

Teamspirit



Hilary Sears at the 2016 MS Society AGM

AGM 2016

Our 6th AGM took place on 16 September, immediately before MS Life. This was a wonderful opportunity to thank our outgoing Chairman, Hilary Sears (pictured), for her commitment and contribution over the last five years. Hilary was presented with a Shining Star award by our future Chair, Nick Winser.

Alongside the re-election of Ruth Hasnip, we also welcomed newly elected Trustees

Ceri Smith and Karen Jones and our new National Council Members (further information on page 2).

Michelle Mitchell presented a review of last year and members voted on three resolutions, the most significant of which was the strong endorsement of the Local Networks Programme. A huge majority voted in favour of the programme and gave their overwhelming support for all its aims.



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!

New National Council Members

New Council Members were elected across the nations at last month's AGM. Our councils work on behalf of people affected by MS in each nation of the UK.

New England Council Members

We're pleased to welcome five new Council Members in England: Nikki Young (East Anglia), Lynda Tubbs (South West), John Pullin (Kent), David Kozlowski (North of England), and Jackie Mumby (Yorkshire). Simon Cox and Joan Collacott will end their term at the end of this year and will be replaced by Jackie and Lynda respectively. We'd like to thank Simon and Joan for all they've done during their time on the Council.

New NI Council Members

In Northern Ireland, the Council welcomes Lynne Armstrong, Jennifer Coulter and Simon Matchett while Siobhan Allister was re-elected.

New Scotland Council Members

We're delighted to welcome four newly elected Scotland Council Members: Lee Holland, Steven Tait, Robin Briggs and Keith Dryburgh. We'd like to say a big thank you to Cat Johnson, who stepped down earlier this year, and to Alison Ritchie and Anita Duffy, who will step down at the end of 2016.

New Wales Council Members

In Wales, we welcomed newly elected Council member Antony Metcalfe, and Huw Roberts and Naomi Manton were re-elected.

All our newly elected Council Members' terms will start in January 2017. You can find out more about them then at www.mssociety.org.uk/about-us/how-we-are-run/national-councils



Audience: All



Action: Share



News and events

Local Networks Programme

We're looking forward to seeing many of you at the Volunteer Forums taking place across the UK this month. For those who can't make their local forum, all the latest updates and guidance are also now available in the second edition of the *Local Networks Programme Guide* on the volunteer website.

At the Forums we'll be sharing more details of the practicalities of moving to the selection of volunteers and the new group requirements which we'll be adopting from early 2017. There'll be a preview of the new features of the Portal and we'll set out how we'll be supporting groups to focus on delivering a narrower range of services, so we're delivering only the most impactful and high quality services for people affected by MS.

We'll be setting out how improvements to the MS Society email accounts will make them easier to access. If you haven't yet started using your MS Society email address please speak to your LNO.

Updates from the Volunteering team

Over the coming months the team will be finalising the new Volunteering Strategy. It sets out how we aim to attract diverse volunteers, give volunteers an excellent experience and offer a number of learning and development opportunities to support you in your roles.



Audience: All



Action: Share



Contact: localnetworkprogramme@mssociety.org.uk

Moving to the Portal

As mentioned in previous editions of Teamspirit, earlier this year we introduced the Portal; a new improved system for accessing your membership data. The Portal was designed to better protect members' personal information and to provide new functionality as requested.

The Portal:

- provides a live list of your membership data whenever you need it, ensuring you're always using up to date information
- allows you much greater control over what fields you want to download and can create pre-populated mailing labels for you as a ready-to-print PDF
- is based on individual logins which means you can use your own password and can reset it yourself if needed
- improves security and saves costs

Over 85 groups have already been activated on the Portal. We'll be closing the old system in February 2017, giving plenty of time for all groups to get setup on the Portal instead. To do so, please contact Supporter Care on the details below. They'll first set you up on a short e-learning data protection course.

We'll be sending out reminders about this but please do get in touch as soon as possible so that you can start to benefit from the new system.



Audience: All



Action: Share, act – get set up on the Portal



Contact: Supporter Care
supportercare@mssociety.org.uk
0300 500 8084



News and events

Reporting accidents and incidents

It's really important that accidents and incidents are accurately recorded and reported in all areas of our work, including in our groups. Most importantly, reporting accidents and incidents enables us to improve risk assessments to better ensure the safety of volunteers and staff.

Accident and incident reporting also means that we can:

- Alert other groups doing similar activities, to help them prevent accidents.
- Provide better support to your group if you receive any fraudulent or unjustified claims for compensation. A completed accident report form is needed for this.
- Meet legal requirements.

You can find further information on accident and incident reporting and the relevant forms on the volunteer website at <https://volunteers.mssociety.org.uk/branch-and-group-basics/staying-safe/accidents-incidents>



Audience: All



Action: Share



Contact: Andy Grant,
Branch Health and Safety Officer
andy.grant@mssociety.org.uk
020 8827 0324

Safeguarding Awareness training

We've reviewed our safeguarding policies and procedures to ensure we:

- can protect adults we're in contact with from risk of abuse
- provide a clear framework for action by volunteers whenever abuse is disclosed or suspected
- support volunteers to be clear about their responsibilities

A number of volunteer roles have been identified as having regular contact with people affected by MS and for whom awareness of safeguarding processes is important. We'll be asking these volunteers to complete a short online training module and quiz so they can learn about identifying and reporting suspected abuse. For those who don't have access to a computer, a work book will be available.

Roll out of this training will start in the next couple of months. We'll be starting to contact group volunteers for whom the training is relevant, and roll this out gradually for all groups.



Audience: All



Action: Share



Contact: Chris Evans,
Quality and Safeguarding Manager
chris.evans@mssociety.org.uk
020 8438 0895



News and events

Change to Data Protection law

Current Data Protection laws will be changing in May 2018 and will be renamed The General Data Protection Regulation (GDPR). The new law will give more control and power to individuals on how organisations, including charities, use and process their personal information. During 2017 we'll be preparing for these planned changes so that we're compliant once they come into effect.

The first thing we'll need to do is complete a full audit of how we handle and manage individuals' personal information, including how groups do this. We're hoping to start this audit by the end of this financial year.

Over the coming weeks the Local Networks team will be looking at how best to conduct the audit at group level. Your LNO will then be in touch if your group has been selected to take part in the audit.

Further information on what these changes will mean for us can be found at www.ico.org.uk/for-organisations/data-protection-reform/ or contact Supporter Care and ask to speak to Gary Day or James Cooper who'll be happy to discuss with you further.

We'll update you via Teamspirit, the volunteer website and directly to your group's email account during the coming year as we know more about what these changes will mean.

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

Potential data breaches

We all know it's important that we manage and process personal information entrusted to us by the MS community in line with current Data Protection laws. However understanding Data Protection law fully can be both time consuming and complicated, especially when there may have been a potential data breach.

Once a potential breach is identified we're obligated by the Information Commissioners Office (ICO) to make a decision within 48 hours as to whether there's been a breach and whether it meets the criteria to be reported to the ICO for further consideration. With this time frame in mind, if you think that you have a potential data breach then please report it straight away. The easiest way to report a potential breach is to contact Supporter Care either by email or phone. Our Data Protection team will then contact you and gather further details from you.

If you're in doubt as to whether there's been a data breach or not, it's always better to report it so we can provide you with help and support.

Our Data Protection team are here to help you on any matters relating to Data Protection, not only breaches, so please do get in contact if you have any queries.

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



News and events

MS: Enough update

This month sees the launch of the next phase of MS: Enough, our campaign to make welfare make sense for people with MS.

Last year our research told us that many people with MS who felt that they may be able to return to work did not feel they were receiving appropriate employment support. We also heard from many people with MS who hadn't been appropriately supported at work or had faced discrimination in the workplace.

These are the issues that we'll be addressing and seeking to change with our campaign.

This new phase of the campaign will coincide with the publication of a report by the All Party Parliamentary Group (APPG) for MS, which has been looking into whether people with MS have the support they need to stay in, or get back into, work. The APPG, which we help to run at Westminster, will be publishing their recommendations on 14 November.

Through our MS: Enough campaign we'll draw on these findings and our own research to campaign for change, ensuring that people with MS who do feel able to work are given the support they need.

To get involved with the campaign visit www.mssociety.org.uk/campaigns



Audience: All



Action: Share



Contact: Campaigns team

campaigns@mssociety.org.uk



Info and resources

New and updated resources

As part of our exciting rebrand, we've rewritten and redesigned some of our key information resources, as well as producing two entirely new publications in the new brand: *Understanding relapsing remitting MS* and *For family and friends: when someone close to you has MS*.

Each booklet features an introduction by someone affected by MS and five key takeaway facts, with photography throughout.

Most importantly, these resources contain the most up to date information about the condition and how to treat it. That's why it's really important to recycle any previous versions of these, and order the new editions. That's especially vital when it comes to information about Disease Modifying Therapies (DMTs).

Two new resources

Understanding relapsing remitting MS covers everything you need to know about this form of MS, including managing relapses and treatments available.



For family and friends: when someone close to you has MS is for family and friends of someone newly diagnosed with MS. It includes information about the condition and lots of quotes, tips and experiences from people who've been in a similar position.



Updates

Our rebranded and rewritten booklets are:

- What is MS?
- Balance and MS
- Just diagnosed
- Diet and nutrition
- Disease Modifying Therapies (DMTs) for MS
- Understanding progressive MS

Our booklets, *Speech difficulties*, *Swallowing difficulties* and *Fatigue* have been rewritten and reviewed.

All of these publications are available online and to order from the shop.



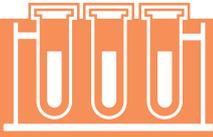
Audience: All



Action: Share, act – update your information resources



Contact: Information Resources team
shop@mssociety.org.uk
020 8438 0999



Research

Results of the 2016 Grant Round

After extensive review, filtering and discussion, we're pleased to reveal that 11 projects have been successful in the 2016 research grant round.

This year, we're investing £1.96 million into funding three projects focusing on improving care and services for people with MS, and eight projects centred around understanding the cause, improving diagnosis, and finding ways to treat MS.

All projects are either now underway or due to commence in January. In alignment with our research priorities, the projects span a range of areas, from looking at encouraging myelin repair through drugs and targeting special immune cells in the brain, to finding ways to better measure MS progression, to identifying the factors that affect quality of life of people with MS.

You can read more about these projects on our website, where we'll also keep you updated as the results come in!



Audience: All



Action: Share



Contact: Supporter Care

supportercare@mssociety.org.uk

0300 500 8084

SNOFLAC-MS carers research

Do you support someone with MS?
Can you help us to understand your needs as a family member and/or carer of someone living with MS?

The MS Society has commissioned Queen Margaret University to undertake research scoping the needs of families and carers. You can take part on Facebook, at face to face focus groups or in a telephone interview. If you're interested in sharing your views please do get in touch on the details below.



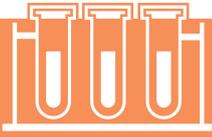
Audience: All



Action: Share, act – share your experiences



Contact: SNOFLAC-MS@qmu.ac.uk



Research

Funding awards from the International Progressive MS Alliance

The International Progressive MS Alliance, of which we're a founding member, is a network of MS charities from around the world that are united to achieve one key goal: to speed up the development of treatments for progressive MS.

In September, the Alliance announced that it has awarded three £3.6 million grants to researchers accelerating the pace of progressive MS research.

These three projects were chosen from 11 shortlisted applications. They involve researchers in nine countries working together to accelerate the progress of progressive MS research.

The Collaborative Network Awards are multi-year grants, funding international networks of researchers and institutions that have worked together and demonstrated their potential to make crucial breakthroughs in understanding and treating progressive MS.

One of these projects is focused on finding effective biomarkers of progressive MS to speed up the clinical trial process; the remaining two projects focus on drug discovery.

Caroline Sincock has progressive MS and is on the Alliance's Scientific Steering Committee. She said, "*It brings me great hope to see such international efforts to work together to answer questions about one of the least understood forms of MS.*"

You can read more about these exciting projects on our website.



Audience: All



Action: Share



Contact: Supporter Care

supportercare@mssociety.org.uk

0300 500 8084



Fundraising

Restricted funding

Did you know that there are about 8,800 grant-making charitable trusts and foundations in the UK, giving in total about £2.1 billion in grants to charitable causes like our groups each year?

This is a brilliant way for many groups to fundraise in order to grow or sustain local services and support.

Most charitable trusts will only give funding for a specific project and are receiving an increasing volume of applications. An application to a charitable trust must therefore be carefully prepared and considered.

Together we want to continue to strive to raise the maximum funds to help people affected by MS. To achieve this, groups can usually only apply to any trust or foundation that has a local or regional focus in your area where your National Centre is not eligible to apply. To avoid wasted time and effort please check with your Area Fundraiser or the Partnership team at your National Centre before making any applications.

If, after discussing the idea with other group members, you think making applications to charitable trusts could help raise funds for your group, enlist the support of your LNO or Area Fundraiser, who'll be happy to help. Initial guidance is also on the volunteer website.

For those based in Scotland, see page 19 for details about further support available for applying for trust funding.



Audience: All



Action: Share



Contact: Your Area Fundraiser

DM update

Christmas Raffle

Donations have been coming in from our recent raffle mailing. There's still time to play to have 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 play online at: raffleentry.org.uk/mssociety. We're aiming to raise £180,000 from this raffle to support our vital work.

Christmas Appeal

Our Christmas Appeal is due to land on the doorsteps of supporters early this month. The theme of the pack is 'Together'; working together to stop MS. We're aiming to raise £350,000 from this appeal to support our research programme.

Cards for Good Causes

MS Society Christmas cards are available to buy now through Cards for Good Causes. Cards for Good Causes sells cards on behalf of over 250 charities and we've been benefiting from their support for many years. We expect to receive over £130,000 this Christmas. They manage a national network of over 300 temporary Christmas card shops set up in sites such as churches, libraries, community centres, tourist information centres and museums. To find your local shop or order online, please visit www.cardsforcharity.co.uk/our-shops.



Audience: All



Action: Share



Contact: Supporter Care

supportercare@mssociety.org.uk

0300 500 8084



Finance

Meet the Finance team

We're aware that some of you may not know what everyone does in the Finance team and how we all work together. In the previous edition of Teamspirit we provided an overview of the team and introduced you to the Group Finance team. This time we'd like to introduce you to Bindu, our Treasury Officer:

Bindu Dudhia, Treasury Officer

Bindu has been with the Finance team for 10 years working in the role of Treasury Officer. Her role is to account for all income we receive and also to support groups with banking related queries, from updating signatories on the group account, setting up users on Barclays.net, to more general queries such as ordering cheque books and paying in books.

 **Audience:** All – especially Treasurers
 **Action:** Note
 **Contact:** Bindu Dudhia, Treasury Officer
bindu.dudhia@mssociety.org.uk

Barclays.net – access to your bank account

Barclays.net will give you access to your Barclays bank account online, and also the ability to make payments and transfers.

FAQs on Barclays.net can be found on the volunteer website or are available on request from Branch Finance Support.

If you'd like to be able to access your account online to make payments and transfers, please contact Bindu Dudhia for details.

 **Audience:** Treasurers, Chairs
 **Action:** Note
 **Contact:** Bindu Dudhia, Treasury Officer
treasurysupport@mssociety.org.uk
To request FAQs:
Branch Finance Support
financesupport@mssociety.org.uk



Branch Accounting Online – making the move

As part of the Local Networks Review we're looking to assist all groups to move to our internet based accounting system, Branch Accounting Online.

Feedback from groups moving to the system has been extremely positive:

"Branch Accounting Online is a quick, easy and convenient way of recording and reconciling branch transactions"

"Branch Accounting Online makes branch finances simple and accurate"

"Reports are incredibly helpful"

"It does not take a lot of time to log on and keep Branch Accounting Online up to date"

"The information I can get from the reports is very good and the system is easy to use"

Key features of the system are:

- **Flexibility** – access via the internet anywhere and at any time, viewing and editing transactions on the go.
- **Simplicity** – you don't need to be an IT expert, you only need to analyse transactions as they appear on the bank statement; we'll do the rest.
- **Professional reports** – the system has custom made reports which can be exported to Excel and meet the needs of most group committees.
- **Multiple users** – several committee members may access the system, so if your treasurer is unavailable, someone else can edit transactions or produce reports.
- **Calendar year** – groups no longer have to calculate estimated figures for November and December as the system runs from January to December.

- **Dedicated support** – the Finance Support team are on hand via phone and email to support you. We can see exactly what you can see on your computer so we're able to assist you quickly.

Branch Accounting Online is quick, simple to use and convenient. It also reduces the amount of administrative work required by Treasurers and the Finance team. Therefore, from January 2017, we want all groups to use Branch Accounting Online and the alternative manual processes and procedures will be phased out. All groups will have to carry out the year end reporting for 2017 on Branch Accounting Online. Therefore, to avoid duplication, it's strongly recommended that you start using the system from the beginning of the year. If you need any help or support to transition onto Branch Accounting Online, please contact the Finance Support team.

You can also find a step-by-step demonstration of how to use Branch Accounting Online on the volunteer website at: <https://volunteers.mssociety.org.uk/treasurers-handbook>



Audience: All – especially Treasurers



Action: Share, act – get in touch to sign-up for Branch Accounting Online



Contact: Finance Support team

financesupport@mssociety.org.uk

Jamie Gracie, Divisional Accountant

0131 335 4078 or

Chrishanthi Ranjan, Branch Accountant

0208 438 0711



Group Accounts 2016

All groups and support groups need to prepare and submit an annual accounts return. The deadline for submission is 31 January 2017.

Groups using Branch Accounting Online

The following steps should be completed:

- Analyse all entries on Branch Accounting Online for 1 January to 31 December 2016 inclusive.
- Run Receipts & Payments report up to 31 December 2016.
- Review the Receipts & Payments report and complete the Internal Financial Controls Checklist with the whole committee. Upon approval, the group Chair and Treasurer need to sign both reports.
- Post signed copy of Receipts & Payments report and Internal Financial Controls Checklist to the Finance team at MSNC, before the 31 January 2017.

In the absence of a group Chair (or Treasurer) another committee member must verify the Receipts & Payments report, and sign the Internal Financial Controls Checklist.

Groups not using Branch Accounting Online

Groups should receive the 2016 accounts pro forma pack, via post, by the end of the second week of November 2016.

The group pro forma and the Internal Financial Controls Checklist must be reviewed by the Committee, and signed by the group Chair and Treasurer upon approval. Signed copies of both documents will need to be posted to the Finance team at MSNC before the 31 January 2017.

Please note, this will be the last year that groups will be given an option to submit a paper pro forma. All groups must use Branch Accounting Online from January 2017 to analyse their group transactions.

If you have not done so already, please contact the Branch Finance Support team for your login details to Branch Accounting Online, and discuss how to start using this from January 2017.

If you do not receive your group pro forma pack by **Friday 11 November**, or require an electronic version, then please contact the Finance Support team on the details below as soon as possible.



Audience: Treasurer, Chair



Action: Act – complete and return the signed documents



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



2016 Treasurer Forums

We've held two Treasurer Forums so far and we have two more still to come in November. These forums are a great opportunity to meet your fellow Treasurers and committee members from other groups, and provide an insight and an update on group finances.

Throughout these sessions we'll be discussing:

- Branch Accounting Online
- use of group funds
- trading
- VAT
- Gift Aid
- financial controls

These forums will also give you the opportunity to discuss any queries you may have.

The Treasurers Forums will be taking place on:

- **Thursday 17 November** –
MS Society Scotland (Ratho Park), Edinburgh
- **Saturday 19 November** –
The Meeting Centre, 1 Marchant Rd,
Hinckley LE10 0LQ

If you'd like to attend or would like additional information, please get in touch with the Finance team.



Audience: All



Action: Act – sign up to attend



Contact: Finance team

financesupport@mssociety.org.uk



For England

Ealing Fun Run

On Sunday 11 September 80 dedicated supporters came to Elthorne Park to take part in the inaugural Ealing MS Society Fun Run. Participants could choose between a 2.5km walk or a 5km run. The sun was shining and thanks to the spirit of the runners and hard-working team of volunteers a great afternoon was had by all. The winner was local running enthusiast James Lambert.



Everyone who took part received a goody bag, t-shirt and certificate. Refreshments were kindly donated by Tesco and there was face painting to keep the little ones entertained.

Income from the day is still being counted but taking into account entry fees, sponsorship and some very kind donations from local businesses, the event is likely to have raised around £2,600.

Cara Williams, Fundraising Lead from Ealing, said: *"This was the first time we'd held this event. We're delighted with the turn-out and support from the local community. We'd like to thank all the volunteers and supporters for such a great effort! We're looking forward to next year's event."*

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

St Paul's Cathedral Christmas Concert to raise money for MS research

Tickets are selling fast for the MS Society's Christmas Concert, sponsored by Morgan Stanley. The event will take place at St Paul's Cathedral on Thursday 8 December and will be an atmospheric evening of music, carols and readings. All money raised will go towards MS research.

The tickets are priced between £35 and £150; accessible seating is available.

Those performing on the night will include classical solo performers Sir John Tomlinson, Catherine Wyn Rogers, Gerald Finley and John Mark Ainsley. The Soul Sanctuary Gospel Choir and St Paul's Cathedral Consort will also be making appearances.

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 and to buy tickets please 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

Fundraising

Santa Dash and Dander

Join us on 10 December for our annual Santa Dash and Dander at the Stormont Estate Belfast. Santa suits, light refreshments and festive music are provided as participants walk, run or wheel around the two mile route. To find out more please get in touch with Samantha Robinson on the details below.



Santa's Grotto

Corporate partner, Cameron's Landscape and Garden Centre, will be running its magical Santa's Grotto this year. Keep an eye on our Facebook page to see when dates are announced.

Belfast City Marathon

It's not too early to don your running shoes and sign up for the Belfast City Marathon on 1 May 2017. Sign up today with the organisers at www.belfastcitymarathon.com and either run, walk or relay to help us beat MS.

If you'd like further information about these or any other event please do get in touch.

 **Audience:** Northern Ireland
 **Action:** Share
 **Contact:** Fundraising team
028 90 802802
Samantha Robinson,
Community Fundraiser
samantha.robinson@mssociety.org.uk

Boccia tournament to kick off in Northern Ireland

Boccia is a sport growing in popularity across Northern Ireland. Many groups and group members are involved in playing and promoting Boccia and are participants in the Ulster Boccia League. In partnership with Disability Sport NI, we're organising our own Boccia tournament for our groups. The tournament will begin towards the end of the year and run into 2017.

Boccia is a sport played on a similar basis to bowls. When playing Boccia all players compete from a seated position and can throw, roll or kick the balls into the playing area. For players who're unable to throw or kick the ball an assistive ramp or chute can be used. Balls can be released down the ramp or chute by hand or using a head pointer, making the sport particularly inclusive and accessible.

For more information or to register your interest in the tournament please get in touch.

 **Audience:** Northern Ireland
 **Action:** Share, act – register your interest
 **Contact:** Marian Mawhinney, LNO
marian.mawhinney@mssociety.org.uk



For Northern Ireland

All Party Group update

The All Party Group on MS met for the first time in the new Northern Ireland Assembly mandate on 20 September. The session was attended by representatives from across the political parties and heard a presentation on the My MS, My Needs survey as well as presentations from Consultant Neurologist Gavin McDonnell, Neurophysiotherapist Siobhan Macauley on challenges facing the system and Tina McGonagle on living with MS and her first-hand experience of the system.

MLAs in attendance are keen to take action on what was presented and are working on an activity plan to help create positive change for people with MS.

The next meeting of the group will be in December and will feature a discussion on employment.

-  **Audience:** Northern Ireland
-  **Action:** Share
-  **Contact:** Jenny Ruddy,
External Relations Officer
jenny.ruddy@mssociety.org.uk



For Scotland

In memory of Angela Monteith

We are sad to report that Scotland Council member Angela Monteith has passed away. Angela was diagnosed with MS in 1990 and was a committed volunteer with the MS Society, both with the Orkney Branch and with the Scotland Council. Supporting people with MS was a cause she cared deeply about, as her father also had MS.

Our Scotland Council chair Mary Douglas said: *“Angela’s experience of MS and the MS Society were invaluable to us all. She brought humour, passion and insight to our council meetings, which she always attended despite having to travel so far. She was dedicated and enthusiastic about serving as a Council volunteer, taking every opportunity to represent the MS Society. She will be greatly missed.”*

Our Scotland Director Morna Simpkins said: *“Shortly before Angela died I was fortunate to spend a fantastic weekend with her in London at our MS Life event. Although she found the travel tiring, she loved attending events like these which brought the MS community together. She spent all weekend meeting, greeting and supporting people with her smile and warm personality. She was also very active in her local area of Orkney, raising the profile of MS with the MSP. She’s been such a great asset to our community over the years, and I and colleagues in the Scotland team will miss her professional input and her personal warmth and friendliness.”*



 **Audience:** Scotland



For Scotland

Glasgow benefits event great success

On 29 September we held a benefits and MS awareness event in Glasgow, attended by 40 people. We worked with local organisations to provide attendees with a range of information about benefits and welfare.



It was great to hear from a diverse range of organisations, which included In Control Scotland, Glasgow's Health and Social Care Partnership, the Princess Royal Trust for Carers and the Glasgow Disability Alliance. They all provided insight, information and advice on navigating the system.

The event was also a fantastic opportunity for people living with MS to share their views on the Scottish Government's consultation on the new social security system for Scotland. This was invaluable in shaping our response to the consultation, which we submitted at the end of October.

If you'd like to hold a benefits information event in your area, please get in touch with your LNO for support and information.

 **Audience:** Scotland
 **Action:** Share
 **Contact:** Your LNO

Our MS Superstars raise £350,000!

We've had a fantastic fundraising year with over 600 people signing up to our events. Together our Superstars have raised around £350,000 so far! This could fund 270 days of MS research or 70,000 calls to our Helpline.

Thank you to each and every person who took part, including our wonderful event volunteers.

We want to build on this amazing success next year. Please help us spread the word about our 2017 events!

Location	Date	Event
Glasgow	April 2017, date TBC	Ziplide
Edinburgh	27 & 28 May 2017	Edinburgh Marathon
Dumfries and Galloway	17 & 18 June 2017	Tough Mudder
Fort William	June 2017, date TBC	Ben Nevis Night Hike
Fort William	August 2017, date TBC	Ben Nevis Night Hike
St Andrews	August 2017, date TBC	Daredevil Skydive
Inverness	24 September 2017	Loch Ness Marathon
Glasgow	1 October 2017	Great Scottish Run
Edinburgh	1 October 2017	Forth Rail Bridge Abseil

If you want to sign up to any of the events, volunteer with our support team on the day, or get more information please do get in touch!

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



For Scotland

Could you be a volunteer Information Reviewer?

Our information publications cover all aspects of life with MS, from diet to dealing with emotions, and they're all reviewed by people living with MS.

We're looking for more volunteer Information Reviewers in Scotland to make sure our publications are relevant to people living here. This is particularly important now, with big changes in Scotland such as health and social care integration and a new social security (benefits) system.

This is a great role if you'd like to volunteer from home. All you need is personal experience of living with MS – whether you've been diagnosed yourself or are a friend or family member of someone living with MS. We'd love to hear from you!

To find out more please visit: <https://www.mssociety.org.uk/get-involved/volunteer/volunteering-opportunities/ms-information-reviewer-editor> or contact Coleen Kelly.

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

How to successfully apply to trusts for funds

Working together we can maximise your group income. As outlined on page 10, charitable trusts give money to a variety of causes. In Scotland, there are around 2,000 trusts, of all shapes and sizes. Some will give small grants of a couple of hundred pounds. The larger trusts can award grants of £100,000 or more.

Sarah Gillen (pictured), Trusts & Statutory Fundraising Manager for Scotland, says *"If you have a local project or service in mind, speak to your Area Fundraiser to discuss your idea. They will then work with me to see how we can best support you."*



I've worked with trusts for eight years, and know how to get the most out of applications. With my knowledge and expertise I can help you choose the trusts which are the best fit for your application. If you already have a good relationship with a trust, we can work together to increase the income they give you. I look forward to hearing from you!"

Audience: Scotland
 Action: Share
 Contact: Your Area Fundraiser



For Wales

Information and advocacy bid success

We're delighted to announce that following a lengthy application process, the Big Lottery Fund has awarded the MS Cymru My MS; My Rights, My Choices project a three year grant of £447,293.

The project will champion the lives of people living with MS in Wales, providing opportunities to improve quality of life by providing specialist support and improved access to social networks.

We expect to have staff in place and the project up and running by the beginning of January 2017.

Further information on our new and exciting project will be circulated to members in due course.

 **Audience:** Wales
 **Action:** Share
 **Contact:** Lynne Hughes, Country Director
lynne.hughes@mssociety.org.uk
02921 678 923

Improving MS Nurse provision

Improving the provision of MS nurses is a priority for people living with MS in Wales.

The current ratio as stated in NICE guidelines is one nurse to 300 patients but in North Wales, for example, it's one nurse to 1,300.

Pilot campaign – North Wales

The issue has been raised by members in North Wales since 2009. We're launching a pilot campaign to increase MS nurse provision and access to MS services. Further details will be distributed to groups in North Wales shortly.

Powys MS Nurse campaign update

For over three years, members in Llandrindod Wells have been raising concerns about a lack of access to their MS nurse provision in South Powys.

They've raised the issue with their Assembly Member and with the Local Health Board. At the most recent meeting with the Health Board an assurance was given to increase funding for the service.

Detailed plans have yet to be finalised, but it's positive news and without the commitment and dedication of the group, it wouldn't have been possible.

 **Audience:** Wales
 **Action:** Share
 **Contact:** For pilot campaign –
Urtha Felda, Local Networks and
External Relations Officer
urtha.felda@mssociety.org.uk
For Powys campaign – Sian Tucker,
External Relations Officer
(South and Mid Wales)
sian.tucker@mssociety.org.uk or
Katie Cooke, LNO (South and Mid Wales)
katie.cooke@mssociety.org.uk



For Wales

Holding Government to account – policy update

Influencing policy and practice is at the heart of what we do to make the necessary improvements in treatments and services for people living with MS in Wales.

Here are some examples of what we've responded to over the past few months:

- National Assembly for Wales Health & Social Care Committee on NHS workforce and setting priority areas
- Draft Welsh Government policy documents on Employability and Home Care
- All Wales Medicines Strategy Group (AWMSG) appraisal of Fingilimod/Gilenya
- Attended evidence gathering sessions on how the UK and Welsh Governments treat disabled people for the United Nations Convention on the Rights of Disabled People

Including the experience of people living with MS is vital to our policy influencing work. Thank you to everyone who has shared their experiences with us to date.

We'll continue to keep you updated on our progress in shaping policy and practice in Wales and in the UK.

 **Audience:** Wales
 **Action:** Share
 **Contact:** Fiona McDonald, Policy, Press and Campaigns Manager Wales
fiona.mcdonald@mssociety.org.uk

Cardiff Half Marathon

Huge thanks to our 63 amazing runners who took part in the Cardiff half marathon on Sunday 2 October. The total amount raised is expected to be £8-10,000; a truly fantastic achievement for everyone involved.

Special thanks to our supporters who volunteered on our stand in the runner's village and cheering station.

Groups and members play an invaluable part in ensuring that events like the Cardiff Half Marathon are well supported. It has become a key part in our fundraising calendar and we're already making plans for October 2017!

Cardiff will also be hosting a full marathon in April – please contact Iestyn Evans to sign up or for more information.

 **Audience:** Wales
 **Action:** Share
 **Contact:** Iestyn Evans, Fundraising Manager for Wales
iestyn.evans@mssociety.org.uk



Group contributions

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

Group contributions 10/08/2016 to 17/10/2016				
Name	Earmarked Description	Earmarked	Research	General
Cambridge & District group	Cambridge Myelin Repair Centre	£2,000.00		
Great Yarmouth & Waveney group	Cambridge Myelin Repair Centre	£100.00		
Kings Lynn & District group	Cambridge Myelin Repair Centre	£10,000.00		
Kings Lynn & District group	Stem Cell Research	£5,000.00		
Lincoln & District group		£2,105.00	£3,000.00	
Lochaber group (Fort William)			£1,000.00	
Mendip group			£6,000.00	
Mid Cornwall group			£5,000.00	
Tameside Glossop & District group			£900.00	
Tunbridge Wells & District group	Stem Cell Research	£3,000.00		
Warrington & District group			£1,000.00	
York & District group	Stem Cell Research	£10,000.00		
York & District group	Cambridge Myelin Repair Centre	£10,000.00	£5,000.00	
Total		£42,205.00	£21,900.00	£000.00



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 run a Holiday 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 hoist running into wet room.

The cost is from £300-£600 per week from Saturday to Saturday for 6 people, and includes all passes for Park.

For Park amenities please visit www.parkdean.com. For availability ring Dave on 07793414874 or email dandm4sc@btinternet.com.

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 (including 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 0208 306 7050 or email bexley@mssociety.org.uk.

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.



Classifieds

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.

Holiday flat

The Clydebank group has a two bedroom ground floor flat which sleeps up to five people in the beautiful town of Largs on the West coast of Scotland, for people with MS, families and carers. Along the street from the famous Nardini's ice cream parlour the flat has a wet room and access to a small enclosed back courtyard.

The cost is from £150 per week. For amenities in Largs please visit www.largsonline.co.uk. For availability contact the group on 07804 864 936 or clydebank@mssociety.org.uk.

Mention or advertisement by the MS Society of products or services is not an endorsement by the MS Society, its officers or staff.



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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

Women Against MS

Confidential support and advice for women who have MS, their carers, families, friends and employers. Currently holding two information events a year.
info@womenagaistms.org.uk
020 8542 1712

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

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supportercare@mssociety.org.uk

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