

Teamspirit



Delegates at MS Life 2014 taking part in laughter yoga.

MS Life 2016 - book your place today!

MS Life 2016 will take place later this month on 17-18 September at ExCeL London. There's still time to book tickets – visit www.mssociety.org.uk/mslife or call 0300 500 8084. ExCeL is fully accessible with plenty of onsite parking and can also be easily reached using accessible public transport.

There are plenty of reasons to come along to MS Life this year including presentations from leading MS researchers and over 30 different interactive workshops and exercise classes. Why not also pop into the MS Society Hub and meet other volunteers or visit one of the many exhibition stands offering the latest products and services?



News and events

Want to share your group's good news?

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

Next Chair of Trustees appointed

Following a thorough recruitment process the Board of Trustees has appointed Nick Winser as our new Chair of Trustees. Nick will replace Hilary Sears in the role in January 2017.

Nick's wife Denise was diagnosed with MS in 1999. He joined the MS Society Board of Trustees in 2015 and became Vice-Chair earlier this year.

Nick said: "MS has been a prominent and important factor in my life since my wife was diagnosed. As part of my new role I want to ensure the MS Society continues its vital funding of MS research to help find more effective ways to treat and manage MS. But it's also important that many with MS have help now to deal with the daily effects of the condition. There is so much we can achieve together."

As we congratulate Nick on his new appointment, this is one of many opportunities to thank Hilary for her contributions over the last five years, and her dedication and commitment during this time.

To read more about Nick, his background and his aims as our new Chair, please see the news pages on our website.



Audience: All



Action: Share



Contact: Supporter Care

supportercare@mssociety.org.uk

0300 500 8084

Local Networks Programme

As part of our commitment to improve the support we provide Support Volunteers, we've now welcomed our two newly appointed Support and Wellbeing Facilitators. Our Facilitators will provide telephone sessions for Support Volunteers to share experiences and good practice. In the autumn we'll be reintroducing Support Forums and setting a clear training programme.

We know recruiting volunteers is difficult so we're currently piloting a centralised recruitment system which, if successful, will be rolled out in 2017. We're also developing the recruitment process to be simpler and more approachable to new volunteers, moving from election to selection, as discussed at the May forums.

You'll start to see some changes in terminology as new guidance is developed, for example referring to branches as groups and Chairs as Group Coordinators. Your LNO will talk to you about what this means for you. We're also continuing to develop volunteer roles for groups and will brief you further once this is complete.

We're also in the process of improving access to group emails on tablets and phones and will keep you informed on this over the next few months.

Check the volunteer website for November volunteer forum dates, where we'll share further details on the above and ask for your input on the next stages of the programme.



Audience: All



Action: Share



Contact: Local Networks Programme

localnetworkprogramme@mssociety.org.uk



News and events

The Volunteer Portal is getting bigger and better

Many of you are already using the Volunteer Portal to securely access your member and volunteer information. Soon you'll also be able to use it to do much more.

New tabs will soon appear showing the information we have on your group's services and events. We'll ask you to keep your group's information updated and add anything that's missing.

- You won't need to complete risk assessments for certain low risk activities, instead you'll be able to follow simpler guidance to make sure those events are safe.
- You'll be able to see services that other groups offer, making collaboration and idea sharing easier.
- Where gaps in local service provision are clear from the information we gather from our groups, we'll support groups who want to develop new services.
- By sharing information, we'll be able to offer support more quickly when you need it.
- We'll also be able to publicise your services and events, eventually promoting them on our website so we can reach even more people affected by MS.

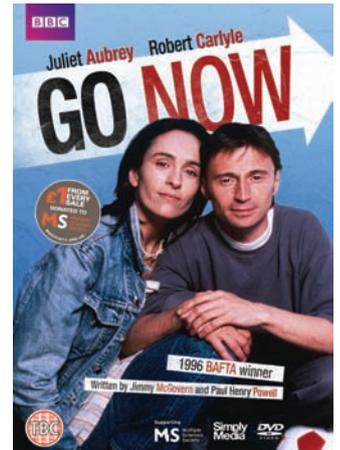
Not yet on the Volunteer Portal?
Contact Supporter Care to get access. Your LNOs will be updating you further on this soon.

 **Audience:** All
 **Action:** Share
 **Contact:** Supporter Care
supportercare@mssociety.org.uk
0300 500 8084

MS feature film raising funds

A BAFTA award-winning feature film, celebrated for its honest and accurate portrayal of MS, is being released on DVD for the first time on 12 September.

Go Now first aired on BBC Two in 1995 but has not been available on DVD until now. We're delighted that Simply Media, the company behind the release, have chosen to donate £1 from the sale of each copy to support our work.



The film stars Robert Carlyle as Nick Cameron, a construction worker and keen amateur footballer, as he struggles to cope with the effect MS has on his sport, his job and his relationship with his soulmate Karen.

The DVD will retail at £19.99 but MS Society supporters can purchase a copy for just £13.59. To pre-order a copy at this special price please visit <http://www.simplyhe.com/drama/166430-go-now.html> and enter the discount voucher code: MSSGONOW at checkout. Please share the news of the film's release and the exclusive discount code with your members.

 **Audience:** All
 **Action:** Share
 **Contact:** Supporter Care
supportercare@mssociety.org.uk
0300 500 8084



News and events

Brand refresh!

Our new brand has now launched – you’ll have seen the new branding on our website and volunteer site, as well as in the latest edition of MS Matters, and now Teamspirit!

The new brand, which was developed with people living with MS, will help us reach out to all people with MS, their carers, families and friends. We hope it will encourage more people to engage with the MS Society, so that we can be there for everyone in the UK who needs us. The new brand promotes our information, services and support as relevant to the whole MS community. It communicates our determination to stop MS through our ongoing investment in research.

Newly branded resources are now available on the “Using our brand” page on the volunteer website at www.volunteers@mssociety.org.uk/using-our-brand.

In a few weeks at MS Life you’ll see the new brand brought to life for the first time as our community comes together to share experiences and support each other. The implementation will be phased through the rest of the year and into 2017. We’ll be replacing materials as stock runs out to avoid waste, therefore you’ll continue to see some old branded items up until the end of 2017.



Audience: All



Action: Share



Contact: Supporter Care

supportercare@mssociety.org.uk

0300 500 8084

Live it Well campaign

We’re always looking to raise awareness of MS and have just launched a new campaign to help us reach everyone out there who might need us – both people affected by MS and their family and friends.

We’ve produced a range of content, from videos to recipe resources, as well as informative and useful tools like guides to treatments and talks from research experts. We’ll be putting these out far and wide, aiming to reach people who might not know about us or that we’re here for them.

New research tells us this is even more important than ever. We’ve found that unacceptable numbers of people with MS are facing mistreatment and stigma as a result of living with MS. While the lack of understanding of MS can make it harder to live with, we know that friends and family who understand the condition can make a huge difference to those living with MS.

Please follow us on Facebook and Twitter to help us share the campaign and reach people across the MS community – including your friends and family.



Audience: All



Action: Share



Contact: Campaigns team

campaigns@mssociety.org.uk



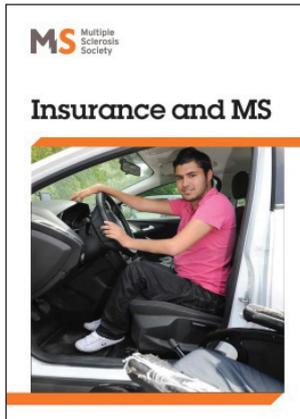
Info and resources

Updates

We've updated two of our publications:

Insurance and MS

Swallowing Difficulties



Both are available from the online shop.

Withdrawn:

Benefits and MS has been withdrawn due to inaccuracies brought about by changes to welfare entitlement. We're currently working on a new edition, which should be ready within approximately five weeks. In the meantime, please refer to the **benefits & money** section of our website, found under the Support tab.



Audience: All



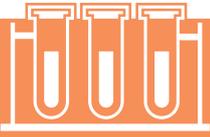
Action: Share



Contact: Information Resources team

shop@mssociety.org.uk

020 8438 0999



Stem cell therapy

Autologous Haematopoietic Stem Cell Transplantation (AHSCT) returned to the news recently after a long-term trial of stem cell therapy as a treatment for MS was published. Lots of you have asked about the facts behind this new study:

- 24 people with highly active, relapsing MS were given aggressive chemotherapy to wipe out their immune system, before having their stem cells put back to restore their immune response
- 70% of people did not experience worsening of disability after treatment but one person died during the trial

AHSCT therefore continues to be a promising area of research, but is likely to only benefit a small number of people with MS – those with highly active relapses whose condition is not responding to lower risk disease modifying therapies (DMTs).

Understanding stem cells

With the focus on AHSCT the other amazing uses for stem cells can sometimes get overlooked. Stem cells are special because they can make copies of themselves and develop into other types of cell, but not all stem cells are the same....

- **Haematopoietic stem cells** (HSCs) can grow into blood cells and are used in AHSCT after chemotherapy.
- **Mesenchymal stem cells** (MSCs) can produce various other sorts of cell and there is evidence that they promote myelin repair and have a positive effect on the immune system. We're currently funding the STREAMS trial to see if MSC transplantation is safe – the first step to exploring it as a treatment.

- **Specialised brain stem cells** can mature into myelin repair cells. Researchers hope that stimulating these stem cells will be useful in helping to repair the damage done in MS.

In the lab, stem cells are helping us look for new treatments by increasing our understanding of myelin repair and neuroprotection. Currently we're funding work investigating human myelin-making cells in the lab so that we can understand what MS is like in people rather than studying similar conditions in animals.

We've updated the information you can find about the different types of stem cells and treatments on our website, including a blog with stem cell expert Dr Paolo Muraro. In the new edition of MS Matters the specialists leading clinical research into AHSCT in Sheffield, Professor John Snowden and Basil Sharrack explain what it currently means for people living with MS in the UK.

If you have any specific questions about your MS and the potential benefits of AHSCT, please speak with your neurologist.

 **Audience:** All
 **Action:** Share
 **Contact:** Supporter Care
supportercare@mssociety.org.uk
0300 500 8084



Fundraising

Direct Marketing update

September Appeal

On Saturday 10 September 50,000 of our current supporters will be receiving a direct mail appeal, in the new brand, to help raise funds towards the MS Society Cambridge Centre for Myelin Repair. At the same time this appeal will feature in eight publications, including the Sunday Mail and Sunday Telegraph, to raise awareness of MS and also recruit people to support us through a direct debit.

Raffle

This October we'll be launching the Christmas Raffle where there's a chance to win one of 20 great prizes, including our £4,000 first prize! Tickets must be sent back by Friday 9 December or bought online at www.raffleentry.org.uk/mssociety. We're aiming to raise £180,000 to support our vital work.

Cards for Good Causes

MS Society Christmas cards will be available through Cards for Good Causes again this year. Cards for Good Causes sells cards on behalf of over 250 national and local charities and manage a national network of over 300 charity Christmas card shops in temporary shops set up in sites such as churches, libraries, community centres, tourist information centres and museums. To find your local shop please visit www.cardsforcharity.co.uk/our-shops



Audience: All



Action: Share



Contact: Supporter Care

supportercare@mssociety.org.uk
0300 500 8084

Cycling for MS

In July a group of hardy cyclists bravely pedalled from John O'Groats to Land's End, some 1,006 miles.

The group is called Bike the UK for MS and is led by James Whateley, a student from the University of Bath. It's the third year that James has led such a trip.

As well as fundraising the group raise awareness of MS by meeting with local groups along the route. Thank you to groups including Ross-shire, East Cumbria, Westmorland & Lakes, Wigan, Telford, Hereford, Exeter and North Cornwall & West Devon for kindly making time to greet and thank the riders.

One of the highlights of the trip was a social event at the Odd Down Cycle Centre in Bath. Local families affected by MS enjoyed meeting up and having a go on the fantastic accessible cycles at the centre.

The cycling group has already raised in excess of £13,000 which will be split between research and the groups they met along the way.

James is seeking riders for a similar challenge in 2017. It's recreational cycling and people are invited to take part in legs of the challenge or the whole event. For more information visit www.biketheukforms.org.



Audience: All



Action: Share



Contact: Andy Jarrett,

Area Fundraiser West

andy.jarrett@mssociety.org.uk
020 8438 0943



Finance

Meet the Finance team

We're aware that some of you may wonder what everyone does and how we all work together in the Finance team, so we wanted to provide you with an overview.

Our Finance Team is made up of the central Finance team based at MS National Centre, one staff member at the MS Society Scotland office, and all of you – 270 group treasurers. The team is supported by the Audit, Risk and Finance Committee, that includes seven volunteers.

We share a collective responsibility (alongside group committees) to keep adequate accounting records; maintain our financial information; safeguard our financial resources and ensure that these resources are focused on delivering activities that support our strategy and the goals that people affected by MS have identified as important to them.

Of particular relevance to you are our **Group Finance team** who are here to support group treasurers as well as review and consolidate group financial information. This team includes:

Samantha More, Senior Accountant Volunteer Groups

Sam has been with the Finance team for six years. Her main role has been working as the Tax and Trading Accountant and she's also helped out the group finance section over the years. Sam has recently taken up a new role within the section as the Senior Accountant Volunteer Groups.

Chrishanthi Ranjan, Branch Accountant

Chrish has been in the Finance team for over a year, working in the role of Branch Accountant for the last ten months. Her role is to support groups with their finance related queries, financial controls and Branch Accounting Online. She finds the most enjoyable part of the role speaking to and supporting volunteers and being able to help with queries.

Jamie Gracie, Divisional Accountant

Jamie joined in September 2015 as Divisional Accountant based in the Scotland office. In his role as Divisional Accountant and as part of the central Finance team he works closely with groups by providing finance support across the UK. This varies from assisting with group queries on a day to day basis, to group finance visits to help ensure robust financial controls are in place.

If you have any questions or require any support please do get in touch.



Audience: Chairs and treasurers



Action: Note



Contact: Sam More,
Senior Accountant Volunteer Groups
sam.more@mssociety.org.uk



Finance

Donations to groups

A number of you have fed-back that there are issues with the current process for transferring income received from donors, with the process taking far too long. We're really sorry that you're unhappy with the service, and we're doing everything we can to put it right. Our aim is to pass on money due to groups in the month after we receive it at MSNC.

There are two main reasons for the problems experienced:

- In recent years, a number of new ways to fundraise online have been developed and this has made the process of allocating funds more complex. With larger fundraising websites we can fully or mostly automate the process of entering donations along with restrictions. Where as, with smaller websites this is a manual process which can cause delays. Where possible we suggest you recommend donors use JustGiving (our preferred fundraising platform).
- Our process for producing the remittance advice you receive has previously been done manually. However, we've been updating our systems to automate this process therefore this should reduce delays.

If you have a query about donations which should have been restricted to your group or you haven't received all the donations due to your group please contact Supporter Care. If you don't have a remittance advice or are querying details on the remittance advice please contact the Finance team.



Audience: Treasurers



Action: Note



Contact: Supporter Care

supportercare@mssociety.org.uk

0300 500 8084

Finance team

financesupport@mssociety.org.uk

2016 Finance Forums

In September and November we'll be holding four finance forums giving you the opportunity to meet your fellow treasurers and committee members from other groups. The sessions will look at essential financial controls, reducing the risk of fraud and to discuss any other finance problems/issues you may be facing. You'll also be able to see Branch Accounting Online (free accounting software) if you haven't already switched to this system. All committee members are welcome to attend the forums. They'll be taking place on:

- **Wednesday 28 September, Cardiff** – MS Society Cymru (Temple Court)
- **Friday 30 September, London** – MS National Centre
- **Thursday 17 November, Edinburgh** – MS Society Scotland (Ratho Park)
- **Saturday 19 November – Hinckley, England** – The Meeting Centre (1 Marchant Road, Hinckley, LE10 0LQ)

If you'd like to attend or would like additional information, please get in touch on the details below.



Audience: All



Action: Share, act – sign up to attend



Contact: Finance team

financesupport@mssociety.org.uk



Finance

Barclays – a couple of updates

Bank mandate – updating signatories

Barclays have asked us to inform you that the recent delays experienced in dealing with bank mandates, changes and signatories should now be resolved. They apologise for any inconvenience caused and the backlog should now be cleared.

Please also remember to return all completed mandate update documents to the Treasury team at MSNC. This will ensure that we're able to track the progress of the changes.

If you have any problems with making payments while a mandate is being updated, due to the lack of available signatories, please contact our Finance Support team who will be able to advise you.

Barclays.net – access to your bank account

Your group can now access your Barclays bank account online. In addition to replicating the transactional detail that appears in Branch Accounting Online, this will also give you the ability to make payments and transfers. FAQs on Barclays.net are now available on the volunteer website.

If you'd like to be able to access your account online, please complete a copy of the form on the website for each user and return to Bindu Dudhia on the details below.



Audience: Treasurers, Chairs



Action: Note



Contact: Bindu Dudhia, Treasury Officer

treasurysupport@mssociety.org.uk

Finance team

financesupport@mssociety.org.uk



Support

Remap - making things possible

Many items of specialist equipment are now available to help and support disabled people in daily life, but what can you do when there seems to be nothing on the market that suits your needs? Or if you have a piece of equipment which needs to be adapted or modified?

It's for these situations that the charity Remap exists.

Sue is an avid reader but could not turn the pages of a book or e-reader as a result of her MS. Volunteers with Remap North Herts mounted her e-reader on a stand at a comfortable height and developed a device to turn the pages for her. It involves a special mouthpiece; when Sue moves her tongue over the mouthpiece, a switch turns the page for her. This has given her the independence to use her e-reader alone, something that was impossible before.

With 75 groups across England, Wales and Northern Ireland there's likely to be a service near you. All the equipment made by Remap is provided free of charge. If you'd like a presentation from Remap, or to find out more, please visit the website or get in touch on the number below.

 **Audience:** England, Wales, Northern Ireland
 **Action:** Share
 **Contact:** Remap
www.remap.org.uk
01732 760 209

Upcoming changes to the grants process

We recently held a review of the grants process and we're now starting to implement some of the recommendations from this review. As well as this an internal audit of the grants process was also carried out. Findings from this audit will also feed in to the Grants Review implementation plan.

A Grants Steering Group and Working Group comprising of staff and group volunteers have been set up to oversee and work on the implementation plan respectively. Some group volunteer roles will be amended to reflect the new ways of working following changes to the grants process.

Any changes to the grants process are likely to kick in from January 2017. We'll keep you informed regularly on any developments.

 **Audience:** All
 **Action:** Share
 **Contact:** Grants team
grants@mssociety.org.uk



For England

Christmas concert at St Paul's Cathedral

Tickets are now available to buy for the MS Society's Christmas Concert at St Paul's Cathedral on **Thursday 8 December**. The concert is set to be an atmospheric evening of music, carols and readings and is raising money for MS research.

There are around 2000 tickets available, including accessible seating, priced between £35 and £150. You can buy tickets from the Barbican Box Office at www.barbican.org.uk

Among those performing will be the Soul Sanctuary Gospel Choir, St Paul's Cathedral Consort and classical solo performers Sir John Tomlinson, Catherine Wyn Rogers, Gerald Finley and John Mark Ainsley.

Readings from celebrities will take place throughout the concert telling a story specially written by renowned screenwriter Abi Morgan (*The Iron Lady* and *Suffragette*).

For more information on the event go to www.mssociety.org.uk/stpauls



Audience: England



Action: Share



Contact: Fiona Foulkes,
Special Events Manager

fiona.foulkes@mssociety.org.uk
020 8438 0923



For Northern Ireland

All Party Assembly Group

The AGM of the All Party Group on MS was held on Monday 27 June. Sammy Douglas (DUP) was re-elected as Chair of the APG, with newly-elected MLAs Sinead Bradley (SDLP) and Paula Bradshaw (Alliance) being elected as Vice-Chair and Secretary.

Mark H Durkan (SDLP) was elected to the role of Treasurer. Gary Middleton (DUP), Gordon Lyons (DUP) and Daithi McKay (Sinn Fein) joined the APG as new members with Tom Buchanan (DUP), Steven Agnew (Green), Chris Lyttle (Alliance), Robin Swann (UUP) and Jo-Anne Dobson (UUP) remaining as members of the APG from the last Assembly term.

It was agreed at the AGM that employment, benefits and waiting times should be discussed at meetings of the APG this year, with the first meeting to be held at 9:30am on Tuesday 20 September after the Summer recess.



Audience: Northern Ireland



Action: Share



Contact: Stewart Finn,
Policy, Press and Campaigns Manager
stewart.finn@mssociety.org.uk

Fundraising support

Developing a fundraising plan

Would your group like help and support to develop a fundraising plan? The Fundraising team can help with this, and in particular with developing an annual fundraising plan for 2017. The team are already working with some groups but would like to offer support to groups in Northern Ireland. If you're interested please get in touch with Tom Mallon on the details below. If a few groups are interested we may be able to organise a workshop/group session at a central venue.

Fundraising opportunities

Perhaps your group is struggling to come up with new fundraising ideas and events – why not make it easier by 'piggy backing' on some of our existing fundraising events? Perhaps you could get a team of five people together for our **Go Karting Challenge** at Lyons Karting on **Saturday 17 September** or (dare we mention Christmas in September?!) our annual **Santa Dash & Dander** on **Saturday 10 December**. We do all the work; you just need to recruit a few people to raise funds on behalf of your group.

Please get in touch to find out more.



Audience: Northern Ireland



Action: Share, act – get in touch



Contact: Tom Mallon,
Fundraising Manager NI
tom.mallon@mssociety.org.uk
028 9080 2802



For Northern Ireland

Upcoming events and activities

Research information talk

Join us for a research information talk on **24 September** 10:30am at Mossley Mill, Carnmoney Rd North, Newtownabbey. Guest speakers will include Dr Denise Fitzgerald from Queen's University Belfast who recently received £2 million in funding for a project focusing on myelin repair.

Coffee Lounge now OPEN!

Our new Coffee Lounge in the Resource Centre in Belfast opened on Friday 1 July and now hosts a monthly coffee morning on the first Friday of every month 10.30am - 12pm. We'd love to see you there. Everyone is welcome – it's a great opportunity to catch up with friends, meet new people and enjoy a cuppa!

MS exercise classes

We provide exercise classes in conjunction with Disability Sport NI which focus on functional exercises to improve posture, mobility and strength for all levels of mobility/ability. Carers are also welcome to attend.

Exercise class timetable:

Monday 1.30pm - 2.30pm, Fermanagh, Lakeland Forum LC

Tuesday 10am - 11am, Ballyclare, Six Mile Leisure Centre

Wednesday 11.45am - 12.45pm, Carrickfergus, Amphitheatre

Wednesday 12.30pm - 1.30pm, Belfast, Grove Wellbeing Centre

Thursday 11am- 12pm, Ballymena, All Saint's Parish Centre,

Thursday 11.15am - 12.15pm, Bangor, Aurora Leisure Centre

Thursday 11.30am - 12.30pm, Larne, Larne Leisure Centre

Thursday 7pm - 8pm, Belfast, Cregagh Youth and Community Centre

For further information or to register to attend the research information talk please get in touch with the Northern Ireland reception on the details below.

-  **Audience:** Northern Ireland
-  **Action:** Share, act – register for the research information talk
-  **Contact:** Northern Ireland reception
nireception@mssociety.org.uk
028 9080 2802



For Scotland

New social security system

The Scottish Government want to know your views on a new benefits (social security) system for Scotland.

They're consulting on the soon to be devolved benefits including Disability Living Allowance/Personal Independence Payment, Attendance Allowance and Carers Allowance. They're also looking at the principles needed to create a fair and accessible social security system. The full consultation and a summary version can be found at https://consult.scotland.gov.uk/social-security/social-security-in-scotland/consult_view.

We're submitting a response and we need to hear your thoughts and ideas. Please email us on the details below and/or you can respond to the consultation directly using the above link. You can also share your views at one of our free upcoming benefits information events:

- 29 September at Touchbase, Sense Scotland, Glasgow
- 7 October at Cults Kirk Centre, Aberdeen

As well as being able to share your view on social security in Scotland at these events, you'll find out about topics such as your welfare rights and self-directed support. To find out more about these events and to book your place please visit the Scotland section of the MS Society website and register via the Eventbrite links.

This is a great opportunity to help shape how social security is designed and delivered in Scotland, so please get involved.

Audience: Scotland
Action: Share, act – submit your views
Contact: Niall Sommerville, Policy, Public Affairs and Campaigns Manager
scotlandcampaigns@mssociety.org.uk
 0131 335 4058

Telling our supporters how legacies can help stop MS

On 25 October at 11am we're holding a special event at Sturgeons' Hall on Nicholson Street in Edinburgh for supporters who would like to leave us a gift in their Will.

We'll be joined at the event by guest speaker Dr Veronique Miron from the world-leading Edinburgh Centre for MS research.

Dr Miron will talk about her work into myelin repair and the possibilities it opens up for future MS treatments. We're very proud that we fund her work.

By leaving us a legacy you can help us support research that could change lives. If you're considering leaving us a gift in your Will, we'd love to invite you to this event. Our legacy supporters are so important to us. For more information please get in touch on the details below.

Audience: Scotland
Action: Share
Contact: Katie Bruce, Area Fundraiser
katie.bruce@mssociety.org.uk
 0131 335 4068



For Scotland

Self management courses

Our self management courses are designed to support people with MS to learn new skills and feel empowered to take control of their MS. On this course we explore topics such as pain and fatigue management, relaxation and thinking techniques, and problem solving.

We're making plans to start new courses soon. Look out for further details at www.mssociety.org.uk/scotland-events or contact Coleen.

 **Audience:** Scotland
 **Action:** Share
 **Contact:** Coleen Kelly,
Self Management Lead
coleen.kelly@mssociety.org.uk
0131 335 4056

Help cheer on our MS Superstars

We're really excited that lots of fantastic fundraisers are taking part in the Loch Ness Marathon and Great Scottish Run this autumn. There are over 100 runners in total, with more expected to sign up! Our MS Superstars are challenging themselves to help us stop MS, and we now need your help to support them.

Could you volunteer to support our MS Superstars? We need people to help give our runners a wonderful welcome at the charity village, or to cheer them on along the course. We'd love if you could join our fun and friendly events team at either of these two great events:

- **Loch Ness Marathon:**
25 September, Inverness
- **Great Scottish Run:**
2 October, Glasgow

Thank you!

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



For Wales

Meet Cymru Council

Ahead of the August meeting of the Cymru Council, we hosted a 'Meet Your Council Members' event at the Ivy Bush Hotel in Carmarthen - an area with, currently, very little activity taking place. We invited members from the surrounding area so they could learn more about what the Council do and we could find out what services or activities people would like to see locally.

The evening was a great success - vital contacts and connections were made. As a direct result of the evening it's hoped that there will shortly be a monthly pub evening in Pembroke and another in Carmarthen providing much needed socialising opportunities.



Audience: Wales



Action: Share



Contact: Urtha Felda, Local Networks and External Relations Officer North Wales
urtha.felda@mssociety.org.uk
Katie Cooke, LNO South and Mid Wales
katie.cooke@mssociety.org.uk

Boccia Bonanza throughout Cymru

In 2014 a series of Get Active information days took place in north Wales, introducing our members to the indoor game of Boccia. It's very straight forward and, with the use of a bridge, is a sport in which anyone can take part. Gary Parker led these sessions and was delighted at the energy people put into the sport.

A local person with MS on Ynys Mon, Mark Creegan, leads the Boccia Class in Beaumaris Leisure Centre on Tuesday mornings - many of the people attending this group live with MS. Two other local groups in north Wales are in the process of arranging Boccia sessions. The Disability Sports Officer, Gwynedd Marcus Politis, is arranging a tournament this month to take place in Caernarfon - the local Gwynedd and Mon group are hoping to field two teams.

If any other groups are interested in arranging Boccia sessions there's a small development grant available from Disability Sport Wales. This will cover the cost of equipment, eight weeks venue and instructor costs, and the cost of training an instructor to a leader standard.



Audience: Wales



Action: Share



Contact: Urtha Felda, Local Networks and External Relations Officer North Wales
urtha.felda@mssociety.org.uk
Katie Cooke, LNO South and Mid Wales
katie.cooke@mssociety.org.uk



For Wales

Campaign update

With your support we made access to treatment a key priority in this year's National Assembly for Wales election.

Results from our My MS My Needs survey in Wales show that 49% of respondents who could potentially benefit from taking a disease modifying therapy (DMT) are doing so (an increase from 30% in 2013). While this increase is positive we still lag behind the rest of the UK (56%), Scotland (57%) and Northern Ireland (77%).

Our research has shown us that while improvements have been made, we still have some way to go to ensure that people living with MS are able to access the right treatment at the right time, no matter where they live in Wales.

We're hosting a roundtable event in October involving MS specialists, nurses, NHS managers and people living with MS. We'll be seeking to understand and find solutions to the challenges that still remain for people living with MS when accessing vital services and support to manage their condition.

If you'd like to share your experience of accessing treatments please get in touch.

Following the round table event, we'll be circulating a briefing to groups.



Audience: Wales



Action: Share



Contact: Fiona McDonald, Policy, Press and Campaigns Manager Wales
fiona.mcdonald@mssociety.org.uk
029 2167 8924

Dates for the diary

Health & Safety training

- 23 September – Gwynedd
- 25 September – Swansea
- 28 September – Caerphilly

Cardiff Half Marathon – 2 October

Cheerleaders needed! Please come along and support our MS Society runners

Powys Neuro Information Day – 18 October

Cymru Council meeting – 5 November



Audience: Wales



Action: Share



Contact: For fundraising: Iestyn Evans, Fundraising Manager for Wales
iestyn.evans@mssociety.org.uk

For local events:

Urtha Felda, Local Networks and External Relations Officer North Wales
urtha.felda@mssociety.org.uk

Katie Cooke, LNO South and Mid Wales
katie.cooke@mssociety.org.uk



Group contributions

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

Group contributions 10/06/2016 to 09/08/2016				
Name	Earmarked Description	Earmarked	Research	General
Basingstoke & District group			£1,000.00	
Bath & District group	Cambridge Myelin Repair Centre	£2,500.00		
Bath & District group	A strategy to promote oligodendrocyte regeneration and remyelination	£2,500.00		
Bath & District group			£5,000.00	
Bedford group			£208.32	
Haywards Heath & District group				£273.00
Horsham, Crawley & District group	Stem Cell Research	£5,000.00		
Plymouth Liskeard and Districts group			£3,000.00	
South East Essex group			£160.00	
Stanhope & Weardale group	MRI Research	£1,000.00		
Stanhope & Weardale group	Helpline	£1,000.00		
Stanhope & Weardale group			£2,000.00	
Tunbridge Wells & District group	Stem Cell Research	£5,000.00		
West Lancashire group	Newly Diagnosed Courses	£200.00		
Wirral group	Newly Diagnosed Courses	£250.00		
Total		£17,450.00	£11,368.32	£273.00



Classifieds

Accessible caravan

The North Surrey group 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 group 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 group 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 group 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 group on 020 8306 7050 or email bexley@mssociety.org.uk



Classifieds

Accessible caravan

Norwich & District group 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

Converted minibus for sale

The Reading, Wokingham and Districts group are selling a Renault Master long wheelbase minibus. It's a 60 plate with nine passenger seats and has done 32,000 miles. Further details: Ricon tail lift, air conditioning, saloon heater, restraints and harnesses for three wheelchairs. Full service history, including tail lift service/inspections. The vehicle is in Reading and will be available from January 2017. The asking price is £4,500 but offers will be considered. Contact Neil Pankhurst on 0118 959 9610 for more information.

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 group 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

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supportercare@mssociety.org.uk