

# Teamspirit



*Our Redbridge group holding a Cake Break in 2016*

## It's Cake Break month!

It's finally here, and we can't wait to see all the fantastic bakes you create this year to help stop MS. We're talking all things Cake Break throughout this month, so remember to sign up, share and get involved.

Whether you'll be baking or buying your treats, we hope you'll take time out to take

a Cake Break with the people who matter most to you.

It's not too late; you can still register to receive your Cake Break pack at [cakebreak.org.uk](http://cakebreak.org.uk) and host your Cake Break this month, or whenever suits you best!



# News and events

## Want to share your group's good news?

Send your story ideas to us at [teamspirit@mssociety.org.uk](mailto:teamspirit@mssociety.org.uk) and we'll be in touch!




## MS Society Awards 2017 – finalists to be announced!

Thank you to everyone who submitted a nomination for the MS Society Awards 2017. Nominations have now closed and we'll be announcing the finalists next week on our website. We received so many amazing nominations this year; the judges had a tough job whittling down the entries to the top three finalists in each category. Categories include Volunteer of the Year, MS Society Group, Carer and Campaigner. You can read about the finalists and their stories at [mssociety.org.uk/awards](http://mssociety.org.uk/awards)

Our finalists will be invited to the Awards ceremony taking place in London on 5 May where the winners will be announced. You can follow the Awards ceremony on social media using [#msawards](https://twitter.com/msawards)



The MS Society Awards recognise and celebrate the hard work and dedication of people who make a difference in the MS community.

 **Audience:** All  
 **Action:** Share  
 **Contact:** Awards team  
[mssocietyawards@mssociety.org.uk](mailto:mssocietyawards@mssociety.org.uk)

## Local Networks Programme




In 2017 many of the changes we've discussed with you come into effect.

As agreed last year, we'd like all local groups to stop using the word branch – becoming simply MSS Derby or MSS Belfast, for example (we'll be doing the same from the next edition of Teamspirit.). We're also giving groups the opportunity to change their names to better reflect the area they cover, where this may have changed over the years. If you're interested in doing this, please contact your LNO.

Your LNO will already be speaking to you about the changes to volunteer role names and descriptions and what these mean for you. We're also rolling out new resources to support you with recruitment and induction of new volunteers.

One of the key changes we know you'll want to communicate with your members is that volunteers will no longer be elected and there's no longer a requirement to hold an annual meeting by the end of May each year.

Groups should still regularly communicate with members and give them the opportunity to review past activities, and take part in planning for the year ahead but this could be face-to-face, by post or online.

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



# News and events

## New Group Handbook

Our new Group Handbook is now available on the volunteer website. We've developed this new resource to support your group to implement the new requirements, local priorities and ways of working that came into effect in January.

The Group Handbook has three parts and Appendices:

### Part A: Group basics

Everything you need to meet requirements for all groups. This part includes sections on our online tools and resources, our values and how we deal with problems, our legal identity, policies and rules, health and safety, handling data, and keeping in touch.

### Part B: If your group handles money and provides services and activities

Our additional requirements for groups that handle money and provide services and activities. This part covers contact, communication and using the brand, giving information, managing your finances, fundraising and quality standards.

### Part C: Running your group

This section supports you to develop your team of volunteers, plan and organise services and activities, and work with membership data.

### Appendices

Including a handy volunteer website resource index, sources of support, summaries of our rules and a glossary of terms used in the Group Handbook.

You can view and download individual sections or the complete Group Handbook on the volunteer website at [volunteers.mssociety.org.uk/group-handbook](https://volunteers.mssociety.org.uk/group-handbook) or following the quick link under “most popular resources” on the homepage.

The Group Handbook on the volunteer website will always be the most up to date version and we'll keep you informed of any changes that are made. There's also a “version control box” on the page so you can see when it was last reviewed.



**Audience:** All



**Action:** Note, Act – access/download new Group Handbook and recycle any previous versions you have



**Contact:** Your Local Networks Officer



# News and events

## Carers Week: 12-18 June 2017

In June, we'll be combining forces with seven major charities to celebrate Carers Week (12-18 June). This is a national awareness week that celebrates and recognises the vital contribution made by the 6.5 million people across the UK who currently provide unpaid care for a disabled, ill or older family member or friend.

Carers Week helps the public to understand more about caring, highlights the challenges carers face and celebrates the contribution carers make to their families and communities throughout the UK.

According to MS Society research, 45% of people with MS receive some level of care from family and friends. We need to ensure that our carers are getting the right support to maintain their health, wellbeing and finances. You can help us campaign by sharing your experience of caring - whatever the level of care you give, we're interested in your story - get in touch with the Campaigns team on the details below.

Find out more ways to get involved in Carers Week and recommend a carer-friendly service at [carersweek.org](http://carersweek.org)



**Audience:** All



**Action:** Share, act - share your story



**Contact:** Campaigns team

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

## Website re-development project update

As you may be aware from the last Teamspirit update in July 2016, we made some short term changes to address immediate needs for our current website. These included rebranding the site and improving the donation journey, with mobile-friendly and more intuitive pages (which has resulted in a 58% increase in donations). We were hoping to have a new website by June 2017. However, information in relation to the proposed system and the estimated costs came to light at the beginning of this year which means that we've needed to reconsider our approach and timeline to ensure the new website best meets our organisational and budgetary needs.

Given that, we now estimate the new website will be delivered approximately by the end of the year. Once launched, the new site should provide a much better, more personalised, online user journey. It will be more intuitive, providing a more effective search function, and increased security to better protect personal data and the stability of the site. With this we'd also like to provide better content about and for volunteers, potentially incorporating that across the new website.

We'll continue to keep you updated as we progress with this project throughout the year.



**Audience:** All



**Action:** Note



**Contact:** Harry Potia,

Digital Project Manager

[harry.potia@mssociety.org.uk](mailto:harry.potia@mssociety.org.uk)

020 8438 0758



# News and events




## Quality Standards

In 2016 we began developing Quality Standards for local group services to reflect the outcomes we want them to deliver; such as being accessible, safe, professionally delivered and impactful.

Quality Standards will help ensure that the services delivered by our local groups are of good quality and meet the needs of people affected by MS. They'll be used to help groups to demonstrate this quality externally to local health and social care professionals and potential funders. They'll also enable groups to learn from each other by sharing best practice.

Following some detailed project planning, we established a steering group (made up of staff, group volunteers and people living with MS) to make decisions relating to the development and implementation of Quality Standards. We agreed the key outcomes and prioritised three services for early development of our first set of Quality Standards. These are 'Advice partnerships', 'Exercise classes (aerobic and cardio)' and 'Socials and support'.

Quality Standards went 'live' in late 2016 with a sub-set of groups being encouraged to collect the data needed via the Portal, to determine whether they've met the key outcomes. Further development and roll out of Quality Standards will happen throughout 2017.

 **Audience:** All  
 **Action:** Note  
 **Contact:** Quality and Innovation team  
[quality@mssociety.org.uk](mailto:quality@mssociety.org.uk)

## Celebrating our volunteers



As part of our new Volunteering Strategy and our continued goal to provide a great volunteering experience, we want to ensure our volunteers feel valued, recognised and rewarded. This year we're looking to create new ways of saying thank you and recognising the effort, dedication and support of our volunteers.

We currently have a few ways to celebrate volunteers, including our Shining Star Award and yearly MS Society Awards. In addition to these, groups can also print certificates using Web to Print to recognise volunteers at a local level.

We'd like to hear your thoughts on how we thank our volunteers currently, both centrally and locally, and your ideas on how we could expand and improve how we do this.

Please take a few minutes to complete this quick online survey by 10 April, and please share with other volunteers. The survey is available at: [surveygizmo.com/s3/3357041/Volunteer-Recognition-Feb-2017](https://surveygizmo.com/s3/3357041/Volunteer-Recognition-Feb-2017)

Your answers will help shape a discussion session at one of our next Volunteer Forums.

 **Audience:** All  
 **Action:** Share  
 **Contact:** Volunteering team  
[volunteering@mssociety.org.uk](mailto:volunteering@mssociety.org.uk)



# News and events

## New Service Level Agreement templates




We've developed a new range of Service Level Agreement (SLA) templates which your group will need when you use a third party service provider. These are now available on the volunteer website.

They've been designed to provide a clear framework for service delivery and to simplify writing a SLA. Your group will just need to enter or delete relevant information, not write an agreement from scratch each time.

The paperwork that groups complete to meet the health and safety requirements for professionally delivered services (including risk assessments, disclaimers and Physical Activity Readiness Questionnaires) will be substantially reduced by the service provider signing to say that they will meet the SLA requirements.

Once an SLA is in place, your group will have assurances that you're covered in emergencies. Your service provider will have a clear contract that sets out exactly what's expected of them.

There are FAQ documents to cover any issues you may have when using the SLA templates. All groups who have existing agreements in place should move to the new SLA template when their current agreement expires. Any group wanting to enter into a new agreement with a service provider should also use a new SLA template.




 **Audience:** All  
 **Action:** Note  
 **Contact:** Quality and Innovation team  
[quality@mssociety.org.uk](mailto:quality@mssociety.org.uk)

## Changes to Helpline hours

In recent months, the Helpline has seen an unprecedented number of daytime calls and a drop in demand for the service after 5pm.

We don't currently have the resources available to answer all these daytime calls so we're trialling new opening hours from February-April. The new opening hours are 9am-7pm on Tuesday to Friday, retaining the current opening hours of 9am-9pm on a Monday. This will mean that more staff and volunteers will be available to answer calls during the peak daytime hours.

If you have any questions about this trial, please do get in touch.

 **Audience:** All  
 **Action:** Share  
 **Contact:** Helpline  
[helpline@mssociety.org.uk](mailto:helpline@mssociety.org.uk)  
0808 800 8000



# Info and resources

## Ready for your close up?

As we continue to update and create new information resources, we need more pictures of people affected by MS to use in our booklets.

Would you like to be photographed? We're looking for a wide range of people with MS as well as family, carers and friends ... even pets! No travelling is involved – we'll come and take the pictures in your home.

Steph, cover star for our new-look *Just diagnosed* and *Speech difficulties* booklets said:

*“After my diagnosis I discovered the MS Society is in need of people to spread the word. Offering your story offers an insight into the world of the everyday MSeer, and shows we aren't alone. It's given me the confidence to talk openly about my MS, its symptoms and treatment. Volunteering for the MS Society to be photographed was a great experience. It's fun and light-hearted!”*

If you're interested in being involved or would like to know more please do get in touch on the details below.

### Updates

We've updated three of our information booklets. These are now A5, in the new brand format:

- *Benefits and MS*
- *Social care: getting support from your council (England version)*
- *Social care: getting support from your council (Wales version)*

These are all available to order from our online shop.



**Audience:** All



**Action:** Share



**Contact:** Information Resources team

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

020 8438 0999



# Research

## Digesting Science – teaching families about MS

Explaining MS to children isn't always easy, but 'Digesting Science' is a great tool that could help to get the conversation started.

Digesting Science is a set of activities designed to teach 6-12 year old children about MS symptoms, MS treatments and how to prevent MS, in a simple and fun way.

Children get the chance to try walking with heavy limbs, experience numb feet, and see what it's like to have blurred vision as is common in optic neuritis. There are also games that explain the importance of Vitamin D and the myelin that surrounds nerves.

It's never been easier to run your own Digesting Science event, as these activities are free for anyone to order for an event in their local area. To find out more visit:

[digestingscience.co.uk/](http://digestingscience.co.uk/) or  
[facebook.com/DigestingScience/](https://facebook.com/DigestingScience/)



**Audience:** All



**Action:** Share



**Contact:**

[bookings@digestingscience.co.uk](mailto:bookings@digestingscience.co.uk)





# Fundraising

## Direct marketing update

### **advances**

Many members will have received the January edition of our supporter magazine, *advances*. We hope you all enjoyed reading the magazine. Thanks to everyone who donated to *advances*, we've so far raised an amazing £40,500!

### **Gift Aid**

This month some members and supporters will receive a Gift Aid letter and form. Confirming Gift Aid status is vital for us to maximise the impact of donations from our supporters and members, at no extra cost to them. Please encourage your members to return their Gift Aid forms if they receive one.

### **Spring raffle**

Responses have been coming in from our recent raffle mailing. There's still time to play for a chance to win one of 20 great prizes, including our fantastic £4,000 first prize! Play online at [raffleentry.org.uk/mssociety](http://raffleentry.org.uk/mssociety) or return your tickets by Friday 28 April. We're aiming to raise £140,000 from this raffle to support our vital work.

### **April appeal**

The next appeal we send out will be based on research we're funding with the International Progressive MS Alliance, of which we're one of six managing members. It will be landing with supporters at the end of April. This 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.



**Audience:** All



**Action:** Share



**Contact:** Supporter Care

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

0300 500 8084

## National Garden Scheme (NGS) update

Spring has sprung and volunteers up and down England and Wales are starting to open their beautiful gardens again to raise money for charity.

In 2016, as the NGS's guest charity, we received a massive £100,000 – an amazing gift to grow our work. Initially a two year partnership, we're hoping that by developing stronger links with the NGS this year it will bloom again in 2018!

This year is National Garden Scheme's 90th anniversary and they're busy cultivating some extra special events to celebrate! And what could be nicer than a stroll around a stunning garden as the weather warms up this year? We hope that as many of our group members as possible will find time to visit a garden and support this partnership. You might even consider arranging a group visit.

If you do visit one of these lovely spaces, please thank the owner and their volunteers on behalf of the MS community for their amazing support.

A list of gardens opening this year and information about their accessibility is available at [ngs.org.uk](http://ngs.org.uk)

For more information or to get involved, please contact your Area Fundraiser. You can find contact details for your Area Fundraiser on the volunteer website here: [volunteers.mssociety.org.uk/area-fundraising-team](http://volunteers.mssociety.org.uk/area-fundraising-team)



**Audience:** All



**Action:** Share



**Contact:** Your Area Fundraiser



# Finance

## Year end – thank you




We'd like to thank all of you for submitting your year end returns on time. It has been a record breaking year for us, which has allowed the Finance team to be ahead of the 2016 year end timetable for consolidating the MS Society's statutory accounts. Thank you for all your hard work and continued dedication.

## Banking

Groups need to ensure that signatories on the group bank account are current and up to date.

Your group will need to complete a bank mandate if a committee/co-ordinating team member, who is a signatory on the bank account, has stepped down from their position, and/or if your group needs to add a new signatory to the account. Please visit the volunteer website for a copy of the most up to date version of the bank mandate (older versions will not be accepted by Barclays), and for further guidance on how to complete it.

If your group would like to make payments via online transfer, and therefore reduce the need to issue cheques, please contact, Bindu, our Treasury Officer, for more information regarding [Barclays.net](http://Barclays.net)

 **Audience:** All  
 **Action:** Note  
 **Contact:** Bindu Dudhia, Treasury Officer  
[treasurysupport@mssociety.org.uk](mailto:treasurysupport@mssociety.org.uk)  
020 8438 0875

## Finance Handbook for Groups

Following the update we provided in the last edition of Teamspirit, we're delaying the release of the Finance Handbook for Groups while we continue to support volunteers with the transition of new roles in line with the Local Networks Programme.

The Finance Handbook for Groups will be made available in the coming months, and we'll provide you with further updates via the Accounting Online homepage.

Please continue to refer to the current Treasurers Handbook available on the volunteer website. The information contained in this handbook provides current and up to date information for groups, including guidance on important financial controls your group should have in place.

If you have any concerns or queries surrounding your group's finances, please contact the Finance team.

 **Audience:** All, especially Finance Volunteers/Treasurers  
 **Action:** Note  
 **Contact:** Finance team  
[financesupport@mssociety.org.uk](mailto:financesupport@mssociety.org.uk)  
0131 335 4078 / 020 8438 0844



# Finance




## Earmark payments to groups

Money received by the Finance team on behalf of groups, such as membership and donations, are currently transferred to group bank accounts on a monthly basis.

At the moment we're experiencing some difficulties in identifying whether funds received from supporters via JustGiving is in support of a specific local group due to the information we receive once a fundraising page has been created on JustGiving.

When a supporter creates a fundraising page, they specify which charity they're raising funds for. However they also need to provide a clear description of the group name.

To help us ensure that donations are allocated correctly to your group, if you're made aware that someone is raising money for your group and setting up a JustGiving page please let Supporter Care know on the details below.

-  **Audience:** All, especially Finance Volunteers/Treasurers
-  **Action:** Note
-  **Contact:** Supporter Care  
[supportercare@mssociety.org.uk](mailto:supportercare@mssociety.org.uk)  
0300 500 8084

## Accounting Online

Only 15% of groups are not currently using Accounting Online. The largest and smallest groups are now using the system so we know it works for groups of all sizes. If you're still not using Accounting Online please contact our Finance team to find out how this system can make your administration easier. As Accounting Online is now a compulsory tool for all groups, we'll be contacting the few remaining groups to arrange their transition following the year end process.

Accounting Online is free online software. One-to-one telephone training sessions on how to use it are available for all group members. These sessions are around 15-20 minutes long.

If your group hasn't yet used Accounting Online to analyse transactions from January 2017, please contact the Finance team for further support.

It's important for Finance Volunteers to analyse their group's transactions on a regular basis (at least monthly) using Accounting Online, as it allows us to report on group finances to our Trustees, HMRC and other governing bodies accurately and more regularly.

If you're one of the few remaining groups who are not yet using Accounting Online then please do so as soon as possible. Trustees on the Audit, Risk and Finance Committee have asked to be updated with the names of groups who haven't started using online accounting.

If you have any queries or require further support with Accounting Online, please get in touch.

-  **Audience:** All, especially Finance Volunteers/Treasurers
-  **Action:** Act – get in touch to receive training
-  **Contact:** Finance team  
[financesupport@mssociety.org.uk](mailto:financesupport@mssociety.org.uk)  
0131 335 4078 or 020 8438 0844



## Grants update

The Health and Wellbeing grant (which replaced the Individual Support and Short Breaks and Activities grants) has now been running since the start of January.

### Why the changes and what's different?

The ongoing changes in social care, particularly the cuts in services and funding, have had an impact on people with MS and their carers, resulting in increased demands on charitable funding. For this reason our 2016 grants review recommended that our grants awards should shift away from offering a limited range of 'items', towards allowing applicants to apply for a wider variety of things, that they feel will make a high and lasting impact on their health and wellbeing. For this reason the new application form asks for less financial information and more about the impact the grant will have on the individual's health and wellbeing in a range of ways.

### How is decision making different?

Grant requests for over £500 are now decided in a bi-monthly National Grants panel meeting. The first meeting was held on the 8 February and 50 applications were considered.

The next National Grants panel is on 8 April, and the closing date for applications to be considered on that date is 27 March. A full list of panel dates for 2017 can be seen at [mssociety.org.uk/grants](http://mssociety.org.uk/grants)

### Health and Wellbeing small grants

For grant requests under £500 we aim to give applicants an outcome within three weeks of receiving their application. As always we continue to work with groups to fund grants, and we thank those groups we've worked with so far this year for their ongoing commitment to supporting people in their local area.

### How you can find out more

There will be an opportunity to hear more about the Health and Wellbeing grant at the upcoming Spring Volunteer Forums, and to discuss any questions you may have. Following this, over the course of the year we'll be working with groups to roll out the new grant locally. Further information about grants is available on the volunteer website at [volunteers.mssociety.org.uk/grants](http://volunteers.mssociety.org.uk/grants)



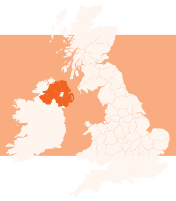
**Audience:** All



**Action:** Share



**Contact:** Naomi Kander,  
Interim Programme Lead – Grants  
[naomi.kander@mssociety.org.uk](mailto:naomi.kander@mssociety.org.uk)  
020 8438 0849



# For Northern Ireland

## Upcoming events

### Research talk

Join us for a research information talk on **Saturday 29 April** at 10.30am at the Silverbirch Hotel, Omagh. Our speakers will be Dr David Schley, Research Communications Manager MS Society, and Dr Denise Fitzgerald from Queen's University Belfast who's currently conducting a research project focusing on myelin repair. There will also be the opportunity to ask questions and hear the very latest news and developments in the field directly from our Research team.

### MS Week

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. We'll be hosting an event at Parliament Buildings in Belfast on **Monday 24 April** from 12pm-2pm. More details to follow soon.


-  **Audience:** Northern Ireland
-  **Action:** Share, act – sign up for an event
-  **Contact:** Northern Ireland Reception  
[nireception@mssociety.org.uk](mailto:nireception@mssociety.org.uk)

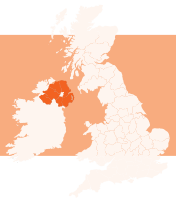
## Get involved with fundraising

We've got a busy fundraising schedule planned for the coming months and your help and support continues to play a valuable role – in fact, we couldn't do it without you!

You can help by signing up for the events but also by recruiting friends and family, promoting our work and volunteering to help on the day. We always need people to pitch in, help organise and cheer people on for each event. If you're interested or can help out with any of the upcoming events please do get in touch.

- **Cake Break** – March
- **Run for Research 10k and half marathon** – 2 April
- **Zip line** – 22 and 23 April
- **Belfast City Marathon** – 1 May
- **Moonlight Walk** – 12 August
- **Zip line** – 19 and 20 August

-  **Audience:** Northern Ireland
-  **Action:** Share
-  **Contact:** Contact: Fundraising team  
[nireception@mssociety.org.uk](mailto:nireception@mssociety.org.uk)  
02890 802 802



# For Northern Ireland

## New NI Council Members

We're pleased to welcome some new faces to the NI Council for 2017.

Outgoing Chair Peter Eakin has been replaced by Vice Chair Catherine Doran, a former journalist and social media consultant.

Newly elected to the NI Council are:

### Lynne Armstrong

Lynne has had MS for almost 50 years. She is a strong advocate and campaigner who has played a key role in the organisation's End the Wait campaign.

### Jennifer Coulter

Since being diagnosed with MS in 2015 Jennifer has been a huge advocate for the MS Society and has become a keen fundraiser.

### Simon Matchett

Simon is Chair of the Ards and North Down group and is also a Support Volunteer.



Also joining the NI Council by co-option is:

### Christopher Harrison

Chris has a personal family connection to MS and has been a keen fundraiser.

New members join members: Catherine Doran, Iain Crosbie, Pat Crossley, Ivan Prue, Tom Hunter, Peter McReynolds, Greta Gurklyte and Theresa Leavy. Siobhan Allister was re-elected for a second term.

You can find out more about all our Council Members at [mssociety.org.uk/northern-ireland-national-council](http://mssociety.org.uk/northern-ireland-national-council)




 **Audience:** Northern Ireland  
 **Action:** Share  
 **Contact:** Ann Wilson,  
Executive Administrator to  
Director of Northern Ireland  
[ann.wilson@mssociety.org.uk](mailto:ann.wilson@mssociety.org.uk)

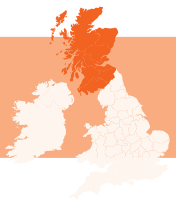
## Exercise classes: MS Active

Since 2010 we've been providing exercise classes specifically tailored for people with MS, offering some easy, fun ways to get and stay active.

These classes have been hugely popular and this year we've teamed up with Sport NI to extend and develop what we can offer. Throughout 2017 we'll be offering additional exercise classes, yoga and Pilates. These will be available during evenings and weekends as well as during the day. We want to make sure more people, including those with families and those who work, can get/stay active. Instructors will have specific experience working with people with MS and people with disabilities. The new programme will start this month and run for 16 weeks.

To find out more about these exercise classes visit [mssociety.org.uk/exerciseni](http://mssociety.org.uk/exerciseni)

 **Audience:** Northern Ireland  
 **Action:** Share  
 **Contact:** Marian Mawhinney,  
Local Networks Officer  
(Northern Ireland – North)  
[marian.mawhinney@mssociety.org.uk](mailto:marian.mawhinney@mssociety.org.uk)



# For Scotland

## MS Week

MS Week 2017 takes place on **24 to 30 April**. Each year MS Week gives us all a chance to put MS at the top of the agenda and get loud for the issues that are important to people living with MS.

In Scotland, our focus for MS Week is going to be 'Celebrating MS Nurses'. We want to recognise the important role that MS specialist nurses play in helping people with MS manage their condition across Scotland. This is a great opportunity to say thank you to MS nurses for the work they do, look at how the role has changed over the years, and think about what resources are needed to continue providing support to everyone with MS in Scotland.

Over MS Week we'll be holding events in the Scottish Parliament and putting out information across our media channels. You can keep up to date by following us on Facebook and Twitter and help make a big noise this MS Week.

We also want to hear from you about the impact your MS nurse has had on your life. Please contact us if you'd like to be involved and share your story.

 **Audience:** Scotland  
 **Action:** Share  
 **Contact:** Scotland Campaigns team  
[scotlandcampaigns@mssociety.org.uk](mailto:scotlandcampaigns@mssociety.org.uk)

## Ready, Set, Ziplide

We're so excited about our first challenge fundraising event of 2017: our accessible ziplide on **30 April** at Crieff Hydro.

The event has been tested for accessibility by one of our wonderful supporters, Marion Murray. There may have still been frost on the ground, but that didn't stop her screaming with delight as she zoomed through the sky.




Marion has MS and uses a mobility scooter. She loves adrenaline events but hasn't been able to find one where her mobility needs could be catered for – until now. We want everyone to be able to join us and help us stop MS.

Marion said: *"I took part in the ziplide because it was something of an adventure which I was able to do, especially when I am trying to adapt to the ever changing aspects of MS. I would absolutely encourage people to do it, and not see MS as a barrier."*

*"It was refreshing to not have to worry about taking part when I got there, as I knew all the necessary arrangements had been made. I am over the moon."*

Feeling inspired? Sign up today at [mssociety.org.uk/scotland-events](http://mssociety.org.uk/scotland-events) or get in touch on the details below.

**You might also like...**  
our daredevil skydive on **24 and 25 June!**

 **Audience:** Scotland  
 **Action:** Share  
 **Contact:** Scotland Fundraising team  
[msfundraising@mssociety.org.uk](mailto:msfundraising@mssociety.org.uk)  
0131 335 4050



# For Scotland

## Living well with MS courses

We're piloting new 'Living well with MS' courses in several areas of Scotland. Each course consists of two half days.

Courses are coming up in:

**Fife** – 15 and 29 March

**East Lothian** – 22 March and 5 April

**Lanarkshire** – 19 April and 3 May

The courses will introduce the idea of self-management, provide some skills and techniques to manage symptoms and give attendees the chance to share experiences with others. For more details see [mssociety.org.uk/living-well-ms-courses](https://mssociety.org.uk/living-well-ms-courses) or contact us on the details below.



**Audience:** Scotland

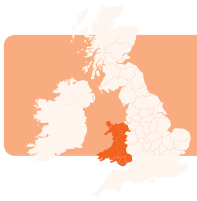


**Action:** Share



**Contact:** Coleen Kelly,  
Self Management Lead  
[coleen.kelly@mssociety.org.uk](mailto:coleen.kelly@mssociety.org.uk)  
0131 335 4050





# For Wales

## Making your voice heard!

People affected by MS have been meeting their Assembly Members over recent months. Thank you to everyone who's attended and shared their experiences with their AMs so far.

Accessing health and social care services, treatments and the trauma of undergoing benefit assessments along with local concerns such as access to public toilets are among the issues which have been raised directly with AMs.




Meeting AMs in this way is vital to our work in pushing MS further up the political agenda in Wales.

Another way of making sure that the voices of people affected by MS are heard is by contributing to Welsh Government consultations.

Last year the Social Services and Well Being Act came into force which has changed the way that social care services are designed and delivered in Wales. In order to understand the impact of the Act so far, we'll be asking people affected by MS to complete a short survey of their experiences of social care services.

Other areas we'll be gathering views and experiences on include isolation and loneliness, welfare reform and access to treatments and health services.

Further details regarding the consultation will be circulated in due course. If your group would like to meet your local AM or take part in a consultation, please get in touch.

 **Audience:** Wales  
 **Action:** Share, act – get in touch  
 **Contact:** Fiona McDonald, Policy, Press and Campaigns Manager, Wales  
[fiona.mcdonald@mssociety.org.uk](mailto:fiona.mcdonald@mssociety.org.uk)  
029 2167 8924

## New upcoming projects and activities

### Big Lottery Fund Project

Our exciting new Big Lottery funded project: 'My MS – My Rights, My Choices' will begin in April. The project will provide a dedicated Information, Advice and Advocacy Service – it's the first of its kind in the UK and will champion the lives, families and carers of people living with MS in Wales.




Further details to follow soon.

### Pembrokeshire

Thanks to the incredible efforts and enthusiasm of people in Pembrokeshire, we now have new activities underway – an excellent development following several years without any services.

There's a weekly yoga class that is, currently, at capacity with plans to look at opening a second one; a social group that meets one evening a month; regular workshops attended by people with MS and local service providers that help shape activities and services as well as raise awareness of the support available. In September the area will host a research talk by the Research team and local MS clinicians.

The hope is to re-establish a group that will help take a lead with local support – if you'd like to be involved or find out more please get in touch.

 **Audience:** Wales  
 **Action:** Share  
 **Contact:** For Big Lottery Fund Project  
Fiona McDonald, Policy, Press and Campaigns Manager, Wales  
[fiona.mcdonald@mssociety.org.uk](mailto:fiona.mcdonald@mssociety.org.uk)  
029 2167 8924  
For Pembrokeshire  
Katie Cooke, Local Networks Officer (South and Mid Wales)  
[katie.cooke@mssociety.org.uk](mailto:katie.cooke@mssociety.org.uk)



# For Wales

## Diary dates

### **Cymru Council:**

Meet the Cymru Council members!  
Join Cymru Council members and Cymru staff on the eve of each Council meeting for a drink and an opportunity to get to know about the work they do for the MS Society. Further details to follow.

**Carmarthen** – 21 April  
(Council meeting – 22 April)

**Llandrindod Wells** – 4 August  
(Council meeting – 5 August)

**Wrexham** – 27 October  
(Council meeting – 28 October)

**Living with MS event** – Wrexham, 29 October

### **Cardiff half marathon:**

We have 25 places for the Cardiff half marathon taking place in October. If you'd like to secure a place or wish to join our wonderful cheerers please do get in touch.



**Audience:** Wales



**Action:** Share, act – get involved



**Contact:** For Cymru council and Living with MS event:  
Matthew Witty,  
Executive Administrator – Wales  
[matthew.witty@mssociety.org.uk](mailto:matthew.witty@mssociety.org.uk)  
029 2167 8921

For Cardiff half marathon:  
Iestyn Evans,  
Fundraising Manager for Wales  
[iestyn.evans@mssociety.org.uk](mailto:iestyn.evans@mssociety.org.uk)

## MS Week

To celebrate its 60th birthday and to mark MS Week 2017, the Cardiff and Vale group will be hosting a series of events in and around the city.

Events are open to all and will include:

- A research talk on the latest developments in our understanding of MS, recent and anticipated treatments and the amazing progress made in the last 60 years.
- An MS Walk – a crowd of orange crossing the barrage to raise funds and awareness.
- The launch of a small exhibition showcasing local group activity from the last 60 years.
- The launch of several new projects including a timetable of accessible physical activity days.
- A celebration event to wish the Cardiff and Vale group a very happy birthday.

Look out for posters, website updates and Facebook posts for more information.



**Audience:** Wales



**Action:** Share, act – get involved



**Contact:** to find out more, or to get involved – Katie Cooke,  
LNO (South and Mid Wales)  
[katie.cooke@mssociety.org.uk](mailto:katie.cooke@mssociety.org.uk)

If your group has a special event or is commemorating MS Week contact Katie or Urtha Felda, Local Networks and External Relations Officer (North Wales)  
[urtha.felda@mssociety.org.uk](mailto:urtha.felda@mssociety.org.uk)



# Group contributions

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

Group contributions 22/11/2016 to 14/02/2017				
Name	Earmarked Description	Earmarked	Research	General
Ayrshire group			£209.00	
Berwick & Eastern Borders group	Cambridge Myelin Repair Centre	£2,000.00	£2,000.00	
Berwick & Eastern Borders group	Simvastatin phase III Project	£1,000.00		
Berwick & Eastern Borders group	Edinburgh Centre for Translational Research	£1,000.00		
Borders (The) group			£4,000.00	
Boston & South Holland group			£5,000.00	
Braintree group			£500.00	
Bridgend & District group	Cambridge Myelin Repair Centre	£2,000.00		
Bridgend & District group	Stem Cell Research	£1,000.00		
Cambridge & District group	Cambridge Myelin Repair Centre	£847.00		
Clydebank & District group			£1,000.00	
Coventry & District group			£10,000.00	
Dunoon & District group			£5,027.19	
Eastbourne & South Wealden group	Cambridge Myelin Repair Centre	£1,000.00		
Falkirk group			£5,000.00	
Gloucester & Forest of Dean group			£700.00	
Halifax & Calder Valley group	Stem Cell Research	£3,000.00		
Hull Beverley Borough & Holderness group			£10,417.50	
Lanarkshire group			£299.80	
Maldon & East Essex group	Cambridge Myelin Repair Centre	£5,000.00		
Medway group	Cambridge Myelin Repair Centre	£2,500.00		
Medway group	Stem Cell Research	£2,500.00		
Moray group			£750.00	



## Group contributions

Name	Earmarked Description	Earmarked	Research	General
Newcastle & Gateshead group	Newly Diagnosed Courses	£500.00		
Newcastle & Gateshead group	Fatigue Management Course	£500.00		
North and East Northants group			£5,000.00	
Ross-Shire group			£2,500.00	
Sefton Area group			£1,000.00	£148.60
Shrewsbury & District group			£7,000.00	
Sittingbourne group	Cambridge Myelin Repair Centre	£6,000.00		
Skegness & District group			£500.00	
Sutton (London Borough of) group		£10,000.00	£10,000.00	
Tamworth & Lichfield group	Cambridge Myelin Repair Centre	£3,000.00		
Tamworth & Lichfield group	Stem Cell Research	£3,000.00		
Telford & District group			£1,000.00	
Uckfield Heathfield & Lewes			£2,000.00	
West Hertfordshire group	Cambridge Myelin Repair Centre	£5,000.00		
Worcester & District group	Cambridge Myelin Repair Centre	£2,500.00		
Worksop & District group			£500.00	
<b>Total</b>		<b>£52,347</b>	<b>£74,333.49</b>	<b>£148.60</b>



## Classifieds

### Accessible caravan

The 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](mailto: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](http://www.parkdean.com). For availability ring Dave on 07793 414874 or email [dandm4sc@btinternet.com](mailto: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](mailto:bexley@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.



## 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@mssociety.org.uk](mailto: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](mailto: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](mailto: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](mailto:info@womenagaistms.org.uk)  
020 8542 1712

## Find us online

[mssociety.org.uk](http://mssociety.org.uk)

[volunteers.mssociety.org.uk](http://volunteers.mssociety.org.uk)

[facebook.com/mssociety](https://facebook.com/mssociety)

[twitter.com/mssocietyuk](https://twitter.com/mssocietyuk)

## Get in touch

### Supporter Care

0300 500 8084

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

### National MS Helpline

0808 800 8000