please get in touch on the details below.



**Audience:** All



**Action:** Note



**Contact:** John McGlone  
020 8438 0940

[john.mcglone@mssociety.org.uk](mailto:john.mcglone@mssociety.org.uk)



# News and events

## PIP legal case unsuccessful

You may be aware that there was recently a legal case challenging the way the Government made its decision to change the mobility criteria for the highest rate mobility component of PIP. Unfortunately, this case was unsuccessful.

Under the new rules, if people who have a physical disability can walk just 20 metres, they could miss out on the higher rate of the mobility part of the benefit. The previous distance was 50 metres. Over 500,000 disabled people now risk losing the highest rate of PIP due to the stricter criteria imposed by the Department of Work and Pensions (DWP).

In court, legal teams argued that the decision was made without fair consultation and though the Government retrospectively consulted on the change, they'd already committed to it in practice. While the judge was critical of the decision making process, he ultimately ruled that it was lawful.

We strongly support an appeal of this decision and will, in collaboration with other organisations, continue to put pressure on the Government to improve the assessment process for PIP. If you have any experiences of the PIP process that you'd like to share with us, please get in touch on the details below, or take this short survey and help inform our campaigning: [www.surveymonkey.com/s/DBC\\_PIP\\_survey](http://www.surveymonkey.com/s/DBC_PIP_survey)

 **Audience:** All  
 **Action:** Share, act – tell us your experiences  
 **Contact:** Policy and Campaigns team  
020 8438 0700  
[campaigns@mssociety.org.uk](mailto:campaigns@mssociety.org.uk)

## Three new MS medicines approved in 2014

Three new disease modifying treatments (DMTs) have been approved for use by people with relapsing remitting MS this year.

In July, a new MS pill called Tecfidera (also known as dimethyl fumarate) joined Lemtrada (alemtuzumab) and Aubagio (teriflunomide) and was approved for use on the NHS in England, Wales and Scotland. All three treatments are available in Northern Ireland for eligible patients via an Individual Funding Request, but are currently being assessed to see if they should be made more routinely available. We should know the outcome of this in the next few months.

### Successful influencing

Recognising the potential life-changing effects of Tecfidera, Lemtrada and Aubagio, we worked extensively with people with MS to contribute to the appraisal processes. A huge thank you to everyone who completed our surveys, submitted case studies, and acted as patient experts at the appraisals. Your input was crucial in ensuring that these treatments received positive decisions.

### Treat Me Right

Now that these medicines have been approved, we want to make sure that they are available. We know that much more needs to be done to ensure that all people with MS have access to the right treatments for them, wherever they live and whatever their needs. If you want to help make this happen, join our Treat Me Right campaign [www.treatmerightms.org.uk](http://www.treatmerightms.org.uk)

You can also find out more about the new treatments and how to access them on the Treat Me Right website.

 **Audience:** All  
 **Action:** Share, act – join the campaign  
 **Contact:** Policy and Campaigns team  
020 8438 0700  
[campaigns@mssociety.org.uk](mailto:campaigns@mssociety.org.uk)  
[www.treatmerightms.org.uk](http://www.treatmerightms.org.uk)



# Info and resources

## Personal care and safeguarding policies

We've recently updated two policies which all branches and support groups will need to be aware of: the personal care policy and the safeguarding policy.

In the autumn, local area staff will be holding briefings for branches and groups about the changes to these policies and what they might mean for you. If you have any additional questions, please speak to your local staff member. Both of these policies are available on the volunteer website.

### Personal care

<http://volunteers.mssociety.org.uk/personal-care>

Personal care refers to any assistance which is given to someone to help them with their daily living such as dressing, bathing, toileting, getting out of bed, eating, drinking or taking medication.

The personal care policy requires that if someone needs personal care they should be accompanied by their own primary carer (paid or unpaid). For anyone not accompanied by their primary carer, any personal care at any MS Society services, meetings or events must be delivered by contracted care assistants, and not by MS Society staff or volunteers. Primary carers, whether paid or unpaid, must only provide personal care to the individual they are responsible for. This policy is in place to protect both the service user, and MS Society staff and volunteers.

We're also developing a guidance document for branches and support groups to cover key

questions you might have, such as how to hire a contracted care assistant and how to explain the changes to your service users. This will also be available on the volunteer website shortly. For any questions not covered by this document, please speak to your local area staff member.

The policy will be implemented from October and local area staff will be available to support you.

### Safeguarding

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

Safeguarding means making sure vulnerable people are protected from abuse. Although encountering these issues is rare, it's important that abuse is never ignored. This updated policy and accompanying guidance covers how to identify vulnerable individuals, different types of safeguarding issues and what to do if you suspect abuse.

When abuse is suspected or disclosed, the responsibility of all volunteers is to reassure the individual, record your concerns, and immediately report the situation to a member of staff. You're not asked to do anything else. The staff member will then pass the concern to our new safeguarding panel who will deal with the next steps.

This policy is now live.



**Audience:** All



**Action:** Note



**Contact:** Care and Support Services team  
020 8438 0954

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



# Info and resources

## Mutual respect and effective working relationships

The majority of working relationships between volunteers and staff at the MS Society are positive and play an essential role in the success of our activities around the UK.

However, some concerns have been raised about behaviours which are against our code of conduct. We take bullying and harassment very seriously at the MS Society and will not tolerate it. Our aim is to protect our volunteers and staff from such behaviours and to promote a culture of mutual respect. This is vital if we're to work together effectively to support people with MS.

Examples of bullying and harassment can include shouting and swearing, teasing and name calling, malicious rumours, sending abusive emails, negative comments or 'jokes' based on an individual's gender, sexual orientation, race or other characteristics.

To protect our staff and volunteers from these behaviours we're introducing two new policies:

### Dignity at work

This policy and guidance gives detailed descriptions of bullying and harassment and sets out the process for dealing with such behaviours informally and formally.

### Resolving volunteer issues and concerns

This policy provides a process for resolving any issues a volunteer may encounter when volunteering with us fairly and quickly.

We're also reminding all volunteers and staff of the code of conduct. You can find this and both policies on the volunteer website: <http://volunteers.mssociety.org.uk/ms-society-policies-and-documents>

All branch and support group chairs are asked to bring this item and the policies to the attention of their committees and volunteers.



**Audience:** All, especially chairs



**Action:** Share



**Contact:** Volunteering team

020 8438 0944

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



# Info and resources

## Update on our resources

New edition:

### Memory and thinking

(eighth edition, June 2014)

Now available to download from the website,

[www.mssociety.org.uk/ms-resources](http://www.mssociety.org.uk/ms-resources),

or order from the online shop,

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

Please recycle previous editions.

A sample copy will be sent to all branches, along with the July 2014 edition of Information Resources from the MS Society. This new publications list is much smaller than previously, and there's only one order form which we'll send out on demand, rather than as a default.

These changes have allowed us to save money on design, print and postage. Please contact us with any questions or feedback, as this will be helpful when deciding whether to continue with this model for future years.



**Audience:** All



**Action:** Share



**Contact:** Online shop team

020 8438 0999

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

## Risk Management system

All relevant forms for your branch activity under the risk management system can now be found on the volunteer website <http://volunteers.mssociety.org.uk/our-risk-management-system>

In order to ensure you're using the most up-to-date form, please always print the copies you need directly from this site. Your local area staff member can assist you with any questions you might have.



**Audience:** All



**Action:** Share, act –

use the forms from the website



**Contact:** Your local area staff member



# Research

## MS Society Tissue Bank funding renewed

We're delighted to be extending our funding of the MS Tissue Bank, and can now confirm we've awarded a grant with total funding of over £1.26m for a further five years.

The Tissue Bank provides a facility for people who want to donate their organs to research and makes them available to scientists investigating the causes of MS and searching for more effective treatments for the condition. Some research questions can only be addressed by directly using tissue from people affected by MS. For example, are there different forms of the disease that can be identified by the type of damage to the brain? What cells and molecules are present, and are they responsible for damage or are they useful for repair? This makes the Tissue Bank a unique and essential resource for scientists conducting research into MS.

We've proudly funded the MS Society Tissue Bank since 1998. It's the largest MS tissue bank in the world and specimens have been sent out to researchers worldwide to assist with over 280 projects so far.



**Audience:** All



**Action:** Share



**Contact:** Research team  
020 8438 0822

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

## 2014 MS Society funded research projects announced soon!

Our 2014 research grant round is now drawing to a close. This year we received a total of 60 applications from UK researchers asking for MS Society funding. These applications fall into two categories: biomedical research, and care and services research.

The applications have been reviewed by independent experts and people affected by MS to whittle them down to a shortlist of the highest quality research projects.

Our expert grant review panels then met to discuss the shortlist. The panels are made up of researchers, scientists and people affected by MS, and they recommend which applications are of the highest scientific merit and relevance. The panels consider all aspects of the application itself, how well it fits with our Research Strategy and JLA priorities, and the comments from reviewers.

The panel meetings both took place in July this year and the respective panels recommended funding 10 biomedical research projects and six care and services research projects. The research team is now carrying out follow-up work from these meetings and the recommendations are still subject to change. Keep your eyes on the website in the autumn for our announcement of all the newly funded projects! [www.mssociety.org.uk/research](http://www.mssociety.org.uk/research)



**Audience:** All



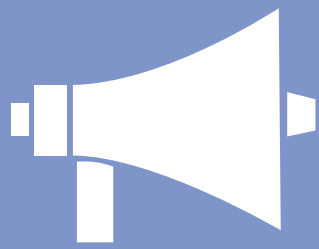
**Action:** Share



**Contact:** Research team  
020 8438 0822

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





# Fundraising

## ChallengeMS is here!

As you know, this September we're inviting people to take on a new challenge, aiming to raise £125,000 to fund the next breakthroughs in MS research. Across the UK, people are challenging MS in all kinds of ways, from writing poetry to three legged races, and it's not too late to take part.

MS Walk is back on 28 September and bigger than ever. Join our CEO Michelle Mitchell to walk 20km and enjoy the sights of London, or try the accessible 10km route, great for all the family.

Another popular ChallengeMS challenge is to give something up, whether that's chocolate, fast food or alcohol. You can ask people to sponsor your challenge and donate any money saved by not buying treats.

A challenge means different things to different people, so if these don't tempt you, why not come up with your own? We'd love to hear about it.

You can also help us spread the word on social media by tweeting [#IchallengeMS](#) and joining others sharing how they challenge MS every day.

To get involved, sign up for the walk, or for more ideas to promote ChallengeMS in your area, visit [www.challengems.org.uk](http://www.challengems.org.uk) or get in touch on the details below.



**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)

## Trek to the roof of Africa

A once in a lifetime opportunity to reach the highest point in Africa – are you up for the challenge?

In October 2015, a group of MS Society supporters will be climbing to the summit of Kilimanjaro, the world's highest free-standing mountain. Join this like-minded group or promote this fantastic experience and help us to fund vital work in beating MS.

You'll have the chance to trek through rainforest, desert and glacier, as well as see some amazing African wildlife as you make your way up to the top. Feel an incredible sense of achievement when you reach the ice-capped peak at 5,895m.

You'll be fully supported by an experienced team of guides. The fundraising team will also be on hand to help in the lead-up to the trip.

To sign up, or for more information about how to promote this trek, please visit the Walking and Trekking section of our website [www.mssociety.org.uk/fundraising](http://www.mssociety.org.uk/fundraising) or contact us on the details below.



**Audience:** All



**Action:** Share



**Contact:** Elise Murray  
0845 481 1577

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



# Fundraising

## Direct mail appeals update

In June, we sent out an appeal asking for donations towards genetic research. Thanks to the generosity of our amazing supporters, the appeal has raised over £168,500 to date. A fantastic amount! Thank you to everyone who donated.

At the end of July, the supporter newsletter, *advances*, was sent to fundraisers and donors. Features included updates on research, our fundraising appeals and campaigns, and details of how supporters can get involved again. We hope you and your members enjoy reading *advances*; there will be an update on income in the next issue.

This month, our next direct mail appeal will be sent out, focusing on raising money to support MS research. Progress in MS research is accelerating, with breakthroughs being made all the time. However, we need your help to keep that momentum going and continue funding new projects which could offer hope to so many.

Finally, next month brings Christmas raffle time again. We had an amazing response to the Spring raffle, raising over £60,000. Tickets for the next raffle will be sent in mid-October and offer the chance to win £4,000. Good luck!



**Audience:** All



**Action:** Note



**Contact:** Vanessa Mattina

020 8438 0770

[vanessa.mattina@mssociety.org.uk](mailto:vanessa.mattina@mssociety.org.uk)

## Christmas catalogue

September sees the launch of the new and improved Christmas catalogue.

This year, instead of working with an external company, we're producing the catalogue ourselves with a smaller number of products which focus on the items that have been most popular in the past. So, we still have a fantastic range of Christmas cards, wrapping paper and a few other gifts that we're sure our supporters will love.

Although the catalogue has changed, the incentives for branches and support groups remain the same. You and your branch can still raise funds to use locally by receiving 25% of the value of purchases. As usual you'll receive this in a single payment early in the new year. Also, as in previous years, you can bulk order Christmas cards and receive commission of 40% of the purchase price.

For more details about these initiatives, your branch codes and copies of the catalogue, please get in touch on the details below.



**Audience:** All



**Action:** Share, act – get in touch and order your copies



**Contact:** Fundraising team

020 8438 0700

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



# Support

## Carers Week 2014

In June, families and carers made the headlines as the annual Carers Week campaign got underway. We're partners in the campaign alongside many other national charities.

This year, the Carers Week Quest encouraged local organisations and employers to reach out to thousands of UK carers who are missing out on services and support. A number of branches used the opportunity to run events for families and carers in their area.

Penni Langthorpe, Locality Manager at Carers First in Kent and Medway, was invited by the Gravesend branch to speak to carers about their rights and entitlements, and where they can access information and support. Penni said, "the vibe in the room was wonderful; I was buzzing for hours afterwards."

Other events around the UK included an information day led by Bexley and Dartford branch in partnership with the local NHS trust, a family BBQ in Belfast, carers workshops, and even 'mystery shopping' adult social care services. Alongside local activity, parliamentary events in the four nations targeting politicians and decision-makers received widespread media coverage. We also reached thousands of people through our social media channels.

A big thank you to all branches and volunteers who supported this year's campaign.

If you have any questions about Carers Week or would like to enquire about getting involved next year, please get in touch on the details below.



**Audience:** All



**Action:** Note



**Contact:** Sue Allison

01452 729739

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



# Support

## Support grants update

A few weeks ago we sent each branch copies of our updated grant application forms, support grants leaflets and our new equality monitoring forms. Please contact the grants team on the details below if you would like further paper copies or, if you prefer, we can email copies to you.

We've also been developing online application forms. These won't replace paper forms but will offer an alternative and, for some, a more accessible way to apply for a grant. We'll be providing further information to branches explaining how to use these forms soon.

We're also putting the finishing touches to new written guidance for branches on grantmaking across the MS Society. It will include lots of practical guidance and template documents that you can personalise for your branch. This will reach branches before the end of the year.

Support grants are a vital lifeline for people with MS, their families, and carers, and can make a real difference to quality of life. We hope you like the changes we're making to ensure applying for and giving grants is as simple a process as possible.



**Audience:** All



**Action:** Share, act –  
use the new forms in your grantmaking



**Contact:** Grants team  
020 8438 0700  
[grants@mssociety.org.uk](mailto:grants@mssociety.org.uk)

## New travel service

We've recently joined forces with SweetTree Home Care Services to launch a unique travel service, specially designed to support people with MS.

Travellers with mobility, sensory and cognitive requirements will be able to get expert support in several areas, including help making holiday and travel arrangements that meet specific needs, and 24-hour telephone support and companionship prior to and during journeys. This service will help people with MS to travel where and when they want to, with expert care and support where needed.

As a leading care provider SweetTree is dedicated to helping people to live their lives to the full and to remain as independent as possible for as long as possible. SweetTree have been providing support for people with MS for over a decade and their dedicated support workers provide care packages designed to reflect and respond to changing preferences, needs and abilities.

For more details, visit [www.sweettree.co.uk](http://www.sweettree.co.uk) or get in touch on the details below.

Please be aware that, while we are delighted to work in partnership with other organisations to help improve services for people with MS, we can't make any guarantees or accept any responsibility in respect of the services provided.



**Audience:** All



**Action:** Share



**Contact:** SweetTree Home Care Services  
020 7624 9944  
[info@sweettree.co.uk](mailto:info@sweettree.co.uk)  
[www.mssociety.org.uk/breaks](http://www.mssociety.org.uk/breaks)



# Finance

## Year-end returns (Pro-forma accounts)

### Branches not using online branch accounting

Branches and support groups need to prepare and submit an annual accounts pro-forma to MS National Centre for completion of our statutory accounts. To do this, your treasurer will receive a paper copy of the Branch Pro-forma pack for 2014 in the post in November. If you haven't received your pro-forma by mid-November, or would like an electronic excel copy, please contact us on the details below.

The deadline for submission is 31 January 2015. Please remember to include the completed internal financial controls checklist, which needs to be signed off by the treasurer and chair of your branch.

If you decide that you'd rather use branch accounting online, then please let us know.

Please remember, you don't need branch annual meeting approval to send the accounts direct to the MS National Centre. In addition, if you're waiting on a report from an accountant or for your balance sheet to be signed, please forward a draft copy of your pro-forma to us separately, before the end of January 2015, then provide a copy of the report and/or signed balance sheet as soon as it is available.

All paper pro-forma must be sent via post or email to the address below.

### Branches using online branch accounting

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

The chair must verify the receipts and payments report 'year to date' to December 2014 by either:

- emailing back a copy of the report (copying in the branch treasurer) to the finance team confirming the report is accurate, or
- signing the report and posting it back to the finance team

The completed internal financial controls checklist must also be signed by both treasurer and chair and posted or emailed to us at the details below.

Please verify and submit your receipts and payments report and the completed internal financial controls checklist to the MS National Centre by 31 January 2015.

If you have any queries, contact the finance team on the details below.



**Audience:** Treasurer, Chair



**Action:** Act – complete the pro-forma



**Contact:** Finance team

020 8438 0709 or 0785

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

MS National Centre,

372 Edgware Road, London, NW2 6ND



## Barclays Cash Pooling Scheme – updated forms

Barclays Bank have updated their forms for changing your correspondence addresses and mandates. All branches should use these new forms from now onwards. The forms are available on the volunteer website:  
<http://volunteers.mssociety.org.uk/finances>

As well as the mandate form and the change of address form, you can also find the following documents on this page:

- How to update branch signatories
- Signatory responsibilities
- Signatory declaration form

Please note that, as before, all forms should be sent to our finance team and not directly to Barclays.

If you have any queries, please contact the finance team on the details below.



**Audience:** Treasurers



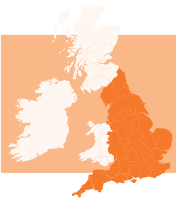
**Action:** Act – use the new forms



**Contact:** Finance team

020 8438 0875

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



# For England

## England Council annual meeting

This year's annual meeting of the England Council took place on 7 June at MS National Centre.

At the meeting, the Council reflected on their work and achievements over the last year. As volunteers, they work with local staff and other volunteers across the country to bring about improvements to local services, as well as feeding back issues to the Board.

The meeting also gave attendees the opportunity to have their say in the development of our new strategy (see page 2) with a session introduced by Hilary Sears, Chairman of the Board of Trustees, and facilitated by Ed Holloway, Programme Director for Strategy and Impact. There was also a presentation on benefits and an update on the latest MS research.

The presentations were well received, with all attendees completing the evaluation form scoring the meeting at least 7/10 or above, and almost 80% saying that they would definitely consider attending an annual meeting in the future.

Visit our website to view the presentation slides and find out more about the England Council, and how you can get involved:

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

If you have any questions or would like further information, please get in touch on the details below.

 **Audience:** England  
 **Action:** Share  
 **Contact:** England Council  
020 8438 0765  
[englandcouncil@mssociety.org.uk](mailto:englandcouncil@mssociety.org.uk)

## Interested in campaigns? Let's talk!

Too many people affected by MS in the UK have to fight for the treatments, services, care and support they need, and we continue to lobby government to change that.

With your help, we've been able to get loud, launch campaigns like Treat Me Right and make sure ministers know what's important for people affected by MS. Behind the scenes, we're busy working locally and nationally to keep MS issues on policy-makers' agendas.

Our policy and campaigns team want to tell you more about how we put pressure on the government to ensure every person affected by MS can access the right treatment, care and support for them. If you'd like a member of the team to come and speak to your branch about policy and campaigns over the next year, please get in touch on the details below.

 **Audience:** England  
 **Action:** Act – book a visit from our team  
 **Contact:** Policy and Campaigns team  
020 8438 0700  
[campaigns@mssociety.org.uk](mailto:campaigns@mssociety.org.uk)  
[www.mssociety.org.uk/campaigns](http://www.mssociety.org.uk/campaigns)



# For Northern Ireland

## Support volunteer recruitment

We're currently recruiting support volunteers and would welcome applications ahead of the first training days on 23 and 24 September 2014.

Support volunteers play an important role in supporting local people affected by MS. This can involve providing emotional support and a listening ear to people you speak to, providing information and updates about branch activities, sending information out if requested and signposting to relevant services and support. All support volunteers need to complete our four day learning and development programme which is spread out over two months.

The dates are as follows:

- Day 1 – Choice and Control**  
23 September, 10.30am – 3.30pm
- Day 2 – Emotional Support**  
24 September, 10.30am – 3.30pm
- Day 3 – Information Matters**  
21 October, 10.30am – 3.30pm
- Day 4 – Money Matters**  
22 October, 10.30am – 3.30pm

All training will take place at the MS Society Resource Centre Belfast.

 **Audience:** Northern Ireland  
 **Action:** Share  
 **Contact:** NI Development Team  
028 90 802 802  
[nidevelopmentteam@mssociety.org.uk](mailto:nidevelopmentteam@mssociety.org.uk)

## Review of MS respite services

We've joined with the Northern Health and Social Care Trust to review MS respite services within the Northern Trust area. A number of meetings will be held over the next six months to investigate what respite services are available for people affected by MS. We would encourage anyone with comments or experiences they wish to share to contact Brenda Maguire on the details below.

 **Audience:** Northern Ireland  
 **Action:** Act – get in touch  
 **Contact:** Brenda Maguire  
028 90 802 802  
[brenda.maguire@mssociety.org.uk](mailto:brenda.maguire@mssociety.org.uk)

## Area Forum – save the date

The Development Team will host an All Branch Area Forum on Wednesday 10 September, 10.30am – 2pm at the MS Society Resource Centre. This is an opportunity for branches from throughout NI to come together to share ideas and best practice.

 **Audience:** Northern Ireland  
 **Action:** Act – register to attend  
 **Contact:** NI Development Team  
028 90 802 802  
[nidevelopmentteam@mssociety.org.uk](mailto:nidevelopmentteam@mssociety.org.uk)





# For Northern Ireland

## Fundraising update

### **Congratulations to Mid Ulster fundraisers**

In July, 34 walkers took part in a special challenge to climb Slieve Donard to raise funds for the Mid Ulster Branch. They raised an amazing £6,000! Half the money raised was donated to the MS Society Mid Ulster Branch with the remaining £3,000 donated to MS research.

Susan Graffin, Chair of the Mid Ulster Branch said: “On behalf of the MS Society I would like to thank the Moneyglass Walkers and everyone who participated in or supported this event in any way.”

### **Gala Ball 2014**

Has your branch booked your table for the MS Society Gala Ball? Join us for a night of glitz and glamour with music by Johnny Bravo and the Riviera Swing Band on **22 November** at Stormont Hotel.

To book your tickets, or for more information about ways your branch can get involved in fundraising, contact our fundraising team on the details below.



**Audience:** Northern Ireland



**Action:** Share, act - get involved



**Contact:** Samantha Creighton

028 90 802 802

[samantha.creighton@](mailto:samantha.creighton@)

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



# For Scotland

## 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.

Our next courses start in October.

### **The Paxton Centre, Lundin Links, Fife**

**16 October – 20 November**

Every Thursday, 10.30am – 1pm

Read more about the new centre:

<http://homelands-fife.co.uk/the-centre>

### **Douglas Grant Centre, Ayrshire Central Hospital, Irvine**

**21 October – 25 November**

Every Tuesday, 11am – 1.30pm

We also hope to run courses soon in Arbroath or Dundee, Arran, the Dingwall area, Edinburgh West, the Elgin area, Milngavie and Stornoway.

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.

### **What happens on a course?**

For a flavour of the course content, check out our 'top tips' series in the Scotland pages of MS Matters.

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 Ailsa on the details below.



**Audience:** Scotland



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



**Contact:** Ailsa Blair  
0131 335 4050

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



# For Scotland

## Scotland Council open meeting

Our Scotland Council held their first open meeting at the end of August in Aberdeen and it was a great success. The second open meeting will be held on **Saturday 4 October** at Ratho Station near Edinburgh.

The event 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.

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.

 **Audience:** Scotland  
 **Action:** Share, act – book your place today  
 **Contact:** Events team  
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)

## Support volunteer training and forum

We're holding a Support Volunteer Forum at our office in Ratho Station near Edinburgh on **Friday 26 September**. This is a great opportunity for support volunteers to get together and share your experiences.

The agenda will be set by you – look out for more information coming your way soon from Volunteer Development Manager Lynda Boyce.

Training is also coming up, so if you haven't yet completed training day four, Money Matters, do book on.

Money Matters is a training day covering:

- Employment and benefits
- Best practice around giving grants
- The Grants team
- The application form
- Consolidation

The next Money Matters training days are in October:

- **Friday 3 October** – Ardler Centre, Dundee
- **Saturday 4 October** – Glasgow Holiday Inn

 **Audience:** Scotland support volunteers  
 **Action:** Share, act – book your place today  
 **Contact:** Lynda Boyce  
0131 335 4050  
[lynda.boyce@mssociety.org.uk](mailto:lynda.boyce@mssociety.org.uk)



# For Scotland

## Event risk assessment training for branches

Our risk management system meets legal minimum standards to keep you, your members and visitors safe. The system also helps protect the MS Society financially – and you from personal liability.

The purpose of risk assessment is to:

- show all the foreseeable risks that could be found in a particular situation
- determine the level of risk
- develop control measures that can be put in place to avoid these risks




Branches and groups must carry out risk assessments if you provide transport, have property, or when you run fitness activities and events (including meetings).

The risk assessment system for branches that run events, including meetings, is currently being rolled out across Scotland. To induct branches to this risk assessment system, training is being held on the following dates and is open to those branches who this is new for and those who were unable to attend the training last year.

Dates include:

- **29 September – Aberdeen**
- **30 September – Inverness**
- **2 October – Glasgow**

Speak to your local ADO for more information and to book on to the course.

-  **Audience:** Scotland
-  **Action:** Act – book your training
-  **Contact:** Your local ADO

## Could your branch benefit from a training course?

Many of our branches will have new committee members following your annual meetings. If your new members need training or induction, or if existing members would like a refresher, we're here to help, so please get in touch for a chat about your training needs.

We are planning to hold training courses on grants for branches soon, which your ADO will be in touch about.

-  **Audience:** Scotland
-  **Action:** Act – get in touch
-  **Contact:** Lynda Boyce  
0131 335 4050  
[lynda.boyce@mssociety.org.uk](mailto:lynda.boyce@mssociety.org.uk)



# For Wales

## Get Active Exercise Taster Days

We're hosting Get Active Exercise Taster Days for people living with MS. If you or your members would like to learn more about the benefits of taking part in exercise and activity, and the local opportunities available, you can join us at our free Get Active Days. Friends and family are welcome too; there'll be something to suit everyone.

Learn more about, or have a go at, a whole range of activities including:

- Qi gong and Tai Chi
- Yoga and Pilates
- Shooting and archery
- Nordic walking and skiing
- Sailing
- Boccia
- Curling
- 'Extend' exercise programme and local exercise groups
- National Exercise Referral Scheme, Disability Sports Officer
- Physiotherapy referral pathway
- Nutrition

Events have been supported by: Disability Sport Wales; Conwy County Borough Council; Usk; The Principality Building Society.

Dates and locations for the Get Active Days in late September are:

### Colwyn Bay Leisure Centre

Eirias Park, Colwyn Bay

**Sunday 21 September**

11am - 2pm

### Deeside Leisure Centre

Deeside, Flintshire

**Sunday 26 October**

11am - 2pm

Booking is advised. For information, travel assistance or to book a place, please get in touch on the details below:



**Audience:** Wales



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



**Contact:** Urtha Felda

07920 429477

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

# For Wales

## Cymru Council meetings

The Cymru Council are meeting at Future Inn, Cardiff Bay on the following dates:

- 4 October
- 22 November

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



**Audience:** Wales



**Action:** Share



**Contact:** Matthew Witty

029 2167 8921

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

## Area Network Meetings North, South and Mid Wales

Branch members meet together twice a year to share information, discuss current initiatives and receive updates from the Cymru Council. If you haven't joined us for one of these meetings yet and would like to attend, please contact your branch chair to book a place or, for more information, get in touch on the details below

Our next meetings are:-

**South East Wales – Hilton Hotel, Newport**  
**Tuesday 14 October, 10.15am - 3.30pm**

**Mid Wales – Coleg Powys, Newtown**  
**Thursday 16 October, 10.15am - 3.30pm**

**North Wales – Abergele**  
**Friday 17 October, 10.15am - 3.30pm**

**South West Wales –**  
**Ivy Bush Hotel, Camarthen**  
**Wednesday 22 October, 10.15am - 3.30pm**



**Audience:** Wales



**Action:** Share



**Contact:**

For South and Mid Wales, contact Sue:  
07920 547079

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

For North Wales, contact Urtha:  
07920 429477

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



# Branch contributions

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

<b>Branch contributions 23 May - 27 July 2014</b>				
<b>Branch Name</b>	<b>Earmarked Description</b>	<b>Earmarked</b>	<b>Research</b>	<b>General</b>
Banbury & District Branch	Services & Support in NI		£500.00	
Ballymoney & District Branch	MS-SMART Research Project Grant 982	£5,000.00	£5,000.00	
Braintree Branch		£1,000.00		
Canterbury & District Branch			£500.00	
Chorley & District Branch	MS Nurses		£1,500.00	
Clacton & District Branch	MS-SMART Research Project Grant 982	£750.00		
Clacton & District Branch	Cambridge Myelin Repair 2011-2015	£750.00	£750.00	
Henley On Thames & District Branch	MS-SMART Research Project Grant 982	£5,000.00		
Henley On Thames & District Branch	Cambridge Myelin Repair 2011-2015	£5,000.00		
Horsham, Crawley & District Branch		£2,500.00	£2,500.00	
Kings Lynn & District Branch			£1,656.00	
Lochaber Branch (Fort William)			£500.00	
Merton Branch			£2,000.00	
Mid Cornwall Branch			£1,000.00	
Moray Branch			£482.34	
North Dorset & District Branch		£500.00	£1,000.00	£500.00
Nottingham Branch			£900.00	
Ryedale Branch	Yorkshire Region	£2,000.00		
Scunthorpe & District Branch	Publications – Yorkshire & Humber Regional Newsletter	£1,000.00		
Sefton Area Branch	Cambridge Myelin Repair 2011-2015	£5,000.00		
Sefton Area Branch	MS-SMART Research Project Grant 982	£500.00		
Sefton Area Branch	Stem Cell Research	£320.00		



# Branch contributions

Branch Name	Earmarked Description	Earmarked	Research	General
Spelthorne (Staines & District) Branch			£1,000.00	
Stanhope & Weardale Branch	Magnetic Resonance Imaging	£1,000.00		
Stanhope & Weardale Branch	MS Helpline	£1,000.00	£2,000.00	
Uckfield Heathfield & Lewes Branch			£4,000.00	
Wakefield & District Branch			£2,500.00	
Wakefield & District Branch	Stem Cell Research	£2,500.00		
Westmorland South Lakes Branch	Cambridge Myelin Repair 2011-2015	£2,500.00	£2,500.00	
<b>Total</b>		<b>£36,320.00</b>	<b>£30,288.34</b>	<b>£500.00</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 on 01263 578 148 or email [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