

Teamspirit



**Raise your voice
for people with MS**

#SpeakupforMS

Speaking up for MS in Northern Ireland

We're delighted to let you know that proposals to defer access to Disease Modifying Treatments (DMTs) for new patients with MS in Northern Ireland have been stood down, and will not be happening.

On hearing these proposals we were quick to act; lobbying politicians, and working with MS professionals across the health sector.

Our MS community spoke out with over 5,000 of you from across the UK signing our petition. Thank you to everyone who supported this campaign! You can read more about this news on page 14, and read about our campaigning action to end the care crisis in England on page 13. Together, let's continue to Speak up for MS!



News and events

Our 7th AGM took place in September. Members voted with overwhelming support to thank our volunteers for their ongoing dedication and commitment. The Board said, “*our volunteers are the MS Society, and the MS community, at its very best, and we simply could not do what we do without them*”. **Thank you!**

Review of day centres, shops and holiday homes

In spring we updated you about a review we were carrying out of the five day centres, eight shops and nine holiday homes managed by local groups.

The review looked at how these are being managed to ensure they're safe and make the best possible use of our charitable resources, and how we support local volunteers who run them. We want to ensure people with MS receive high quality services, which meet their needs and make a positive difference to their lives.

The review highlighted a number of areas for consideration, including some areas of significant risk, so we developed a number of proposals to address these. No decisions have been made, but the proposals are currently being discussed with local volunteers and we're inviting them to formally feed back their views.

It was important to us that volunteers at the groups affected by these proposals heard them at face to face meetings so that we were able to discuss them in full detail. Because of this, these proposals weren't initially shared more widely, but can now be viewed at volunteers.mssociety.org.uk/news/2017/10/review-locally-managed-holiday-homes-day-centres-and-shops



Audience: All



Action: Share



Contact: Local Networks team

localnetworkprogramme@mssociety.org.uk

Online accident and incident reporting

When an accident or incident happens at a meeting or event attended by the MS Society whether it's a group event, national support group event or staff run event, it needs to be reported.

Why do we need to do this?

- to meet national health and safety law
- it gives us the opportunity to review and improve our risk assessment system to better safeguard volunteers, staff and people living with MS
- it alerts groups doing similar activities so they can prevent accidents
- it enables us to give better support if a claim for compensation is made against us (documented accidents provide evidence in these cases)
- it's a requirement of our insurers

Please use the online system to report all incidents and accidents no matter how minor they may be. You can find these at mssociety.org.uk/incident and mssociety.org.uk/accident

Paper incident and accident forms are currently still available and can be found on the volunteer website.



Audience: All



Action: Share



Contact: Your LNO



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!

Investing in Volunteers

We want to ensure that all our volunteers have the best possible experience volunteering with us, and feel safe and supported.

To ensure that we're doing the best to support and recognise our volunteers we're going to be carrying out a process called Investing in Volunteers (IiV). This is the UK quality standard for good practice in volunteer management.

We're really excited to kick this process off; it's a fantastic opportunity to highlight what we're already doing well, improve things for all our volunteers and ensure the MS Society is an attractive volunteering prospect for potential volunteers.

Our first step is to look at what we do now. Some staff and volunteers will be carrying out a self-assessment of our current practices. This should highlight any gaps and areas for improvement and we'll then develop a plan for 2018.

We'll keep you updated with our progress. If you'd like to contribute to the process – whether by helping to implement the plan or promoting the benefits of volunteering with us – we'd love to hear from you!

If you have any questions please contact Julie McWilliam on the details below.

 **Audience:** All
 **Action:** Share
 **Contact:** Julie McWilliam,
Volunteering Programme Manager
julie.mcwilliam@mssociety.org.uk
020 8438 0885

New volunteer panels

We're setting up two new panels to input into two key areas. The first is a Volunteer Policy Guidance Panel, which will help create simple, practical and easy to use guidance on key policies. This will be starting in January 2018 and running over the course of next year. The panel will advise on what volunteers may find useful to enable them to put our policies in to practice, and how that's best communicated – from checklists and webpages to podcasts and videos.

The second group will be helping us to recognise outstanding volunteering by helping to review our Shining Stars scheme. The group will be sharing their views on the current scheme and how we can make it even better. This group will start in December 2017 for eight to 10 weeks.

Both groups are likely to include teleconferences and communication by email. They may also involve online discussion. If you or someone you know would like any more information about either panel, please get in touch with the Volunteering team.

 **Audience:** All
 **Action:** Share
 **Contact:** Volunteering team
volunteering@mssociety.org.uk



News and events

Data protection laws are changing




As you may be aware, from 25 May 2018 all organisations will need to comply with the new General Data Protection Regulation (GDPR). This is an evolution of current data protection law, with additional requirements for knowing exactly what personal data we hold, why, and for how long. People whose data we hold will have more rights under the new regulation too.

In a nutshell, we'll need to:

- ensure personal information is kept securely
- make sure that we ask for permission to hold data in the right way
- know what personal information we hold, why and for how long, and tell people this
- let people see or delete the information we hold about them
- report data breaches within 72 hours

This will apply to all groups as well. We're currently developing our GDPR Programme and we'll keep you updated and provide guidance on how to ensure your group is complying with the new laws in Spring 2018.

Want to be one step ahead when the new guidance comes out? You could think about the sort of personal information your group collects, from emails and forms, to social media and contact details. Tidying up your records now, could be useful in preparation for GDPR.

 **Audience:** All
 **Action:** Share
 **Contact:** Data Governance team
datagovernance@mssociety.org.uk

Recruiting volunteers

Our Online Recruitment pilot has now started, with nine groups taking part so far, using our website to advertise their vacancies and check applications securely in one place.

Feedback from these volunteers will be used to improve Online Recruitment before it's made fully available in 2018.

New to recruiting volunteers, or looking for new ideas/ best practice?

A great volunteering experience starts with a positive recruitment process.

Download our new presentation and guides at volunteers.mssociety.org.uk/recruiting-volunteers.

They include:

- **Steps to recruiting volunteers** presents the steps to finding new volunteers, from deciding to recruit to helping a new volunteer settle in.
- **Preparing to meet a potential volunteer** and the accompanying *meeting questions template* suggests ways to plan a first meeting with a potential volunteer.
- **Agreeing the role** explores how to give a volunteer the best possible start in their new role by agreeing what they'll be doing and what support they'll receive.
- **Welcoming and inducting volunteers** introduces what's available to support new volunteers to settle in.

Let us know what you think – send any comments to the Volunteering team via the details below.

 **Audience:** All
 **Action:** Share
 **Contact:** Volunteering team
volunteering@mssociety.org.uk



News and events

Website re-development project update

As you'll be aware from our last update about the new website project, we initially planned to launch the new site by the end of 2017. Now that all the requirements for the new site have been identified, unfortunately it's going to take longer than estimated and we're now looking at a launch date of approximately April 2018.

We appreciate you've been waiting for the new site for a while now and that these delays may be disappointing. But the extra time means more user testing, content optimisation and ultimately a more polished product for our community – it'll be worth the wait!

A big thank you to those who've been involved in the development of the website. You may also have seen that we launched the design of our new homepage on our current website in October, inviting visitors to the site to comment on them. These comments are incredibly valuable and will be fed back into the project.

We'll keep you updated as we progress with the project. If you have any questions please do get in touch.



Audience: All



Action: Share



Contact: Haroon Potia,
Digital Project Manager
haroon.potia@mssociety.org.uk

Nominate your MS stars

The nominations for the 2018 MS Society Awards **are now open!** You can nominate fantastic individuals or groups.

We'd like to hear about the amazing people you know who:

- have made a real difference to people living with MS
- have shown real innovation
- have changed things to improve the lives of people living with MS either locally or nationally
- stand out from others providing a similar service or making a similar contribution

The MS Society Awards 2018 will celebrate the stars of the MS community and their fantastic contribution during 2017.

Nominations will close on **2 February 2018**. You can submit nominations online and by post.

The nomination categories include:

- MS Society group
- Volunteer
- Campaigner
- Carer
- Young Carer (under 18)
- Social media
- Employer
- Fundraiser
- Young Fundraiser (under 18)
- Media
- Professional
- Research

We look forward to receiving your nominations soon!



Audience: All



Action: Share, act –
nominate your MS star



Contact: Conferences team
mssocietyawards@mssociety.org.uk
020 8438 0841



New resources

MS and exercise: Move more with MS – exercise DVD

This new DVD has been created using the exercise videos from our MS Active Together campaign, which launched in September. This DVD is now available and features fitness trainer Dom Thorpe and six people with MS with varying levels of mobility.

Updated resources

Social care: getting support from your council (Wales version)

This booklet replaces the *Essential 8(w) Getting the best from social care (Wales version)* from 2014. It's available in English and Welsh language versions. The social care booklet for Scotland will be available later this month.

Assistance card

A new version of our assistance card is also available, now renamed the 'I need some help' card. This credit card sized card explains the person has MS and may need help, including urgent access to a toilet.

Claiming PIP (Personal Independence Payment)

The pull-out section of this booklet (*The PIP assessment scores*) has been updated to reflect changes to the activity descriptors made following a High Court ruling late last year. This affects Daily Living Activity 3 (*managing therapy or monitoring a health condition*) and Mobility Activity 1 (*planning and following journeys*). The online version of the booklet now contains the amendments. The new version is dated September 2016 (a), whereas out-of-date copies do not have the (a) after 2016.

These booklets and the DVD are now available from the online shop. Please remove from circulation any copies of the three updated resources.



Audience: All



Action: Share



Contact: Information Resources team

shop@mssociety.org.uk

020 8438 0999



Research


Research on families and carers of people with MS

We know that 85% of people living with MS receive unpaid support from a friend or family members. And over a third (36%) with care and support needs rely solely on support from family and friends. Despite these findings, there's relatively little evidence on how best to provide these carers with support they need.

We funded Queen Margaret University (QMU) in Edinburgh to review the published evidence and speak with carers about different support processes and their own personal experiences. The project highlighted numerous effective forms of support for family and carers of people living with MS. These included a stable point of contact for information, support groups, counselling and coaching, practical volunteer support and online support.

But carers explained that support across the health, social care and welfare systems needs to be more easily accessible and personalised to reflect their diverse needs. There also needs to be trust built that quality care will be available should the carer need a break.

As well as providing our own services, we continue to campaign for a properly funded, improved social care system for people living with MS and their carers. We'll also work with carers' organisations to improve the experiences of family members and carers across the UK supporting a loved one with MS.

 **Audience:** All
 **Action:** Share
 **Contact:** Evidence team
evidence@mssociety.org.uk

£2.1 million in new research to help stop MS

We're thrilled to announce that we'll be investing £2.1 million in new MS research projects.




We've awarded funding for 13 projects. These range from establishing whether we can re-programme cells to boost myelin repair, to finding out how to reduce heat sensitivity in MS, to learning how genes might impact the condition.

As well as ground-breaking science, we're also funding projects to improve care and services for people living with MS. We'll be looking at ways to help people with progressive MS get physically active, and how to identify cognitive changes faster in the clinic.

Dr Susan Kohlhaas, our Director of Research, said:

"We're hugely excited about this announcement, as these landmark projects offer a glimpse of what the future of MS treatment could look like. All of our researchers have very worthy ambitions and we believe they could help us change what it means to be diagnosed with MS."

We've been funding research since 1956, investing over £155 million in the fight against MS. Every one of our funding decisions is made in collaboration with people living with MS, involving members of our award-winning Research Network.

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



Fundraising

Donations through Facebook

Most charities with Facebook pages have recently been invited to set up a Donate button on their pages and posts. Your group may have been approached.

We're currently looking at how we can set these up for all our groups, as well as our national offices, so that these small donations are dealt with quickly and processed in a way that's cost effective. We'll keep you updated on progress with this, and ask that your groups don't add such a button to your pages or posts.

We've set up a button on our main Facebook page. Please direct anyone wishing to make a donation through Facebook to this page for now.

Please note that if your group has a Facebook Group rather than a Facebook page this won't apply to you.

If you have any questions or would like any further information please contact your Area Fundraiser.



Audience: All



Action: Share



Contact: Your Area Fundraiser

Fundraising this Christmas

Is your group looking for new ways to raise funds this Christmas? Here are our top tips on fundraising ideas for the festive season:

- You could ask your members to suggest to their family, friends or colleagues to donate money to the group rather than send Christmas cards or presents.
- Collect Stamps for MS by cutting them off Christmas post and raise money for your group. Find out more at volunteers.mssociety.org.uk/news/2017/10/raise-money-your-used-stamps
- Christmas collections are a great way to raise funds, and people often give generously at this time of year. Having a band, choir or dressing up can make a big difference and boost donations!
- Think about having a wrapping station at a large local store or shopping centre.

For more information or help with any of the above please contact your Area Fundraiser.



Audience: All



Action: Share



Contact: Your Area Fundraiser



Fundraising

Shop to raise funds for your group




Give as you Live (GAYL) is a free way to raise money for charity when you shop online. Through GAYL, supporters can shop online at over 4,200 stores and donate money to your group in the process!

How does it work?

To start using the scheme, you need to register your group at giveasyoulive.com and then spread the word and encourage supporters to shop online through the site. Your supporters then sign up to GAYL to support your group and each time they shop online at supported retailers a commission is paid by the retailer, which GAYL share with you. These funds should generally take a few months to be paid in to your group's account.

There are thousands of leading retailers including M&S, Amazon, eBay, John Lewis and House of Fraser for supporters to shop at online. There's no limit to what you can raise – the same goods and services arrive at the same price but the shopper is helping stop MS.

With Christmas fast approaching this is a great time to get signed up and ensure that all your group's supporters are raising free funds to grow your support and activities as they shop for gifts this Christmas.

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

Direct Marketing update

Christmas Raffle




Donations have been coming in from our recent raffle mailing. There's still time to play to have a chance to win one of many great prizes, including our £5,000 first prize! Tickets must be sent back by Friday 15 December or play online at raffleentry.org.uk/mssociety We're aiming to raise over £150,000 from this raffle to support our vital work.

Christmas Appeal

Our Christmas Appeal landed on the doorsteps of supporters early this month. The appeal is focusing on the exciting research trials that are taking place to explore existing drugs and their potential to provide treatments for MS faster. We're aiming to raise £300,000 from this appeal to support our research programme.

Cards for Good Causes

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

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



Finance

Online Accounting update

We'd like to thank all of you who've worked hard and given your time to move over to using Accounting Online. This has enabled our reports on group finances for Trustees, HMRC and other governing bodies to be produced in a more accurate and timely manner.

We're delighted that the vast majority of groups are keeping Online Accounting up to date, with almost 90% of all transactions analysed up to the end of September at the time of writing (24 October). The Audit, Risk and Finance Committee have congratulated staff and volunteers for this fantastic achievement!

If your group hasn't been keeping Online Accounting up to date we'll be in touch soon to support you. A very small number of groups (eight) haven't used Online Accounting at all. If you're in this category we'll be in touch soon to support you to move over to the system as there's no manual process available for the 2017 year end.



Audience: Finance Volunteers



Action: Note



Contact: Finance team

financesupport@mssociety.org.uk

2017 year end

Our accounting year end is just around the corner – 31 December 2017.

We need your help to ensure we receive your group's 2017 financial information by 31 January 2018.

What does your group need to do?

- analyse all 2017 (January to December) income and expenditure transactions using Online Accounting
- run the Receipts & Payments report up to 31 December 2017
- arrange a meeting for your coordinating team prior to 31 January 2018. At this meeting review the Receipts & Payments report and complete the Internal Financial Controls Checklist with the team
- Upon approval, a copy of both reports needs to be signed by the Finance Volunteer and Group Coordinator, and sent to the Finance team at MSNC before 31 January 2018. In the absence of a Group Coordinator or Finance Volunteer another coordinating team member must verify the Receipts & Payments report and the Internal Financial Controls Checklist.

If you have any questions, or are concerned that your group is unable to meet the above deadlines, please contact the Finance team as soon as possible.



Audience: Finance Volunteers



Action: Note



Contact: Finance team

financesupport@mssociety.org.uk



Barclays Online Servicing

You can now stop cheques, and place orders for cheque books and paying in books via Barclays Online Servicing, [barclayscorporate.com/digitalchannels/digital-channels-help-centre/tools-support/online-servicing.html](https://www.barclayscorporate.com/digitalchannels/digital-channels-help-centre/tools-support/online-servicing.html)

Stationary can also be ordered but we recommend only using this for ordering cheque deposit envelopes if your group banks using the Post Office counter service.

- **Stop a cheque** – If a cheque has been lost or stolen, first check your bank statements to ensure that the cheque is still unrepresented before requesting it to be stopped. This can be done by looking through your paper statements, via Barclays.Net, Accounting Online or by calling Treasury Support. A charge of £6.00 will be made to the group account to stop the cheque.
- **Ordering a cheque book or paying in book** – Complete the required information. Where it asks for the business address and postcode, enter 'MS Society' and 'NW2 6ND'. The books will be delivered to the statement address within 5-7 working days. Cheque books are normally automatically triggered when there are 10 unrepresented cheques left in the book. However this won't happen if there's an unfinished cheque book in circulation. If this is the case your Client Service Executive (CSE) team can be contacted on 0800 285 1040 and can let you know the cheque book range so you can check with your Coordinating team. If the book is lost, it will need to be stopped before another can be ordered. A charge of £12.00 will be made to the group account to stop the cheque book.

- **Ordering stationary** – As the group account is a specialist product, we recommend that you do not order your books from your local Barclays branch. Your CSE team is happy to assist with taking occasional requests for books over the phone provided you are an authorised signatory, but at times you may be directed to Online Servicing or to Treasury Support at MS National Centre. The books will be delivered to the statement address Barclays hold on their systems.

Please contact Treasury Support if you have any queries.



Audience: Finance Volunteers



Action: Note



Contact: Treasury Support

treasurysupport@mssociety.org.uk



Finance

Contactless donation boxes

Did you know that contactless payments were first introduced in the UK nearly 10 years ago? Today, many people no longer choose to carry cash and expect to be able to ‘tap and go’ wherever they go.

This has posed a bit of a problem for many charities who regularly carry out bucket collections outside train stations and supermarkets.

Last year, Barclaycard trialled contactless donation boxes with 11 charities including Oxfam, NSPCC and Barnardo’s, raising £20,000 between them. Results showed that the public were giving higher value donations through contactless cards.

Based on these positive results, we’re hoping to introduce contactless donation boxes in 2018. We’ll be looking at a number of providers, including Barclaycard, to launch this project. Unfortunately the contactless donations boxes are not free, so to help us move forward with this we’d really like your feedback. Could you let us know:

1. How much your group would be willing to pay per contactless donation box. Banks that we’ve spoken to have currently estimated this may be around £100 per box, following pilots carried out.
2. How many contactless donation boxes your group may be interested in purchasing.

Please let us know your interest in this new technology by emailing the Finance team on the details below.

Audience: All
Action: Note, act – let us know your feedback
Contact: Finance team
financesupport@mssociety.org.uk

Meet the team

Stuart Secker – MS Society Treasurer



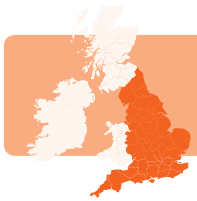
Stuart joined our Board of Trustees as Treasurer in October this year. He’s been a chartered accountant for 15 years – working in both professional practice and for a large insurance company – and has been a partner at a Big four accounting firm since 2008. As Treasurer, Stuart chairs the Audit, Risk and Finance committee once a quarter and attends quarterly board meetings as well as discussing live risk and finance issues with the team at MS National Centre.

Stuart says, “My work gives me a broad mix of not only technical knowledge but, more relevant to my role as Treasurer, also experience of leading teams, solving client problems and managing risk.

My connection with the MS Society started in 2010, shortly after my sister-in-law was diagnosed with MS. I took up running to raise funds for the MS Society, starting with the Paris Marathon in 2011 (nothing like easing myself in gently!). Since then I have tried to do something harder each year, which has seen me run the length of the North Downs (100 miles) and the Cape Wrath trail in Scotland (250 hilly miles over eight days).

Helping to decide how the MS Society deals with the challenges we face as we seek to capitalise on the many opportunities to provide help and hope to people affected by MS is hugely rewarding and energising.”

Audience: All
Action: Note



For England

End the Care Crisis in England

We're campaigning to end the care crisis in England now.

Time for action

It's unacceptable that 1 in 3 people living with MS aren't getting the support they need with essential everyday activities like washing, dressing and eating. Family and friends are having to do more to make up for a failing system, often without any support themselves.

Earlier this year, the Government promised to ask the public what needs to change to improve social care in England. We're still waiting, and we need to hold them to account. This is our opportunity to demand action so everyone can get the quality support they need to live independently.

A system that works for everyone

Too often, social care is thought of as something only older people need. But people with MS of all ages can need care and support. We need a social care system that works for people living with MS of all ages, and their carers.

Support the campaign

Together, we've already contacted 8 out of 10 MPs in England. We want to make sure every MP in England knows how urgent this issue is. Please email your MP today:

mssociety.org.uk/end-care-crisis



Audience: England

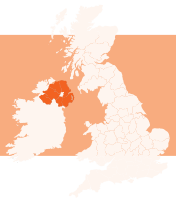


Action: Share, act – email your MP



Contact: Campaigns team

campaigns@mssociety.org.uk



For Northern Ireland

Speaking up for MS in Northern Ireland (cover story)

Earlier this year, the Belfast Health and Social Care Trust put forward a proposal to defer access to Disease Modifying Therapies (DMTs) for new patients with MS across Northern Ireland. This proposal was in response to huge financial pressure, with the Northern Ireland Assembly in crisis, and instructions to make £70 million in savings by April 2018.

These proposals went against clinical evidence and would have put people with MS at risk of increased disability and long term health implications. These proposals would have set an alarming precedent for the rest of the UK.

We were quick to act and launched our Speak up for MS six weeks of action. We asked our community to speak up for MS and sign our petition; over 5,000 supporters across the UK did so. We lobbied politicians, worked with MS professionals and hosted briefing sessions for political health spokespeople. We attended public meetings and spoke to the media, continuing to apply pressure.

Thank you for all your support; our campaign has made a real difference in getting this proposal removed! But we know there's still a long way to go. People still struggle to access the help and support they need and waiting lists are too long. Together, we'll continue to campaign to ensure people living with MS have access to effective treatments, care and support.



Audience: Northern Ireland



Action: Share



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

'MS Update' with Dr Gavin McDonnell

On Wednesday 4 October our Belfast group hosted an 'MS Update' with Consultant Neurologist with a specialist interest in MS, Dr Gavin McDonnell, at the MS Resource Centre.

The purpose of the meeting was to give the MS community in the greater Belfast area an update on all things MS related and a chance to ask questions. It was also a great opportunity to meet and welcome new members, as well as newly diagnosed people to the centre.

Topics of discussion included MS status in Northern Ireland, current Disease Modifying Therapies (DMTs), DMT evidence, DMTs coming soon and potential future treatment options. Dr McDonnell also gave a brief overview of the work being carried out by the Northern Ireland MS Research Network.

The evening was a huge success for the Belfast group with over 50 people attending.

If you think your group may like to organise a similar event please contact your LNO.



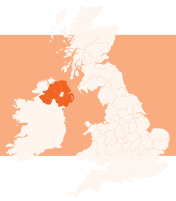
Audience: Northern Ireland



Action: Share



Contact: Your LNO



For Northern Ireland

Working in Partnership

We've been very fortunate to develop partnerships with a number of local companies this year. These include Acheson + Glover (in Ballygawley), Atlas Communications, General Electric (GE), Lloyds Banking, the Wilson Group (Healthcare Division), the Northern Ireland Chamber of Commerce & Industry, Curran Commercials and, very recently, a team of employees at Price Waterhouse Cooper in Belfast.

Most of these partnerships last one year and involve employees organising a range of fundraising events and activities or getting involved in our existing events programme. With other companies, such as Belfast based Metartec who fundraised with us for a month in October, the partnership is more short term.

These partnerships not only raise funds but provide excellent opportunities to raise awareness of MS. Events such as the NI Chamber of Commerce and Industry President's Banquet are a great example of this. This event took place on 16 November with Richard Hammond (Top Gear) as the guest speaker, providing a fantastic opportunity to tell more people and companies about the work we do at the MS Society.

If you work for or know of a company that selects a charity partner, please contact Tom Mallon or ask them to consider the MS Society.




 **Audience:** Northern Ireland
 **Action:** Share
 **Contact:** Tom Mallon,
Fundraising Manager, Northern Ireland
tom.mallon@mssociety.org.uk
028 90 802 802

Volunteers' Christmas event

Volunteers from all of our groups in Northern Ireland are invited to attend a relaxed meeting in our Resource Centre Coffee Lounge on **Friday 8 December** from 11am-2pm. This is a great opportunity to catch up with each other and share experiences.

We'll have lunch and festive treats and will be looking at online and social media digital interactive tools – looking at how best to use them and supporting you to feel confident in doing so!

For more information please speak to your LNO. We look forward to seeing you then!

 **Audience:** Northern Ireland
 **Action:** Share
 **Contact:** Your LNO



For Scotland

Scotland campaigns update

Working for a fairer social security system

Through the Campaigns Community and our MS:Enough campaign, you've told us what you want to see from Scotland's new system: fewer face-to-face assessments, lifetime awards, easier application forms, and flexibility to the needs of fluctuating conditions.

We've been taking your messages to decision makers – responding to consultations, giving evidence in Parliament, meeting with the Minister for Social Security, and working with other charities and civil servants.

Benefits being devolved to the new system include DLA, PIP and Carers Allowance. There's still a long way to go before it's fully up and running, but we want to make sure it works for people living with MS.

Local campaigners help improve MS nurse provision

We've been working with a group of campaigners in Lanarkshire to lobby the health board about MS nurse provision. Our campaigners made the case for change with decision makers at the board, as well as local politicians. This became critical when earlier this year the one nurse supporting over 1,200 people resigned.

The Health Board have now recruited two full time MS nurses and plan to recruit to a third post supporting these nurses and the local Parkinson's community. Well done to the campaigners for their hard work!

To join the Campaigns Community visit mssociety.org.uk/campaigns or to find out how to campaign around a local issue please get in touch on the details below.

Audience: Scotland
 Action: Share
 Contact: Scotland campaigns team
scotlandcampaigns@mssociety.org.uk

Sharing your story of living with MS

"I think when we tell our stories directly it has more impact. Every kind of story about MS is important, and it's important that they are told."
David, Edinburgh, living with MS

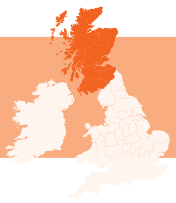
We're recruiting Champions to be part of our new First Person Voice programme.

We're looking for people living with MS to share their story in the media and also to deliver talks and cheque presentations. If you or someone you know may be interested in becoming a Charity Champion or a Media Champion – you could even be both – we'd love to hear from you!

Those taking part will receive appropriate training and support with any requests.

For more information please contact Carla on the details below.

Audience: Scotland
 Action: Share
 Contact: Carla Callaghan,
Press and PR Officer
carla.callaghan@mssociety.org.uk
0131 335 4050



For Scotland

MS Active Together

We're excited that we've received one year of funding from the Scottish Government for our MS Active Together programme.

The programme will test different ideas and approaches to help people living with MS get more physically active.

We're doing this by working with a volunteer co-production group, who represent people living with MS, plus a physiotherapist and fitness instructor. The group's first task was to choose what physical activities they'd like to try, which include curling, archery and circus skills.

If you fancy trying out circus skills we'd love to see you at Ariel Edge in Glasgow! Find out more and book your free place at <https://tinyurl.com/y9uk9r8w>

Does your group organise physical activities, or would you like to? We know there are some great activities going on or being planned by our groups, such as Pilates and horse-riding.

If you'd like support with your plans, or would like to find out more about MS Active Together, please get in touch with Tracey Harrison.



Audience: Scotland



Action: Share



Contact: Tracey Harrison,
Development Lead – MS Active Together
tracey.harrison@mssociety.org.uk
0131 335 4054

Join our Ziplide Zinger in May 2018!

We're delighted to host our second accessible Ziplide. Whatever your mobility requirements, everyone can take part in this fully accessible fundraising event. This year 50 MS Superstars took on the challenge, aged from six to 70!

Linda has lived with MS for 26 years. She said, *"I've used a wheelchair for many years and I was delighted to find an event I could take part in. It was wonderful – I'd do it again!"*

Please help us spread the word – you don't need to train for this event, but you'll need to prepare yourself to whizz 230 metres through the air! Open to families, friends, groups and brave individuals.

Doreen took part this year and says: *"I would highly recommend the Ziplide to anyone who wants to help raise awareness and funds. It is accessible and so much help is given to people who have mobility problems. It gives you a massive confidence boost – it's great to have a sense of achievement as there are so many fundraising events which wouldn't be possible (like marathon running). Best of all, it's so much fun."*



To sign up please contact our Fundraising team on the details below.



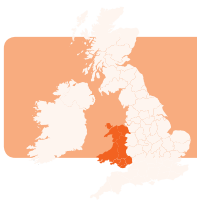
Audience: Scotland



Action: Share



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



For Wales

My MS My Rights, My Choices project

My MS My Rights, My Choices is a free and confidential support service for people living with MS in Wales.

We offer information and support on employment rights and welfare benefits (including PIP/ESA); ways to manage MS; accessing treatments, health and social care services.

We've been working with MS teams across Wales to organise Newly Diagnosed and Living Well days. Some dates for 2018 are:

Living Well with MS day with MS team at ABMU, Liberty Stadium, Swansea – 17 January 2018

Newly Diagnosed day in North Wales – March 2018 (Location, date tbc)

We'll also be organising information sessions with groups across Wales on benefits and grants, and will be attending MS clinics where possible.

For more information or to get in touch about the project please contact us on the details below.

South West Wales – Adele Gilmour

North West Wales – Naomi Parry

North East Wales – Sophie Dymont

South East Wales – Tim Carter



Audience: Wales



Action: Share



Contact: My MS My Rights My Choices project team

mymscymru@mssociety.org.uk

MS Active Together

MS Active Together is our initiative to help people living with MS to be more physically active. Here's a round-up of some of our activities across Wales:

South East Wales:

We're launching a pilot project working with Disability Sports Wales to ensure local gyms and leisure centres are inclusive and accessible. We've teamed up with The National Exercise Referral Scheme to deliver a bespoke exercise programme for people with MS.

We'd love to hear from you if you've been to a local class/ facility that caters well for people with MS or if you'd like to help us review leisure centres or gyms. We're also looking for people to help with awareness training for gym and leisure centre staff.

South West Wales:

Thanks to the dedication and enthusiasm of people in Pembrokeshire, new activities are underway.

We have a weekly yoga class in Narbeth, a social group in Haverfordwest and regular workshops.

The Swansea and Bridgend groups have recently been awarded Community Chest grants to develop boccia, curling and skittles. There are now plans for an MS boccia league!

North Wales:

There are now three groups who host boccia in this area and we're hoping to host a boccia festival. The Flintshire group visits the Disabled Riding Centre in Wrexham. The centre offers free horse therapy and there's also mechanical horse activity.



Audience: Wales



Action: Share



Contact: Your ERO or LNO



Group contributions

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

Group contributions 27/07/2017 to 02/10/2017				
Group Name	Earmarked Description	Earmarked	Research	General
Kings Lynn & District group	Cambridge Myelin Repair Centre	£5,000.00		
Kings Lynn & District group	Stem Cell Research	£5,000.00		
Mendip group			£6,000.00	
Mid Cornwall group			£5,000.00	
Sefton Area group			£600.00	
Tunbridge Wells & District group	Aquatic Physiotherapy	£5,000.00		
Tunbridge Wells & District group	Simvastatin phase III Project	£5,000.00		
Total		£20,000.00	£11,600.00	



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

facebook.com/mssociety

twitter.com/mssocietyuk

Get in touch

Supporter Care

supportercare@mssociety.org.uk
0300 500 8084

National MS Helpline

helpline@mssociety.org.uk
0808 800 8000