

Teamspirit



Two of our MS Superstar runners, Ashley and Jo, at Edinburgh Marathon 2017

Exciting news for Edinburgh Marathon Festival 2018

We're thrilled to announce that we'll be a Premier Affiliate Charity partner with the Edinburgh Marathon Festival in 2018. This means that our runners will get guaranteed instant entry for the event. Please help us spread the word and encourage people to be an #MSSuperstar on 26 and 27 May 2018!

This year, 130 amazing MS Superstars took part, raising a phenomenal £51,000 so far.

A fantastic team of volunteer cheerers also joined us. Thank you so much to everyone who took part, whether running or cheering, you are all Superstars!

To sign up for the Edinburgh Marathon Festival 2018 please visit edinburghmarathon.com or if you'd like to volunteer please contact msfundraising@mssociety.org.uk



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!

General election activity

Back in April the Prime Minister, Theresa May, called a snap general election. With just 51 days until the vote, we got to work quickly.

First, we asked members of our Campaigns Community what mattered to them. Over 250 people wrote to us about a whole range of things, from social care to access to treatments. But one issue really stood out: benefits.

In response, we joined with 80 other charities as part of the Disability Benefits Consortium to ask party leaders not to cut disability benefits if elected. In just two weeks over 16,500 people signed the open letter.

In the run up to the vote on 8 June we also attended a disability hustings event in Westminster. Here, over 150 disabled people – including three MS Society supporters – heard from candidates about their parties' policies on welfare, social care and access to work.

With the election resulting in a hung Parliament, the Conservative party formed a minority Government supported by Northern Ireland's Democratic Unionist Party (DUP). We're yet to see exactly what this will mean in terms of policies, but in the interim we'll be continuing our MS: Enough campaign for a welfare system that makes sense and our Treat Me Right campaign for better access to treatments.



Audience: All



Action: Share



Contact: Campaigns team

campaigns@mssociety.org.uk

Staying safe when volunteering alone

Your safety is our priority and we never want you to take any unnecessary risks when volunteering for us. Our lone volunteering policy and guidance will support you to stay safe when volunteering alone, whether you volunteer by yourself occasionally or regularly.

Lone volunteering might include being the first person in an empty venue, travelling alone or meeting with people by yourself in a public place (lone home visits should never be undertaken).

Visit our lone volunteering webpage at volunteers.mssociety.org.uk/lone-volunteering for:

- guidance on staying safe when volunteering alone
- lone volunteering checklist
- lone working and volunteering policy and procedure

Ensure you discuss any concerns you have with your Coordinating team before you engage in any lone volunteering activity.

If you're ever in doubt, follow your instincts and do not put yourself in a risky situation. If you feel uncomfortable or unsafe at any time, leave the situation as quickly as possible.



Audience: All



Action: Share



Contact: Volunteering team

volunteering@mssociety.org.uk



News and events

Updated privacy notice

In April our privacy notice was updated to ensure that it clearly reflected all the ways we collect, store and use personal information once it's been provided to us by an individual. The notice also explains how an individual can stop all or some of their personal details being held and processed by us.

In the November issue of Teamspirit we told you about upcoming changes to Data Protection laws, which will be renamed General Data Protection Regulation (GDPR) in May 2018. Our new privacy notice has been written to include the majority of the requirements needed for it to be compliant with this new law. However as it becomes more clear what will be required to be compliant with GDPR, further changes may need to be made to our privacy notice.

We're in the process of informing our members and supporters about this change so you'll start to see the following message on lots of our communications:

Our privacy notice has been updated

To find out how we now use and manage your personal data you can see our full privacy notice at www.mssociety.org.uk/privacy. You can also call our Supporter Care team on 0300 500 8084 to get a copy or to change what you receive from us. We promise as the MS Society to respect and keep secure your personal information.

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



Using gazebos at events

A new risk management process has been put in place for groups and staff when using gazebos at events. This is applicable whether the gazebo is owned or borrowed.

It's essential that this documentation is followed; our insurers will require this process to be in place to ensure we're adequately insured when using gazebos at any events.

- Where a gazebo is to be used at a third party event such as a fete or show, guidance document *HSV: 926 – Using a Gazebo at third party events* and *HSV: 126 – Gazebo checklist* must be used.
- Where group/ staff wish to set up their own event with activities including a gazebo they should use *Risk Assessment VERA: 907A – Stalls and activities* and *HSV: 126 – Gazebo checklist*

This documentation and checklist are available on the volunteer website, at volunteers.mssociety.org.uk/events-risk-assessment-indoor-outdoor

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



News and events

Safeguarding awareness

Towards the end of 2016 we told you we'd reviewed our safeguarding policies and procedures. This was 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

Originally we planned to ask all volunteers who have regular contact with people affected by MS to complete a short online safeguarding training module and quiz. This resource is available on the volunteer website should you wish to use it. However, we'll be taking a broader approach to increasing awareness and understanding of safeguarding among all volunteers, rather than focusing on specific roles. This will include updated resources for volunteers, ongoing communications about safeguarding, and discussions at Volunteer Forums. This is to ensure that there is greater knowledge and understanding of safeguarding and our processes among all volunteers.



Audience: All



Action: Share



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

Ensuring personal information is safe and secure

Many groups use a company or someone outside of their Coordinating team to print and send out newsletters and other information. If your group is undertaking this practice you need to ensure you have a contract in place with the company which contains details on how the company will keep personal information safe and secure. It must also have a section on how the company follows the current Data Protection Act when handling our personal information.

If you're currently using a company to manage your newsletter mailing and you don't have a contract or you have one in place but it doesn't meet the requirements outlined above please contact our Data Protection team on the details below and we can support you with this.

If you're unsure whether your contract contains the right information please send a copy to the Data Protection team or call us on the details below and we'll be able to advise you further.

Using a company to distribute your group newsletter without the correct contract in place could be putting your group members' personal details at risk and could put your group at risk of a fine from the Information Commissioner's Office (ICO).



Audience: All



Action: Share



Contact: Data Protection team
informationsecurity@mssociety.org.uk
0300 500 8084



News and events

Web to Print update

Last April we launched Web to Print, our online tool to support you to design and produce high quality newsletters, stationery and promotional items. Once you have designed your item, you can save it as a PDF and print it yourself, or submit a print order and have the copies delivered to an address of your choice.

Many groups are now using the system and we'd encourage all groups to log in to see what's available.

There's a preloaded budget of £150 per group to spend on printing in 2017. Up until now we haven't had a way for groups wishing to spend over this amount to pay for it from their group bank account. From July we'll be introducing a recharging process which will allow you to do this. It means that any printing costs over the £150 budget will be taken directly from your group bank account by our Finance team in June and December.

Please read the information about how this will work at volunteers.mssociety.org.uk/web-to-print

If you're unsure how to access your group's Web to Print account or have any queries about this process, please contact Supporter Care.



Audience: All



Action: Share



Contact: Supporter Care

supportercare@mssociety.org.uk

0300 500 8084

Better local group services information

Using the Portal, some groups have already started telling us about their services. We now have the beginnings of a central record of the services provided by our groups. It's also the first time we've begun capturing the numbers of people affected by MS we're reaching locally which, over time, will demonstrate the local impact we're having across the UK.

We're also gathering this information to gauge whether local services meet the criteria for, or need support to meet, our Quality Standards. These will ensure our group services are accessible; safe; impactful; regularly monitored and evaluated; and, for many services, professionally delivered.

LNOs are in the process of getting in touch with all groups about this and some of you will have already heard from your LNO. If you have, please log in to the Portal and check any historical information we have about your group's services; making changes to information that is incorrect or incomplete. Please add any services that are missing as new records. There's guidance and support to help you do this on the volunteer website at volunteers.mssociety.org.uk/portal

If you've not yet heard from your LNO but are keen to tell us about your group's services now you can still access the Portal at portal.mssociety.org.uk and add your information. If you have any questions please contact Supporter Care.



Audience: All



Action: Share



Contact: Supporter Care

supportercare@mssociety.org.uk

0300 500 8084



Info and resources

Updates

We've just released a new publication for carers of someone with MS.

Supporting someone with MS – a guide for family and carers is a brand new booklet full of tips and advice for carers. It's based on what dozens of carers have told us they need and covers common issues including:

- where to get information and support
- the impact of MS on relationships
- help with money matters
- juggling work with caring for someone with MS
- carer's assessments
- the importance of having breaks (plus tips on how they can be paid for)

We've also included an insert to fill in. It helps you identify what you may need to better care for the person in your life with MS. This will help you be prepared if you decide to have a carer's assessment.

This booklet is now available from the online shop. You can also download it from the publications area of our website.

MS Society Oliver Ball Library

Our library is based at MS National Centre where you can borrow books, CDs, DVDs and videos. We mail loans for free, but ask that you pay for the return postage on borrowed items. If you'd like to know more about the library, how to join and search the library catalogue please contact our Librarian, Melissa Wyatt. Or for more information visit mssociety.org.uk/ms-support/publications-and-library/library

Award-winning information

We're delighted to announce that three of our information resources have been Highly Commended in the 2017 British Medical Association Patient Information Awards.

These are:

- *Disease modifying therapies (DMTs) for MS*
- *For family and friends: when someone close to you has MS*
- Understanding Progressive MS

The BMA Patient Information Awards are regarded in the sector as the highest accolades for healthcare information. They recognise excellence in accessible, well-designed and clinically balanced patient information.



Audience: All



Action: Share



Contact: Information Resources team

shop@mssociety.org.uk

020 8438 0999

Or for library queries:

Melissa Wyatt, Librarian

melissa.wyatt@mssociety.org.uk

020 8827 0300



Research

MS Frontiers 2017

At the end of June we brought together leading MS scientists and health care professionals from across the UK at our biennial research conference. This year MS Frontiers was hosted in Edinburgh, with a particular focus on engaging the next generation of researchers in MS.

Researchers, clinicians and professionals gathered to share their latest findings from stem cells to symptom management. It was great to see the best research minds come together, all with the same goal: to stop MS.

It is inspiring to see the positive steps being made, and we're proud to be fostering collaborations that are accelerating progress in research. We'll be sharing all the highlights on our website, including video interviews.

Make sure you also take a look in the next issue of Research Matters (landing in November) for our interview with one of our early-career researchers, Grace Birch, as she attended MS Frontiers for the first time.



Audience: All



Action: Share



Contact: Supporter Care

supportercare@mssociety.org.uk

0300 500 8084

Research talks 2017

This year we're delivering talks across the UK at local group information events and at Living with MS days. Our sessions cover the science behind MS, our work to develop new symptom management strategies and the latest developments in treatment research – as well as giving people a chance to put their own questions to our Research team.

Thank you to everyone who requested a research talk this year. Unfortunately we aren't able to come to everyone who asked, but are working with Local Networks teams to ensure we reach as many people as possible.

To find out more about talks near you, you can visit the Events Near You section on our website or contact your Local Networks Officer.

We don't have any more space for talks this year, but if you're interested in holding a research event in 2018 please get in touch with your Local Networks Officer. We'll then consider your request as part of the planning process for 2018.



Audience: All



Action: Share



Contact: Your LNO



Fundraising

DM update

Progressive MS appeal

Our appeal which was raising money for progressive MS projects and which focussed on the work of the International Progressive MS Alliance, landed with many of your members in April and May. We hope your members found the appeal interesting and are excited by the developments this area of research is making. Thanks to your support the appeal has raised a fantastic £115,000 so far.

Raffle

Thank you to everyone who has already entered or donated to our Sunshine Raffle. There's still time to win one of 20 great prizes, including our £4,000 first prize! Tickets must be sent back by 18 August, but online entries can be made up to midnight on 24 August at raffleentry.org.uk/mssociety We're aiming to raise £125,000 from this raffle to support our vital work.

Lottery launch

We're very excited to announce the launch of our brand new Weekly Lottery! Entries will be just £1 per week for a chance to win an amazing £10,000 top prize, or one of many other great prizes. The MS Weekly Lottery will help raise funds to support people living with MS and invest in promising MS research. You can sign up for the lottery at mssociety.org.uk/lottery

Summer advances

The next edition of our supporter magazine, *advances*, lands this month. This updates supporters on how their donations and funds raised from events are making a difference. We received some very positive feedback after the previous edition and we're hoping that the next one will continue to interest and inspire our supporters.



Audience: All



Action: Share



Contact: Supporter Care

supportercare@mssociety.org.uk

0300 500 8084



Support

Grants programme update

The Health & Wellbeing Grant (HWG) programme has been running at MS National Centre since the beginning of the year. Some groups are already using the new scheme and we've planned for all groups (that provide grants) to start awarding HWGs by October 2017.

If you have any difficulty rolling out the new scheme in your group or you don't think you'll be able to do so by October please contact the Grants team who'll be able to support with this.

Spring Volunteer Forums

The Grants team attended some of the Spring Volunteer Forums to discuss this new grant with you, and how it will work at a local level and at National Centre. Thank you to all of you who contributed to these discussions and provided feedback. We've produced an FAQ for those who were unable to attend a grants session, and to provide further guidance on the processes involved and the Grants policy. The FAQ is available at volunteers.mssociety.org.uk/grants

Recent changes to the Health & Wellbeing scheme – standard holidays

We've introduced some minor but necessary changes to the programme. Due to a marked increase in the number of applications for standard holidays and feedback received from groups, we've had to restrict applicants to one application every two years. However, we'll now be able to consider every standard holiday application within three weeks of receipt of it (rather than waiting for the bi-monthly panel meeting) which will reduce delays for applicants securing their holiday. We hope that potential applicants will understand the need for these changes in making the process fairer and accessible to all. There have not been any changes to the specialist/ respite breaks.

These changes apply whether applications are made to MS National Centre or via a local group. If a group thinks they're not able to provide grants on holiday/specialist/respite breaks, they can discuss with the Grants team and send their application to MS National Centre.

Deadlines

The deadlines for applications for the remaining MS National Centre Grants Panel meetings 2017 are:

- 24 July
- 18 September
- 20 November

Please allow three weeks after these dates before getting in touch with the Grants team requesting news of the outcome. We encourage applicants to apply well before the deadline dates so we're able to look for funding from other sources to support their applications if necessary, especially if the grants requested are above the maximum the MS Society is able to award.

Application forms & guidance

New application forms and their accompanying guidance notes are now available. You can download these at mssociety.org.uk/grants or please contact the Grants team.

Further information on the grant schemes is also available on a Prezi presentation at volunteers.mssociety.org.uk/grants



Audience: All



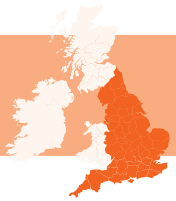
Action: Share



Contact: Grants team

grants@mssociety.org.uk

0300 500 8084




For England

Below the Belt Information Day

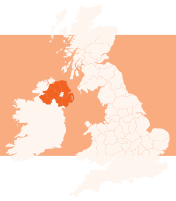
On 10 June, 75 people attended a 'Below the Belt' Information Day in Winchester, focussing on common bladder and bowel issues that can arise with MS, and ways to treat and manage them.

The day included local health professionals speaking on bladder and bowel health and symptom management and workshops for people with MS and carers to discuss the issues in a relaxed and safe environment. There were also opportunities to discuss continence issues with experts on a confidential one-to-one basis.

The event was organised by the MS Society's John Crawley Fund for Hampshire and supported by Coloplast. We'd like to say a huge thank you to our wonderful volunteer Caroline Birch and Vivien Du Toit from Coloplast for planning the event. Thanks also to our groups in Southampton, Lymington, Gosport, Portsmouth, Winchester and Farnborough for contributing financially.

 **Audience:** England

 **Action:** Note



For Northern Ireland

Living with MS – save the date!

On **Saturday 16 September** we're holding our biennial information event for people affected by MS.

The Living with MS event will be held in the Crowne Plaza Hotel (formerly known as Ramada Plaza Hotel), Shaw's Bridge, Belfast, from 10am to 3pm. Our previous two Living with MS events attracted over 350 people.

Professor Christopher Linington is the keynote speaker for the day and will be delivering the Pritchard Lecture (research talk) at 11am. The afternoon will consist of Health and Wellbeing sessions including speakers on exercise, nutrition and mindfulness.

Other key upcoming dates

NI Council update: The next meeting of the NI Council will be held on **16 August 2017**, at the Resource Centre, 34 Annadale Avenue, Belfast BT7 3JJ from 11.00-2.30pm.

Volunteer Forums: Volunteer Forums will take place on the **20 November** in Ballymena, **21 November** in Omagh and the **22 November** in Belfast. Details to follow soon.



Audience: Northern Ireland



Action: Share



Contact: For Living with MS event and NI Council: NI reception

nireception@mssociety.org.uk

028 90 802 802

For Volunteer Forums: Charlotte Shirley, LNO (Northern Ireland – North)

charlotte.shirley@mssociety.org.uk

or

Susan Carey, LNO

(Northern Ireland – South)

susan.carey@mssociety.org.uk

Welfare Reform Project in Northern Ireland

We've agreed with the Welfare Reform Support Project a system to support direct referrals to the project. This project is being delivered by Citizen's Advice NI, Advice NI and the Law Centre and is funded by the Department for Communities.

The project is now up and running and referrals can be made by contacting the Resource Centre on the details below. Welfare Reform Project staff are also available to visit local groups. Please contact your LNO for more information on this.

A free independent welfare changes helpline is also available – 0808 802 0020 (Monday to Friday, 9am to 5pm).



Audience: Northern Ireland



Action: Share



Contact: NI reception

nireception@mssociety.org.uk

028 90 802 802



For Scotland

Our Volunteer Forum goes virtual

This May, we trialled our first online Volunteer Forum with groups from the West of Scotland and it was a great success. Volunteers could take part using our new video conferencing system, Lifesize. It's easy to access from any device (such as a computer, smartphone or tablet) with an internet connection.

We know it can sometimes be difficult to travel to our Forums. By using video conferencing you can take part without leaving the comfort of your own home!

Some of the volunteers who took part said:

"I thought it went very well. Have to admit I was a bit nervous at first, never done that before. The App however, was quite good."

"It was very interesting – well done."

We'll be offering more online forums this autumn, in addition to our usual meetings. Look out for more details coming soon.



Audience: Scotland



Action: Share



Contact: Clair Bryan,
Services and Support team
clair.bryan@mssociety.org.uk
0131 335 4050

Could you review our information by becoming an Insight Volunteer?

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

We're looking for more Insight Volunteers 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: mssociety.org.uk/insight-volunteer-reviewing-our-information-resources or contact Rosemary Hastie on the details below.



Audience: Scotland



Action: Share



Contact: Rosemary Hastie,
Information Officer (Scotland)
rosemary.hastie@mssociety.org.uk
0131 335 4050



For Scotland

Living with MS, Inverness

We're excited to announce that our free information event, Living with MS, is taking place at Jury's Inn, Inverness on **16 September**.

We'll soon be posting details on our website and social media pages about how to book.

The event is for anyone affected by MS, whether you're newly diagnosed, someone who's been living with MS for some time or a carer, family member or friend.

You'll be able to join a range of workshops which aim to support you to live with MS, showcase local MS services and keep you up-to-date with the latest MS research. The event is also a great way to meet and chat to other people affected by MS.

Could you help shape the event?

Do you live in the Highlands? If you know a great service for people affected by MS or would like us to run a particular workshop, please get in touch. We'd love to hear your ideas!



Audience: Scotland



Action: Share



Contact: MS Society Scotland reception
enquiries-scotland@mssociety.org.uk
0131 335 4050



For Wales

My MS My Rights, My Choices

The Big Lottery funded My MS My Rights, My Choices project will provide a dedicated information, advice and advocacy service to around 1,300 people affected by MS in Wales.

The project will be supporting people living with MS from the point of diagnosis and help to navigate them through the complex and fragmented health, social care and welfare systems.

In addition to the MS Cymru Information, Advice and Advocacy team of Adele (Manager & Mid/South West Wales) and Project Officers; Sophie (North East Wales), Tim (Mid/South East Wales) and Naomi (North West Wales), we'll be recruiting 32 volunteers from all over Wales (full training will be given).

My MS My Rights, My Choices is very much needed and will make a significant difference for people affected by MS.

Please help to spread the word about the project and volunteering opportunities.

For further information please contact Adele Gilmour on the details below.

 **Audience:** Wales

 **Action:** Share

 **Contact:** Adele Gilmour, Information, Advice and Advocacy Manager
adele.gilmour@mssociety.org.uk
020 8438 0715

Health and Social Care under the spotlight

This year people affected by MS have lots of opportunities to get their voices heard and help improve services.

Earlier in the year, the Welsh Government set up an independent panel to review health and social care services in Wales. Thanks to your input, we submitted our response and will be meeting panel members before they produce a final report at the end of 2017.

This year, MS Cymru will be working closely with the Wales Neurological Alliance (WNA) on two projects. The WNA campaigns to improve health and social care services for people living with neurological conditions in Wales.


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 is the new law for improving the well-being of people who need care and support, and carers who need support. The WNA will be conducting a survey this autumn to find out the impact the Act has had on people living with neurological conditions who use social care services.

In addition to this, as part of the evaluation of the Wales Neurological Delivery Plan, the WNA has received funding from the Welsh Government to develop a way to measure the views and experiences of people living with neurological conditions in Wales.

We're delighted to announce that MS Cymru will be hosting the WNA Project Officer post. More information about how members can get involved in all of this work will be circulated shortly.

 **Audience:** Wales

 **Action:** Share

 **Contact:** Darren Wyn Jones, WNA Project Officer
darren.wynjones@mssociety.org.uk
020 8438 0731



For Wales

Cymru Council

The next meeting of the Cymru Council is on **5 August** at the Metropole Hotel, Llandrindod Wells from 10am to 3:30pm. There's also the opportunity to meet informally with some of the Cymru Council members and staff between 7pm and 9pm on **4 August** at the same venue.



Audience: Wales



Action: Share



Contact: Lynne Hughes,
Country Director – Wales

lynne.hughes@mssociety.org.uk

02921 678923



Group contributions

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

Group contributions 5/04/2017 to 25/05/2017

Name	Earmarked Description	Earmarked	Research	General
Camden group			£2,000.00	
Castlederg group	Stem cell research	£2,500.00		
Cheltenham & North Cotswold group			£5,000.00	
East Kent group			£2,000.00	
Enfield group	Cambridge Myelin Repair Centre	£2,000.00		
Enfield group	Tissue Bank	£1,000.00		
Enfield group	Stem cell research	£2,000.00		
Enfield group	MRI research	£1,000.00		
Merton group			£2,500.00	
Rochdale & District group				£1,000.00
Ryedale group				£25,000.00
Scunthorpe & District group	Cambridge Myelin Repair Centre	£1,500.00		
Sefton Area group			£11,000.00	
Thurrock & Basildon group	Helpline	£250.00	£500.00	£250.00
Total		£10,250.00	£23,000.00	£26,250.00



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.

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 07793 414874 or email dandm4sc@btinternet.com.

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

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.

Share chalets

The team in Northern Ireland have two fully accessible chalets for hire at the Share village in Lisknaskea on the tranquil shores of Upper Lough Erne in beautiful County Fermanagh.

Share is an outdoor activity centre open to everyone and with plenty of entertainment options for the whole family. Share works for the inclusion of disabled and non-disabled people by providing opportunities for all to participate in a wide range of recreational and creative activities.

We're able to offer our chalets at a much reduced rate to people with MS and their families. Our chalets sleep eight and come with access to the onsite fitness centre.

To find out more please contact NI reception at nireception@mssociety.org.uk or on 028 90 802 802.



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@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 for women who have MS, their carers, families, friends and employers. Currently holding two information events a year.

info@womenagainstmis.org.uk
020 8542 1712

Find us online

mssociety.org.uk

volunteers.mssociety.org.uk

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Get in touch

Supporter Care

supportercare@mssociety.org.uk
0300 500 8084

National MS Helpline

helpline@mssociety.org.uk
0808 800 8000