

# Teamspirit

For branch volunteers and national support group committee members



*Ursula Moss, MS Society Volunteer of the Year 2014, with actress Camille Coduri*

## MS Society Awards 2014

**T**hank you and congratulations to everyone who was involved in this year's MS Society Awards. We had a wonderful day celebrating the inspiring achievements of individuals from across the MS community, including carers, fundraisers and researchers. Our Volunteer of the Year winner was Ursula Moss, pictured, who has given her time to improve the lives of people with MS with the Allerdale branch for the past 34 years. Her fellow finalists were Rani Kaur from Asian

MS, who uses social media and holds talks to raise awareness of MS amongst the Asian community, and Sheena Rollo, who set up a drop-in centre in Dumbarton to prevent people with MS in her area from becoming isolated.

We received over 200 nominations for the Awards, a testament to the sheer number of you out there making a difference. Chief Executive Michelle Mitchell said, "The achievements, dedication and hard work of people in the MS community are incredible – we simply couldn't do what we do without your support."

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



# 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!

## Together to beat MS: Our strategy 2015-19

We're delighted to announce that, at our Annual General Meeting on 20 September, our members overwhelmingly endorsed our new strategy for 2015 - 2019.

This marks an important milestone for the MS Society, as we now have seven long-term goals which will guide all of our work. These goals reflect the hopes and aspirations of people affected by MS.

In order of priority, our goals are:

- 1. Effective treatments:** People with MS will have access to effective treatments for their condition, including treatments which can slow, stop or reverse the accumulation of disability.
- 2. Responsive care and support:** People with MS, including those being diagnosed, will have access to support that is responsive to their needs, and recognises them as equal partners in their care.
- 3. Preventing MS:** Progress in research means that fewer people will develop MS.
- 4. Quality information:** People affected by MS will have access to high quality information that meets their needs.
- 5. A strong community, independent lives:** People affected by MS will be able to live their lives strengthened by a community that ensures no one has to face MS alone.
- 6. Supporting families and carers:** The families and carers of people with

MS will have access to the support they need.

### **7. Greater certainty about the future:**

People with MS will have greater certainty about how their condition will progress.

The endorsement of our goals and new strategy is an exciting and important step forward for the MS Society, and we now need to work together to make these goals a reality for people affected by MS.

A printed version of the strategy is being developed and will be shared with you later this year. We're also producing postcard versions of our goals featuring people affected by MS – watch this space to find out how you can order them for local events.

### **Reviewing our work locally**

In the strategy we committed to reviewing how we work locally. We've already carried out a survey to help us understand how effectively we currently support branches – thank you to all branches who responded.

This work will tell us a huge amount about how we can improve the support branches and volunteers receive. We'll keep you informed as the review progresses, and there will be further opportunities to contribute your views.



**Audience:** All



**Action:** Share



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

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



# News and events

## Appeal Board Meeting success

Exciting progress is already underway on our National Appeal, the most ambitious fundraising appeal in our 60 year history. The Appeal aims to raise £100m in 10 years, enabling us to achieve a step change in our investment in MS research through new and alternative income sources such as grants, trusts and high value donors.

Following the Board's endorsement of the Appeal strategy in July, our brand new Appeal Board met for the first time on 24 September. The Appeal Board is made up of the following small group of incredibly influential and successful business leaders and philanthropists:

- **Sir Vernon Ellis** (Chair)  
Chairman of the British Council
- **Sir David Walker**  
Chairman of Barclays plc, former Chairman and CEO of Morgan Stanley International
- **Sir Peter Middleton**  
Chairman of Burford Capital, former Chairman of Barclays and Permanent Secretary to the Treasury
- **Nicholas Maclean**  
Founder director of Eykyn Maclean
- **Josh Krichefski**  
Chief Operating Officer of MediaComUK
- **Kate Hely-Hutchinson**  
founding member of the Appeal steering group and longstanding supporter of the MS Society

Every member of the Appeal Board has a personal connection with MS and they're helping connect us to new networks of wealth and influence. This will be vital to the Appeal's success, but we'll need the whole MS community to come together and support us as the Appeal progresses.

The Appeal remains in a preparation phase for now, and we'll be moving into a 'discreet' phase early next year when we will be stepping up our efforts to attract new donors at the highest level. We aim to build the Appeal momentum before launching more publicly in 2017.



**Audience:** All



**Action:** Note



**Contact:** Jessica Mirzai,  
Prospect Researcher  
020 8438 0917

[jessica.mirzai@mssociety.org.uk](mailto:jessica.mirzai@mssociety.org.uk)



# News and events

## Response to Independent Review of WCA

We submitted a response to the fifth Independent Review of the Work Capability Assessment (WCA). The review is a significant opportunity for individuals and organisations to feedback key recommendations to improve the WCA. We based our recommendations on what nearly 1,500 people affected by MS told us in this year's Big Benefits Survey.

We called for a fundamental redesign of the Employment Support Allowance (ESA) claims process including changes to the criteria used in the WCA. We also called for further changes to be made as soon as possible, including:

- more emphasis must be placed on evidence from professionals and people who know claimants best
- the Department of Work and Pensions (DWP) must revise the criteria to ensure that fluctuation, variability and the severity of claimants' impairments and health conditions are adequately captured by the assessment process
- providers must be contractually obliged to provide accessible assessment centres
- reassessments for people with degenerative conditions must be set at the longest possible interval

### What happens next?

The review will be formally reporting back to the Government with key recommendations before the end of the year. The Government will then announce whether they accept the recommendations.



**Audience:** All



**Action:** Note



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

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

## Lobbying Act regulations

The Lobbying Act came into force on 19 September 2014 – it puts new rules in place for us to follow in the run up to the General Election on 7 May 2015. This time is known as the regulatory period of the Lobbying Act.

We need to be extra vigilant during this period to maintain our politically neutral stance on all the issues that we campaign on, and be careful that what we say could not be regarded as influencing someone's voting intentions. We would ask that you maintain this stance in any activity that you undertake on behalf of the organisation too.

We'd like to reassure you that we will, of course, continue to fight for the right treatment, care and support for people affected by MS throughout this period and beyond. If you're interested in supporting our campaigns, such as Treat Me Right, visit our website or get in touch on the details below: [www.mssociety.org.uk/campaigns](http://www.mssociety.org.uk/campaigns)



**Audience:** All



**Action:** Share



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

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



# Info and resources

## Update on information resources

### Information Awards

Our information resources once again impressed the judges at the annual BMA Patient Information Awards in September. Both submissions – *Vision and MS* and *What is MS?* – were commended. Only a handful of resources make this category so to have both submissions recognised is a great achievement.

### New resources

A new leaflet, *Occupational therapy and MS* (code LF20), is available to order from the online shop, <http://shop.mssociety.org.uk>, or download from [www.mssociety.org.uk/ms-resources](http://www.mssociety.org.uk/ms-resources)

### Printed resources

Recently you may have found that you cannot order printed copies of certain titles. In some cases this is because, in order to cut costs, we've produced them only as downloadable PDFs. These are clearly marked on the key publications list, available on the volunteer website: <http://volunteers.mssociety.org.uk/shop>

A number of booklets are temporarily download-only while we develop new resources. They include *Work and MS*, *Mood, depression and emotions*, and *Living with the effects of MS*. We'll let you know as soon as the new resources are ready.

We usually keep a few copies of our resources at National Centre, so if you're in real need of an out-of-stock booklet, do please contact us – we may be able to send you a handful to keep you going.



**Audience:** All



**Action:** Note



**Contact:** Online shop team  
020 8438 0999  
[shop@mssociety.org.uk](mailto:shop@mssociety.org.uk)





# Info and resources

## Online shop branch usernames

We're starting to replace the existing personal accounts used by branch volunteers on the online shop with two new generic accounts. The usernames will be based on your new branch email addresses – one for support activity and one for other branch activity, such as fundraising.

The advantage for you in using the new accounts is that they can be passed on to new volunteers when roles within the branch change, so there'll be no need to contact us to delete old users and create new ones. This also helps us to be more efficient in managing the shop, saving the MS Society time and money.

We're making these changes in phases, so you may already have received an email from us with your new usernames. If your branch has not yet been given new email accounts but you would like to start using them now, please contact us so that we can set them up for you.

You can find a Q&A with more information on this process on the volunteer website: <http://volunteers.mssociety.org.uk/shop>  
If you have any further questions, please get in touch on the details below.



**Audience:** All



**Action:** Act – use your new usernames



**Contact:** Online shop team  
020 8438 0999  
[shop@mssociety.org.uk](mailto:shop@mssociety.org.uk)

## Collections in large supermarkets

Our insurers have agreed that when your branch carries out collections in the following supermarkets, you no longer have to request a copy of the public liability insurance:

- Asda
- Morrisons
- Sainsbury's
- Tesco
- Waitrose

We've received this confirmation in writing from our insurers. "We can assume that these big supermarkets do have appropriate insurance. I can therefore confirm that MS Society (branches) are okay to continue fundraising at the aforementioned stores without seeing a copy of their insurance" – Ian Linford, Arthur J Gallagher Insurance (formerly Giles Insurance).

We're not going to change the risk assessment, as you will still need to request a copy of the public liability insurance for collections in other venues. This risk assessment can be found in the resource library on the volunteer website:

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



**Audience:** All



**Action:** Note



**Contact:** Your local staff member

# Research

## Global initiative to fund progressive MS research

We're working with MS charities in the USA, Canada, Italy, Australia and the MS International Federation, with additional support from MS charities in Denmark and Spain, to collectively form the 'Progressive MS Alliance'.

This global funding alliance will speed up research into the condition, as scientists will be able to share knowledge and expertise, and avoid duplicating work. The Alliance has agreed a number of priority areas, including designing shorter, faster trials to reduce the time taken for new treatments to be approved, and developing and evaluating new therapies to manage symptoms.

In total, €22 million (about £17.5m) has been made available to fund the Alliance over the next five years. In September, the Alliance announced funding of 22 new projects, four of which are based in the UK (Plymouth, London, Edinburgh and Cambridge). The other projects are based in USA, Canada, Sweden, the Netherlands, Denmark, Italy, Australia and Belgium. Find out more at [www.mssociety.org.uk/research/PMSA](http://www.mssociety.org.uk/research/PMSA)



**Audience:** All



**Action:** Note



**Contact:** Research team

020 8438 0822

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

## £1.45 million of funding announced for 15 new research projects

We've announced funding for 15 brand new research projects in our 2014 research grant round.

This year we received a total of 60 applications from UK researchers asking for MS Society funding. These were reviewed by independent experts and people affected by MS. The final recommendation on which projects to fund was made by two expert grant review panels who whittled down the list to the final 15 projects.

The newly funded projects cover a range of topics encompassing cause, cure, symptom relief and MS services research, amounting to a total cost of £1,450,696.

We've been funding research since 1956, and over that time we've spent almost £150 million (in today's money) on research. Read more about the research projects we're funding online at [www.mssociety.org.uk/ms-research/research-we-fund](http://www.mssociety.org.uk/ms-research/research-we-fund)



**Audience:** All



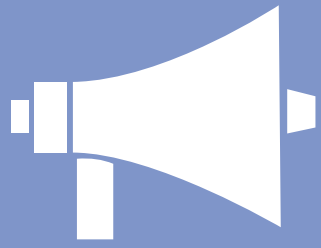
**Action:** Note



**Contact:** Research team

020 8438 0822

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



# Fundraising

## ChallengeMS

Thank you to everyone who took part in ChallengeMS this September. Over 750 people took on a personal challenge to help fund the next breakthroughs in MS research. Overall our team of challengers raised more than £115,000, which is enough to fund an average research project for almost a full year.

Supporters took on a huge range of imaginative challenges throughout the month, from giving up Irn Bru, to wearing an orange wig and running multiple marathons. Elyar Fox, Janis Winehouse and weatherman Alex Deakin were among the celebrity challengers taking part too.

On 28 September, more than 370 challengers joined Michelle Mitchell on the MS Walk in London. Whether taking on the 10km accessible route or the 20km option, everyone had a great day and the amazing walkers have raised almost £40,000 so far!

As well as being a great fundraiser, ChallengeMS raised awareness of MS and the MS Society to thousands of new people. We had press coverage across the country and hundreds of people shared their experiences of challenging MS every day, using the [#IchallengeMS](#) hashtag on social media.

**Audience:** All  
 **Action:** Share  
 **Contact:** Fundraising team  
0845 481 1577  
[challengems@mssociety.org.uk](mailto:challengems@mssociety.org.uk)  
[www.challengems.org.uk](http://www.challengems.org.uk)

## Christmas Shop now open

The Christmas Shop is now open with a wonderful selection of Christmas cards and wrapping paper.

This year, all money raised from sales comes directly to the MS Society, so sending cards from our shop is a great way to help the fight against MS while spreading your Christmas cheer.

Branches receive 25% of the income from all orders where their unique branch code is stated, so do spread the word to your supporters.

If you need a copy of the catalogue or want to know your branch code, please get in touch on the details below or visit [www.mssociety.org.uk/christmasshop](http://www.mssociety.org.uk/christmasshop)

**Audience:** All  
 **Action:** Share, act – get your branch code and stock up for Christmas  
 **Contact:** Phil Price  
020 8438 0872  
[christmas@mssociety.org.uk](mailto:christmas@mssociety.org.uk)





# Fundraising

## Appeals Update

This month we're launching the 'Brighter Future' Christmas appeal. We'll be mailing 90,000 people in the hope of raising £250,000 to help us support the Progressive MS Alliance (see page 7).

This global effort to speed up finding effective treatments for progressive MS brings hope for a brighter future for those living with the condition. For further information about this appeal, visit [www.mssociety.org.uk/future](http://www.mssociety.org.uk/future) or get in touch on the details below.

In mid-October, many members and supporters will have received their Christmas raffle tickets. The raffle has even more prizes than usual, with 15 chances to win, and includes a first prize of £4,000. What a way to start your Christmas! The Spring raffle raised over £65,000 and we hope to raise even more this Christmas.



**Audience:** All



**Action:** Share



**Contact:** Vanessa Mattina  
020 8438 0770

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

## MuSic

We recently did some research into the methods people use to raise money for us, and it seems we have a lot of very musical supporters. Back in 2012, the drumming world-record beating 'Stick it to MS' was a major success and a prompt for us to look at how we receive support from musicians. Not only do they enjoy lending their talent to our cause, but they're also fantastic fundraisers too.

We've developed a new fundraising guide called MuSic which will assist musicians, bands and budding promoters to put on a gig to support us. This is available on our website at [www.mssociety.org.uk/fundraising/music](http://www.mssociety.org.uk/fundraising/music) We hope it will inspire a variety of gigs, from acoustic performances to DJ nights or karaoke.

Fundraisers are encouraged to partner with venues who can offer a good charity rate to host the show, then cast out for some charitable and popular talent to top the bill. Add some publicity and social networking and the result should be a successful night.

Hopefully this will support some exciting new fundraising and create some great social occasions for branches. Please get in touch if you have any questions.



**Audience:** All



**Action:** Note



**Contact:** Fundraising team  
020 8438 0700

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



# Finance

## Treasurers' Forums

Thank you to all those who attended this year's round of Treasurers' Forums. They were attended by a mix of brand new and experienced treasurers, from four days to 22 years in role, as well as other committee members.

The forums provided an opportunity for all treasurers to refresh their knowledge or learn the ropes, to see the new branch accounting online system in action, and to meet committee members from other branches.

Overall, evaluations stated that **98%** of attendees felt the day was relevant to their role.

*'It was invaluable to have things explained without just reading information'*

*'I am chair of our branch and the content was very relevant'*

Comments provided during the forums will be used in the planning of next year's events. Good ideas will also be incorporated into the handbook and 'How to guide' updates, and we'll provide clarification on policies where needed. Details of 2015's Treasurers' Forums will be promoted shortly – we look forward to seeing you there.

Remember, support on managing branch finances is available to all committee members  
<http://volunteers.mssociety.org.uk/finances>



**Audience:** All, especially Treasurers and Chairs



**Action:** Note



**Contact:** Finance team  
020 8438 0700

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

## Advice on financial safety

Branch security is a top priority and we need your help to keep branches safe. You may think that your branch will never be the victim of fraud, but cases do occur so always be vigilant with branch banking. Below are two recent examples of fraud and actions branches can take to mitigate the risk.

### Fraudulent communications claiming to be from Barclays

Please be aware that fraudsters claiming to be Barclays might contact you (either by phone or by email) for your online banking login details. Banks will never ask for this information so if you receive such a request, please do not share the information and get in touch with the finance team as soon as possible.

### Actions against cheque fraud

Cheque fraud may occur when a cheque is modified to make a fraudulent payment. To make such modifications as difficult as possible:

- under no circumstances sign a blank check
- use a pen with indelible ink and apply more pressure than normal so the writing cannot be easily erased or altered
- write the full name of the payee rather than acronyms, e.g. Multiple Sclerosis Society, rather than MS Society
- cross through spaces on cheques, e.g. after the payee name and amount



**Audience:** All, especially cheque signatories



**Action:** Act – take precautions



**Contact:** Finance team  
020 8438 0875

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



## Pro-forma (Accounts) 2014

All branches and support groups need to prepare and submit an annual accounts pro-forma.

### Branches using online branch accounting

Branches using online branch accounting will be emailed full details of what needs to be submitted to the branch email address, including the internal financial controls checklist.

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

- emailing 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 to the finance team

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

In the absence of a chair another committee member must verify the receipts and payments report, and sign the internal financial controls checklist.

Deadline for submission is **31 January 2015**.

### Branches not using online branch accounting

Branches should have received the 2014 accounts pro forma pack, via post, by the end of the second week of November.

### Agreed upon Procedures Report

The Agreed upon Procedures Report (AUP) is a checklist report that an independent accountant must complete on behalf of notified branches only. If your branch is required to complete an AUP, it will be included in the pro-forma pack.

Deadline for submission is **31 January 2015**.

Please remember to include the completed 'Internal Financial Controls Checklist'.

The report will need to be signed off by the treasurer and chair of the branch.

If you have any queries, haven't received the pro-forma pack by **Friday 14 November**, or require an electronic version, then please contact the branch finance support team on the details below.



**Audience:** Treasurer, Chair



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



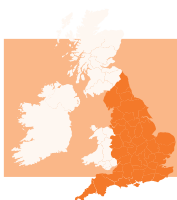
**Contact:** Finance team

020 8438 0709 or 0785

**financesupport@mssociety.org.uk**

MS National Centre,

372 Edgware Road, London, NW2 6ND



# For England

## Region comes together for Newly Diagnosed Day

On Saturday 20 September, the Greater Manchester region was buzzing as more than 90 people attended the second 'Newly Diagnosed Day' at the Salford Royal Hospital. The day was organised by MS Specialist Nurses, working with MS Society staff, branches and volunteers from across the region.

The event featured a range of speakers including MS Life Ambassador, Kaz Laljee, health professionals, including a consultant neurologist who gave an overview of MS, and branch members. Attendees benefited from information about fatigue management, exercise, and most importantly, people's real experiences of coping with their diagnosis.

Melanie Worthington, Service Development Officer said, "I spoke to quite a few people at the event and they were all amazed by how many people were there and in discovering that they are not alone. One person told me he had taken strength from knowing that people with MS can and do lead positive and active lives. The event is a wonderful example of what can be achieved when we work together to ensure people affected by MS get the right information and support."

If you're interested in organising a similar event in your region, please contact your local staff member in the first instance.



**Audience:** All



**Action:** Note



**Contact:** Your local staff member

## MS Cognition Information Day

A second successful information day on cognition and MS was held at the Wessex Conference Centre in Winchester on 13 September. The day was facilitated by local neurologists Sarah Walker-Bircham and Gina Carter who ran workshops for both people with MS and their carers. The sessions focused on how MS can affect cognitive function such as memory, mood and concentration, and time was given for guests to explore practical ways to help manage these symptoms.

The first day was held in March and was initiated by the Lymington branch. They recognised that there is little information or support for people with cognitive problems and a lack of awareness of the impact it can have on a person's life – whether they are the one with MS or the person living with them.

Over 100 people in Hampshire have now benefitted from the successful sessions and work continues to raise awareness of the issues with family members, carers and professionals.

One attendee commented, "The subject hasn't really come up in my 28 years... it was comforting and a relief to people that they're not alone."

If your branch is interested in hosting a similar cognition information day, please contact your local staff member.



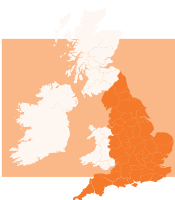
**Audience:** England



**Action:** Note



**Contact:** Your local staff member



# For England

## Recruiting new volunteers to boost branch work

Branches across Cheshire and Merseyside are being supported to recruit new volunteers to help maintain and develop services and activities for people affected by MS.

Julie Henney, LSDO for Cheshire and Merseyside said, "When branch numbers are low, to respond to the needs of people affected by MS without asking current volunteers to work harder, we have to recruit more volunteers. Volunteers often feel guilty when they want to stop or reduce their volunteering and worry there will be no one to replace them. Staff and branches can work together on succession planning and recruitment of new volunteers to make sure everyone's efforts are built on and strengthened."

West Lancashire and Liverpool branches are examples of where intensive staff support has worked well. Twenty-five new volunteers have been recruited between the two branches, a mix of people from students to senior managers who bring a range of skills and experience. Together with existing volunteers they are coming together with the common aim of strengthening the services and support available in their area.

Contact your local staff member for support to recruit new volunteers and revitalise your branch.



**Audience:** England



**Action:** Note



**Contact:** Your local staff member

## New England Council Members

Following the recent election for members of the England Council, Sarah Schol (Herts, Essex and Beds) and Jim McGown (East Midlands) have been re-elected for their second term of office.

Thanks go to Cindy Fischer (London) and Debbie Alexander (Surrey and Sussex) who decided not to stand again – we wish them well in whatever they choose to do next.

Finally, welcome to Diane Lucas who joins the Council to represent the West Midlands region from 1 January 2015.

To find out more about the England Council visit [www.mssociety.org.uk/england-council](http://www.mssociety.org.uk/england-council)



**Audience:** England



**Action:** Note



**Contact:** England Council

020 84387 0765

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





# For Northern Ireland

## Could your branch benefit from fundraising tips?

Fundraising in the current economic climate can be difficult so our Fundraising team is offering training sessions to all branches. This will equip you with top tips to increase your income and help you come up with new and novel ways of raising the funds to support people affected by MS in your area.

As well as giving you the opportunity to nominate people to take part in existing events – such as our annual Zip Line or Abseil – we can also work with you to develop a Fundraising Plan for your local area. This will include advice on how to approach local companies and recruit new fundraising supporters.

Get in touch with Tom if you'd like to book a training session.

### Festive Fundraising

Here are some festive fundraising tips to get you started.

Instead of sending Christmas cards, why not inform your friends that you'll be giving a donation representing the value of the cards and postage to the MS Society.

Fed up with a drawer full of socks, or that dreadful jumper you'll never wear? Why not ask your friends or family to give a donation in lieu of a Christmas present, and give the gift of hope for people facing MS this festive season.

Why not host a Christmas party with a difference, either in work or at home, asking all attendees to give a donation. You could theme it 'tacky and tasteless Christmas' and ask everyone to wear their most dreaded Christmas outfit!



**Audience:** Northern Ireland



**Action:** Act – get in touch



**Contact:** Tom Mallon

028 90 802 802

[tom.mallon@mssociety.org.uk](mailto:tom.mallon@mssociety.org.uk)

## Fundraising events

We've got two great events coming up in the next couple of months:

### 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.

### Santa Dash and Dander

Join our annual Santa Dash and Dander at Prince of Wales Avenue Stormont on **6 December 2014**.

To register your interest and to receive your fundraising pack for the Santa Dash and Dander, or to book your place at the Gala Ball, contact Samantha.



**Audience:** Northern Ireland



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



**Contact:** Samantha Creighton

028 90 802 802

[samantha.creighton@mssociety.org.uk](mailto:samantha.creighton@mssociety.org.uk)



# For Northern Ireland

## 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. The first meeting took place in September and the review will continue until June 2015. During this time we're planning to hold a number of meetings with branches and other relevant groups to get their views on how MS care and services could be improved.

We'd also encourage anyone with comments or experiences they wish to share to get in touch on the details below.

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

## Northern Ireland Council update

Congratulations to Pat Crossley who was re-elected to the Northern Ireland Council at the AGM in September.

To find out more about the work of the Council, including future meetings, visit [www.mssociety.org.uk/northernireland](http://www.mssociety.org.uk/northernireland)

 **Audience:** Northern Ireland  
 **Action:** Note  
 **Contact:** NI reception  
028 90 802 802  
[nireception@mssociety.org.uk](mailto:nireception@mssociety.org.uk)

## Equality Commission Information Sessions

Many of our branches host information sessions to help spread the word about the range of support, information and advice available to people with MS. The Equality Commission Northern Ireland has offered to provide free information sessions to branches, covering topics such as disability discrimination and understanding your rights.

If you're interested in booking a session, please contact the Development team for more information.



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

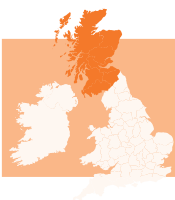
## Research Talk – save the date!

We'll be holding a Research Talk on **Tuesday 18 November** from 7pm - 9pm in The Everglades Hotel, Derry-Londonderry.

The 'Breaking Boundaries in MS Research' talk will cover the latest news in MS research, with a particular focus on progressive MS. Other highlighted topics will include stem cells, exercise, fatigue management, disease-modifying drugs and recent innovations and achievements in the MS research field.

If members of your branch would like to attend, please contact us.

 **Audience:** Northern Ireland  
 **Action:** Share, act – book your places  
 **Contact:** NI reception  
028 90 802 802  
[nireception@mssociety.org.uk](mailto:nireception@mssociety.org.uk)



# For Scotland

## Welcome to our new Scotland Director and Council members

We're delighted to welcome our new Director of Scotland, Mark O'Donnell. Mark brings a wealth of experience from the public and voluntary sector, most recently as a Deputy Director for Health & Social Care for the Scottish Government.

Talking about his new post, Mark said: "It's a real privilege to be joining the MS Society as Director of Scotland. This is an exciting time for the organisation, and I'm really looking forward to embracing all the opportunities to come. With over 11,000 people in Scotland living with MS it is more important than ever that we keep MS on the agenda, fighting for the right treatment, information and services for everyone with MS. I've already had the opportunity to meet some of our dedicated volunteers, staff and supporters, and will be making sure to get out and about to meet many more of you over the coming weeks and months."

### New Scotland Council

Following our AGM on the 20 September we're delighted to welcome three new members to our Scotland Council:

- Sue Polson
- Mary Douglas
- Judith Allison

We're pleased to announce that five existing members of the Council, whose three year terms had come to an end, have also been re-elected:

- Linda Mason
- Bryan Alexander
- Michelle Logie
- Angela Monteith
- Angela McCormack

They will join Anita Duffy, Cat Johnson and Alison Ritchie to form a Council of 11 members.

We'd like to thank outgoing members Hew Mathewson (Chair), Judy Eglinton and Ann Barnes who chose not to stand for re-election, and Gareth Marr who has stepped down from the Council to go travelling. Their contributions have been invaluable and we wish them all the best for the future.

The new Council has a provisional meeting date of 18 February 2015, at which a new chair will be elected. All members of the MS Society are welcome to observe Scotland Council meetings, held at our office at Ratho Station near Edinburgh. Provisional dates for the rest of 2015 are:

- 20 May
- 16 September
- 18 November

For more information or to reserve a place, please get in touch on the details below.

### Scotland Council Open Meetings

Thanks to all those who attended our Scotland Council Open Meetings in August and October. Members came from all over Scotland to find out more about the MS Society, local partnerships in their area, and the latest research developments.

We had two lively events and our team left with lots of ideas for the future.



**Audience:** Scotland



**Action:** Share



**Contact:** Rosemary Hastie

0131 335 4050

[rosemary.hastie@mssociety.org.uk](mailto:rosemary.hastie@mssociety.org.uk)

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



# For Scotland

## Share ideas at Area Networks

Following the success of previous volunteer-led events, we're holding a series of Area Networks on the following dates, 11am - 3pm:

- **Inverurie** – 15 November
- **Inverness** – 22 November
- **Cumbernauld** – 28 November
- **Melrose** – 29 November

The Area Networks will cover topics which are important to you as volunteers and which will help you in the running of your branches, groups and events.

This is a great opportunity for volunteers to come together and discuss matters which are relevant to your role and the services you help deliver. You'll get the chance to meet other volunteers, share ideas, support and learn from each other.

You'll also have the opportunity to contribute to the future agendas of the Area Networks, so each event can be tailored to the needs of volunteers and ensure you get the most out of them.

To book onto your local Area Network meeting please contact your local Area Development Officer.



**Audience:** Scotland



**Action:** Act – book your place



**Contact:** Your Area Development Officer

**North – Ken Munro** 07985 989605

[ken.munro@mssociety.org.uk](mailto:ken.munro@mssociety.org.uk)

**East – Paula MacGillivray** 07590 965465

[paula.macgillivray@mssociety.org.uk](mailto:paula.macgillivray@mssociety.org.uk)

**West – Darren Miller** 07590 965466

[darren.miller@mssociety.org.uk](mailto:darren.miller@mssociety.org.uk)

**Central – Marion Dye** 07894 616287

[marion.dye@mssociety.org.uk](mailto:marion.dye@mssociety.org.uk)

## Grants training

Your branch will now have received information about changes to the MS Society grants process.

To fully support our volunteers in promoting these grants, your Area Development Officer will be arranging a training session to take place by the end of November 2014.

The sessions will give you information on:

- what funding is available to people affected by MS
- how your branch can support people to access the funding
- the important role of your branch in providing financial assistance
- who you can speak to if you require assistance in delivering this

The sessions are a great opportunity to hear some real life case studies about the difference a grant can make to someone living with MS.

The sessions will take no longer than an hour and a half. If your branch hasn't already arranged a date, please get in touch with your Area Development Officer to arrange a session in your area.



**Audience:** Scotland



**Action:** Act – book a session



**Contact:** Your Area Development Officer (see left)



# For Scotland

## Could you be a volunteer self-management course leader?

Would you like to help other people with MS learn new skills to put them back in control of their lives? We're looking for people to join our team of volunteer course leaders, delivering self-management courses in the following parts of Scotland:

- Aberdeen
- Ayrshire
- Borders
- Perth
- Cumbernauld
- Motherwell
- Nairn/Forres
- Dunfermline

Becky Duff, Head of Policy and Communications at MS Society Scotland says: "I'm excited about recruiting new volunteers to join our positive and friendly team of self-management course leaders. If you have MS, enjoy working with people and are looking for a new challenge then we need you! We'll provide you with excellent training and support, plus expenses; in return you'll need to commit to running two courses a year, two and a half hours a week over a six week period. Our course leaders often tell us that they get as much out of self-management as the participants, so I'd encourage anyone interested to get in touch for an informal chat."

All volunteers are interviewed and, if accepted onto the programme, receive full training at a residential weekend in March 2015. To find out more please contact Ailsa.



**Audience:** Scotland



**Action:** Share



**Contact:** Ailsa Blair  
0131 335 4050

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

## How legacies can help your branch

Alison McGachy, Individuals and Trusts Fundraising Manager, answers our questions about legacy giving.

### Why are legacies important to the MS Society?

A third of our work is funded by gifts left to the MS Society by our very generous supporters, so legacies are truly vital. Gifts of all sizes are very gratefully received.

### How can branches benefit from legacies?

Legacies can go directly to your branch to meet the needs of people living with MS in your area. It's been shown that the more people are engaged with charities locally, the more likely they are to leave a legacy to that charity. When people see the fantastic work you do, they want to ensure that work continues.

### How can branches help to promote legacies?

Please take our legacy leaflets along to any local events and meetings. You could also promote legacies in your newsletter or on your Facebook page - if you receive a legacy why not find out why and tell the person's story? I'd also love to come out to branches and talk to your members about the difference leaving a legacy can make. If you have any ideas about how to promote legacies locally, or any questions, please get in touch.



**Audience:** Scotland



**Action:** Share



**Contact:** Alison McGachy  
0131 335 4071

[alison.mcgachy@mssociety.org.uk](mailto:alison.mcgachy@mssociety.org.uk)



## New Country Director for Wales

At the end of September Lynne Hughes joined the team as the new Country Director, Wales.

Lynne said, “I am originally from Aberystwyth, but started my career in Sheffield as a nurse before going to University and working as a Public Health Specialist. I returned to Wales in 1997, firstly living and working in Powys before moving to Caerphilly in 2000. I have held a number of roles since in the health service and local government mainly focusing on children and young people and inequalities in health. I was also Wales Programme Manager for Oxfam before working for two Assembly Members in the National Assembly for Wales, and more recently I’ve worked for the Royal College of Nursing in Wales.

I am thrilled to be joining the MS Society and working alongside people affected by MS to ensure that they have the treatment, support and care to live life to the full.”

 **Audience:** Wales  
 **Action:** Share  
 **Contact:** Lynne Hughes  
029 2167 8923  
[lynne.hughes@mssociety.org.uk](mailto:lynne.hughes@mssociety.org.uk)

## Cymru Council Update

### New council members elected

At the AGM three new Cymru Council members were elected – Ann Jones, Nanette Lewis-Head and Terry Moseley.

Ann Jones was diagnosed with MS in 2001 and has been involved with the Rhondda Cynon Taff branch for a number of years. She was formerly a public sector manager and has also volunteered for the Citizens Advice Bureau.

Nanette Lewis-Head is a support volunteer from Pembrokeshire and has close friends living with MS. Her background is in a caring profession and she is keen to use her council role to represent minority groups.

Terry Moseley is currently chair of the Bridgend and District branch; his wife was diagnosed with MS in 1987. He’s a retired civil servant and has also worked for the Health Service Ombudsman and the Wales Neurological Alliance.

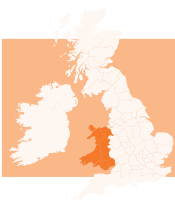
All three council members will start their term on 1 January 2015.

### Cymru Council meetings

The Cymru Council is meeting on **22 November 2014** at the Future Inn in Cardiff Bay for its final meeting of the year. New council members will be observing and members will be debating their Annual Plan for 2014.

If you’d like to attend, 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)



# For Wales

## Developing fundraising plans for 2015

Iestyn Evans, Area Fundraising Manager for Wales, is always happy to discuss fundraising plans with your fundraising officer or committee. If you're stuck, in need of essential funds or have a project idea, then please do get in touch on the details below.

Here are a few basic points to start you on your way. Firstly; who in the branch is responsible for fundraising? Ideally, your branch will have a nominated fundraising officer, but if not, think of someone locally who is social, personable and outgoing and invite them to your next committee meeting to discuss ways to involve them as your community ambassador. If you can't find anyone, you can advertise the role through local newspapers or volunteer centres.

Secondly; how much money do you need? The answer to this is usually, 'how much have you spent this year?' This figure is your target for 2015 and if you plan to organise more activities next year, price them up and add the costs to your overall target.

Once you have a target, start thinking about ways you can raise this money. Collections are the obvious first choice - so plan the dates at the various locations and let your membership (potential collectors!) know as far in advance as possible.

Friends, family and colleagues of your membership make up the vast majority of the MS Society's fundraisers. Ask your local MS community to encourage their friends and family to get involved in fundraising at a local event, at work, or with other groups. Most fundraisers who take part in a sponsored run or walk will raise at least £100 – plan to encourage 10 people to run 'for you' next year and that's your first £1,000!

The MS Society can provide sponsorship forms, vests, t-shirts and other fundraising materials. If you know someone who wants to support us, pass their details on to Iestyn, explaining that they want their money earmarked to your branch, and he'll do the rest. Many fundraisers use [www.justgiving.com/mssociety](http://www.justgiving.com/mssociety) to raise sponsorship as it's a very efficient way to give to charity and claim the extra 20% in Gift Aid. Please do encourage your supporters to sign up.

Finally; visit [www.mssociety.org.uk/get-involved](http://www.mssociety.org.uk/get-involved) to keep abreast of the fundraising opportunities across the UK and in your area, and follow the MS Society Cymru team on Facebook [www.facebook.com/msscymru](http://www.facebook.com/msscymru) and Twitter [www.twitter.com/mscymru](http://www.twitter.com/mscymru)



**Audience:** Wales



**Action:** Share



**Contact:** Iestyn Evans

029 2167 8920

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



## For Wales

### Have you pledged to Beat Flu with your free vaccine?

The annual flu immunisation programme in Wales is now underway in time for the coming flu season – and people with MS are being urged by authorities to take up their free vaccination as soon as possible.

Last year, less than half (46.8%) of people living with chronic neurological conditions, which includes those with MS, protected themselves against what can be a deadly virus. People particularly ‘at risk’ of flu and its complications are given the vaccine at no cost: it only takes a minute and lasts for a year.

People with long term health conditions – as well as those aged 65 or over and pregnant women – are urged to protect themselves as early as possible and before flu starts circulating widely. Health officials warn that even if you had the vaccine last year, the flu virus changes every year so you must have it again now in order to be protected.

Find out more by visiting [www.beatflu.org](http://www.beatflu.org) or [www.curwchflliw.org](http://www.curwchflliw.org)

 **Audience:** Wales  
 **Action:** Share  
 **Contact:** Joseph Carter  
029 2167 8924  
[joseph.carter@mssociety.org.uk](mailto:joseph.carter@mssociety.org.uk)

### Local training opportunities

In addition to MS Society training, have you or your branch looked at any other training options? Whether it's training around fundraising, using the internet, or safeguarding, there's a range of training available from the Wales Council Voluntary Action across Wales or delivered by local community voluntary councils.

The MS Society is a member of WCVA so branches can register for any training sessions or events. Please visit [www.wcva.org.uk](http://www.wcva.org.uk) to find out if there is any training that interests you.

For more information, please contact the Wales team.

 **Audience:** Wales  
 **Action:** Share  
 **Contact:** Joseph Carter  
029 2167 8924  
[joseph.carter@mssociety.org.uk](mailto:joseph.carter@mssociety.org.uk)



# Branch contributions

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

## Branch contributions 28 July - 23 September 2014

Branch Name	Earmarked Description	Earmarked	Research	General
Barnet & South Hertfordshire Branch			£30,000	
Brentwood & Chelmsford Branch	Cambridge Myelin Repair 2011-2015	£1,000.00		
Barking & Dagenham Branch			£11,644.41	
Boston & South Holland Branch	Cambridge Myelin Repair 2011-2015	£500.00		
Boston & South Holland Branch	Stem Cell Research	£500.00		
Borders Branch			£2,000.00	
Brent Branch				£2,000.00
Braintree Branch			£60.00	
Castlederg Branch				£3,000.00
Chester & Ellesmere Port Branch	Genetic variation in MS Research Project 955	£2,500.00		
Chester & Ellesmere Port Branch	MS Helpline	£3,000.00		
Chester & Ellesmere Port Branch	Stem Cell Research	£2,500.00		
Denbigh & District Branch			£2,000.00	
Dundee Branch	Cambridge Myelin Repair 2011-2015	£5,000.00		
Dundee Branch	Edinburgh Centre for Translational Research Grant	£5,000.00	£10,000.00	
Dudley & District Branch			£2,000.00	
East Grinstead & District Branch			£2,000.00	
Eastbourne & South Wealden Branch			£2,500.00	
Hereford and District Branch			£3,000.00	
Kings Lynn & District Branch			£300.00	
Lincoln & District Branch	Cambridge Myelin Repair 2011-2015	£222.35		
Rugby & District Branch				£80.00
Shetland Branch			£5,000.00	
Sefton Area Branch	MS-SMART Research Project Grant 982	£500.00		
Sefton Area Branch	Stem Cell Research	£500.00		
Uckfield Heathfield & Lewes Branch			£1,500.00	
Waltham Forest Branch				£19.00
<b>Total</b>		<b>£21,222.35</b>	<b>£72,004.41</b>	<b>£5,099</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 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 07951 928583 or email [justbobandsue@yahoo.co.uk](mailto:justbobandsue@yahoo.co.uk)

## Lisnaskea

MS Society Northern Ireland has two fully accessible chalets available for hire at the SHARE village in Lisnaskea. The cost is £225 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)

*Mention or advertisement by the MS Society of products or services is not an endorsement by the MS Society, its officers or staff.*





# Teamspirit directory

## Our offices

### MS Society

MS National Centre  
372 Edgware Road  
London NW2 6ND  
020 8438 0700

### MS Society Cymru

Temple Court  
Cathedral Road  
Cardiff CF11 9HA  
020 8438 0700

### MS Society

#### Northern Ireland

The Resource Centre  
34 Annadale Avenue  
Belfast BT7 3JJ  
02890 802 802

### MS Society Scotland

National Office  
Ratho Park  
88 Glasgow Road  
Ratho Station  
Newbridge EH28 8PP  
0131 335 4050

## Feedback on Teamspirit

### Teamspirit

MS National Centre  
372 Edgware Road  
London NW2 6ND  
020 8438 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 8438 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 8438 0856  
[support-team@mutual-support.org.uk](mailto:support-team@mutual-support.org.uk)

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

## Find us online

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

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

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

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

### Grants

020 8438 0700  
[grants@mssociety.org.uk](mailto:grants@mssociety.org.uk)  
(all nations)

## 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