

Teamspirit

For branch volunteers and national support group committee members



Branch of the Year winners, Derek Farmer and Norma Roberts from Macclesfield & District branch with actress Camille Coduri.

MS Society Awards 2016

The MS Society Awards 2016 took place on 27 April. We had a wonderful day celebrating all the incredible work carried out by the MS community right across the UK.

Awards were presented in 15 categories and this year we introduced an exciting new category – Branch of the Year. We're pleased to announce that Macclesfield & District branch (pictured) were named Branch of

the Year 2016! The branch are well known and respected throughout their region and the wider national MS Society for providing a huge range of services in a modern and innovative way. Congratulations also to the highly commended runners up, Chichester & Bognor Regis branch and Wirral branch.

Read more about the MS Society Awards on page 2.



News and events

Want to share your branch's good news?

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

MS Society Awards continued...

Thank you to everyone who helped to make the MS Society Awards such a special day. The ceremony took place at etc.venues in London, hosted by MS Society Ambassador, Scott Mills.

We celebrated some truly inspirational people, including 2016's Volunteer of the Year, David Allen from Luton and Dunstable branch!



David Allen with Laura Thompson, from category sponsor Teva UK Ltd. and Trishna Bharadia, MS Society Ambassador



David's creative and insightful approach at the branch has led to a flourishing social calendar, therapy sessions, an annual Christmas party and charity events alongside strong connections with local businesses and enterprises in the community.

We'd also like to congratulate the highly commended runners up Suzanne Crighton of Mutual Support and Jan Lambert from the Leeds and District branch.

The very special Inspiration of the Year Award went to campaigner, Shana Pezaro. This award is given as a gift from the MS Society and recognises an individual or group who inspires others, making an outstanding contribution to the MS community.

We received a record breaking 438 nominations this year – so well done to everyone who received a nomination!

To find out more about the event and to see the full list of winners and finalists please visit www.mssociety.org.uk/awards.

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



News and events

MS Society and the National Gardens Scheme: a blossoming partnership!

We're delighted to announce that the National Gardens Scheme (NGS) has chosen us as their Guest Charity 2016-2017.

NGS volunteers open 3,800 private gardens across England and Wales, collecting donations and raising over £2.7 million annually for selected charities. Gardens are open throughout the year, with NGS Festival Weekend on 4 - 5 June.

We're hoping to receive £200,000 over two years, raising awareness of MS at the same time. We'd love our branches to get involved and show the NGS just what a fantastic charity we are!

How can you get involved?

- Visit an NGS garden, individually or as a group. See www.ngs.org.uk for a Garden Finder or download the NGS Open Gardens app for smartphones. Do mention to the owner that you support the MS Society and thank them for their efforts.
- Talk about the NGS! The more people who visit a garden, the more support we'll get. We'll provide regular updates, so share, like and retweet.
- Do you have contacts that could help grow our partnership? Are you part of a gardening club or working in the business? Please let us know.
- Could you help NGS volunteers distribute leaflets or give a talk about the MS Society? Perhaps you're interested in opening your own garden?

 **Audience:** All
 **Action:** Share, act
 **Contact:** Your local Area Fundraiser
fundraising@mssociety.org.uk
Supporter Care Centre – 0300 500 8084

MS Life 2016

Join us on **17 - 18 September** for the biggest MS family event in Europe, MS Life! The event will take place in London this year at ExCel.

MS Life is a fantastic opportunity to come together and share knowledge and experience. The event will include:

- interactive workshops – helping you to live well with MS
- information about treatment and care options
- news about the latest MS research
- free exercise classes and tips in the Get Active Zone
- over 60 specialist exhibitors
- the opportunity to network with other volunteers from across the UK

We're currently working on the programme for the event – if you have any ideas for what you'd like to see at MS Life this year please let us know via the contact details below.

Booking for MS Life is now open. To book your place please visit www.mssociety.org.uk/mslife or call 0300 500 8084.

 **Audience:** All
 **Action:** Share, act – let us know your ideas, book your place
 **Contact:** Conference team
mslife@mssociety.org.uk



News and events

Local Networks Programme

We're pleased to announce that we now have a three year plan to strengthen our local MS community throughout the UK. These changes will make volunteering more rewarding, increase fundraising and improve local focus and impact.

You can find out more by visiting <https://volunteers.mssociety.org.uk/local-networks-programme> and by attending one of our 30 volunteer forums taking place across the UK this month.

Local volunteer numbers and fundraising have been declining gradually, but with the Local Networks Programme we'll grow the strength and impact of our local groups to better support people affected by MS and attract and retain volunteers by making volunteering simpler and more flexible.

In 2016 we'll continue to roll out new tools to better support volunteers in their roles. Simplified administration and governance in 2017 will enable volunteers to spend more of their time focusing on supporting people living with MS and in 2018 we'll focus on implementing a narrower range of impactful and high quality services to improve health and wellbeing locally.

We'll support and work alongside volunteers on all key changes as they're delivered and keep you up to date with timescales throughout.



Audience: All



Action: Share



Contact: Local Networks Programme

localnetworkprogramme@mssociety.org.uk

Web-to-Print now available

The new Web-to-Print tool has now launched and is available to use. This tool enables branches to produce high quality branded newsletters, stationery and promotional materials. It includes a range of branded templates with space for branch specific information, photos and content to be added. These can then be saved as PDFs and printed or a print order can be submitted on the system and copies delivered to a specified address.

Each branch has one Web-to-Print account. A link to set up your branch Web-to-Print password has been sent to your branch email address. Once you've set up your Web-to-Print password you'll need this and your branch email address to sign in to your account. You can log in to your branch Web-to-Print account via the volunteer website at <https://volunteers.mssociety.org.uk/using-our-brand>.

In the previous issue of Teamspirit we updated you on progress with improvements to accessing branch email accounts. Many of you have fed-back some of the challenges you've had using your branch email account – we'll be providing further support on this based on what you've told us including more support around data protection guidelines and managing mail box size. If you have any problems using your branch email account, including activating your Web-to-Print password, please contact the Supporter Care Centre.



Audience: All



Action: Share, act – start using Web-to-Print



Contact: Supporter Care Centre

supportercare@mssociety.org.uk
0300 500 8084

News and events

Personal Independence Payments U-turn

In March, the UK Government announced it would scrap its plan to change Personal Independence Payments (PIP) in response to widespread campaigning from charities including the MS Society.

This is an incredible win for people with disabilities and we couldn't have done it without your support.

What happened

We responded to the Government's consultation in January and – along with 26 other charities – wrote to the Minister for Disabled People, urging him not to go ahead with the plans. To further highlight our concerns, we delivered our MS: Enough petition to the Government, signed by more than 22,000 people. In the same week, we secured widespread and influential news coverage, speaking out strongly against the cut. Together with other charities, we asked supporters to email their MPs, resulting in over 3,000 of you contacting your MP in just one weekend.

Next steps

As well as announcing the U-turn on changes to PIP, the Government said it has “no further plans” for spending cuts on welfare in this parliamentary term. The new Secretary of State for Work and Pensions promised to start a ‘new conversation’ with disabled people and their representatives, which we'll be asking to be part of.

Keep up to date with our campaigns at www.mssociety.org.uk/campaign

 **Audience:** All
 **Action:** Share, act – find out more about our campaign: <https://www.mssociety.org.uk/watershed-moment>
 **Contact:** Campaigns team
campaigns@mssociety.org.uk

Carers Week 2016 – ‘Building Carer Friendly Communities’

Carers Week is from 6 -12 June this year. We are once again one of the national supporters for this important awareness week alongside Macmillan, Age UK, Independent Age, Motor Neurone Disease Association, Carers UK and Carers Trust. This year's focus, ‘building caring communities’ is the perfect opportunity to raise awareness of the support and information available for carers in our communities. A caring community supports carers to look after their family or friends well, while recognising that they're individuals with needs of their own; our branch network plays a vital role in underpinning carers who support someone close to them with MS.

Highlight good practice

Could you help raise the profile of organisations, services and employers who are already carer friendly in your community? Visit www.carersweek.org/about-carer-friendly-communities to recommend them. You could also invite an organisation to become more carer friendly by introducing them to the Carers Week Checklist and asking them to commit to becoming carer friendly.

Plan a Carers Week event in 2016

In 2015, 32 branches held or attended Carers Week events – let's increase that number this year! To find out more and see what's planned in your area visit www.carersweek.org

 **Audience:** All
 **Action:** Share, act – get involved in Carers Week
 **Contact:** Campaigns team
campaigns@mssociety.org.uk



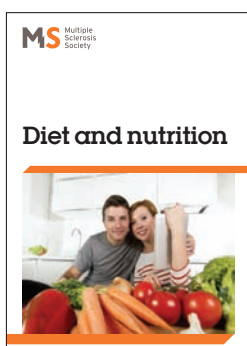
Info and resources

New resources

We have one new resource available to order from the online shop:

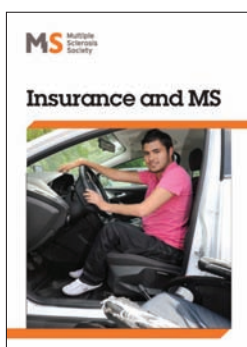
Diet and nutrition.

There are many claims about how diet can help with the management of MS. Several special diets have been created that claim to have effects on MS. This booklet looks at the evidence that exists to help you make up your own mind about what you choose to eat. It also looks at the kind of healthy diet that most people should be aiming for and how to get a balance of the different food groups.



Updated resources

We have revised the booklet *Insurance and MS* making some changes to the content. This is currently available for download only while a full review is carried out. We've also updated the download-only factsheet *Oral health*.



Withdrawn resources

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

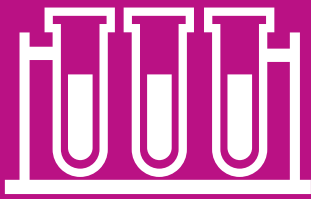
ES03 Insurance and MS

MS in the family: The man's guide to caring for someone with multiple sclerosis

These and other publications can be downloaded from www.mssociety.org.uk or ordered from the shop at <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

Research study participation

Many of our members have told us they're interested in taking part in research studies. At the MS Society, we don't advocate for or against participation in any particular study, but we're keen to support members in making informed decisions.

We believe it's important that you're sure that any study you're invited to take part in meets appropriate standards. If your branch is approached by researchers wishing to recruit participants, and you're interested in hosting them, please always contact the Research team first before agreeing to anything.

The team will check that the study in question appears on our dedicated 'be in a study' page on our website. If it does, it means it has met our requirements and, more importantly, has received appropriate ethical approval from a university or hospital. The team will also confirm that the study has specific ethical approval to directly recruit from local branches.

If the researcher's study does not feature on our 'be in a study' page, they'll need to complete a vetting procedure with the team before they can visit a branch.



Audience: All



Action: Share



Contact: Research team

research@mssociety.org.uk

020 8438 0925

Commissioning studies to meet your research priorities

In 2014, the results of our 'James Lind Alliance MS priority setting partnership' were announced. This programme was set up to ensure we fund those projects that answered the research questions most important to people with MS.

To make sure all the identified research priorities are being addressed, we've commissioned three special projects for 2016, designed to investigate the following:

- Is vitamin D supplementation an effective disease modifying treatment for MS?
- Does early treatment with aggressive disease modifying drugs improve the prognosis for people with MS?
- Which treatments are effective for fatigue in people with MS?

These projects were chosen by the MS Society and the UK MS Clinical Trials Network, which is made up of experienced researchers, health care professionals and people affected by MS.

Two additional studies have also been commissioned by us:

- Investigating factors that influence prescribing of disease modifying treatments for MS
- Scoping the needs of families and carers of people with MS

Keep up to date with the progress of all these projects on the MS Society website.



Audience: All



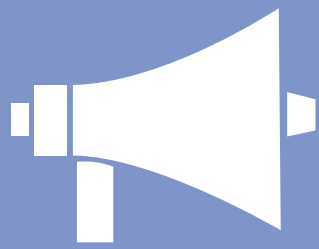
Action: Share



Contact: Research team

research@mssociety.org.uk

020 8438 0822



Fundraising

Donate used stamps to help fund MS research

We'd love you to share the below information in your branch newsletters to encourage members to get involved and help fundraise for MS research:

Collecting and selling used stamps is an easy and simple way to raise money for charity. Derek Dawson, an MS Society supporter, does just this and donates the money raised to fund MS research. In order to do this, Derek relies on people sending used stamps to him and he would love your help to continue to increase his fantastic fundraising work!

All you need to do is:

- cut out the stamp, if possible leaving a border of approximately one centimetre
- send to the address below, making sure the correct postage is on the package/envelope as postal surcharges cannot be accepted
- if you have over 5kg of stamps to send please contact Derek directly as he can arrange collection via courier (at his expense)

It's that easy! Why not get your friends and family involved too and help raise vital funds for MS research? Last year Derek raised £1,800 – let's see if we can help Derek reach the £2,000 mark this year. Thank you!



Audience: All



Action: Share – spread the word



Contact: Derek Dawson
derekcharitystamps@outlook.com
MS Stamps, PO BOX 698, Sapley,
Huntingdon PE29 9LN

Direct Marketing update

Raffle

Thank you to everyone who entered or donated to the Easter Raffle. Thanks to the amazing response, we raised more than ever before for a raffle sent out in Spring. The winners were drawn on Friday 6 May.

The next raffle will be sent out to supporters, donors and members in mid-June. We hope you'll all be keen to take part again.

Neuroprotection Appeal

Our Appeal based on neuroprotective research landed with many of your members last month. Neuroprotection is a key part of our research programme and the Appeal focuses on five exciting projects, which are making real progress. We hope your members found the Appeal interesting and are excited by the developments this area of research is making.

Summer *advances*

The next edition of our supporter magazine, *advances*, lands in July. We received some very positive feedback from the previous edition. If you know of any members who don't receive *advances* and would like to be added to the mailing list, please ask them to get in touch.



Audience: All



Action: Share



Contact: Direct Marketing team
advances@mssociety.org.uk



Fundraising

Cake Break is nearly upon us!

It's not too late to register to hold a Cake Break at your branch, or individually. You can still receive a free fundraising pack to help. 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're 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 too, so we don't spend time and money following up with supporters who've already given their donation to your branch. Please send us full details of each donation banked – thank you!



If you haven't registered for Cake Break yet, please do so by getting in touch via the contact details below.

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

Stop MS update

After a successful 2015, Stop MS is gathering momentum in its second year. On 15 March we held a very successful dinner at The Royal College of Surgeons, hosted by MS Society Trustees, with 92 guests in attendance. We were lucky to have Dr Raj Kapoor, a prominent researcher in the treatment of demyelinating diseases, (and winner of the MS Society Awards Research of the Year 2016) talk about how far MS research has come and what we're funding. We also heard from Sir Andrew Dilnot, Chair of the UK Statistics Authority, who talked about his personal experience of MS.



We're excited to share that we're launching the Stop MS Pioneers over the coming months. We're asking key supporters to join this giving club with a minimum gift of £5,000 towards funding of the critical underpinning infrastructure required to deliver the Stop MS research programme. This infrastructure is the essential bedrock for our research plans, which will transform the treatment and management of MS.

We've got plenty to look forward to in the next couple of months, including our first exclusive Stop MS annual lecture on World MS Day.



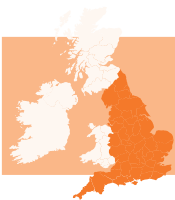
Audience: All



Action: Share



Contact: Claire O'Connor,
Major Donor Manager
claire.o'connor@mssociety.org.uk
020 8438 0912



For England

Thurrock and Basildon branch fundraising event

Thurrock and Basildon branch held a hugely successful fundraising event on Saturday 12 March. In 2015 the branch was chosen as





Charity of the Year at their local Sainsbury's and while fundraising at the store last autumn, a couple of volunteers were approached by an Amy Winehouse tribute act, Laura Jane Butler. Laura was keen to do a fundraising event with the branch and got two more tribute acts, Paloma Faith and Adele, to also appear.

Janis Winehouse (pictured alongside branch member Dalila Sadler), mother of singer Amy Winehouse and high profile supporter of the MS Society who has MS herself, also attended the event.

The event was held at the Civic Hall in Grays. Around 300 people attended and £4,000 was raised for the branch. It was a fantastic night, which everyone enjoyed! As a result Laura and Janis have both agreed to take part in a similar event next year.

Congratulations to Thurrock and Basildon branch for putting on such a successful fundraiser!

 **Audience:** England
 **Action:** Note

'Bigger and better' MS Society shop in Barnet



Barnet and South Herts branch opened their new and improved shop on 2 April. The branch have been running a shop since 1989, with their previous premises being nearby, and when a new bigger and better unit in a prime location became available it was an opportunity the branch didn't want to miss.



On hand to celebrate and assist the first customers were volunteers who currently run the shop, along with retired shop volunteers. Janis Winehouse did the ribbon cutting honours. She said: "I'm really delighted to be opening the MS Society's brand new shop in East Barnet Village. It's a great new space with a selection of fantastic bargains and run by a group of lovely volunteers."

The branch has had a huge amount of support from local businesses and individuals. Despite only being open for a couple of hours on launch day, volunteers took over £300 including £100 from a tombola which was supported by a local business networking group.

Co-Shop Manager, Margaret Giller, expressed her thanks to the wonderful team of volunteers and supporters who have turned what looked like an impossible dream into a reality.

 **Audience:** England
 **Action:** Note



For Northern Ireland

End the Wait Campaign

In February we launched the 2016 manifesto and election campaign 'End the Wait'. Over 50 people attended the launch of the campaign in the Long Gallery in Parliament Buildings.

The campaign was the focus of the March meeting of the All Party Group on MS and Chair, Sammy Douglas, has written to the Minister for Health asking for a meeting to discuss the current waiting times in Neurology.

In conjunction with the Foyle branch and Belfast branch, we held two hustings in March, where over 30 people spoke directly to 11 candidates about the main issues experienced by people affected by MS in Northern Ireland.

Lots of people have shown support for this campaign with 225 supporters emailing candidates across Northern Ireland asking them to pledge their support. Over 60 candidates have pledged online so far.

Thank you to all of our members, branches and volunteers who have sent emails, attended events and raised awareness of the 'End the Wait' Campaign.



Audience: Northern Ireland



Action: Share



Contact: Jenny Ruddy,
External Relations Officer

jenny.ruddy@mssociety.org.uk
028 9080 2801

Personal Independence Payments come to Northern Ireland

The Welfare Reform Act, which was passed at the end of 2015, will be coming into effect in Northern Ireland from next month.

The Act introduces Personal Independence Payments (PIP); a benefit to help cover the extra costs due to disability of everyday tasks and mobility.

PIP will be introduced in Northern Ireland on 20 June 2016. From then, people aged 16 to 64 years will no longer be able to claim Disability Living Allowance (DLA). Existing DLA claimants aged 16 to 64 years, whose benefit is due to come to an end or who report a change in their circumstances, will be contacted about reassessment for PIP from June onwards.

Those claimants with an indefinite or lifetime award for DLA will not be contacted until December 2016 at the earliest, and will all be invited to claim PIP by December 2018.

The Northern Ireland Executive has secured funding to help individuals who will receive less money through PIP than they did under DLA. More details of this scheme will be released in the coming weeks. Find out more information about PIP at: <https://www.mssociety.org.uk/ms-support/disability-benefits/PIP>

Download the factsheet on changing from DLA to PIP: <https://www.mssociety.org.uk/ms-resources/changing-dla-pip-factsheet>

Refer individuals to the Make The Call scheme to speak to a local Benefits Advisor on 0800 232 1271.



Audience: Northern Ireland



Action: Share



Contact: Jenny Ruddy,
External Relations Officer

jenny.ruddy@mssociety.org.uk
028 9080 2801



For Northern Ireland

Fundraising opportunities

As well as some tried and tested events and activities, we have some fabulous new events coming up over the next few months, providing you and your branch with opportunities to raise funds by encouraging people to join the fun.

Built for Speed Go Karting Challenge, 9 July 2016

Enter a branch team (five people) or even recruit a team to represent your branch in our brand new 'Go Karting' challenge event at Lyons Karting, Hillsborough.

Moonlight Walk on Slieve Donard, 13 August 2016

Fancy ascending Northern Ireland's highest peak with only a torch and the stars to guide you? Walkers will leave Donard Park, Newcastle, Co Down at 8.00pm and arrive back around 2.30am.

Adrenalin Adventure, 20 August 2016

We've teamed up with Todd's Leap Activity Centre near Ballygawley, Co. Tyrone to offer an adventure challenge with a difference. Participants will experience an Adrenalin Drop, Zip Wire challenge and the fantastic Giant Swing or, if they prefer, can choose two of these three activities.

Zip it for MS, 27 and 28 August 2016

Following on from the success of our April Lagan 'Zip Wire' challenge we'll be doing it all again in August. We'd advise early registration as places are limited.

 **Audience:** Northern Ireland
 **Action:** Share, act
 **Contact:** Samantha Creighton,
Community Fundraiser
samantha.creighton@mssociety.org.uk
028 9080 2802

Carers Week 2016

Carers NI will be holding a launch event on Monday 6 June in the Long Gallery Stormont where we'll have an information stand.

Caring for the Carers event

An invitation is extended to carers on **Friday 10 June** at The Resource Centre to enjoy some alternative therapies and a buffet lunch. Carers NI and Citizens Advice Bureau (CAB) will also be in attendance at this event.

All carers are welcome.

Please get in touch to register your interest.

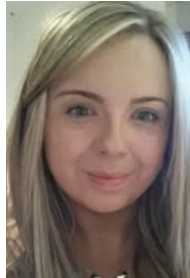
 **Audience:** Northern Ireland
 **Action:** Share, act – attend an event
 **Contact:**
nireception@mssociety.org.uk
028 9080 2802



For Scotland

Welcome to new staff

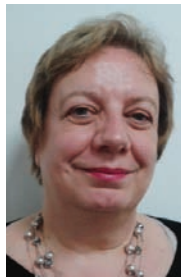
We're delighted to welcome Carla Callaghan (pictured right), our new Press and PR Officer, working three days a week at our office near Edinburgh. Carla says:



"I've come from a background in media and still freelance as a journalist. I feel I bring a wealth of knowledge, experience and dedication to the MS Society as I am passionate about the work we do. It's great to be in a role that's so rewarding and can really make a difference to people's lives."

Carla can advise your branch on how to promote activities with local media. She'd love to hear from anyone who'd be interested in telling their MS story to local or national media.

We're also very pleased to welcome Sarah Gillen (pictured right), our new Trusts & Statutory Fundraising Manager. Sarah says:



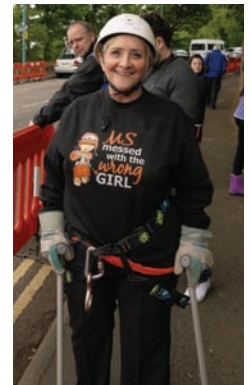
"I'm responsible for the development and management of trusts and statutory fundraising in Scotland. I have over 20 years' experience in the voluntary sector both here in Scotland and in Canada. I'm really looking forward to the exciting times ahead as a member of the Fundraising team!"

 **Audience:** Scotland
 **Action:** Share
 **Contact:** Carla Callaghan,
 Press and PR Officer
scotlandpressoffice@mssociety.org.uk
 0131 335 4066
 Sarah Gillen, Trusts and Statutory
 Fundraising Manager
sarah.gillen@mssociety.org.uk
 0131 335 4050

Join Team MS at the Forth Rail Bridge Abseil

This unique challenge allows participants to abseil in freefall from the iconic Forth Rail Bridge in Edinburgh. It's a 165ft drop, landing on the sandy beach of South Queensferry below.

Ann Renwick (pictured), Chair of Dumbarton and District branch, took on the challenge last year. She says:



"I was diagnosed with MS 30 years ago and I want to prove to people that life doesn't stop with MS. I've abseiled off cranes, zipped across the Clyde and done a tandem parachute jump.

"The day of the abseil was lovely and clear and you could see for miles around. It's pretty high which I really liked! I took my time going down as I wanted to take in the view. You don't need to use your legs to get down so I can manage it, although MS affects my mobility and I use sticks when I walk.

"I wore a sweatshirt for the abseil that says "MS messed with the wrong girl". It has! My approach is to keep my spirits up and keep positive. I can't run for a bus these days but I've still achieved so much."

Please spread the word about this year's event, taking place on **12 June**. For more information visit www.mssociety.org.uk/scotland-events

Please contact our Fundraising team for information about access for those with restricted mobility.

 **Audience:** Scotland
 **Action:** Share
 **Contact:** Fundraising team
mfundraising@mssociety.org.uk
 0131 335 4050



For Scotland

Getting Loud for MS

At the start of March we launched our 'Get Loud for MS' manifesto outside Holyrood, with the help of some of our fantastic Lothian branch volunteers.

We've had a great response to our campaign, with hundreds of people emailing their election candidates to ask them to Get Loud for MS. Our Campaigns team have also been taking our message to the SNP, Labour, Conservatives, Greens and Liberal Democrat party conferences, and have had a great response from candidates from all parties.

We've also been working with other charities to get our manifesto message taken as far and wide as possible. We've shared the manifesto with public sector colleagues to make sure they know the issues facing people living with MS.

A big thank you to everyone who emailed, wrote or spoke to their candidates. Now the elections have taken place we'll be getting in touch with all the newly elected MSPs who pledged to **#GetLoudforMS** to make sure that we keep MS high on the agenda in the new parliament.



Audience: Scotland



Action: Share



Contact: Niall Sommerville, Policy,
Public Affairs and Campaigns Manager
niall.sommerville@mssociety.org.uk
0131 335 4058



For Wales

Election update

A massive thank you to everyone who supported our **#MSmattersWales** campaign in the run up to the election.

Building relationships with our newly elected Assembly Members (AMs) is vital to our efforts to improve services for people affected by MS in Wales.

The MS Cymru campaign calls on the new Welsh Government to take immediate action and commit to making improvements in three key areas:

1. effective treatment for all
2. make welfare make sense
3. a voice for people living with MS

Now is the time to shape the programme of the new Welsh Government and make sure MS is high on the agenda. In the coming weeks and months, we want to meet with as many AMs as possible and we need your help to make this happen!



Audience: Wales



Action: Share, act – meet your AM / share your experience of living with MS



Contact: Fiona McDonald, Policy, Press & Campaigns Manager – Wales
fiona.mcdonald@mssociety.org.uk
029 2167 8924 / 07740 753 945

Changes to Social Care in Wales

The implementation of the Social Services and Well-being (Wales) Act began on 6 April. The Act is expected to significantly change the way social care services are organised and delivered in Wales.

How will this affect care and support?

A new assessment will be based on what matters to the individual being assessed and decisions about care should be made in partnership with professionals.

Requests for assessments for social care support made after 6 April should be under the new process. Those already receiving support will take part in the new process at their next scheduled assessment.

How will this affect carers?

Carers will have an equal right to be assessed for support and should be provided with an assessment if requested. Carers Wales are offering free training courses about carers' rights under the Act: <http://www.carersuk.org/wales/events-and-training/course-list/4611-carers-rights-for-carers>

Evaluating how successful the Act is

Local authorities across Wales will compare with other areas and share best practice. The Welsh Government will report on progress towards well-being in an annual report.

MS Society Cymru works in partnership with the third sector Social Care & Wellbeing Alliance and Carers Alliance in Wales and will be closely monitoring the implementation of the Act.

We'll be asking our members who use services to share their experiences to help us feedback to the Welsh Government on how the Act is progressing.



Audience: Wales



Action: Share



Contact: MS Society Helpline
0800 800 8000



For Wales

Dewis – the information hub for Health & Well-being in Wales

Dewis is a new website and resource directory intended to support the implementation of the Social Services and Well-being Act from April of this year. Currently active in North Wales, Cardiff and Vale is planning to be the first area outside of the north to adopt it, in the hope that other areas will adopt it over the coming months.

The website hosts a vast directory of services and support options ranging from lunch clubs to counselling and physical activity. It is for use by individuals and organisations. By holding this broad range of up to date information in one place, the hope is that Dewis will become the go-to option for people looking for services.

For branches, Dewis offers the opportunity to promote your activities to a wider audience as well as providing signposting information for any of your members who need services beyond your scope. We'll keep you posted as and when Dewis rolls out and, in the meantime, visit www.dewis.wales and let Katie or Urtha know if you'd like help accessing the site or posting your activities.

-  **Audience:** Wales
-  **Action:** Share, act
-  **Contact:** Urtha Felda, Local Networks and External Relations Officer (North Wales)
urtha.felda@mssociety.org.uk
Katie Cooke, Local Networks Officer (South and Mid Wales)
katie.cooke@mssociety.org.uk

Dates for your diary

The next few months are full of exciting events and get-togethers for branches and members:

Walton Centre open days

- **16 May** – Conwy Business Centre, Llandudno Junction
- **23 May** – Catrin Finch Centre, Glyndwr University, Wrexham

Health and Safety Refresher Training




Get the latest updates from the Healthy & Safety (H&S) team to make sure your branch is compliant and minimising risk.

- **7 June** – South Wales H&S training, venue tbc
- **8 June** – North Wales H&S training, venue tbc
- **10 June** – North Wales H&S training, venue tbc

Living with MS

Saturday 9 July, Llandrindod Wells

An information event for anyone affected by MS. This event is an ideal opportunity to learn more about MS including research and managing symptoms. It's also a great chance to meet others living with and affected by MS, as well as finding out what support is available locally. For more information and to book your place please visit www.mssociety.org.uk/LwMSLlandrindod

-  **Audience:** Wales
-  **Action:** Share, act
-  **Contact:** Walton Centre open day – Urtha Felda, Local Networks and External Relations Officer (North Wales)
urtha.felda@mssociety.org.uk
H&S refresher training – Urtha Felda or Katie Cooke, Local Networks Officer (South and Mid Wales)
katie.cooke@mssociety.org.uk



Branch contributions

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

Branch contributions 02/02/2016 to 10/04/2016				
Branch Name	Earmarked Description	Earmarked	Research	General
Andover Branch			£1,500.00	£500.00
Boston & South Holland Branch				£31.00
Brentwood & Chelmsford Branch	Cambridge Myelin Repair Centre	£1,000.00		
Cambridge & District Branch	Cambridge Myelin Repair Centre	£32.24		
Clacton & District Branch	Cambridge Myelin Repair Centre	£500.00		
Clacton & District Branch	Welfare	£500.00		
Farnborough & District Branch			£2,500.00	£2,500.00
Hambleton and Richmondshire Branch	Cambridge Myelin Repair Centre	£2,500.00	£5,000.00	
Haringey Branch				£3,000.00
Hillingdon Branch	Cambridge Myelin Repair Centre	£3,000.00		
Medway Branch			£3,000.00	
Oswestry & District Branch	Cambridge Myelin Repair Centre	£700.00		
Oxford & District Branch				£36.00
Scarborough & District Branch	Cambridge Myelin Repair Centre	£2,000.00		
Scunthorpe & District Branch				£9.50
Sefton Area Branch	Internal Designation – Research		£500.00	
Sittingbourne Branch	Cambridge Myelin Repair Centre	£1,000.00		
Tameside Glossop & District Branch			£912.50	
Waltham Forest Branch				£42.50
Wareham & Purbeck Branch	Edinburgh Centre for Translational Research	£2,000.00		
Total		£13,232.24	£13,412.50	£6,119.00



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