

Teamspirit

For branch volunteers and national support group committee members



From L-R Trishna Bharadia, Sue Polson (Research Network member), Naomi Manton (Cymru Council member and Support Officer for the Flintshire branch) and Peter Eakin (Northern Ireland Council Chair and Foyle branch member) meet Samantha Cameron.

Volunteers attend Downing Street reception

In September, 100 MS Society volunteers were invited to a reception at Downing Street attended by Samantha Cameron. Volunteers and staff nominated people from across the UK to take part in the event. CEO, Michelle Mitchell said, "The event was an amazing chance for us to say thank you to our incredible volunteers

who've given their precious time, energy and commitment to the MS Society".

Attendees included 2013 MS Society Awards Volunteer of the Year winner Trishna Bharadia who also spoke at the reception. Her speech focused on the future of volunteering for the MS Society.



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

This autumn we want to hear your views on a set of exciting ideas we've drafted on the direction, structure and support of our local networks.

We've listened to your priorities and how you want us to work locally to support people affected by MS and the local networks programme proposals are a response to what you've told us through volunteer forums, surveys and consultations.

Our local groups and branches are our strength. We want to grow our local networks into a flourishing community which provides personal, life long, support for people affected by MS.

We have a number of ideas which we believe will provide greater benefit to people affected by MS. We suggest doing this by re-focusing those services we provide together, delivering more services through our digital and telephone channels nationally, alongside increased local support for fundraising and effective campaigning.

We understand that many volunteers want simpler administration processes and to focus on friendship, fundraising, information and campaigning.

We now have a draft set of proposals which over the next three years we believe will address the fact that different groups have different needs. Among those ideas are new ways to recruit volunteers and make sure that volunteering is a rewarding and valued activity for all.

We'd like your thoughts. There's lots of ways you can let us know what you think. Find out more by going to:

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

-  **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



News and events

Early treatment update

In September we shared the news that a new scientific consensus has been reached which redefines the way that relapsing forms of MS should be treated. We secured lots of media coverage for this including the *BBC* and *The Guardian*, in which support volunteer Suzanne Crighton was featured, talking about the difference early treatment could have made to her.

This was followed in October by the launch of a separate report, *Brain Health: time matters in MS*, written by a global group of experts that reached the same conclusions.

The evidence tells us that rather than waiting to see whether more relapses occur, disease modifying therapies (DMTs) should be offered as close to diagnosis as possible. We advise people with relapsing forms of MS to speak to their neurologist about treatment options to help make an active and informed choice about what's right for them.

If your role involves offering support, please visit the volunteer website to access the resources available at: <http://volunteers.mssociety.org.uk/early-treatment>. Our main website also has resources that are available to the MS community.

Please refer any enquiries you receive to these public resources or to the Helpline. If you'd like to speak to someone in confidence about this information, please remember the Helpline is there for you too.



Audience: All



Action: Act – use the resources if you need them



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

Helpline

helpline@mssociety.org.uk
0808 800 8000

MS: Enough update

In September we also launched the MS: Enough campaign, calling for welfare to make sense for people with MS. Since then, we've had an incredible 17,000 people sign our petition and we'll be taking this message directly to the minister responsible.

The launch of the campaign received press coverage across the UK, with highlights including interviews with our supporter Jackie on *ITV Yorkshire*, and Jamie on *STV* in Scotland. We also took the campaign to Westminster, where MPs and Peers heard from more people with MS about their experiences of the welfare system.

The next steps

With the help of the thousands of people who signed our petition, we've already made significant inroads in putting pressure on the UK Government, securing meetings with key decision makers in response to our campaign. As we move forward with the campaign, we'll continue to push hard for vital changes to the system to ensure that people with MS receive the support they're entitled to.

The All Party Parliamentary Group (APPG) for MS will be looking further into the changes that can be made to the welfare system. Later in the year, we'll be asking people with MS to share their experiences.

You can find out more at www.mssociety.org.uk/msenough. Thank you for supporting the campaign so far, and helping us to make welfare make sense.



Audience: All



Action: Act – share your story



Contact: Emma Barnes,
Senior Campaigns Officer
campaigns@mssociety.org.uk
020 8438 0870



News and events

Changes to Volunteer Disclosure Checks

Government disclosure services help organisations identify people who aren't suitable for certain roles involving contact with vulnerable groups. The MS Society has a responsibility to ensure that a disclosure check is carried out on individuals who volunteer in roles which might place them in contact with vulnerable groups. We also have to ensure that we don't carry out unnecessary checks.

Individuals who wish to volunteer in a role requiring a disclosure check are not allowed to begin their role until the checking process has been completed.

Our recent review of volunteer roles requiring a disclosure check has resulted in an amended list. For some roles still requiring a disclosure check, the review has resulted in the level of the check changing. Details of these changes can be found on the volunteer resources section of our website.

If you're unsure whether an applicant for a particular role should be asked to complete a disclosure check application form, please contact the volunteering team.

Our policies covering disclosure checks across the four nations will be amended to reflect the changes.

 **Audience:** All
 **Action:** Note
 **Contact:** Volunteering team
volunteering@mssociety.org.uk
020 8438 0944

Wheelchair lap belts

There have been a number of reported accidents this year with people falling out of their wheelchair so we want to take the opportunity to remind all branches about lap belts. Please make sure your branch members are advised about this as well.

It is advised that lap belts are worn while using a wheelchair. A lap belt can help maintain posture and will prevent the wearer from slipping or toppling from their chair.

To fit a separate or wheelchair supplied lap belt correctly:

- ensure a correct sitting position (i.e. fully back in the seat), and that the pelvis is as upright and symmetrical as possible
- position the lap belt so that the hip bones can be felt above the belt
- adjust the length of the lap belt so that there is just sufficient room for your hand to slide between your body and the belt

Further advice about using wheelchair lap belts can be found here on the volunteer website – just go to the Resource Library and search for “lapbelts”.

 **Audience:** All
 **Action:** Act – encourage members to wear lap belts, share
 **Contact:** Jo Duffy,
Head of Health and Safety
jo.duffy@mssociety.org.uk
020 8438 0882



Info and resources

New resources

We have two new resources available to order from the online shop:

Disease modifying therapies (DMTs) for MS reflects our new position on early treatment and gives a basic guide to the 11 DMTs available for relapsing MS. It includes updated information on who can have each drug.

Talking about treatments: questions to ask my MS specialist is a pocket sized resource for people with relapsing MS to take to their next appointment with their neurologist and prescribing MS nurse. It includes a checklist of useful questions, an overview of our new message on early treatment and lists sources of support.

Updated resources

Women's Health This booklet complements the MS Society's new position on early treatment in relation to women's health, including updated information on DMTs and their effect on women. This replaces the *MS Essentials Women's Health* which has now been withdrawn.

The *Managing a relapse* booklet looks at what a relapse is, how relapses can be treated and managed, and what happens after a relapse. It includes information on the use of steroids and colour illustrations of the effects of a relapse on myelin coating and nerve fibres.

Complementary and alternative medicine looks at some of the complementary and alternative therapies commonly used by people with MS. Included are some non-standard therapies

available that are generally less well known and are not normally included in the listings of complementary and alternative medicine. We've included these because they are sometimes targeted at people with MS.

Claiming DLA (Disability Living Allowance) is a download-only resource reflecting recent changes in the claim process. The booklet gives a comprehensive overview of the entire benefit, including a guide to completing the lengthy form and information on how to appeal as well as who to contact for support along the way.

Withdrawn resources

We have withdrawn two publications, *Disease modifying drugs* has been replaced with the new *Disease modifying therapies (DMTs) for MS*; and *MS and your emotions* has replaced *Mood, depression and emotions*. These booklets will be available on our website.

These and other publications can be downloaded from www.mssociety.org.uk or ordered from the shop <http://shop.mssociety.org.uk>. If you need a login for bulk orders please contact the information resources team on 020 8438 0999.

 **Audience:** All
 **Action:** Note, share
 **Contact:** Information resources team
shop@mssociety.org.uk
020 8438 0999



Support

Help with winter fuel bills

There may be people affected by MS in your area who are concerned about managing their winter fuel bills and are conserving energy to reduce costs. Help may be available to them from the Warm Home Discount Scheme.

The scheme offers a grant of £140 towards fuel costs. Each energy provider has their own qualifying rules, but if someone falls within the following criteria they may be eligible:

- if they are in receipt of a means tested benefit such as Income Support, Income Based Job Seekers Allowance, Income Based Employment & Support Allowance or Universal Credit (Low Income Elements)
- if total gross household income is less than £16,190 and either someone within the household has an illness or disability; or more than 10% of household income is being spent on energy costs

Receipt of disability benefits is not an automatic qualifier for the grant, other factors are also considered.

People affected by MS should either contact their energy provider, or go to the government website and follow the instructions. There's more information on <https://www.gov.uk/the-warm-home-discount-scheme/eligibility>

Applications must be made before **31 December 2015** for payment by 31 March 2016.



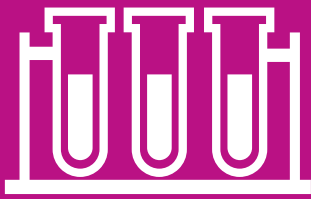
Audience: All



Action: Share - please include this information in your branch newsletter



Contact: Carol Ann Moir, Grants Officer
grants@mssociety.org.uk
020 8438 0700



Research

First positive primary progressive phase three trial results

In October, pharmaceutical company Roche announced top-line results from the first positive phase three clinical trial for people with primary progressive MS.

The trial compared ocrelizumab to a placebo in over 700 people with primary progressive MS. Treatment with ocrelizumab led to a reduction in the progression of clinical disability by 24% compared to the placebo. This reduction was sustained for at least 12 weeks and was measured by the Expanded Disability Status Scale (EDSS).

Data was also reported from two phase three trials, comparing ocrelizumab to interferon-beta (Rebif) in over 1,600 people with relapsing MS.

The results from these trials show that ocrelizumab reduced the number of relapses compared to Rebif by 46% in one of the trials and 47% in the other. Ocrelizumab also significantly delayed the onset of clinical disability compared by Rebif by 43% and 37% in the two trials.

The data from these trials will be submitted in early 2016 to the U.S. Food and Drug Administration and European Medicines Agency so that the licencing process can begin.

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

Vitamin D link to MS

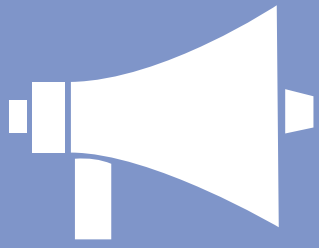
The link between vitamin D and MS has been an area of interest for years. Now new research published in August has brought us a step closer to understanding the connection. Researchers in Canada suggest that people who have low vitamin D levels because of particular genes are also more likely to develop MS.

The team used information from two large genetic studies involving over 70,000 people. They found four variations within their genes that are closely linked to vitamin D levels, and then looked to see if these four variations were more common in people with MS. The results showed that people with these variations (who are prone to having low vitamin D levels) were at a higher risk of developing MS.

This highlights a new genetic link between vitamin D and MS, bringing us closer to understanding how important vitamin D is in MS. What we don't yet know is the potential benefits of vitamin D supplementation on reducing the chance of developing MS or as a disease modifying treatment.

You can read more about this new research on our website.

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



Fundraising

Planning for 2016

Area fundraiser Katie Bruce shares her top tips on how your branch can plan for 2016.

What is a branch fundraising plan?

It's a way for your branch to look at your expenditure and plan how to cover it through fundraising. It's where you put down all of your exciting ideas and develop them into a plan to raise funds for your fantastic services.

Why should branches do a branch fundraising plan?

A plan will help to ensure that your branch has enough money to support its membership with the services that you offer, or would like to offer in the future.

Can you give some examples of what to include?

Anything that your branch (or someone supporting your branch) does that raises any funds should be included. This could range from an individual challenge to a Cake Break at your regular social.

When's the best time to do a branch fundraising plan?

The beginning of the year is a great time to start thinking about the fundraising that needs to be done, but really just whenever is most suitable for your branch. Your area fundraiser would be thrilled to hear from you about any of your fundraising plans so please do get in touch.

You can find more fundraising planning tools on the volunteer website at <https://volunteers.mssociety.org.uk/fundraising-campaigning/fundraising/effective-approaches>

You can also find out who your local area fundraiser is at <https://volunteers.mssociety.org.uk/area-fundraisers>



Audience: All



Action: Act – start your fundraising plan



Contact: Your local area fundraiser



Fundraising

New fundraising challenge for 2016

In 2016 we'll be running an exclusive trek through the awe-inspiring Sahara Desert.

Taking place over six days from **5-13 November 2016**, supporters will be given the opportunity to trek 100km through the largest hot desert in the world, all to raise money to help beat MS. Accompanied by experienced Berber guides and a small caravan of camels, they'll set up camp under the incredible star-strewn night skies, complete with camp-fires and Berber singing to highlight the trip.

Registration opens this week, so please share with your branches and visit the website or email challenge@mssociety.org.uk for more information.

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

Direct Marketing updates

advances feedback survey

Thank you to everyone who completed the survey in *advances* magazine. We really appreciate your help. The survey collected feedback on *advances*, including what you like, don't like and what you want from the magazine. We received over 3,000 completed surveys and the results will help to drive the next edition, which will be sent out in January.

Raffle

Donations have been coming in from our recent raffle mailing. There's still time to play. You could win a £4,000 first prize in the run up to Christmas.

Gift Aid

We've recently been running campaigns to encourage supporters to sign up for Gift Aid. There's been a telephone campaign and an email sent out. Gift Aid is a great way to make your donations worth 25% more at no cost to you and we'd encourage everyone to sign up.

Christmas Appeal and catalogue

The next mailing we're sending out will be the Christmas appeal, focusing on raising funds towards research into myelin repair. We believe that finding a way to repair myelin is crucial. The pack features two researchers doing amazing work in the field.

Finally, there's still time to order cards from our Christmas catalogue. There are 20 new cards for this year as well as gift wrap, a 2016 diary and virtual gift cards.

 **Audience:** All
 **Action:** Share
 **Contact:** Peter Marsh,
Direct Marketing Officer
peter.marsh@mssociety.org.uk
020 8438 0722



Finance

Purchasing minibuses

We recently discovered that a minibus supplier had approached several branches, telling you that they're our supplier of choice. This is not true.

We want to let you know that the MS Society doesn't have preferred suppliers (for minibuses or any other products). If you are approached by a company who claims to be a preferred supplier please let the Finance team know.

We also want to remind you about the procedure for purchasing high cost items, such as minibuses.

If you'd like to make a purchase of this kind, there's a 10-point checklist in Section 5.1 of the Treasurers Handbook which should be followed. This gives clear guidance to considerations which are required and procedures that should be followed.

In addition to this we'd particularly like to clarify that branches must obtain a minimum of three quotes from *different* suppliers.

The Treasurers Handbook contains more information at: <http://volunteers.mssociety.org.uk/treasurers-handbook>. If you have any further queries, please get in touch.



Audience: All, especially Treasurers



Action: Note



Contact: Chrish Ranjan, Branch Accountant or Jamie Gracie, Divisional Accountant
financesupport@mssociety.org.uk
020 8438 0711 or 0131 335 4078



Accounts (Pro-forma) 2015

All branches and support groups need to prepare and submit an annual accounts return. The deadline for submission is **31 January 2016**.

Branches using branch accounting online

Branches using branch accounting online 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 2015 by either:

- emailing a copy of the report (copying in the branch treasurer) to the Finance Support inbox confirming the report is accurate OR
- signing the report and posting to the finance team at MS National Centre

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.

Branches not using online branch accounting

Branches should have received the 2015 accounts pro-forma pack, via post, by the end of the second week of November.

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.

Branches who don't currently use online branch accounting but would like to use it to submit their 2015 accounts, can do so by contacting the Branch Finance Support Team. Alternatively, we would also encourage branches to consider implementing online branch accounting from the start of the new financial year (1 January 2016).

Support and training will be available in the transition phase. If you're interested in hearing more please contact the Branch Finance Support team on the details below.

If you haven't received the pro-forma pack by **Friday 13 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: Chris Ranjan, Branch Accountant or Jamie Gracie, Divisional Accountant

financesupport@mssociety.org.uk

020 8438 0711 or 0131 335 4078

MS National Centre, 372 Edgware Road, London, NW2 6ND



For Northern Ireland

Living with MS



Thank you to all the branches, volunteers and MS Society members who attended our Living with MS information day in September. This was our biggest information event to date and it was wonderful to bring the Northern Ireland MS community together.

It was fascinating to hear about the exciting research taking place at Professor Richard Reynolds' MS Tissue Bank as well as the honest and inspiring reflections of Conor Devine and Catherine Doran.

(Pictured, from left to right: Patricia Gordon, Peter Eakin, Professor Richard Reynolds and Hilary Sears.)

 **Audience:** Northern Ireland
 **Action:** Share
 **Contact:** Ann Wilson,
Executive Assistant
ann.wilson@mssociety.org.uk
028 90 802 802

Waiting lists

Recently the news has been dominated by shocking statistics about hospital waiting lists. We know that waiting times in neurology services are on the increase and many people with MS are waiting too long for a new or review appointment with a Consultant Neurologist. We will be campaigning on this issue in the run up to the next NI Assembly elections and we need the support of our branches and members to demonstrate the impact that being stuck on a waiting list can have on health and wellbeing.

If you're on a waiting list and would like to share your experiences in our campaigning and media work please contact us.

 **Audience:** Northern Ireland
 **Action:** Share, act –
get in touch to share your story
 **Contact:** Brenda Maguire,
Policy, Press and Campaigns Manager
brenda.maguire@mssociety.org.uk
028 90 802 802



For Northern Ireland

Exercise classes

Research funded by the MS Society and published in 2014 found that moderate intensity exercise, like walking or steady cycling, improved fatigue levels and brought improvements in quality of life including emotional wellbeing.

Since 2010 we've teamed up with Active Communities to provide exercise classes for people affected by MS. The classes focus on functional exercises designed to improve posture, mobility and overall strength which can help with everyday tasks like walking up or down stairs or getting in and out of a car. The autumn/winter sessions have started in the following locations:

- **Bangor**, Aurora Leisure Centre, Thursdays 11.15am - 12.15pm
- **Ballymena**, The Parish Centre, Thursdays starting 17 Sept 11am - 12 noon
- **Ballyclare**, Six Mile Leisure Centre, Thursdays starting 22 September 10am - 11am
- **Belfast**, Grove Wellbeing Centre, Wednesdays 12.30pm - 1.30pm

- **Belfast**, Cregagh Youth and Community Centre, Thursdays 7pm - 8pm starting on 24 Sept for six weeks
- **Fermanagh**, Lakeland Forum LC, Mondays starting 7 Sept 1.30pm - 2.30pm
- **Larne**, Larne Leisure Centre, Thursdays 11.30am - 1.00pm
- **Omagh**, Omagh Leisure Centre, Wednesdays 1.30pm - 2.30pm
- **L/Derry**, Foyle Disability Resource Centre, Thursdays 2.30pm - 3.30pm
- **Claudy**, The Diamond Centre, Wednesdays (fortnightly), 11.45am - 12.45pm
- **Limavady**, LCDI, Wednesdays (fortnightly) 1.30pm - 2.30pm
- **Strabane**, Unit 3, Orchard industrial estate, Wednesdays 7.30pm - 9.30pm



Audience: Northern Ireland



Action: Share, act – come along



Contact: Dawn Harrison,
Neuro Physiotherapist

dawn.harrison@mssociety.org.uk

028 90 802 802



For Northern Ireland

Welcome – Jenny Ruddy

Jenny Ruddy has joined the team as External Relations Officer. Jenny joins us from Mencap, where she spent more than three years as Campaigns Officer, working on issues such as disability hate crime, welfare reform and community transport to name just a few. As ERO Jenny will be working closely with our Local Networks team, local branches and volunteers and campaigns team to influence and improve MS services and support.



 **Audience:** Northern Ireland
 **Action:** Note
 **Contact:** Jenny Ruddy,
 External Relations Officer
jenny.ruddy@mssociety.org.uk
 028 90 802 802

Upcoming fundraising

Santa Skydive – 5 December 2015

This festive season we're hosting our Santa Skydive – a tandem skydive from 13,000 feet with a fully qualified instructor. Some restrictions apply so contact the Fundraising Team for more information. Participants must pledge to raise £370.

Santa Dash and Dander – 12 December 2015

Join us for our annual festive fundraiser at Stormont Estate. Participants can either dash or dander the two mile route and dogs are welcome. Light refreshments and free Santa suits are provided. Advance registration is required. Participants must pledge to raise £7 or more.

Grand Christmas Draw

Win £500 in our annual 'Grand Christmas Draw'. Tickets cost £1 and will be arriving with all members over the next couple of weeks. The draw will take place on **Wednesday 23 December** at the MS Society Resource Centre. If your branch would like to help by selling tickets please call our fundraising team on the number below.

Slieve Donard Challenge

Start the New Year as you mean to go on – join our Slieve Donard walk on 1 January 2016. Participants must pledge to raise £60 or more.

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



For Scotland

MS: Enough – our call for change in Scotland

As you'll have read on page 3, in September we launched the MS: Enough campaign, calling on the government to make welfare make sense for people with MS.

In Scotland we have a unique opportunity to help shape a new system for people living with MS. The Scotland Bill, which could become law early next year, proposes to devolve new welfare powers worth £2.5bn to Scotland. This includes a range of benefits which affect disabled people.

Where they have the power to do so, we want Scotland's decision makers to ensure the creation of a welfare system that makes sense for people with MS. We've shared our call for change with the Scottish Government and all of Scotland's MSPs. We're delighted that Alex Neil, Cabinet Secretary for Social Justice, has backed the campaign.

We want people with MS to be at the heart of shaping the new powers. If you'd like to share your views on how Scotland can deliver a better welfare system, please get in touch.

 **Audience:** Scotland
 **Action:** Act – get in touch to share your story, share
 **Contact:** Campaigns team
scotlandcampaigns@mssociety.org.uk
0131 335 4050

Staff changes in the Scotland Office

We're delighted to welcome Mhairi Pearson as Head of Fundraising. Mhairi is providing maternity cover for Nicola Sinclair. We're also very pleased to welcome Gemma Cowan as our new Fundraising Events Manager.

The policy and communications team are glad to welcome back Becky Duff from her maternity leave. Thank you to Aislinn Lunt for providing excellent cover.

Welcome to Jamie Gracie, our new Divisional Accountant. Jamie is part of the UK-wide finance team and will be providing finance support to branches across the UK.

We're also pleased that Niall Sommerville will be joining the team as our new Policy, Public Affairs and Campaigns Manager.

 **Audience:** Scotland
 **Action:** Note
 **Contact:**
Mhairi Pearson
mhairi.pearson@mssociety.org.uk
0131 335 4057
Gemma Cowan
gemma.cowan@mssociety.org.uk
0131 335 4065
Rebecca Duff
rebecca.duff@mssociety.org.uk
0131 335 4061
Jamie Gracie
jamie.gracie@mssociety.org.uk
0131 355 4078
Niall Sommerville
niall.sommerville@mssociety.org.uk
0131 335 4058



For Scotland

MS Superstars – thank you

Autumn's been a busy time for all our MS Superstar fundraisers in Scotland. Not only did supporters take part in ChallengeMS, 150 participants also took up places at a range of cycling or running challenges. Many of our supporters devised their own challenges and events too. Here are just a few of our superstar's stories:

Stephen Harley (pictured, top) took on the 50-mile Pedal for Scotland ride from Glasgow to Edinburgh, inspired by his wife Tammy, who was diagnosed with MS this January. Stephen says: "The MS Society provided me with vital information to help me understand the illness. This is my way of channelling my feelings about Tammy's diagnosis and raise money for a charity that does a lot of good."

A magnificent seven members of staff from Sainsbury's in Livingston took on Edinburgh's 10k RoadBlock run with fun obstacles. The team looked fabulous in their orange wigs and tutus (pictured, middle)! We're so pleased that they have chosen us as their charity of the year.

Team 'Dallas Divas' (pictured, bottom) were four of our 40 runners who completed running events at the Baxters Loch Ness Marathon and Festival of Running. A huge well done to y'all!

Please get in touch with our fundraising team to find out how your branch can get involved in next year's challenges, or for support in putting on your own events.



Audience: Scotland
Action: Note
Contact: Fundraising team
msfundraising@mssociety.org.uk
0131 335 4063



For Wales

Policy and press updates

We're delighted to announce that we have a new Policy, Press and Campaigns Manager in Wales, Fiona McDonald.

Fiona joins us at an exciting time as we're preparing our manifesto for the forthcoming Welsh Assembly election in 2016. As part of our campaigning activities we'll be organising opportunities to meet candidates at two election hustings (North & South) and a reception at the Senedd.

There will be many other ways for our members to be active in the new year:

- Meeting candidates – in the run up to the election candidates may knock on your door or stop you in the street. This is an ideal opportunity to encourage them to support our manifesto.
- Writing to local newspapers – politicians read local newspapers – a letter or article will make a difference. Fiona can provide template letters and support you to do this.
- Social media – we regularly post our news on Facebook and Twitter. Please encourage your members to support our pages and share our content.
- Word of mouth – whether it's on a bus, on the phone, at work, on the street, in a clinic- wherever you are, everyone can play a part in getting our messages out there.

The team will be distributing resources to assist members on how to get involved next year. If you would like further information or to register your interest, contact Fiona who is on hand to support anyone who wishes to be active in our campaigning and influencing work.

 **Audience:** Wales
 **Action:** Share, act – spread the word
 **Contact:** Fiona McDonald,
Policy, Press and Campaigns Manager
fiona.mcdonald@mssociety.org.uk
029 2167 8923

North Wales consultation event

A huge thank you to everyone who attended the Pierhead event in June, your views are helping us to shape the key asks in our manifesto.

Following this successful event, members in North Wales expressed an interest to meet and continue to share their experiences.

We also appreciate that many of our members were not able to travel to South Wales on the day but wanted to talk about the services they receive.

We are holding a consultation event at 1.30 pm on **2 December** at Kinmel Manor, Abergele, LL22 9AS.

This event is vitally important to our local influencing work. Without knowing about how people with and affected by MS are treated in North Wales, we will be unable to improve services.

 **Audience:** Wales
 **Action:** Share, act – attend the event
 **Contact:** Urtha Felda, Local Networks & External Relations Officer
urtha.felda@mssociety.org.uk
020 8827 0212



Branch contributions

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

| Branch contributions | | | | |
|-----------------------------------|---|-------------------|-------------------|---------|
| Branch Name | Earmarked Description | Earmarked | Research | General |
| Bath & District Branch | Cambridge Myelin Repair Centre | £2,000.00 | | |
| Bath & District Branch | Tissue Bank | £2,000.00 | | |
| Bath & District Branch | Research project – The role of mitochondria in progressive MS | £2,000.00 | | |
| Brighton & Worthing Branch | Progressive MS Alliance | £5,000.00 | | |
| Cambridge & District Branch | Cambridge Myelin Repair Centre | £1,000.00 | | |
| East Anglia Region | Cambridge Myelin Repair Centre | £1,500.00 | £1,500.00 | |
| Kings Lynn & District Branch | Cambridge Myelin Repair Centre | £5,000.00 | | |
| Kings Lynn & District Branch | Progressive MS Alliance | £5,000.00 | | |
| Mansfield & District Branch | MS Nurses | £1,000.00 | | |
| North Devon Branch | | | £2,000.00 | |
| Sefton Area Branch | | | £1,500.00 | |
| Settle, Bentham & District Branch | Cambridge Myelin Repair Centre | £1,000.00 | | |
| Trafford & South West Manchester | | | £150.00 | |
| Tunbridge Wells & District Branch | Progressive MS Alliance | £4,000.00 | £5,000.00 | |
| Total | | £29,500.00 | £10,150.00 | |



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

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

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