

Teamspirit

For branch volunteers and national support group committee members



Rachel, Jon and Sandra from the Lambeth and Southwark branch grace the cover of our new strategy

Together to beat MS: our strategy 2015-19

Printed copies of our new five year strategy, *Together to beat MS*, landed on branch doormats in November. The powerful images of people affected by MS, many of whom are volunteers, really bring the strategy to life and show how crucial it is that the MS community

works together to achieve our seven organisational goals.

A huge thank you to everyone involved.

Find out more about our strategy and seven goals on the website:

www.mssociety.org.uk/strategy



News and events

Want to share your branch's good news?

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

MS Week 2015

MS Week in 2015 is going to be particularly exciting this year, taking place from 27 April - 3 May, exactly one week before the General Election.

The General Election is one of the few times that parliamentary representatives and candidates come to you. It's a golden opportunity for the MS community to come together and champion the need for better treatment, care and support for people affected by MS, and to quiz candidates on how they would work as an advocate, if elected.

Your support is as crucial as ever so we'll be giving you everything you need on our website from February onwards, including: information on how to contact the parliamentary candidates; key asks and answers; campaign toolkits; draft letters to your local papers; and social media content. If you wanted, you could invite your local candidates to an event at your branch or hold a local hustings.

We'll be keeping up the public momentum after MS Week, with World MS Day on 27 May. We'll be getting loud and helping to raise public awareness of MS, together with local actions for volunteers and members that could make a difference to services and support in every part of the UK.

As you can see, 2015 is a busy year – keep your eyes peeled for more information about MS Week, our General Election campaign, and World MS Day in the coming months.



Audience: All



Action: Note



Contact: Hilary Carter, Strategic PR and Campaigns Consultant
020 8438 0782

hilary.carter@mssociety.org.uk



News and events

New Shining Star Award

Our brand new Shining Star Award is now available!

The Shining Star Award Scheme recognises outstanding contributions by individuals or groups of volunteers working with people affected by MS.

One star will be awarded per branch per year. There is no closing date and nominations will be considered by a panel of National Council members every two months. If you'd like to nominate someone, contact the volunteering team on the details below to request a nomination form.

Congratulations to our first batch of award recipients who were nominated while the award was being redesigned. Thank you all for your commitment, enthusiasm and hard work on behalf of people with MS across the UK.

Betty Redpath – Merton branch

Bob Pulsford – Exeter and District branch

Catherine Honeyman – Ayrshire branch

Evelyn Henry – Copeland branch

Hilary Lawrence –
Winchester and District branch

Jane Williamson – North Somerset branch

Liz Ainley – Salford branch

Lorraine Clark – Perth branch

Lyn Walton – Stanhope and Weardale branch

Pat Percival – Stanhope and Weardale branch

Ian W Howe – Grantham and Sleaford branch

Michael Cundall –
Grantham and Sleaford branch

Shiv Sharma – Asian MS



Audience: All



Action: Share, act – nominate a worthy volunteer



Contact: Volunteering team
020 8438 0944

volunteering@mssociety.org.uk



News and events

The new NICE guidelines for MS – what do they mean?

At the end of 2014, the National Institute for Health and Care Excellence (NICE) published its final guideline for MS. Following significant pressure from the MS community, NICE has made substantial positive changes to its guideline, which we welcome, but we remain concerned that access to specific medicines could be blocked.

Firstly, we'd like to thank you. You told us why this guideline matters, and without your voice we couldn't have secured these changes. While the fight for better MS treatment, care and support is by no means over, this is a vital first step.

Recommendations

NICE clinical guidelines make recommendations on the appropriate treatment and care of people with specific conditions within the NHS in England and Wales. They don't have to be enforced, but can act as a guide for what will be available in your area.

What's nice and what's not so nice?

NICE made a number of recommendations we think the NHS should resource and implement immediately, including:

- 1. An annual review with a specialist for all:** a review of all symptoms, relapses, social care needs and the needs of carers.
- 2. Properly co-ordinated care:** access to a full team of health and social care professionals with one team member as a contact point.
- 3. Better information available:** health care professionals are required to give information to people with MS and their families.

However, we've highlighted a number of issues. In particular, the guideline:

- 1. Rejects Fampyra and Sativex as treatment options:** This was decided on the basis of incomplete assessments of the two treatments. While these recommendations don't apply to people already accessing these medicines, or the availability of Sativex in Wales, we're worried that even fewer people will have the option to access them in the future.
- 2. Was developed within a limited process:** The process used to develop guidelines is closed and doesn't allow for wider engagement.
- 3. Ignores disease modifying treatments (DMTs) for MS:** The guideline makes no recommendations on increasing access to these vital treatments, or monitoring their use.

What happens now?

Initially, we need you to shout about Sativex. If you live in England, please join our Treat Me Right campaign today, www.treatmerightms.org.uk, and write to your MP calling for NICE to conduct a full technology appraisal of this treatment.

We'll be working with NICE, the NHS and the MS community to look at how the more positive aspects of the guideline can be implemented.



Audience: England, Wales



Action: Share, act – join Treat Me Right and campaign for change



Contact: Policy and External Relations team
020 8438 0700

campaigns@mssociety.org.uk



Info and resources

Committee handbook update




We've updated *Making it work: a committee handbook for branches and national support groups* to reflect changes to our strategy, policies and working practices since it was first published in 2011.

In the 2013 volunteer survey, you told us that you don't always know if you're using the most up-to-date guidance and that you want it to be easier to use the online committee handbook.

In response, we've split the committee handbook down into individual sections you can view and download on the volunteer website. A quick link has been added to the homepage under **most popular resources**, or you can use this link – <http://volunteers.mssociety.org.uk/making-it-work-committee-handbook>

The committee handbook on the volunteer website will always be the current version and we'll tell you in Teamspirit when we've made changes. We've also added a version control box to each section so you know when it was last reviewed.

In the survey, you also told us that you're concerned by paper wastage and cost, so we will no longer provide paper copies of the handbook in binders.

 **Audience:** All
 **Action:** Note
 **Contact:** Danielle Walker,
Branch Resources Officer
020 8438 0911
branchresources@mssociety.org.uk

New resources for employees and employers

Early in 2015 we'll be publishing new resources about work and MS. Following user feedback, we've created separate booklets for employees and employers. We're also updating the work section on the website to include all this information, plus case studies and other resources to help people at work.




As soon as the booklets are available we will send out sample copies to all branches.

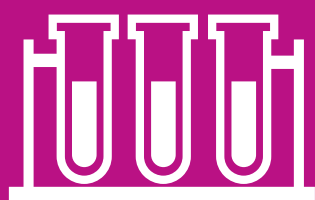
Other news

Also in the pipeline is a revised edition of our *Guide to short breaks* and new factsheets about out of control emotions and behavioural changes in MS.

You can now order printed copies of *Women's health*, which has recently been available only as a download. *Living with the effects of MS* is also back in stock.

To order, visit <http://shop.mssociety.org.uk>

 **Audience:** All
 **Action:** Note
 **Contact:** Online Shop team
020 8438 0999
shop@mssociety.org.uk



Research

Let's talk about progressive MS

We have lots of resources available about progressive MS, and the research we're funding, for you to use and share. Firstly, we've been busy raising awareness for the Progressive MS Alliance – the global alliance working hard to speed up research into progressive MS.

www.mssociety.org.uk/research/pmsa

This is the most ambitious progressive MS research initiative ever and a video explaining its work was released at the end of last year. You can watch it by visiting our YouTube channel: www.youtube.com/MSSociety We'd love you to spread the word and support the ground breaking new research that the Progressive MS Alliance is enabling.

We also hosted our first online research Q&A session, live from National Centre, involving people affected by MS and top MS researchers from around the world. The group had a really interesting hour answering questions about progressive MS submitted on social media prior to the live event. You can watch the Q&A session on our YouTube channel too.

If you'd like to know more about what we're doing about progressive MS, including the 22 new research projects funded by the Alliance, you can visit our dedicated webpage:

www.mssociety.org.uk/research/progressive-ms



Audience: All



Action: Share



Contact: Research team

020 8438 0822

research@mssociety.org.uk

New MS research projects underway

Research projects funded in our 2014 grant round – costing a total of £1.45 million – are now underway across the UK. This means we're now funding an amazing total of 67 projects, with 13 of those in Scotland and five in Wales.

These projects cover areas such as basic research in the lab, the development of clinical trials, and studies into therapy or wellbeing. Finding effective treatments for progressive MS remains our number one research priority and this is reflected in many of the new projects.

In cause and cure research, projects are investigating what role the immune system plays in MS development, whether we can use new MRI technologies to measure and predict the progression of MS, and how to create better models in the lab to study myelin. Symptom relief and MS services research is looking at how we can improve quality of life for people with MS, through physiotherapy, cognitive rehabilitation and better understanding of MS symptoms.

You can read more about each of the new projects at www.mssociety.org.uk/ms-research/research-we-fund



Audience: All



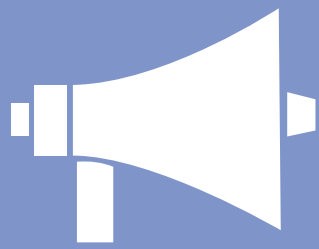
Action: Share



Contact: Research team

020 8438 0822

research@mssociety.org.uk



Fundraising

A new Cake Break for 2015

We know lots of branches host their own Cake Break each year, raising over £65,000 – thank you! We've listened to your feedback from previous years and, as a result, we've made some changes so it will be easier for people to choose to fundraise specifically for your branch. We're also changing the official date of Cake Break for 2015. Instead of taking place during MS Week, it will now happen on **Friday 15 May**, but as before, you can hold your event whenever you like.

This year, we'll provide free posters that you can personalise with your branch contact number and information about your local activity. We'll also share template letters for you to send to local businesses asking for support.

Like last year, everyone who chooses your branch to benefit from their Cake Break can either pay their money to you directly, or send it to National Centre for us to forward on to you.

With this new approach, we'll no longer be sending out materials automatically to all branches in the New Year. Instead, we'd like you to contact us to request your special branch materials. If you'd like to get involved in Cake Break 2015 and generate extra donations for your branch, please get in touch with Jemima.



Audience: All



Action: Share, act – order your Cake Break materials



Contact: Jemima Woolgar, Community and Events Fundraising Officer
0845 481 1577
cakebreak@mssociety.org.uk

Could your branch benefit from a community grant?

Did you know that your local Santander Branch may be able to offer your branch funding?

The Santander Foundation administers a grant scheme called Community Plus which provides grants of up to £5,000 to help people who are facing health, financial or social disadvantages.

The Community Plus grants can be awarded to a local charity or a local project of a national charity, and must benefit local people. Grants of up to £5,000 are available to cover running costs, equipment or materials, but not events or sponsorship.

To apply, visit your nearest Santander branch and ask for a Community Plus nomination form. The application must specify how the grants awarded will directly help people with MS in your area who are in need of support.

Nominations can be submitted at your local Santander branch and entries will be considered on a monthly basis by a panel of staff drawn from across the region. There's no closing date, and successful applicants will be notified by email within a month of submitting the nomination. If unsuccessful, there are no restrictions on applying again.

Contact your Area Fundraiser or fundraising team in the nations if your branch is considering making an application.



Audience: All



Action: Note



Contact: Your Area Fundraiser or national fundraising team



Fundraising

Making New Year's resolutions count

The MS Society has places available in some of the most exciting charity fundraising events taking place across the country in 2015.

If any of your branch members or supporters are looking to take on a New Year's challenge, then joining our team of MS Superstars is the perfect way to try something new and make a real difference to people living with MS.

From the Great Manchester 10K in May to the Bath Half Marathon in March and many more, there are lots of opportunities to get those running shoes on to beat MS. Visit www.mssociety.org.uk/running to find out more.

For those who prefer cycling, we have places available in Nightrider, a moonlight cycle in June, or Prudential RideLondon-Surrey 100 in August. More information is available at www.mssociety.org.uk/cycling

Or how about dusting off those walking boots? We have everything from our very own exclusive Three Peaks challenge to the ultimate overseas super-challenge, climbing Mt Kilimanjaro. Check out www.mssociety.org.uk/walking to find out more.

Why not share these opportunities with your members in your branch newsletter? Whether it's running, cycling or walking, we'll be with you every step of the way.



Audience: All



Action: Share



Contact: Events team

0856 481 1577

fundraising@mssociety.org.uk

Appeals Update

We'd like to thank everyone who received and contributed to the Brighter Future Christmas appeal last year. The response has been amazing, with £234,000 raised at the time of writing.

We've also been delighted with the results of our Christmas Raffle. Again, at the time of writing, the total raised hit £147,000 which makes it the most successful MS Society raffle ever.

Thank you to everyone who bought cards and gifts from the Christmas shop. We were inundated with orders and had to order new stock as some items were so popular. You may also have seen MS Society Christmas cards in John Lewis for the first time!

Looking ahead, the next edition of your supporter newsletter, *advances*, will arrive in January. It includes stories on the Progressive MS Alliance, recent campaigns and how your support has made a real difference. From February, we'll also be calling donors, supporters and members asking for a direct debit or to increase their current direct debit.

Thank you to everyone who's donated to these appeals; we really appreciate your support. If you have any questions about them, please feel free to get in touch with the direct marketing team.



Audience: All



Action: Note



Contact: Direct Marketing team

020 8438 0986

marketing@mssociety.org.uk



Support

Update from the Grants team

2015 looks set to be an exciting year for the support grants service as we build on our work from 2014.

How to guide

We'll be piloting a new resource guide to help you with your role as grant-makers. This *How to guide* will replace the *Guide to support grants*. This is a practical guide which outlines the MS Society's approach to grant-making at national and local levels. It also includes templates for the most commonly used email and letter correspondence for you to adapt, or you can continue to use your own if you prefer. The guide will be sent to each branch by email, and will also be available via the volunteer website:

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

As this is a pilot, we won't be printing the guide at this stage or sending out paper copies. You're welcome to print the draft copy if you find this easier to use. We welcome your comments and suggestions on the draft guide and will update the document later in the year, following your feedback.

Needs Assessment project

We recently secured funding from Awards for All to find out what people affected by MS need in terms of direct financial support, including support grants. The information we obtain will help us to shape the financial support we provide together, and also with other organisations. If you'd like any further information about this project please contact Julie Gilson, Grants Manager.

Upper limits for the Individual Support Grant (ISG) Fund

The upper limits and list of items that national office can help with from the ISG fund remain unchanged for 2015. These limits are the maximum grants available, not necessarily what will be awarded in every case. You should use this list as a guide when drafting or revising your branch grant-making policy. There may be other items you wish to fund from your branch which you'll need to determine locally, according to local circumstances, and include these items in your branch policy too. You can find the full list on the volunteer website:

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

Grants team availability

We're always happy to hear from branches and can be contacted on the details below. We're available to answer phone calls Mondays to Thursdays, 9.30am-1pm, and 2pm-4.30pm. On Fridays, if your call is urgent, please leave a message for us with the switchboard and we'll get back to you as soon as we can.



Audience: All



Action: Note



Contact: Grants team

020 8438 0700

grants@mssociety.org.uk



Finance

Year-end accounts 2014 submission

All branches and support groups must submit the following to National Centre by **31 January 2015**:

- annual receipts and payments report (for those using branch accounting online) or accounts pro-forma
- internal financial controls checklist
- other relevant forms as requested in the guidance

Guidance on what branches and support groups need to submit has been sent by post to those using the pro-forma. Guidance for those using branch accounting online has been sent to both personal email addresses, as well as the branch email address.

Please remember, you don't need branch annual meeting approval to submit the accounts or receipts and payments report direct to MSNC. For those waiting on an accountant's report or for the receipts and payments report or balance sheet to be signed, please send draft accounts before the end of January and provide a copy of the signed report or balance sheet as soon as available. If you require an excel version of the pro-forma, have any queries, or need support, please contact the branch finance support team.

Please also get in touch if you require further assistance with branch accounting online, especially those branches who are using it for the first time in 2015.



Audience: Treasurers, Chairs



Action: Act – complete and return the pro-forma



Contact: Branch Finance Support team
020 8438 0765 or 0785
financesupport@mssociety.org.uk

Care Act: final regulations and guidance published

The Care Act comes into full force in April 2015, and the final versions of its regulations and guidance, which help local authorities follow the law, have been published.

After campaigning for improvements, a number of changes have been made that could benefit people affected by MS. But we're concerned that the eligibility criteria threshold is still too high, potentially leaving many people with MS without the support they need.

What improvements have been made?

We were consulted over the summer and made key recommendations which have been accepted, including:

- **Care and support plans should make 'comprehensive provisions'** for people with fluctuating needs.
- **Appropriate services for working-age people**, not just a choice of facilities designed for older people.
- **Daily fluctuation should be considered**, as well as fluctuation over a longer period of time.
- **Local authorities should put in place robust methods to collect and analyse information** about care and support needs – this includes information about specific conditions, and multiple and complex needs.
- **Acknowledge importance of prompting when carrying out an activity.**
This means that if a person is unable to carry out activities like washing or eating without being prompted, they're more likely to be eligible for support.

- **Ability to develop friendship and support networks** should be considered, as well as ability to maintain existing ones. If a person indicates that they are unable to develop these networks, they will be more likely to qualify for support.

Eligibility criteria threshold: still too high

Following the consultation, the government changed the eligibility criteria to be based on outcomes instead of 'basic care activities'. So, people will be asked if they can manage and maintain nutrition, rather than if they can carry out basic care activities such as 'eating and drinking' – this approach could be less restrictive.

However, the government is clear that the new criteria allows local authorities to deliver the same level of support as they do currently, only to those with 'substantial' needs. We think this could leave many people without the support they require because their needs aren't classed as 'substantial'.

How can you help?

If you've been told you're not eligible for local authority funded care and support, please get in touch. We want to gather as much evidence as we can to show decision makers how important care and support can be for people with MS.



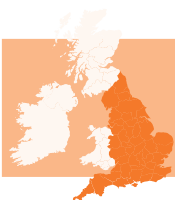
Audience: Share, act – share your experience



Action: Policy and External Relations team



Contact: 020 8438 0700
campaigns@mssociety.org.uk



For England

Plan to fundraise more in 2015

“If you fail to plan, you are planning to fail” – Benjamin Franklin

The start of a new year is a brilliant time for you and your committee to discuss and agree what you want to achieve in 2015, to raise more funds for your branch, and how you plan to do it.

Maybe your branch has an anniversary or milestone to celebrate and raise awareness of? Is it the branch's 40th anniversary or 500th exercise class?

There's lots of information and tools available in the Effective Fundraising section in the Fundraising and Campaigning area of the volunteer website,

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

Your Area Fundraiser or local staff member can also help with planning and share examples of what has worked well for other branches.

By putting together a fundraising plan, your branch will get a better idea of:

- how much money you currently raise and how you raise it
- what is and isn't working out well for the branch
- how much you need to raise to deliver the services you want to fund
- the activities that will help you meet your fundraising target
- evaluating and recognising success, which is cause for celebration and satisfaction

So why not prepare one for your branch?



Audience: All, especially fundraisers



Action: Act – start planning



Contact: Your Area Fundraiser or local staff member



For Northern Ireland

Save the date!

We've got a number of dates for your diary in 2015.

Research talk

We'll be holding a talk on 'Breaking Boundaries in MS Research' on **Wednesday 18 February 2015**, 7pm-9pm, in The Lagan Valley Island, Lisburn.

The 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 call the number below or email nireception@mssociety.org.uk

Living with MS

Following our very successful Living with MS event in 2013 at Titanic Belfast, we're now planning our next one! Living with MS 2015 will take place on **Saturday 12 September 2015** at the Ramada Hotel, Shaw's Bridge, Belfast.

NI Council meetings

The MS Society Northern Ireland Council will meet on the following dates in 2015:

- Wednesday 28 January
- Wednesday 8 April
- Wednesday 3 June
- Wednesday 26 August
- Wednesday 28 October

For more information, please get in touch.



Audience: Northern Ireland



Action: Note



Contact: Ann Wilson,
NI Executive Assistant
028 90 802 802

ann.wilson@mssociety.org.uk

Fundraising in 2015

Volunteers required

We're on the lookout for new fundraising volunteers. In particular we're trying to find people from across Northern Ireland who would be willing to help deliver awareness talks or support local collections. If you're interested or know someone who is, please contact the Fundraising team.

Charity partners

The Fundraising team is also available to offer support to branches who'd like to explore opportunities for local corporate support. We can visit interested branches to discuss how best to identify, approach, and secure support from local companies.

If your branch is interested please get in touch.

Beat MS abseil

Finally, we're planning a Beat MS abseil down the Obel Tower in Belfast on 9 May 2015. This is a new venue for our annual abseil and provides a chance to abseil down Northern Ireland's tallest building!

To register your interest in this event, please contact the fundraising team.



Audience: Northern Ireland



Action: Share, act – get involved in fundraising



Contact: Fundraising team
028 90 802 802

samantha.creighton@mssociety.org.uk
tom.mallon@mssociety.org.uk



For Northern Ireland

Get active in 2015

The New Year is traditionally a time to set new challenges. If your resolution is to be more active, why not try one of our exercise classes?

Research demonstrates that regular exercise can help people with MS alleviate their symptoms and manage their condition more effectively. It can help people with MS stay as mobile and active as possible, due to improved muscle strength and fitness, which can help with mobility and weakness problems.

The classes, run in conjunction with Active Communities, focus on functional exercises designed to improve posture, mobility and strength, and cater for all levels of mobility.

Monday

- **Coleraine branch** – Coleraine West Community Centre, 11.30am-12.30pm (ongoing)
- **Fermanagh branch** – Lakeland Forum, Enniskillen, 1.30pm-2.30pm (ongoing)

Wednesday

- **Belfast branch** – Grove Wellbeing Centre, Belfast, 12.30pm-1.30pm (ongoing)
- **Omagh branch** – Omagh Leisure Complex, 1.30pm-2.30pm (ongoing)

Thursday

- **Ballymena branch** – Ballymena Parish Centre, 11am-12pm (until 26 March 2015)
- **Larne branch** – Larne Leisure Centre, 11.30am-1pm (ongoing)
- **Portadown branch** – Cascades Leisure Complex, 1.30pm-2.30pm (until 12 February 2015)
- **Belfast branch** – Cregagh youth and community centre, 7pm-8pm (from 29 January until 5 March 2015)



Audience: Northern Ireland



Action: Share, act – attend a class



Contact: Dawn Harrison,
Neurophysiotherapist
028 90 802 802

dawn.harrison@mssociety.org.uk



For Scotland

Let's get fundraising in 2015

The Fundraising team in the Scotland Office would like to extend a warm thanks to all branches for their fantastic fundraising activities throughout 2014. We have many events going on throughout 2015 including the Edinburgh Marathon Festival, Cake Break in May, and Glasgow's Great Scottish Run in October. These are just a few of our biggest events and we can't wait to get out there and support all our MS Superstars!

Our 2015 events calendar is now available and packed full of events in Scotland that you can take part in for the MS Society. We've sent all branches a copy and it is also included in Scotland MS Matters magazine. Alternatively you can get in touch on the details below to request a copy.

Please remember we're here to help if you have any fundraising queries or questions, and we'd love to hear about what you're doing!

In the last issue of Teamspirit our Individuals and Trusts Fundraising Manager, Alison McGachy, gave information about increasing legacy income to your branch. If you'd like her to come along and give a talk or attend your local meeting, please contact her on 0131 335 4071.



Audience: Scotland



Action: Share, act – start planning for 2015



Contact: Fundraising team
0131 335 4050

msfundraising@mssociety.org.uk

Planning for the future: thanks to branch chairs

On 3 December, 19 branch chairs and vice chairs attended a 'planning for the future' event at our office near Edinburgh.

The event was hosted by outgoing Scotland Council Chair Hew Mathewson, and provided an opportunity to discuss how we make our new strategy a reality in Scotland. Branches are a key part of our new strategy, providing a strong sense of community as well as valuable local services and support.

Attendees were able to network with each other and meet staff, including our new Director of Scotland, Mark O'Donnell. Participants discussed how we could address the variability in services and support across Scotland, and shared their own successes and challenges. The event also gave chairs the chance to discuss the support they need going forward, and find out more about our fundraising and communications plans.

Linda Mason, Chair of Stirling Branch and Scotland Council Vice Chair, said: "It was great to have the opportunity to share ideas with others and discuss the new strategy. Events like these are a brilliant way to improve communication between branches, staff and the Scotland Council. It also allowed us to thank branch chairs and vice chairs for all their work, and to recognise that the MS Society couldn't make a difference without them!"



Audience: All



Action: Note



Contact: Rosemary Hastie,
Executive PA/Administration Manager
0131 335 4050

rosemary.hastie@mssociety.org.uk

Social Services and Well-Being Act – what next?

Since the new Social Services and Well-Being Act became law in April 2014, we've been working with civil servants on the steps that will make practical changes to the way that social care and support is delivered in Wales. After months of consultation and engagement with organisations like ourselves, the Welsh Government is now publically consulting on the plans.

We now know that, rather than having a system where people are assessed as having a low, moderate, substantial or critical care needs, local councils will have to provide support (subject to an assessment) that meets the following statements:

- **Well-being** – I know and understand what care, support and opportunities are available to me and I get the help I need, when I need it, in the way I want it
- **Physical and mental health and emotional well-being** – I am happy and I am healthy
- **Protection from abuse and neglect** – I am safe and protected from abuse and neglect
- **Education, training and recreation** – I can learn and develop to my full potential and I can do the things that matter to me
- **Domestic, family and personal relationships** – I belong and I have safe and healthy relationships
- **Contribution made to society** – I can engage and participate and I feel valued in society

- **Securing rights and entitlements** – my rights are respected, I have voice and control, I am involved in making decisions that affect my life, my individual circumstances are considered, I can speak for myself or have someone who can do it for me and I get care through the Welsh language if I need it
- **Social and economic well-being** – I am supported to work, I have a social life and can be with the people that I choose, I do not live in poverty and I get the help I need to grow up and be independent
- **Suitability of living accommodation** – I have suitable living accommodation that meets my needs

Direct payments will be encouraged, there will be new rules around safeguarding, and there will be greater opportunities for charities and social enterprises to deliver support in local areas.

The changes won't come into effect until April 2016, so we'll be working with the Welsh Government to make the new system as clear as possible and update our own materials. For more information, please visit the Welsh Government's website, www.wales.gov.uk, or contact us.



Audience: Wales



Action: Note



Contact: Lynne Hughes,
Country Director – Wales
029 2167 8923

lynne.hughes@mssociety.org.uk



Cymru Council meetings

Following our announcement of our new council members in the last edition of Teamspirit, we're now able to announce the dates for MS Society Cymru Council meetings for 2015:

- 31 January (Future Inns Hotel, Cardiff Bay)
- 30 May (venue tbc)
- 3 October (venue tbc)
- 21 November (venue tbc)

Any member is welcome to observe council meetings, so why not come along and see how council members represent you. If you are interested, please contact Matthew Witty using the details below.

We can also confirm that the Cymru Annual Meeting will take place on **Tuesday 28 April** at the Pierhead Building, opposite the Senedd in Cardiff Bay, as part of MS Week. More details will follow in the next Teamspirit.



Audience: Wales



Action: Note



Contact: Matthew Witty,
Executive Assistant
029 2167 8921

matthew.witty@mssociety.org.uk



Branch contributions

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

Branch contributions 24 September - 26 November 2014

Branch Name	Earmarked Description	Earmarked	Research	General
Ayrshire Branch	Foot Drop Research	£11,000.00		
Bedford Branch	Cambridge Myelin Repair 2011-2015	£3,000.00		
Berwick & Eastern Borders Branch	Cambridge Myelin Repair 2011-2015	£1,000.00	£1,000.00	£1,000.00
Berwick & Eastern Borders Branch	MS Nurses	£1,000.00		
Berwick & Eastern Borders Branch	MS-SMART Research Project Grant 982	£1,000.00		
Berwick & Eastern Borders Branch	Stem Cell Research	£1,000.00		
Colchester & District Branch	MS Nurses	£3,000.00		
Fermanagh Branch			£2,000.00	
Guernsey Branch			£10,000.00	
Hambleton and Richmondshire Branch	Stem Cell Research	£2,500.00		
Huddersfield & Kirklees Branch			£46.77	
Inverness & Nairn Branch			£1,000.00	
Kings Lynn & District Branch	Cambridge Myelin Repair 2011-2015	£4,000.00	£4,000.00	
Larne & East Antrim Branch			£5,000.00	
Louth & District Branch	MS-SMART Research Project Grant 982	£2,000.00		
Medway Branch	MS-SMART Research Project Grant 982	£1,000.00		
Mendip Branch			£3,000.00	
North Cornwall & West Devon Branch	Cambridge Myelin Repair 2011-2015	£1,750.00		
Oldham & District Branch	Cambridge Myelin Repair 2011-2015	£1,500.00		
Oldham & District Branch	Stem Cell Research	£1,500.00		
Rugby & District Branch			£150.00	
Shrewsbury & District Branch			£5,000.00	
Sittingbourne Branch			£1,000.00	
Wandsworth Branch				£1,000.00
Warrington & District Branch			£1,500.00	
Worcester & District Branch	Cambridge Myelin Repair 2011-2015	£1,000.00		
Total		£36,250.00	£33,696.77	£2,000.00



Classifieds

Accessible caravan

The North Surrey branch has a two-bed accessible caravan with full veranda and wheelchair ramp access available for holiday hire based at Church Farm in Pagham, West Sussex.

The Rio Willoughby is a comfortable and stylish caravan specifically designed with the needs of wheelchair users in mind. It has a spacious lounge/diner, a kitchen with lowered work surfaces, a bathroom with walk-in shower and two bedrooms.

Church Farm is a 5* Haven site with a great entertainment schedule and two swimming pools. For further information, please email mscaravanpagham@hotmail.co.uk

Holiday Lodge

The North Norfolk Branch has 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. For availability ring Sue on 07951 928583 or email 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

Holiday lodge and bungalow

The Bexley & Dartford branch have a holiday lodge for people with MS and their families at Shorefield Holiday Village, Milford on Sea, near Lymington, Hampshire. The lodge is fully adapted for disabled people and wheelchair users, and has a master bedroom with en-suite shower room and hoist, a twin room, bathroom, and lounge/kitchen area with sofa bed.

The branch also have a detached two bedroom bungalow at Eastbourne, Sussex, on a peaceful private estate close to Sovereign Harbour. Fully equipped (no fixed hoist) for people with MS and their families and furnished for 4/6 people.

For enquiries or bookings for both properties, please contact the Bexley & Dartford branch on 0208 306 7050 or email bexley@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

Support groups

Asian MS

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

GLAMS

A national self-help support group for lesbians, gay men, bisexual and trans (LGBT) people affected by MS
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.
support-team@mutual-support.org.uk

Find us online

www.mssociety.org.uk

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

www.facebook.com/mssociety

www.twitter.com/mssocietyuk

Grants

020 8438 0700
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