

Teamspirit



Our new Chair, Nick Winser

Welcome new Chair of Trustees

We're pleased to welcome our new Chair, Nick Winser.

Nick's awareness of MS began when his wife, Denise, was diagnosed in 1999. He has witnessed many of the challenges that come with the development and progression of MS, and both the opportunities and difficulties of accessing effective therapies.

Nick's convinced that new, more effective therapies will be developed – and that it will be vital to give people with MS fair access to, and great information about, them. He particularly wants to challenge social preconceptions about disability and ensure people with MS can continue to participate fully in their community.

You can read more about Nick on our website.



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!

How will you 'Kiss Goodbye to MS'?

MS Week 2017 will be taking place in the last week of April and is a fantastic opportunity to raise awareness and vital funds for MS. This year, as part of MS Week, we'll be launching an exciting new campaign, 'Kiss Goodbye to MS'.



'Kiss Goodbye to MS' was started by MS Research Australia in 2010, to raise awareness and funds for research. In 2016 it went global, with MS charities from around the world taking part.

We'll be sharing lots of ways to get involved. There'll be something for everyone, from sharing an awareness-raising red lipstick selfie to organising your own fundraising!

By joining forces internationally, we have a louder voice and can raise more funds to speed up research into MS. We have the potential to change the landscape of MS research for good. Together, we are strong enough to stop MS.

You can find out more about the campaign via the global website at kissgoodbyetomsglobal.org

Audience: All
Action: Share
Contact: Clare Chater,
Head of Community and Events
clare.chater@mssociety.org.uk

Campaigning for employment that works

We recently launched the next stage of MS: Enough, our campaign to make sure people with MS have the support they need to stay in work as long as they feel able, and to carry on living independently when work is no longer possible.

A report has found that the right support isn't in place for people with MS in work. Many are forced to change jobs or leave employment altogether, before they would choose to do so.

You can help us change that. Ask your MP to pledge their support for employment that works for people with MS.

Employers and the Government both have a significant role to play in supporting people with MS who are able to stay in work. Go to mssociety.org.uk/ms-enough to check if your MP has signed the pledge.

Want to stand up for people with MS? Join our Campaigns Community by going to mssociety.org.uk/get-involved/campaigns

Audience: All
Action: Share
Contact: Campaigns team
campaigns@mssociety.org.uk



News and events

Local Campaigning Project

Many people affected by MS want to take action and get their voices heard on issues that are important to them. For anyone wishing to get involved in campaigning, firstly contact your local Regional External Relations Officer (RERO) or for those in Scotland, Wales or Northern Ireland your External Relations Officer (ERO). R/EROs work with local decision makers and professionals to ensure that effective treatment, care and services exist for people living with MS.

You can find who your RERO is at volunteers.mssociety.org.uk/regional-external-relations-team

As part of the Local Networks Programme, we made a commitment to increase our support for people who want to campaign locally. Throughout 2017, we'll be testing different ways to help you campaign for change where you live. We're launching pilots in Northern Ireland, the Scottish Borders, Cumbria, Newcastle and North Wales to test the best ways to:

- empower people affected by MS throughout the UK to achieve change locally
- give volunteers more support to influence local decision makers, build effective campaigns and recruit new supporters
- provide new resources and opportunities for campaigners

We've also produced a new Local Campaigns Toolkit which you can access at volunteers.mssociety.org.uk/ways-to-campaign

We'll keep you informed about these pilots as they progress throughout the year.



Audience: All



Action: Share



Contact: Campaigns team
campaigns@mssociety.org.uk

New Volunteering Strategy

This month we're launching our new Volunteering Strategy to help support and enable our 2015-2019 organisational strategy, 'Together to beat MS'.

There's been wide consultation with volunteers and people affected by MS to create a strategy that will enable us to pool our experience and expertise to effect change and help people live more positively with MS. The Volunteering Strategy will support our volunteering activities across the organisation from local groups and the Helpline to reference groups and research. By coming together, we'll provide care, share support, collectively campaign and find solutions.

The strategy aims to:

- increase our volunteer numbers and the extent and quality of support we provide volunteers
- create attractive volunteering roles and the tools for delivering them
- offer development opportunities; enabling our volunteers to grow their skills, knowledge and experience
- ensure our volunteers feel valued, recognised and rewarded
- increase the impact of all our services and activities
- develop ways to collect and use data that is relevant, timely and helps us to plan effectively

This strategy has been developed alongside the Local Networks Programme and takes into account changes in local group structures, activities and governance.

To find out more please visit the volunteer website at volunteers.mssociety.org.uk



Audience: All



Action: Share



Contact: Volunteering team
volunteering@mssociety.org.uk



News and events

MS Society Awards 2017

The MS Society Awards are back, and will be taking place on 5 May. Nominations are now open!



The MS Society Awards are a fantastic opportunity to recognise all the amazing people who made a huge difference to people affected by MS in 2016. We know that so many people do so much every day, so help us to thank and celebrate them for their inspirational work.

We want to hear from you if you know of people/groups who:

- have brought about a real difference to people affected by MS
- have demonstrated innovation
- have changed things to improve the lives of people affected by MS either locally or nationally
- stand out from others providing a similar service/contribution

You can submit your nomination(s) at mssociety.org.uk/awards

The Awards categories are:

- Campaigner
- Carer
- Digital Media
- Employer
- Fundraiser
- Media
- MS Professional
- MS Society group
- Political Supporter
- Research
- Volunteer
- Young Carer (under 18)
- Young Fundraiser (under 18)

Nominations close on Friday 10 February.



Audience: All



Action: Share, act – submit your nominations



Contact: MS Society Awards team
mssocietyawards@mssociety.org.uk



News and events

Events risk management – new low risk system




Our events risk management system ensures that we provide a safe environment for all those taking part in our activities.

Last year, with the support of our insurers we split the existing system into two elements, low risk and high risk events. You'll now find that some of the events you run will be covered by our simplified low risk guidance documents while others will still require a full risk assessment.

Training on the systems has taken place in Wales and Northern Ireland and is being arranged for groups in England and Scotland this year. Please contact your LNO for the details of the nearest course.

You can find further support on this at volunteers.mssociety.org.uk/events-assessment-or-guidance with a video and flowchart demonstrating how to work out which system you should use.

If you're concerned that an event you're planning or currently running is not covered by a risk assessment please contact your LNO for advice and support.

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

Local Networks Programme update

A big thank you to everyone who attended a Volunteer Forum in November. They were a great opportunity for volunteers to connect and to update on the changes happening this year.




Going forward we'll start referring to branches as groups more widely and volunteer role names will gradually start to change with clear role descriptions to accompany them. Your LNO will soon be speaking to your group about the transition process.

The Portal

Over 120 groups are now using the Portal to get their membership data.

The old system of accessing membership data will be closing in February so please contact Supporter Care to get set up, if you haven't already done so. They'll first set you up on a short e-learning data protection course.

The Portal continues to expand and now has a number of functions, including most recently the Services and Events tab. This function enables groups to enter information on the services they offer, allowing other groups to see what you're offering and enabling us to publicise them on our website in the future, increasing their visibility.

 **Audience:** All
 **Action:** Share, act – get set up on the Portal
 **Contact:** Local Networks Programme
localnetworkprogramme@mssociety.org.uk
Supporter Care
supportercare@mssociety.org.uk



Info and resources

Maintaining up-to-date information resources

We're committed to providing up-to-date, reliable, evidence-based information about MS. This is why we're accredited by NHS England, under the Information Standard, to ensure that all of our information is of the highest quality. We want to be the first port of call for anyone affected by MS who wants information about the condition. And we're always striving to improve the range and quality of information we provide.

But it's really important, especially with healthcare information, that people are using the most up-to-date information publications out there, especially for topics like DMTs. Every MS Society booklet and factsheet has a date on the back (or top of the front cover for the MS Essentials range), which tells you when the information was last reviewed. All of our publications are reviewed at least every three years, so that we know we're giving out the most accurate information possible.

You can also do your bit when it comes to making sure you have the best information available. It's vital that no one keeps hold of old, out-of-date publications. Every time we update our booklets and factsheets, we'd love it if everyone recycled their old versions and ordered the new one, free of charge.

You can order our publications for free from our online shop. Visit mssociety.org.uk/publications



Audience: All



Action: Share, act – update your resources



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



Research

Research talks 2017

Fancy hearing more about the latest advances in our understanding of MS? Then you may be able to host a research talk! Presentations are tailored to meet local interests, with popular topics including:

- An introduction to the science behind MS
- Progress in understanding the cause of MS
- Finding effective treatments for all types of MS
- Our work to develop new symptom management strategies
- Our care and services research programme

Talks are open to everyone, and they're a great way to find out about the fantastic research that you're supporting.

If your group is interested in hosting a research talk, you'll need to be able to:

- organise the event (book the venue, promote the talk, manage the bookings and run the event on the evening/day it takes place)
- cover the costs of organising and running the talk
- promote the event to members and non-members; to ensure good use of our resources we aim to present to groups of more than 50 people

We want to make sure we reach as many groups as possible, but are unlikely to be able to accept every invitation in 2017. If we get more requests than we can support we'll work to prioritise events that will reach the most people and visit areas that haven't had a recent information event.

If you're interested in hosting a research talk, please get in touch with your LNO.



Audience: All



Action: Share



Contact: Your LNO



Fundraising

Getting the best from online giving!

The New Year is upon us and many people take on a personal fundraising challenge to get fitter or healthier. Let's encourage them to support the MS Society!




As well as sponsor forms, websites such as justgiving.com/mssociety provide a way of giving easily and tax efficiently. Donations made this way are received at National Centre and then transferred to your group's account.

However, it's not always clear from the information that we receive that a fundraiser is supporting a local group. This is where you can help.

If a fundraiser for your group is using online giving please ask them to contact Supporter Care at supportercare@mssociety.org.uk or on 0300 500 8084 and let us know which group they would like some or all of their funds sent to.

The earlier this happens, the better. We can then send funds back to your group so you can spend the money locally.

For further information contact your Area Fundraiser or Local Networks Officer.

 **Audience:** All
 **Action:** Share
 **Contact:** Your Area Fundraiser or LNO

Direct marketing update




Christmas cheer!

Thank you to everyone who donated to the Christmas appeal or took part in the Christmas raffle. Through these Christmas campaigns we've so far raised an amazing £345,000, and we're still receiving responses to the appeal now. It's not too late to support the appeal if you'd like – go to mssociety.org.uk/together Thank you all for your support!

advances

The next edition of our supporter magazine, advances, lands at the end of January. This gives updates to supporters on how their donations and funds raised from events are making a difference.

If you have any feedback or stories to tell in the next edition of advances, please email advances@mssociety.org.uk

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



Fundraising

Take a Cake Break this March!

Are you a showstopper or a savvy shopper? Do you bake your own or prefer someone else to take the heat in the kitchen?



Whether you're a star baker or an expert faker, we hope you'll take a Cake Break this March. You'll be raising dough to help stop MS while you enjoy your home-baked or hand-picked treats!

Bake or buy your treats, share with your volunteers and members, and take time out to remember the people who matter most to you. MS doesn't always give us a break. But by taking a Cake Break together, we can raise the funds needed to change that.

Don't forget to let members or supporters in your local area know they can sign up.

You can register for your delicious fundraising pack at cakebreak.org.uk or contact Supporter Care.



Audience: All



Action: Share, act – register for Cake Break



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

SOHO Coffee

We're delighted that SOHO Coffee, a chain of 27 independent coffee shops, has chosen us as their charity from 1 February–31 May.

SOHO strive to be a part of the community, so want to get involved with local efforts to bring people together and support positive change where they are able.

The partnership is with the stores that SOHO own and operate, not with those that are operated on their behalf by franchises.

The stores we'll have a link with are in Bath, Birmingham, Bristol, Cardiff, Cheltenham, Leicester, London, Swindon and Wilmslow. SOHO are rapidly expanding so further stores could be added to this list.

If your group is near to one of these stores, then your Area Fundraiser will be in contact to provide further detailed information about what's happening at each store.

Such partnerships can do so much to help raise awareness and vital funds. They aren't easy to secure but make such a difference – if you happen to visit any of these stores please feel free to thank them for their support.

If you have connections with any other companies that we could be looking to link with please do let your Area Fundraiser know.



Audience: All



Action: Share



Contact: Your Area Fundraiser



Finance Handbook for Groups

The current Treasurers Handbook will be replaced by the new Finance Handbook for Groups from the end of January. This will be available on the volunteer website.

The Finance Handbook for Groups will contain the most up to date information you need to be aware of, so please ensure you replace any printed versions of the Treasurers Handbook you have.

If you have any queries with regards to the new handbook please contact the Finance team on the details below.



Audience: All



Action: Note



Contact: Finance team

financesupport@mssociety.org.uk

Chrish Ranjan, Branch Accountant

0208 438 0844 or

Jamie Gracie, Divisional Accountant

0131 335 4078

Reminder: group year end deadline

The deadline for submission of group year end returns is 31 January 2017.

All information concerning the year end was sent out to groups in November 2016. If you haven't received information regarding the year end returns, need further assistance or have any queries, please do contact the Finance team as soon as possible using the contact details below. We can assist and support you with this.

Groups using Branch Accounting Online

If your group has analysed transactions on Branch Accounting Online for 2016, the Treasurer would have received details of the annual accounts submission via email.

Groups not using Branch Accounting Online

Treasurers should have received the 2016 accounts pro-forma pack, via post.

Groups that are currently not using Branch Accounting Online (for 2016 transactions) but would like to use it to submit their 2016 accounts can do so by contacting the Finance team.



Audience: Treasurers and Chairs



Action: Share, Act – complete and return the pro-forma/ BAO Report



Contact: Finance team

financesupport@mssociety.org.uk

Chrish Ranjan, Branch Accountant

0208 438 0844 or

Jamie Gracie, Divisional Accountant

0131 335 4078



Branch Accounting Online

An upgrade to Branch Accounting Online is planned for early this year, this will include:

- a facility to manually add unrepresented cheques (cheques that haven't cleared the bank)
- reports on restricted funds which include the opening and closing balance of the funds
- a facility to include previous year, budget and forecast figures on reports

The Finance team are here to support you with Branch Accounting Online and can offer 1-2-1 training sessions for Treasurers and other committee members who use the system.

These training sessions are about 20-30 minutes long and take you through how to:

- analyse group income and expenditure transactions
- run group reports
- set-up group event and restricted fund records (if applicable)
- set-up Gift Aid donor records

If you've not used Branch Accounting Online before, we encourage you to arrange a 1-2-1 training session.

If you have previously used Branch Accounting Online and would like some further assistance on how to analyse transactions, or would like to know more about the reports available, we'd also recommend these 1-2-1 training sessions for you.

To book a 1-2-1 training session, please contact the Finance team using the details below.



Audience: All, especially Treasurers



Action: Share, act – get in touch to have some 1-2-1 training



Contact: Finance team

financesupport@mssociety.org.uk

Chrish Ranjan, Branch Accountant

0208 438 0844 or

Jamie Gracie, Divisional Accountant

0131 335 4078



Support

Launching the Health and Wellbeing grant

As of January 2017, the Health and Wellbeing grant has replaced the Individual Support grant (ISA) and Short Breaks & Activities grant (SBA). The Health and Wellbeing grant will be processed from National Centre initially, with plans to roll it out to groups over the course of 2017. The new grant will allow people to apply for a wider variety of things, with a focus on prioritising grants that will make a significant and lasting impact on a person's life. The application form is supported by comprehensive guidance notes to help make it as clear as possible, and these are available now if your group would like to start using them. You can find all the information at mssociety.org.uk/grants

If your group is going to send an application for National Centre to consider for a top up grant, or if we're assessing applications on behalf of your group, please ensure that you use the new Health and Wellbeing grant form, as ISG and SBA forms are no longer being processed at National Centre. If you'd like any help or have any questions, please get in touch.

The Grants team look forward to continuing to work with groups to support people in financial need. We understand that there will be a period of change as we move from one system to another, and hope that we can offer as much support to groups as possible as we work through these changes.



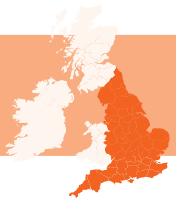
Audience: All



Action: Share



Contact: Naomi Kander,
Interim Programme Lead – Grants
naomi.kander@mssociety.org.uk



For England

Great North Run

On Sunday 11 September, 325 MS Superstars took to the streets of Newcastle, to take part in the Great North Run.

The sun was shining – perfect for spectators – possibly a little too warm for some of the runners' liking! There was a fantastic atmosphere all day, topped off by an incredible display from the Red Arrows.

Supporting our runners was a team of volunteers from groups across the North East. Thank you to everyone from Newcastle and Gateshead group for providing the loudest cheers along the course, and to the Teesside and Sunderland groups for creating such a fantastic welcome back in the charity village.

The MS Society Great North Run 2016 team has raised over £100,000. A huge thank you to all the group volunteers and everyone else who helped to make the day such a success – your support has made all the difference.

Here's to 2017!



Audience: England



Action: Share



Contact: Eleanor Smith, Community and Events Fundraising Officer

eleanor.smith@mssociety.org.uk

020 8438 0737



For Northern Ireland

New Chair of NI Council

Peter Eakin (pictured below with Hilary Sears) is outgoing Chair of the Northern Ireland Council, a position he's held with distinction for 7 years. We want to thank him for all his hard work and incredible contribution to the MS Society. Peter's dedication and passion has been nothing short of inspirational. He manages to bring together efficiency, productivity and drive along with resourcefulness, compassion, empathy and community spirit. The perfect mix for a charity champion and one we're proud to have as part of the MS Society.



Stepping into the leadership position will be Vice-Chair Catherine Doran. A former journalist and current social media consultant, Catherine is an articulate and passionate advocate for people with MS. Diagnosed with MS in 2009 at the age of 27, Catherine is a member of the Foyle group and runs a women's support group in her home city. Catherine is a fantastic spokesperson and advocate for the MS Society and we look forward to working with her as Chair of the NI Council.

Council meeting dates 2017:

- 15 February
- 19 April
- 16 August
- 18 October

Nick Winser, new Chair of the MS Society, will be attending a Living with MS event in Belfast on 16 September, where most of the NI council members will be present.



Audience: Northern Ireland



Action: Share



Contact: Ann Wilson, Executive Administrator to Director of Northern Ireland

ann.wilson@mssociety.org.uk



For Northern Ireland

Update on NI Assembly All Party Group on MS

A meeting of the Northern Ireland Assembly All Party Group on MS took place at the end of September. The meeting focussed on the findings from the My MS My Needs survey. Politicians received a briefing on the results and also personal presentations from people with MS, Consultant Neurologists and Physiotherapists on where the current strains within the health system are and what that can mean for people with MS. The MLAs in attendance were really impressed and keen to hear and do more to help people with MS and improve the system where it's straining.

The next meeting of the APG is due to take place on 31 January and will focus on employment. The meeting will be briefed on the work of the Westminster APPG and their report and associated recommendations on employment and MS. For further information or to attend contact Stewart Finn.

 **Audience:** Northern Ireland
 **Action:** Share
 **Contact:** Stewart Finn,
Policy, Press and Campaign Manager
stewart.finn@mssociety.org.uk

Celebrating volunteers

We recently held a night of celebration for volunteers at Queen's University's Riddell Hall. The evening highlighted the immense contribution our volunteers make and was a fantastic opportunity to both acknowledge and thank them for all they do for people with MS.





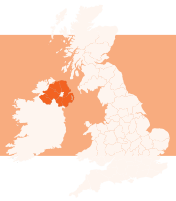
Youngest award winner, Glenn Swann, with Sammy Douglas MLA and Peter Eakin

The awards included both 'Volunteer Awards' and the MS Society's prestigious 'Shining Star' awards and there were winners from across Northern Ireland's groups.

Hosted by UTV's Paul Reilly the awards were attended by Michelle Mitchell, Hilary Sears and Sammy Douglas MLA who is Chair of the All Party Group on MS. The guest speaker was MS Society Ambassador and star of People's Strictly Come Dancing, Trishna Bhardadia.

The event was a huge success and was certainly a night to remember.

 **Audience:** Northern Ireland
 **Action:** Note



For Northern Ireland

Upcoming fundraising events

We have lots of exciting fundraising events coming up this year, please help us spread the word!

Over the Top Abseil, Europa Hotel Belfast – 26 February

A fantastic challenge for the New Year; available to sign up now.

Run for Research, Holywood Exchange Belfast – 2 April

Sign up for either a 10k or a half marathon and let's make this new running event a massive success.

Lagan Zip Slide – 22 and 23 April

Back by popular demand, this event does exactly what it says on the tin, as participants zip across the Lagan at speeds close to 40mph.

The Belfast City Marathon – 1 May

Why not walk, run or relay to help us stop MS? Sign up with the organisers on belfastcitymarathon.com and then contact the fundraising department to receive your event pack.

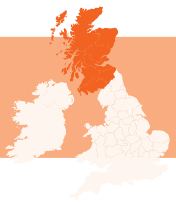


The Moonlight Walk, Slieve Donard Newcastle - 12 August

This event grows in popularity each year, with nearly 40 walkers taking part in 2016 over the course of two dates. Qualified guides lead walkers up and back down Northern Ireland's highest peak.

As with all our events some restrictions do apply, if you'd like to know more, please contact the Fundraising team.

-  **Audience:** Northern Ireland
-  **Action:** Share
-  **Contact:** Fundraising team
tom.mallon@mssociety.org.uk
028 90 802802



For Scotland

Supporting local campaigns

As you'll have read on page 3, during 2017 we'll be running various local campaigning projects across the UK.


In Scotland, we're working with volunteers in the Scottish Borders to develop a campaign to improve the local MS nurse service.

At the moment, there's one part-time MS nurse covering a very large and rural community.

For the first stage of the campaign, local volunteers are collecting evidence on how the part-time nature of the service impacts people with MS. They're also exploring ways to improve the service.

We'll then take the campaign to the health board, with the aim of securing extra funding to expand the MS nurse service.

Want to start a campaign in your area? Please get in touch with Keith Park on the details below.

-  **Audience:** Scotland
-  **Action:** Share, act – start campaigning locally
-  **Contact:** Keith Park, ERO
keith.park@mssociety.org.uk

Join our Scotland Council meetings

Would you like to observe a Scotland Council meeting? All meetings are open to our members and we'd love you to join us.

This year's meeting dates are:

15 February (Nick Winsor, new Chair of the MS Society, will be attending this meeting)

19 April

16 August

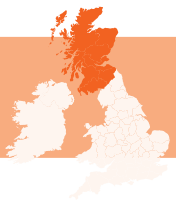
18 October

The role of the Council

Our Scotland Council are a group of volunteers who represent people living with MS in Scotland, and work on their behalf. Council members are accountable to the Board of Trustees.

You can read about your Scotland Council members at mssociety.org.uk/near-me/national-offices/scotland/scotland-council

-  **Audience:** Scotland
-  **Action:** Share
-  **Contact:** Gillian Sinclair,
Executive PA/ Administrative Manager
gillian.sinclair@mssociety.org.uk
0131 335 4050



For Scotland

Real opportunity to change social security system in Scotland

Last October, we submitted our response to the Scottish Government's consultation on the new social security system in Scotland.

For the first time the Scottish Government is going to have powers over aspects of welfare, including some disability benefits such as PIP.

Some of the recommendations we've made include:

- make the system more accessible by cutting out jargon and providing a range of communication and application options
- ensure assessors have a clearer understanding of complex conditions such as MS
- reduce the reliance on face to face assessments
- listen to the individual and create support which meets their needs
- signpost to advocacy and other support at an early stage to make sure people get the benefits they are entitled to
- re-introduce indefinite awards where possible

What next?

The Scottish Government has pledged to introduce a Social Security Bill to Parliament before July 2017. It's going to be a long process before the new agency is delivering disability benefits in Scotland, but we need to keep putting pressure on the Government to make sure it meets the needs of people with MS.

Join our campaigns community to get the latest updates.



Audience: Scotland



Action: Share



Contact: Niall Sommerville, Policy,
Public Affairs and Campaigns Manager
niall.sommerville@mssociety.org.uk
0131 335 4050



For Scotland

Take up a challenge this spring!

Spring into 2017 by signing up for one of these great fundraising challenges – and help stop MS.

- Have an aerial adventure at the **Crieff Hydro zip slide** on **30 April**. Enjoy fantastic views as you fly like a superhero along the 230 metre wire. This is an accessible event and new for 2017 so we'd love you to join us!
- Join our MS Superstar team at the biggest running event of the year, the **Edinburgh Marathon Festival** on **27 and 28 May**. From the Hairy Haggis relay to the full marathon, there's a race for every runner. We'll be there cheering you on – and giving out chocolate and free massages at the end!

The funds you raise can support people living with MS in Scotland in so many ways – from research into new treatments to running our MS Helpline.

Find out more about our events at mssociety.org.uk/scotland-events

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

Our new self management programme for 2017

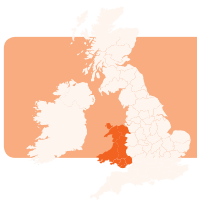
We're piloting new self management courses between January and March 2017. The two half day modules will introduce people with MS to the concept of self management, and provide some basic skills and techniques for people to self manage their symptoms. The sessions will also be an opportunity for people to share experiences and benefit from peer support.

We're committed to developing and improving our self management offer and we're excited to begin the development of our new self management programme.

For further information please contact the Self Management team on the details below.

Alternatively you can search for courses using the events page on our website.

Audience: Scotland
Action: Share
Contact: Coleen Kelly,
 Self Management Lead
coleen.kelly@mssociety.org.uk
 or
 Susi Paden,
 Self Management Co-ordinator
susanna.paden@mssociety.org.uk
 0131 335 4050



For Wales

My Rights My Choices update

On 1 April 2017 we're launching our exciting new project, My Rights My Choices, which 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.

The support will be provided by a team of four specialist Information, Advice and Advocacy staff and trained volunteers, who'll provide a personalised service to people living with MS and their carers, from point of diagnosis and throughout their social care journey.

People living with MS will be able to access a three-tiered programme of support including:

1. A rolling programme of self-management and advice workshops designed to improve individual awareness and understanding of their rights and choices around:
employment, health services, treatments, welfare benefits, leisure and physical well-being, social care, housing and adaptations, citizen directed support.
2. Individuals with more intensive support needs will also be allocated a dedicated Support Volunteer who, working alongside the Team Officer, will provide the following one to one support/guidance:
emotional support and befriending, information and signposting including information about rights and local community services and opportunities, support with accessing community services and opportunities, help with form filling, letter writing and complaint processes.

3. People with complex needs will be supported by the Officer who will undertake:
detailed casework, benefits checks/reconsiderations, negotiating with employers and advocacy around care planning.

Over the next few months, we'll be recruiting a Project Manager and the project team.

We very much look forward to working with you all in delivering My Rights My Choices and improving the lives of everyone living with the condition across Wales.



Audience: Wales



Action: Share



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



For Wales

Campaign to improve MS services in North Wales

MS Cymru Council Member Naomi Manton will be co-ordinating a series of actions in North Wales designed to raise awareness of the very high patient case load the one MS specialist nurse currently manages. This high work load inevitably impacts on the accessibility of the MS nurse service for people living with MS, and can result in people attending A&E if they're unable to get the advice and support they need.

We'd welcome the support of others in North Wales who are keen to raise this issue, and influence the decision makers to increase the current provision.

We're currently looking in to what actions people feel might be effective but some examples would be making contact with Assembly Members and ensuring they're fully aware of the issue, asking questions of the commissioning body Betsi Cadwaladr University Health Board, using social media.

If anyone is interested in being a part of this campaign please do get in touch on the details below.

 **Audience:** Wales
 **Action:** Share
 **Contact:** Urtha Felda, LNO and ERO
urtha.felda@mssociety.org.uk
07920 429 477

Diary of key events

Cymru Council meetings 2017:

28 January (Nick Winser, new Chair of the MS Society, will be attending this meeting)

22 April

5 August

28 October

 **Audience:** Wales
 **Action:** Share
 **Contact:** Matthew Witty,
Executive Administrator Wales
matthew.witty@mssociety.org.uk
029 2167 8921



For Wales

Big Lottery support for two new exercise classes

Local groups in Wales have promoted the benefits of exercise for people living with MS for many years. This opportunity has recently been expanded by support from the Big Lottery Fund in Wales which has enabled new classes to begin this year.

With the new classes in Wrexham and Trefnant we now offer five exercise opportunities in North Wales for people living with MS and their carers.

Gresford Hall, Gresford, seated Pilates class starts Thursday 19 January, 10.00 to 11.00 am

Trefnant Village Hall, Trefnant, seated Tai Chi class starts Monday 18 January, 12.00 to 1.00 pm


St John's Church Colwyn Bay, seated exercise class Wednesday every week, 10.00 to 11.00 am

Holy Trinity Church Hall Penrhyndreudraeth, seated exercise Monday during term time, 1.00 to 12.00 noon

Beumaris Leisure Centre, seated Pilates Thursday during term time, 2.45 to 3.45 pm.

 **Audience:** Wales

 **Action:** Share

 **Contact:** Urtha Felda, LNO and ERO
urtha.felda@mssociety.org.uk
07920 429 477

New social care resource

In 2016, a number of significant changes were made to the way social care services are organised and delivered in Wales.

The Social Services and Well-being (Wales) Act came into force on 6 April. It's the new law for improving the well-being of people who need care and support, and carers who need support.


With the changes in mind, we've produced a revised edition of our booklet *Getting the best from social care services in Wales*.

This booklet gives an overview of the services available in Wales for people living with MS and where you can access further information and support.

Copies are available from the MS Cymru team or the MS Society Helpline.

 **Audience:** Wales

 **Action:** Share

 **Contact:** MS Society Helpline
0808 800 8000

MS Cymru:

Katie Cooke, Local Networks Officer
(South and Mid Wales)

katie.cooke@mssociety.org.uk

029 2167 8922

or

Urtha Felda, Local Networks and
External Relations Officer (North Wales)

urtha.felda@mssociety.org.uk

020 8827 0212



Group contributions

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

Group contributions 18/09/2016 to 21/11/2016				
Name	Earmarked Description	Earmarked	Research	General
Banbury & District group			£1,000.00	
Bolton & District group			£1,000.00	
Bolton & District group	Stem Cell Research	£1,000.00		
Boston & South Holland group	Stem Cell Research	£465.00		
Chesterfield & District group			£2,000.00	
Dereham & District group			£1,500.00	
Dereham & District group	Cambridge Myelin Repair Centre	£1,500.00		
East Berkshire group			£15,000.00	
Harrogate & District group			£200.00	
Oldham & District group			£1,500.00	
Oldham & District group		£1,500.00		
Preston group			£2,500.00	
Scunthorpe & District group	Cambridge Myelin Repair Centre	£1,500.00		
Tunbridge Wells & District group		£4,000.00		
Wakefield & District group	Cambridge Myelin Repair Centre	£2,500.00		
Rhondda Cynon Taff group	Stem Cell Research	£1,200.00		
Rhondda Cynon Taff group			£1,200.00	
Rhondda Cynon Taff group	Cambridge Myelin Repair Centre	£1,200.00		
Dundee group	Cambridge Myelin Repair Centre	£5,000.00		
Dundee group			£5,000.00	
Dundee group	Edinburgh Centre for Translational Research	£5,000.00		
Dundee group	Tissue Bank	£5,000.00		
Peebles group	Edinburgh Centre for Translational Research	£5,000.00		
Perthshire & Kinross group			£2,000.00	
Fermanagh group	Stem Cell Research	£5,000.00		
Mid Ulster group			£2,000.00	
Waltham Forest group	Exploring how people adjust to progressive MS	£5,000.00		
Total		£44,865.00	£34,900.00	£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 (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 0208 306 7050 or email bexley@mssociety.org.uk.

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.



Classifieds

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.



Teamspirit directory

Our offices

MS Society

MS National Centre
372 Edgware Road
London NW2 6ND
020 8438 0700

MS Society Cymru

Temple Court
Cathedral Road
Cardiff CF11 9HA
020 8438 0700

MS Society

Northern Ireland

The Resource Centre
34 Annadale Avenue
Belfast BT7 3JJ
02890 802 802

MS Society Scotland

National Office
Ratho Park
88 Glasgow Road
Ratho Station
Newbridge EH28 8PP
0131 335 4050

Feedback on Teamspirit

Teamspirit

MS National Centre
372 Edgware Road
London NW2 6ND
020 8438 0848

teamspirit@mssociety.org.uk

Support groups

Asian MS

A national support group for Asian people with MS, their carers, friends and family
asianms@mssociety.org.uk

Mutual Support

For serving and ex-serving members of the Armed Forces and Reserves affected by MS, their dependants and carers.
support-team@mutual-support.org.uk

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

0300 500 8084
supportercare@mssociety.org.uk

Volunteering

020 8438 0944

Fundraising

0300 500 8084
supportercare@mssociety.org.uk