

Teamspirit

For branch volunteers and national support group committee members



Volunteer forums

The Local Networks team are organising a second series of Volunteer Forums across the UK this autumn.

Whether you volunteer on a branch committee, as a support volunteer or fundraiser, the forums will provide an excellent opportunity for you to meet people from other areas, to exchange ideas, and gain support for the important contribution you make.

The forums are all-day events with discussion on key updates in the morning, and the chance for you to share information on what works well or any issues in your area in the afternoon.

The forums are open to all volunteers, with dates and locations in all four nations. The full list and booking information will be available on the volunteer website shortly: <http://volunteers.mssociety.org.uk>

If you have any questions, please contact your Local Networks Officer.



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!

Local Networks Programme

You'll know from previous editions of Teamspirit that the Local Networks Programme will shape the future of our local work.


This autumn we'll be asking your opinion on a set of draft recommendations looking at making a positive local difference for the greatest number of people affected by MS.

These proposals will include recommendations around fundraising, campaigning, and how we improve our support to different types of local networks. We'll consider how we can best deliver local outstanding services, together.

Our local networks are our strength, providing friendship, support and much more for people affected by MS. Volunteers are at the heart of the MS Society; the Local Networks Programme will look at how to support you better (see next article), as well as recruiting new volunteers to help local MS communities thrive.

We'll continue talking to you about our suggested recommendations this autumn through National Council meetings, the Volunteer Forums, branch meetings, Teamspirit and letters. Your views matter so let us know what you think.

 **Audience:** All

 **Action:** Share, act – let us know what you think

 **Contact:** Rebecca Pearce, Programme Improvement Manager

rebecca.pearce@mssociety.org.uk
020 8438 0854

Increasing our support to branches

We'd like to thank those of you who contributed to the spring Volunteer Forums. You shared with us a number of areas where you would like increased support, or areas you thought we could improve on. Feedback from all the forums across the UK has been collated and work on a number of areas has already begun.


Over the next six months we'll be introducing a dedicated supporter services centre to improve your enquiries to National Centre and improve your access to branch email accounts. We'll also provide a fundraising toolkit, online volunteer portal, and a communications toolkit including a web-to-print service.

As part of our ongoing improvements to the support you receive from local staff, we're developing a set of contact standards for branches. These will clearly define our commitment to supporting you, making sure you know who your Local Networks Officer (LNO) is, how to contact them, and the minimum level of support you can expect.

We'll share more information about these plans in the coming weeks and at the autumn Volunteer Forums. If you have any questions or would like to know more, please contact Abby Caskie.

 **Audience:** All

 **Action:** Note

 **Contact:** Abby Caskie, Acting Head of Volunteering

abby.caskie@mssociety.org.uk
020 8438 0884



News and events

Early Treatment and MS

In the coming weeks, we'll be sharing news that a new scientific consensus has been reached which redefines the way that relapsing forms of MS should be treated.

Experts used to think that when you had an MS 'relapse', it meant symptoms appeared and/or quickly got worse and then went away (or 'remitted'). Thanks to wider use of MRI scanning we now have new evidence that when symptoms get better the damage that MS causes often doesn't stop. Even when someone is not having a relapse, MS may carry on attacking the body leading to irreversible nerve damage. This has changed what we understand about MS and how to treat it.

The new evidence tells us that, rather than waiting to see whether more relapses occur, DMTs (Disease Modifying Therapies) should be offered as close as possible to diagnosis, before damage to the body has built up. It's now believed that early treatment improves long-term health and wellbeing by slowing down the build-up of irreversible damage and reducing the number of relapses people experience.

In the face of overwhelming evidence, and new guidance from the Association of British Neurologists, the MS Society strongly believes people with relapsing forms of MS should be offered treatment as close to diagnosis as possible.

Whilst this represents a breakthrough in our understanding of MS, we appreciate this news may be hard for many people affected by MS to hear. DMTs are not an option for some and so they will be unable to act. Others may be years on from diagnosis and worry about what this means for them. It's important to note that the new evidence doesn't mean that starting treatment later will not have any benefits. Everyone with a relapsing form of MS should speak to their neurologist about treatment options and make an active, informed choice about what's right for them.

What can we offer you?

We've created a number of resources on early treatment and have attempted to address many of the questions that people with MS may have once we share this news in a few weeks' time. An information video designed specifically for support volunteers is being shared this week and further guidance will be provided through the MS Support Update e-newsletter.

Please visit the volunteer website – <http://volunteers.mssociety.org.uk> - to see the video and resources. Remember the MS Helpline is also available, both now and when we share the news more widely, if you'd like to speak to someone in confidence about this news.

 **Audience:** All
 **Action:** Note, act – use the resources if you need them
 **Contact:** Campaigns team
campaigns@mssociety.org.uk
020 8438 0700

MS Helpline
helpline@mssociety.org.uk
0808 800 8000



News and events

MS: Enough

This month, we've launched the **MS: Enough** campaign, working to ensure the welfare system makes sense for people with MS.

Over 1,700 people with MS completed our survey and shared their experiences of claiming benefits.

We found that too many people aren't getting the support they need, and are having to make difficult choices about whether they can afford essentials or spend time with family and friends.

We also found that the assessment process isn't always taking into account the full picture of someone's MS. More than a third of you told us that the assessment process caused your MS to get worse, or to relapse. We'll be working hard to change this.



Join us and help make the welfare system make sense for people with MS. Visit www.mssociety.org.uk/MSEnough to sign our petition.

-  **Audience:** All
-  **Action:** Share, act – sign our petition
-  **Contact:** Emma Barnes, Senior Campaigns Officer
campaigns@mssociety.org.uk
020 8438 0870



Info and resources

Grants application forms

Following the launch of the new support grants handbook on the volunteer website, the grants information on the main MS Society website has also been updated:

www.mssociety.org.uk/grants

People affected by MS will now be able to download the grant application forms directly, and we've added more details to our guidance to make sure they have the information they need before applying.

As we can't include details of all branches on the forms, anyone downloading them from the website and applying for an Individual Support Grant will be asked to return their application to the Grants team at National Centre – we will forward it to the appropriate branch volunteer as needed.




Please get in touch if you have any questions

 **Audience:** All
 **Action:** Note
 **Contact:** Grants team
grants@mssociety.org.uk
020 8438 0700

Ordering information resources

Please remember that when ordering information resources for your branch, that you should do so through the online shop. The MS Helpline can only post out information packs to individuals, not branches or groups.

If you have any problems or can't access the internet, you should contact the shop directly on the details below.

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




Research

Professor Alastair Compston given prestigious research award

Professor Alastair Compston has been awarded the first ever 'Richard and Mary Cave Award for Services to People with multiple sclerosis'. Professor Compston's commitment and perseverance from the early 1990s led to the development of Lemtrada (alemtuzumab) – one of the most effective first line treatments ever approved for MS. For some people, using the drug has meant they've been able to live symptom free for up to ten years.

Professor Compston discovered a number of important genetic links to MS, which could be of enormous benefit in the development and use of treatments that can change the course of the condition. He has also played a major role in establishing Addenbrookes Hospital as an international centre for excellence in neurology, and has spent 30 years as a consultant neurologist seeing patients with MS and related conditions.

The new award was presented at MS Frontiers conference in July in honour of Richard and Mary Cave, who set up the MS Society in 1953. Michelle Mitchell said: "Professor Compston has made an outstanding contribution to MS research and that work has had an immeasurable impact on the lives of people affected by MS."

 **Audience:** All
 **Action:** Share
 **Contact:** Research team
research@mssociety.org.uk
020 8438 0822

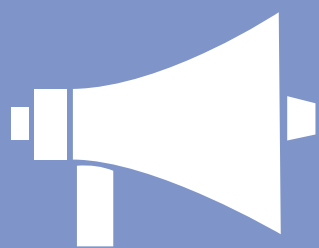
Under the microscope: the immune system

The immune system is a puzzle that scientists across the globe are trying to solve. The role it plays in MS is a complicated one, but there's a lot going on to better understand it. In people with MS, the immune cells manage to get into the brain and spinal cord and attack the protective myelin coating that surrounds nerve fibres. The interaction between the brain and the immune system is somewhat of a mystery, with the entry and exit of immune cells from the brain being poorly understood.

In our latest Research Blog post, we explore the most recent research in this area. We look at studies into the lymphatic system (a network of vessels that allows waste fluid to drain from tissues), the behaviour of a type of immune cell called the T cell, and how certain immune cells manage to get across the blood brain barrier into the brain.

You can read all of this on the Research Blog:
www.mssociety.org.uk/research/blog

 **Audience:** All
 **Action:** Share
 **Contact:** Research team
research@mssociety.org.uk
020 8438 0822



Fundraising

Your local Area Fundraisers

Your local Area Fundraising team is on hand to support with advice and guidance on fundraising for branch funds and national programmes of work.

Following the recent changes to the local staff structure and a number of long standing vacancies, we're delighted to say that we are a full team again.

Your Area Fundraiser can help with more involved projects and activities such as developing a fundraising team, a fundraising plan, raising more from charitable trusts and arranging large scale events.

Lots of information and tools offering great fundraising tips and best practice guidance can also be found in the Fundraising section on the volunteer website:

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

Contact details for the team are below. If you're unsure who covers your branch area, either check with your Local Network Officer, or call one of the team below who will be able to assist.

- **England - East:** Caroline Kew
020 8438 0985
caroline.kew@mssociety.org.uk
- **England - London:** Mark Haymes
020 8438 0936
mark.haymes@mssociety.org.uk
- **England - North:** Simon Moran
020 8438 0740
simon.moran@mssociety.org.uk

- **England – South:** Nicky Turner
020 8438 0943
nicky.turner@mssociety.org.uk
- **England – West:** Andy Jarrett
020 8438 0943
andy.jarrett@mssociety.org.uk
- **Scotland – East:** Mark Colley-Davies
0131 335 4051
markcolleydavies@mssociety.org.uk
- **Scotland – West:** Katie Bruce
0131 335 4068
katie.bruce@mssociety.org.uk
- **Wales:** Iestyn Evans
02921 678 920
iestyn.evans@mssociety.org.uk
- **Northern Ireland:** Tom Mallon and Samantha Creighton
028 90 802 802
tom.mallon@mssociety.org.uk
or samantha.creighton@mssociety.org.uk



Audience: All



Action: Note, share



Contact: Your Area Fundraiser



Fundraising

Safe and legal

There are a number of laws surrounding charity fundraising that govern the way and manner in which the MS Society undertakes its activities at both a national and local level. We are a member of the Fundraising Standards Board so must therefore maintain high standards in all of our fundraising.

We also want all volunteers to feel safe and secure with the MS Society. If a fundraising event has failed to meet the legal minimum standards required, this can have a number of negative effects for our work. It can:

- have an immediate impact on our fundraising ability
- damage the trust of the general public in the MS Society
- lead to unwanted publicity and damage the reputation of branches and the wider organisation
- lead to damaged relationships between volunteers
- leave the MS Society and individual volunteers potentially exposed to prosecution and fines

Please take a moment to check out this page on the volunteer website – <http://volunteers.mssociety.org.uk/effective-fundraising> – which has a wealth of information on effective, safe and legal fundraising.

If you have any questions regarding an existing fundraising activity or are thinking of trying something new, do get in touch with your Area Fundraiser or Local Networks Officer for further help.



Audience: All



Action: Act – ensure you're maintaining high standards

Contact: Your Area Fundraiser or Local Networks Officer

Back to school to help beat MS

Most schools, colleges and universities will now be back after their summer breaks. Many will be finalising their plan for the academic year, including which charities to support.

Linking with local community and charitable organisations are important criteria for school inspectors and many older students will be looking for volunteering or fundraising opportunities to add to their CVs or university applications. Some choose their charities for the year; some per term.

Why not get in touch with local schools, colleges and universities in your local area, offering them information about MS and your branch activity? You could offer to give a talk or assembly, or discuss suitable fundraising events such as dress-down days.

Not only will this help with awareness-raising, but you may recruit some new volunteers or keen fundraisers to help with your plans for the next year.

Visit the volunteer website –

<http://www.volunteers.mssociety.org.uk/fundraising> – for ideas and resources, or contact your Area Fundraiser for support.



Audience: All, especially fundraisers



Action: Act – consider contacting a local school or college



Contact: Your Area Fundraiser



Fundraising

ChallengeMS and MS Walk

We're well into our September fundraising initiative ChallengeMS and things couldn't be going better!

Supporters have been donning orange wigs for **Wear it**, holding fundraising events across the UK for **Host it**, giving up life's little luxuries for **Kick it**, joining our MS Walk event for **Walk it** or simply doing their own thing for **Create it**.

These will continue throughout the rest of September to raise money for vital MS research – thank you if you're taking part. You can share your own challenge or find out how other challenges are going with the **#ChallengeMS** hashtag on Twitter and other social media channels.

As the grand finale for ChallengeMS, hundreds of supporters will be taking part in **MS Walk**, a 20km or accessible 10km walk along the Thames Pathway in London on **Sunday 27 September**. The event will be followed by a family fairground celebration in Battersea Park and there's still time to sign up as a participant or volunteer- find out more about MS Walk and ChallengeMS at www.challengems.org.uk

 **Audience:** All
 **Action:** Share
 **Contact:** Community and Events Fundraising team
challengems@mssociety.org.uk
0845 481 1577

Christmas catalogue

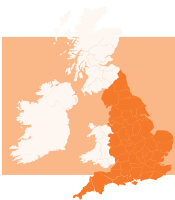
The new MS Society Christmas catalogue was sent out in late August offering a fantastic range of 20 Christmas card designs as well as wrapping paper, crackers and the 2016 MS Society Diary.

You can also view this year's Christmas range at www.mssociety.org.uk/cardshop This year we're using a new supplier which means that we're also able to provide a personalisation service for cards purchased through the catalogue.

Your branch chair should have received a copy of the catalogue in the last few weeks. If you're placing a branch order please make sure you follow the guidance given in the covering letter.

If you have any questions, please contact Supporter Services team on the details below.

 **Audience:** All
 **Action:** Share, act – order your Christmas supplies
 **Contact:** Supporter Services team
supporterservices@mssociety.org.uk
0300 500 8084



For England

Elephantastic!

The Horsham and Crawley branch have been enjoying a unique opportunity to raise awareness this summer after they were chosen to take part in Elephantastic, a special summer event organised by the Rotary Club in Horsham.

Local businesses adopted a plain elephant then chose a local charity to partner with and arrange for the elephant to be painted and decorated. The decorated elephants then formed part of a trail around Horsham from 25 July – 30 August, with special competitions and events attracting visitors to the town.



The branch was chosen by two local companies, Sony and Rawlison Butler. One elephant was decorated by a local artist while the branch helped decorate the second in MS Society orange and black.

The elephants will be auctioned off in November and all proceeds, plus those from the trail and competitions, will go to the charity organisations.

Branch chair Mary Wilson said: “We originally registered our interest with the Rotary Club and it was wonderful to be chosen by not one but two local companies. We were invited to the Rawlison Butler office to paint our elephant together and were delighted with the result – she’s hard to miss in the town centre!”

“Elephantastic has been such a great opportunity to raise awareness of MS and the support available to people locally through our branch. There are over 300 organisations involved and many more families joining the trail, so the community spirit has been fantastic.”



Audience: England



Action: Note



For England

Ten years at Kew Gardens

This summer, the Ealing & Local District branch celebrated the 10th anniversary of their annual outing to Kew Gardens, organised by branch member Narinder (Nina) Haye. When Nina joined the branch, she set herself a goal to organise one special day a year for all the branch members and their Kew Gardens trip is the result.



Nina says: “I contacted Kew Gardens and was very impressed by the facilities offered by the Discovery Programme and Community Access Scheme. There are motorised scooters and wheelchairs available for use at no charge, so I knew that, with the help of volunteers, any branch members who wanted to attend would be able to enjoy the beauty and serenity of the gardens.”

The 10th anniversary outing was made even more special for the 60 strong group by a delicious picnic lunch donated by local Waitrose and Co-operative stores.

For some members, the annual trip is a rare opportunity to socialise with friends and visit somewhere different. One branch member, who has attended all ten visits to Kew, said: “It’s so nice to get out and meet other people and I really enjoy seeing all the flowers in the sunshine.”



Audience: England



Action: Note



For Northern Ireland

Meet the MS Consultant events

Consultant Neurologists are responsible for diagnosing MS and prescribing treatments and therapies. Unfortunately too many people affected by MS find it difficult to get an appointment with a consultant or don't have enough time to discuss their treatment options.

We're hosting two **Meet the MS Consultant** events in Omagh and Coleraine to give you the chance to:

- meet local Consultant Neurologists with a special interest in MS
- learn about treatment options and what to do if you have new MS symptoms
- get information on how to manage a relapse
- ask questions

Omagh – 7-9pm, Tuesday 20 October, Silverbirch Hotel (registration from 6.30pm)

Coleraine – 7-9pm, Wednesday 21 October, Coleraine Lodge Hotel (registration from 6.30pm)

Registration is essential. Please visit www.mssociety.org.uk/ni or contact NI Reception on to the details below to book your place.

Mid Ulster Branch is also hosting a meeting with Dr Gavin McDonnell on **Tuesday 22 September** at The Terrace Hotel, Magherafelt. To book your place please call the Mid Ulster branch on 07856 097 917 or email midulster@mssociety.org.uk

 **Audience:** Northern Ireland
 **Action:** Share, act – book your place
 **Contact:** NI reception
nireception@mssociety.org.uk
 028 90 802 802

Get involved

With the NI Assembly elections coming up in May 2016, we're getting ready to launch our new manifesto. We'll be asking all candidates and political parties to support our campaign to improve services and support for people affected by MS in Northern Ireland.

You can help us by sharing your experiences, getting involved in campaigning in your local area, or writing to your local candidates. We're particularly interested in hearing from people living with MS who are finding it difficult to get an appointment with a Consultant Neurologist. If you're stuck on a waiting list, please help strengthen our campaigning by sharing your experiences with us.

 **Audience:** Northern Ireland
 **Action:** Share, act – contact us
 **Contact:** Brenda Maguire, Policy, Press and Campaigns Manager
brenda.maguire@mssociety.org.uk
 028 90 802 802

Benefits talks

Benefits information events will be happening across NI in October and November thanks to our local branch network. Watch this space and keep an eye on your local branch newsletters for dates and times of an event happening near you.

 **Audience:** Northern Ireland
 **Action:** Share, act – come along
 **Contact:** Charlotte Shirley, LNO
charlotte.shirley@mssociety.org.uk
 028 90 802 802



For Northern Ireland

Fundraising events

Fright Night

Join us for a spooky Fright Night at Prehen House, Derry/Londonderry on **Saturday 24 October**. Spend the night in this historic stately home and learn about romance, intrigue and ghostly goings on! This event is for over 18s only and we ask that all participants pledge to raise sponsorship of £160 which can be forwarded to the MS Society before or after the event.

Spring Ball

Having consulted widely, we have decided to change the date of our annual Gala Ball. Our signature event will now take place on **Saturday 16 April** at the Stormont Hotel and will be themed as a 'Spring Ball'.

Tickets are £50 (£500 for table of 10), which include the drinks reception, dinner, after dinner speaker, and, of course, dancing though to the wee small hours.

Audience: Northern Ireland
 Action: Share, act – book your place
 Contact: Tom Mallon, Fundraising Manager
tom.mallon@mssociety.org.uk
028 90 802 802

New Pilates pilot

We're pleased to announce that a new Pilates class will begin in the MS Resource Centre on **Tuesday 6 October** from 5.30 – 6.15pm and run for 6 weeks. The class will be led by qualified instructor and Musculoskeletal Specialist Physiotherapist Seana McCann.



Pilates is based on key principles of flowing movement, centring, control, breathing, precision and concentration and, as Seana explains, it can aid the rehabilitation of patients experiencing the effects of musculoskeletal and neurological conditions:

“Before working as a clinical Chartered Physiotherapist I worked in research with the MS community and have seen first-hand the benefits exercise gives to patients with symptoms such as poor balance and co-ordination, proprioception, gait disturbances, muscle strength and flexibility. Pilates works on addressing these issues through controlled exercises which can be modified to suit different abilities. Participants will be supported to build their confidence in a safe environment and I believe they will leave class feeling physically and mentally stronger.”

Please note that participants will be required to bring their own mat and need to be able to get up off the floor by themselves or with minimal assistance.

Audience: Northern Ireland
 Action: Share, act – come along
 Contact: Lesley Clews, Day Centre Manager
lesley.clews@mssociety.org.uk
028 90 802 802



For Scotland

Risk management training

We have a legal requirement to carry out refresher risk management training, so have organised a series of Events Risk Management workshops for all branches. It is important that wherever possible at least one person from each branch attends. You are invited to attend whichever of the following sessions suits you:

- **6 October** (daytime) - Glasgow
- **7 October** (evening) - Ratho Station
- **8 October** (daytime) - Aberdeen

The day will cover:

- understanding the risk assessment process
- the risk assessments form – how to complete, signing them off and reviewing them
- overview of supporting documentation
- understanding the auditing process

If time allows, we also hope to be able to sign off some branches' events audits.

Book your place

Although we're keen that Chairs and lead Health and Safety volunteers attend, anyone who organises branch events is welcome.

Visit <http://volunteers.mssociety.org.uk/events> to book your place. If you have any questions, please contact your Local Networks Officer (LNO).



Risk management audits

We also plan to run risk management audits every two years, which we hope will help keep us all on track and better support you:

Events audits: October – December 2015; 2017; 2019 and so on

Fitness audits: October – December 2016; 2018; 2020 and so on

Any current outstanding issues, new activities (events or fitness) and any audits due this year still need to be carried out and completed. Your LNO will be in touch to arrange individual visits/catch up calls where necessary.

-  **Audience:** Scotland
-  **Action:** Act - book your place on the volunteer website
-  **Contact:** Your Local Networks Officer (LNO)

Benefits awareness event

We're holding a benefit awareness event on **Wednesday 11 November** from 1-4pm at the Hibernian Football Club in Edinburgh.

At the event we'll be providing an overview of disability benefits, and offering the opportunity to speak to various advice agencies. We'll also be holding a discussion around our new campaign **MS: Enough**, which will work to ensure that the welfare system makes sense for people with MS.

Look out for more information coming soon or contact Tracey on the details below.

-  **Audience:** Scotland
-  **Action:** Share, act – book your place when booking opens
-  **Contact:** Tracey Harrison, LNO
tracey.harrison@mssociety.org.uk
0131 335 4054



For Scotland

Edinburgh Marathon Festival 2016

This May we raised a massive £65,000 from the Edinburgh Marathon Festival weekend. It was our biggest event of the year with more than 110 runners participating, some for their local branches.



Now we're planning next year's event and we want to raise even more money. We'd love more branches to get involved, whether by encouraging people to take part for their local branch or by helping to cheer on our fantastic MS Superstars.

In 2016 the Festival takes place on **28 and 29 May**. Places are available to run in the Marathon, Half Marathon, 10K, 5K and Hairy Haggis Relay, so there's something for runners at every level. We'll be there all weekend to cheer on our runners and make sure they are given the Superstar treatment.

To find out more, please get in touch with the team on the details below.

 **Audience:** Scotland
 **Action:** Share, act – get involved with the Marathon Festival
 **Contact:** Fundraising team
msfundraising@mssociety.org.uk
0131 335 4063

Access all areas

Opinions wanted! We recognise that many of our fundraising events are distance runs which can be hard to take part in. We want to extend our range of events to include an event in 2016 that is accessible for all.

We would like your help in shaping that event: what sort of event would you like to take part in and what can we do to support your participation?

Share your views by completing our short online survey at <https://www.surveymonkey.com/r/N522DNF>

Thank you.

 **Audience:** Scotland
 **Action:** Share, act – complete the survey
 **Contact:** Fundraising team
msfundraising@mssociety.org.uk
0131 335 4063



For Scotland

Meet the Area Fundraisers in Scotland

As you will have seen in the Fundraising section, Mark Colley-Davies is your Area Fundraiser if you live in the east of Scotland, and Katie Bruce is here for those in the west.

From advice on developing a fundraising plan, to help with applying to trusts for funds, to tips on organising your annual event; we're here to support you and your branch to make the most of your fundraising opportunities.



What do we do?

We get to meet fantastic supporters and help you run your own fundraising events. We love rolling our sleeves up and getting involved: Katie recently spent her Sunday running up and down Glasgow's Finnieston Crane with brave abseilers who earned their sponsorship by descending 175ft SAS-style (pictured above). And Mark has recently supported a wine-tasting event for 200 people in Aberdeen. This event raises funds for the MS Society every year and was the best community event Mark has ever attended!

We would be thrilled to support you with any events you have coming up, or to help you find trusts to fund some of your fantastic services. We'd love to come to a branch meeting to talk about how we can support you so please get in touch.

-  **Audience:** Scotland
-  **Action:** Act – get in touch for support and a visit
-  **Contact:** Mark Colley-Davies, Area Fundraiser (East)
mark.colleydavies@mssociety.org.uk
0131 335 4051
- Katie Bruce, Area Fundraiser (West)
katie.bruce@mssociety.org.uk
0131 335 4068



For Wales

PIP information events

Are you concerned about PIP and need more information about how you might be affected? We're here to help.

Disability Living Allowance (DLA) is changing to a new system: Personal Independence Payments (PIP). To support you through this change and to help provide you with information about the time-frames, processes and assessment approaches, we've organised a series of information events across Wales this autumn.

The sessions will be hosted and run by Urtha and Katie (Local Networks Officers for Wales) and will provide an opportunity for them to relay information to you, talk you through real-life case studies and then take questions as well as providing you with information to take away and local contact information for further support. Attending these sessions should better equip you for going through an assessment process and will provide you with key information on terminology and Department of Work and Pensions (DWP) expectations.

The events are approximately two and a half hours long, refreshments are provided and the venues are accessible with parking.

Some events took place earlier in August and September, but the remaining dates for the north and mid Wales events are below - book your place at an event by contacting the Wales team.

- **Flintshire** – 18 September
Mount Park Hotel, CH6 5CG
- **Montgomeryshire** – 19 September
The Corn Exchange, Welshpool, SY21 7JG
- **Bangor** – 24 September
Ty Menai, LL57 4HJ
- **Conwy-Llanrwst** – 1 October
Glasdir, Play yn Dre, Llanrwst, LL26 0DF
- **Denbighshire** – 15 October
Oriol House, St Asaph, LL17 0LW

The south Wales events will take place the weeks commencing **19 October and 2 November** – look out for further information from Katie through the post and via email.



Audience: Wales



Action: Share, act – book your place



Contact: Wales team

mscymru@mssociety.org.uk

029 2167 8921



Branch contributions

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

Branch Name	Earmarked Description	Earmarked	Research	General
Cambridge & District Branch			£500.00	
North Norfolk Branch			£10,000.00	
Omagh Branch			£500.00	£500.00
Rhondda Cynon Taff Branch			£1,000.00	
South Tyneside Branch	Cambridge Myelin Repair Centre	£1,000.00		
Strabane & District Branch			£4,000.00	
Sutton (London Borough of) Branch			£40,000.00	
Harrogate & District Branch	Helpline	£1,000.00	£3,000.00	£1,000.00
Mendip Branch			£607.50	
Shrewsbury & District Branch	MS SMART	£5,000.00		
Total		£7,000.00	£59,607.50	£1,500.00



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

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

Accessible caravan

Norwich & District Branch has a two bedroom accessible caravan for hire at Haven's Hopton Holiday Village which is 5 miles from both Great Yarmouth and Lowestoft, Suffolk with a brilliant sea view. For park amenities please visit www.haven.com/hopton

The cost is from £250-£350 per week for 6 people, which includes passes for the leisure facilities. For availability or further information, please ring 01603 488561 or email msscentrenorwich@gmail.com

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

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The Resource Centre
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02890 802 802

MS Society Scotland

National Office
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Newbridge EH28 8PP
0131 335 4050

Feedback on Teamspirit

Teamspirit

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372 Edgware Road
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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

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

Membership

020 8438 0759

Volunteering

020 8438 0944

Fundraising

0845 481 1577