

Teamspirit

For branch volunteers and national support group committee members



Anne Campbell, Borders branch President and British Empire Medal recipient

Borders branch volunteer awarded British Empire Medal

Borders branch President, Anne Campbell, has been awarded a British Empire Medal in the Queen's New Year's Honours list. Anne has been volunteering for the MS Society for over 60 years. Her great commitment and care towards people living with MS is inspired by her mother Vida, who was diagnosed with MS in 1947.

Anne's mother established a branch in Ballymoney, Northern Ireland, where Anne

used to help her mother and later joined the branch committee. In 1986, she moved to Scotland and joined the Borders branch. Anne says, "From the first day I volunteered I've tried to follow in my mother's footsteps and make sure that no-one with MS is left on their own... I feel I've received this honour on behalf of the branch and all our hard-working volunteers".

Turn to page 2 to read more about New Year's Honours recipients.



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!

New Year's Honours



We're delighted that Michelle Mitchell has been awarded an OBE in recognition of her contribution to the charity sector, older people and her current role as Chief Executive of the MS Society. Professor Alastair Compston, one of the world's leading researchers in MS, also received a CBE for his work in developing MS treatments.

Michelle joined the MS Society in 2013, having previously worked for Age UK as Director General. Michelle is awarded this Honour for her many years of tireless work across a number of excellent causes.

Professor Compston's Honour is equally deserved. His 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.

Michelle says, "I was truly honoured to be in the company of Anne and Prof. Compston (not to mention Idris Elba!) on the Queen's New Year's Honours list. Their contribution to MS goes back decades – and is a perfect cross-section of the impact of our work, from grass-roots services and support to cutting-edge research."

Please join us in congratulating all three on their superb achievements!

 **Audience:** All
 **Action:** Share

Brand refresh

This year we're refreshing our brand and improving our website and online communities. This will position us as being more relevant and helpful to all people affected by MS, including those recently diagnosed. It will help us to engage with new partners and supporters to continue to grow our fundraising, provide services to more people, and fund research.

The new brand and website will be contemporary, appeal to new audiences and help us better communicate our focus and purpose. The website will be more accessible, give visitors a personalised experience, and allow them to access quality information and support in simple, engaging ways.

Over the coming months we'll be getting feedback from people living with MS, our members, supporters and staff. The website will launch this year and we'll introduce the refreshed brand in time for MS Life in September.

 **Audience:** All
 **Action:** Share
 **Contact:** Alex Betti,
Head of Digital and Content
alex.betti@mssociety.org.uk



News and events

Simplifying administrative processes for volunteers

We're delighted to launch three major benefits to branches in the coming months: the volunteer portal, the web to print tool and the Supporter Care Centre. These services are part of our Local Networks Programme commitment to simplify administration for volunteers.

Volunteer portal and web to print

The volunteer portal will enable groups to easily manage their membership data. The web to print tool will provide editable templates for materials such as newsletters and posters, making the process of creating these items, saving to your computer, and requesting delivery of printed copies, very straightforward. Online training resources and guides will be available on the volunteer website. Both tools will be available from the beginning of April.

Supporter Care Centre

Following a review of how branches, members, supporters and the public contact our Membership and Supporter Services, we've simplified this process to improve the service level being received. The new Supporter Care Centre will now deal with all incoming queries, making sure your questions and needs are answered promptly and effectively at National Centre. You can contact the team by either emailing supportercare@mssociety.org.uk or calling 0300 500 8084. This service is currently available Monday-Friday, 9am-5pm. Over the coming months we'll also be trialling new services including online web-chat, text messaging, a 'call me back' service and longer opening hours.

Your Local Networks Officer will continue to be your main staff contact for any local needs. We've developed new contact standards which are available in the resource library on the volunteer website, ensuring monthly staff contact and visits to your committee at least every three months.

Local networks proposals – next steps

We're currently planning the implementation of the local network proposals, and ensuring your feedback is incorporated into the planning. The next set of volunteer forums are scheduled for May, where we'll be able to give greater detail and gain your insight on this stage of delivery.



Audience: All



Action: Share



Contact: Local Networks

Programme team

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

mssociety.org.uk



News and events

Using MS Society email addresses

In 2014 we introduced branch email addresses and since then many branches are now benefitting from using these accounts. However 32% of branch email accounts and 60% of support email accounts haven't been logged in to since they were first set up.

These accounts are really beneficial, including:

- branches no longer needing to use volunteers' personal email addresses for MS Society activities
- making it easier to get in touch with us by email and improving our joint communications
- ensuring there's no break in communications with branches when a volunteer steps down, changes role or their own email address
- allowing you to communicate more effectively with members and the general public when responding to enquiries or providing support
- enabling us all to manage the risks around data protection and confidentiality with improved IT security
- helping enhance our sense of community and identity locally

The Volunteering team are here to support you. If you haven't yet started using your account and need help to do so please get in touch.

We'll soon be contacting all branches who aren't yet using their account to support you to access your mailboxes and provide bespoke guidance on this.



Audience: All



Action: Share, act – let us know if you need support



Contact: Volunteering team

volunteering@mssociety.org.uk

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

020 8438 0944

Working with supporters – our promise

In recent months it's been hard to avoid the stories in the media surrounding alleged fundraising malpractices and poor regulation across the charity sector. In response, the government has carried out a review of these practices, which found that fundraising in the charity sector is poorly regulated, the sector has suffered from loss of public trust and there's a real need for reform.

We want to reassure you that we're fully compliant with all fundraising legislation, but we also want our offer to our supporters to go further than that.

A summary of our Supporter Promise which outlines how we'll work with supporters is available to view on the MS Society website at www.mssociety.org.uk/supporter-promise.

We're also:

- Reviewing our third party marketing agencies to ensure they also comply with best practice.
- Exiting any pre-existing "data swap" commitments. (We've previously swapped data with other charities – albeit infrequently – but stopped this practice in July before the review came out).
- Creating factsheets for best practice in fundraising.
- Completing a project into consent and data protection, to ensure our "opt outs" are clear and easy to use.

Our supporters are vital to us; it's essential that supporting the MS Society is a rewarding and positive experience for everyone. If you have any questions about our fundraising practice, or how we work with our supporters, please get in touch.



Audience: All



Action: Share



Contact: Supporter Care Centre

supportercare@mssociety.org.uk

0300 500 8084

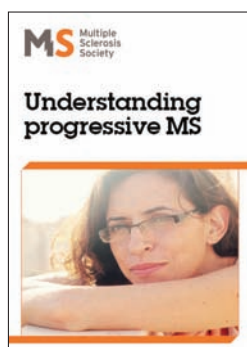


Info and resources

New resources

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

Understanding Progressive MS explains primary and secondary progressive MS. It has an updated research section, including news about the first drug (ocrelizumab) to have an impact on progressive MS. This replaces *What is primary progressive MS?* and *What is secondary progressive MS?*



Living with the effects of MS looks at issues that often follow an MS diagnosis. These include the emotional impact, the effect on others, coping with a relapse and getting support.



Also available (download only) are seven factsheets about disease modifying therapies (DMTs). They cover trial results, side effects, tests and pregnancy in more detail than our DMT booklet.

Updated resources

We've revised last year's booklet *Disease modifying therapies (DMTs) for MS* with updated figures on the side effects of PML (a brain infection). Two minor errors have been corrected. The new version has November 2015 on the back cover.

Changing from Disability Living Allowance (DLA) to Personal Independence Payment (PIP) gives basic information for people moving from DLA to PIP in a new factsheet format (downloadable and available in print). Content is identical to Essential 30.

Withdrawn resources

The following resources have been withdrawn and should not be distributed:

What is primary progressive MS?

What is secondary progressive MS?

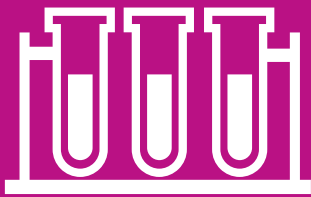
Essential 30: Changing from Disability Living Allowance (DLA) to Personal Independence Payment (PIP)

Disease modifying therapies (DMTs) for MS: September 2015 edition

Stem cell therapies in MS (please use instead the stem cell pages on our website)

Current 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.

 **Audience:** All
 **Action:** Share
 **Contact:** Information Resources team
shop@mssociety.org.uk
020 8438 0999



Research



BBC Panorama January 2016

BBC Panorama's 'Can You Stop My Multiple Sclerosis?' featuring a stem cell treatment for MS aired in January. Autologous haematopoietic stem cell transplantation (AHSCT) is a one-off procedure which involves taking haematopoietic stem cells from someone's blood, wiping out their immune system with chemotherapy and then reintroducing them to their body to reset the immune system and stop it attacking nerves.

A number of clinical trials have shown AHSCT can reduce relapses and stabilise or improve disability in people with relapsing remitting MS. An international clinical trial of AHSCT, called the MIST trial, is currently ongoing with a centre in Sheffield participating. Unfortunately results so far don't demonstrate effectiveness in progressive MS – this is because AHSCT can't repair damage already done.

Larger trials in this area would help us learn more about the safety and long-term effectiveness of the treatment and who could benefit from it.

You can read more about AHSCT on our research blog: <https://www.mssociety.org.uk/ms-research/research-blog>. The 'emerging areas of research' section of the MS Society website also contains detailed information about this type of therapy.

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

Epilepsy drug shows promise for MS

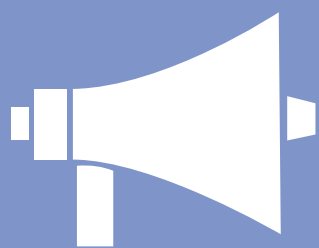
A study funded by the MS Society has found a drug currently used to treat epilepsy could become a neuroprotective treatment for people with all types of MS.

The MS Society funded trial, led by Dr Raj Kapoor, tested the effectiveness of phenytoin on 86 people with early symptoms of optic neuritis. The results showed people who'd received phenytoin experienced, on average, 30% less nerve damage compared to those on the placebo.

This study supports the concept of neuroprotection – protecting nerves to keep them alive. This is a vital strategy for the future of MS treatment and currently there aren't any drugs available that can protect nerves from damage.

This study should encourage a phase 3 trial of phenytoin in optic neuritis and other demyelinating conditions such as MS, paving the way for the development of a neuroprotective drug for people with MS.

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



Fundraising

Cake Break is back!

It's that time again when many of you will be registering to join others up and down the UK in holding a Cake Break in May.



Fundraising packs will be ready early April, so please register now to receive one. We look forward to hearing all about the different Cake Breaks and how the money raised can help in local areas. If there are supporters in your local area that would like to hold a Cake Break you are able to register them too.

Don't forget to let us know how much was raised at your Cake Break. It's also really important to let us know when you bank any Cake Break donations from supporters, so we don't spend time and money following up with supporters who have already given their donation to your branch. Please send us full details of each donation banked – it will help us tremendously!

If you haven't registered for Cake Break yet, please contact Jemima and let us know what branch you're from.

Here's to a fabulous Cake Break!

Audience: All
 Action: Share, act – bank your donations
 Contact: Jemima Woolgar, Community and Events Fundraising Officer
cakebreak@mssociety.org.uk
www.cakebreak.org.uk
0300 500 8084

Changes to Tesco store collections

Tesco have again changed their procedures for allocating charity collections at their larger stores.

They've introduced a new online collection portal at www.tasteattesco.com/Charity.aspx

Any charity wishing to collect must register and use this portal.

Branches can register to directly make applications at their Extra, Superstore and Metro stores without the need for any national MS Society involvement. The site requires our registered charity number: 1139257.

This is great news; it means that individual branches will have better control over their own collection applications to Tesco, whereas previously it meant coming through a central point of contact at MS National Centre.

Collections during December will continue to be organised directly through each store's Community Champion and you should contact stores locally for details.

Collection Dates	Application Period	Decision expected by
September - November 2016	1-31 May	31 July
January - February 2017	1-31 August	31 October
June - August 2017	1-28 February	30 April

Audience: All
 Action: Act
 Contact: Your Area Fundraiser
<https://volunteers.mssociety.org.uk/area-fundraisers>



Fundraising

Direct marketing updates

January *advances*

Many members will have received the January edition of our supporter magazine, *advances*. We hope you all enjoyed reading the new look magazine. The changes were based on feedback received in the *advances* survey last summer.

Telephone fundraising

We're currently running telephone fundraising campaigns talking to current supporters, supporters who used to have a direct debit and former members asking them to setup a regular gift. We're also calling supporters who have a regular gift already, asking them to increase the amount they generously donate.

Easter raffle

Last week, many supporters were sent our Easter raffle pack. As usual, there's a £4,000 first prize and a total of 15 prizes to be won. Tickets must be sent back by Friday 29 April to enter the draw.

April appeal

The next appeal we send out will be based on neuroprotective research and will be landing with supporters at the end of April. This is a vital area of research where we're funding a number of projects, which could benefit people with all types of MS. There will also be publicity for the appeal in MS Week and on World MS Day.



Audience: All



Action: Share



Contact: Peter Marsh,
Direct Marketing Officer
peter.marsh@mssociety.org.uk
020 8438 0722

Legacies Update

Over the next couple of months, the Legacies team will be sending the following legacy promotions to MS Society supporters:

Spring raffle thank you insert

From the beginning of this month, we'll be inserting a small A6 legacy 'booklet' in with the thank you letters to supporters who play the Spring raffle. This leaflet will ask raffle players if they have considered leaving a gift in their Will and, if so, if they would like any further information. These inserts will run until the draw date, 6 May.

March legacy mailing

On 19 March we'll be sending 20,000 supporters (including some members) our latest legacy mailing. This campaign will gently be asking supporters to consider leaving a gift in their Will, and focuses on the key role legacy gifts play in supporting our biomedical research.

If you have any questions about the above, or legacies in general please get in touch.



Audience: All



Action: Share



Contact: Adam West,
Legacy Campaigns Manager
adam.west@mssociety.org.uk
020 8438 0974



Finance

Branch Annual accounts 2015

Thank you for completing the 2015 branch returns. Please be aware that we may need to contact your branch over the next couple of months with audit queries.

The majority of branches now maintain their accounts using branch accounting online and we'd encourage all branches to transition over to this.

The Finance team are here to provide support and training so please do get in touch with us if you'd like to know more about accounting online or if you require any support.



Audience: Treasurer, Chair



Action: Act – register for branch accounting online, contact us if you need support



Contact: Finance team
financesupport@mssociety.org.uk
020 8438 0711 or 0131 335 4078
MS National Centre, 372 Edgware Road, London NW2 6ND

Advice on financial safety

Branch security is a top priority and we need your help to keep branches safe. It may seem unlikely that your branch would be a victim of fraud but this does happen. We recently had a case of a new branch chequebook being intercepted in the post and used to make fraudulent cheques. This was picked up by Barclays and the cheques were stopped.

Actions against cheque fraud

Please ensure that you take the following steps to minimise the risk of cheque fraud and other fraudulent activities:

- ensure your branch mandate is up to date
- update your correspondence address with Barclays
- allow a reasonable amount of time for chequebooks to arrive, 7-10 working days. Contact the Finance team if outside of this timeframe
- regularly monitor activity on your statements to identify any potentially fraudulent transactions

Fraudulent communications claiming to be from Barclays

As highlighted in Barclay's recent TV advert, please be aware that fraudsters claiming to be Barclays may contact you, by phone or email, for your online banking login details.

Banks will never ask for this information so if you receive such a request, please do not share the information and get in touch with the Finance team as soon as possible.



Audience: Treasurer, Chair



Action: Note



Contact: Finance team
financesupport@mssociety.org.uk
MS National Centre, 372 Edgware Road, London NW2 6ND



For Northern Ireland

Get involved in our NI Assembly election campaign

We launched our NI Assembly election campaign on 16 February at Parliament Buildings, Stormont. People with MS have told us that they are waiting too long for an appointment with a Neurologist who has the expertise to support them. The MS Society **#EndtheWait** campaign calls for the Department of Health in NI to create an MS Network to improve access to MS services.

There are lots of ways to get involved in the campaign – you could attend a local hustings debate, write to your local paper or simply speak to candidates in your area about the **#EndtheWait** campaign.

We'll be hosting hustings events in Derry/Londonderry and Belfast on **10 and 11 March** and would encourage our branches and supporters to get involved.

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 involved
 **Contact:** Jenny Ruddy
jenny.ruddy@mssociety.org.uk
028 90 802 802

Information events coming up

Fatigue information event

Please join us on **Thursday 24 March** from 1.30pm - 4pm at Ramada Hotel, Shaw's Bridge for an MS information talk on fatigue. Guest speaker Professor Rona Moss-Morris, Professor of Psychology as Applied to Medicine at King's College London, will discuss what fatigue is, its causes and how it can be managed. There will also be an opportunity to ask questions.

Omagh Information Event

Omagh branch is hosting an information event on **Saturday 23 April** from 11am - 3.30pm. As well as information about the branch, there will be local health professionals and benefits advisors available to provide information and advice. All welcome.

 **Audience:** Northern Ireland
 **Action:** Share, act – book your place
 **Contact:** Fatigue event – NI Reception
nireception@mssociety.org.uk
028 90 802 802
Omagh event – Susan Carey
susan.carey@mssociety.org.uk
028 90 802 802



For Northern Ireland

Health and Safety training for branches

Andy Grant, Health and Safety Branch Officer, will be delivering Events Health and Safety training for all branches. This will include the new simplified process for risk management and health and safety processes. It also provides an opportunity to meet with other branch volunteers and share tips and ideas.

Training dates/locations are:

Tuesday 19 April

Dunsilly Hotel, Antrim 10am - 12.30pm




Wednesday 20 April

The Fir Trees Hotel, Strabane 10am - 12.30pm

Thursday 21 April

The MS Society Resource Centre, Belfast
10am - 12.30pm

Branch volunteers may sign up to whichever date/location suits best.

 **Audience:** Northern Ireland
 **Action:** Share, act – book your place
 **Contact:** Susan Carey
susan.carey@mssociety.org.uk
028 3083 3943

NI Council meetings

The first NI council meeting was held on 3 February.

The upcoming meeting dates for the NI Council are:

- 30 March
- 8 June
- 17 August
- 26 October (subject to change)

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



For Scotland

Help create MS champions in the new Scottish Parliament

Ahead of the Scottish Parliament elections on 5 May we're calling on candidates to be a 'Voice for Change' for MS if elected to Holyrood.



We're asking candidates to pledge their support to our three key asks:

- care, support and treatment for people living with MS is person-centred, consistent and based within the community
- voices of people living with MS are heard in the health and social care integration process
- newly devolved powers create an empowering and fairer landscape for people living with MS

The elections provide a fantastic opportunity to raise awareness of MS and the MS Society, and we need your help. The more candidates we can get to pledge their support, the louder the voice for people living with MS will be at Holyrood. Ask your candidate for their support via our e-action at www.mssociety.org.uk/scotlandelection

There are lots of other ways you can take action – check out our campaigning toolkit and full manifesto on our website.

 **Audience:** Scotland
 **Action:** Share, act
 **Contact:** Niall Sommerville, Policy, Public Affairs and Campaigns Manager
niall.sommerville@mssociety.org.uk
 0131 335 4058

Join Team MS at the Edinburgh Marathon Festival

An iconic weekend of running, the Edinburgh Marathon Festival offers a fantastic opportunity to raise money and awareness to help beat MS.



We have charity places available on our MS Superstar team in the 5K, 10K, Half Marathon, Marathon and Team Relay. Please help us spread the word and encourage people to join our team!

We're also looking for volunteers to help support our fantastic runners on the day. Encouragement from our volunteer cheerers can really help spur our runners on. Can you spare a few hours on **Saturday 28** or **Sunday 29 May** to help us be the loudest and brightest cheerers on the course?

We can offer our volunteers fantastic orange MS Society t-shirts, orange wigs, and bright cheer sticks; plus a hot cuppa and food to keep you going. Our lovely Scottish Events team will be there all weekend to look after our runners and volunteers.

If you'd like to take part, whether as a runner or a volunteer, please get in touch. Thank you for your support!

 **Audience:** Scotland
 **Action:** Share, act – spread the word/volunteer
 **Contact:** Fundraising team
msfundraising@mssociety.org.uk
www.mssociety.org.uk/scotland-events
 0131 335 463



For Scotland

Developing self management in Scotland

We are pleased to welcome Coleen Kelly to the MS Society, as our new Self Management Lead. Coleen tells us about herself and her role:



“I’m delighted to have joined the MS Society. I previously worked for Edinburgh Council where I managed health and social care volunteers across the city’s 11 residential care homes for older people. I have a background in working with vulnerable children and young people, including supporting children with autism in both community and educational settings. I’ve also had several volunteer roles with Childline, and I have been a volunteer panel member of the Children’s Panel for over three years.

I’ve been so impressed to hear about the work of our branches, and of the commitment and dedication of our volunteers to improve the lives of those who live with MS. I am passionate about developing self management across the organisation, and hope to visit some of you over the coming months to introduce myself and hear your thoughts on the future of self management at the MS Society.

We’re entering an exciting period where self-management can be developed creatively and I am glad to be part of such an exciting journey!”

To find a self management course near you, please visit

www.mssociety.org.uk/scotland-events

Audience: Scotland
 Action: Share
 Contact: Coleen Kelly
coleen.kelly@mssociety.org.uk
0131 335 4056

Living with MS event coming to Edinburgh

Following a successful event in Glasgow last year, our popular information day ‘Living with MS’ is coming to Edinburgh soon.

The free day is open to anyone affected by MS, their carers, family and friends. It’s an ideal opportunity to learn more about MS, including learning about the latest research and how to manage your symptoms. It’s also a great way of meeting and connecting with others affected by MS and finding out what support is available locally.

Here’s what some people who attended last year’s event had to say:



“All speakers and workshops were informative and engaging. I will act on the information given and I’ve also learned loads from speaking to others.”

“Ever since I was diagnosed I’ve learnt more about MS... This gathering today gave me and my wife a great chance to meet and discuss a lot of different things with new people.”

“Overall invaluable in terms of information and also positive attitudes from the contributors.”

For more information please visit

www.mssociety.org.uk/LwMSEdinburgh

Audience: Scotland
 Action: Share, act – book your place
 Contact: Conference team
conferenceadmin@mssociety.org.uk



For Wales

Support your MS Society Cymru Manifesto

On 5 May 2016 we will get to decide who our next Assembly Members are and who forms the next government. MS Society Cymru needs your help!

What is the Manifesto?

MS Society Cymru has produced a manifesto based on the hopes and concerns of members like you.

The manifesto focuses on three themes that we want Assembly Members (AMs) to raise with Local Health Boards and the next government:

- **To improve services** – invest in specialist MS neurologists and nurses; make sure every person living with MS has a dedicated care plan and coordinator; is able to access a comprehensive review; and all approved medicines are readily available.
- **Make welfare make sense** – challenge the UK Government to recognise the reality of living with MS and to undertake a full impact assessment of any further changes they make to disability benefits.
- **A voice for people with MS** – make sure that MS is recognised and understood by health and social care decision makers.

It doesn't matter who you are or what your interest in MS is – whatever you can do to support the MS Cymru manifesto will help to get MS further up the political and public agenda in Wales.

You could:

Attend the MS Society Cymru Manifesto launch on 16 March

We're organising a reception in Cardiff to officially launch our campaign manifesto. This will be a great opportunity to meet other supporters and share your experiences of services in Wales.

Please come along and invite your Assembly Member to attend. Let them hear first-hand what it's like to live with MS and the need to do more to improve services. AMs can be contacted via letter, email, video messages, and social media.

16 March 2016

11:45am - 1:45pm

Pierhead, Cardiff Bay, CF99 1NA

Attend Election hustings / meet local candidates:

11 April – Conwy Business Centre Llandudno Junction, 12.30 - 3.30pm

15 April – Hawthorn Leisure Centre, Pontypridd, 12 - 3pm

We've developed a campaign resource pack which contains a range of handy hints and template letters to help you promote the manifesto. This can be downloaded at www.mssociety.org.uk/waleselection



Audience: Wales



Action: Share, act



Contact: Fiona McDonald, Policy, Press & Campaigns Manager – Wales
fiona.mcdonald@mssociety.org.uk
029 2167 8924 / 077 4075 3945



For Wales

Key dates in Wales 2016

Cymru Council meetings 2016

23 April
9 July
6 August
5 November

Living with MS event

9 July – Llandrindod Wells

Fundraising

6 March – World Half Marathon Championships
9 July – Velocity Zip World event
4 October – Cardiff Half Marathon (registration is opening shortly)

If you're planning a fundraising event please contact Lauren.

 **Audience:** Wales
 **Action:** Share, act
 **Contact:** Lauren Swain,
Interim Fundraising Manager – Wales
lauren.swain@mssociety.org.uk
029 2167 8925

Getting involved with volunteering in Wales

We want to build on your current work, to create an even more diverse and vibrant network of volunteers that can respond to the needs of people living with MS, offering a range of activities and groups to suit everyone.

There's a wealth of opportunities on offer including:

- Cor aMaSing meet weekly just outside Bangor to support people living with MS who enjoy singing.
- Younger persons' groups meet throughout Wales that offer evening socialising in bars and pubs and coffee mornings that offer day-time socialising in accessible, local venues.
- A new support group has been set up in Aberystwyth. On 22 April the group are holding an information session in Ty Glyn Cilauaeraron, Aberaron on Disease Modifying Drugs.

We're also developing

- Photography sessions and walks
- Knit & Knatter groups
- Male Carers' groups
- Network of digital volunteers to support with online activities

If your branch, volunteers, or anyone you know, would like to be involved in attending or setting up a new group or activity, please let us know.

 **Audience:** Wales
 **Action:** Share, act – get in touch
 **Contact:** Katie Cooke,
LNO South and Mid Wales
katie.cooke@mssociety.org.uk
or Urtha Felda, Local Networks and External Relations Officer North Wales
urtha.felda@mssociety.org.uk



Branch contributions

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

Branch contributions 11/12/2015 to 02/02/2016

Branch Name	Earmarked Description	Earmarked	Research	General
Banbury & District Branch			£6,093.00	
Boston & South Holland Branch			£5,000.00	
Braintree Branch			£450.00	
Huntingdon & District Branch	Helpline	£2,000.00		
Huntingdon & District Branch	Cambridge Myelin Repair Centre	£3,000.00		
Larne & East Antrim Branch			£5,000.00	
Ryedale Branch			£25,020.00	
South Central and East Suffolk Branch			£600.00	
South Devon Branch	Are systemic infections linked to progression in MS? Research Project	£2,000.00		
Telford & District Branch			£5,000.00	£5,000.00
Wandsworth Branch			£2,000.00	
Total		£7,000.00	£49,163.00	£5,000.00



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 £300 from Saturday to Saturday. For park amenities please visit www.parkdean.com. For availability ring Sue on 01263 512689 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 020 8306 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 £200-£400 per week Friday to Friday for 6 people, which includes passes for the leisure facilities. For availability or further information, please ring 01603 488561 or email mscentrenorwich@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

Share these contact details in your branch newsletter

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)

Get in touch

National MS Helpline

0808 800 8000

Membership

0300 500 8084

supportercare@mssociety.org.uk

Volunteering

020 8438 0944

Fundraising

0300 500 8084

supportercare@mssociety.org.uk