

Teamspirit



Our MS Society Group of the Year 2017, the Mid Ulster group, with actor Alun Armstrong.

Nominate your MS stars!

Nominations for the 2018 MS Society Awards are now open.

The Awards are a fantastic opportunity to recognise and celebrate the achievements of those who've made a real difference to people living with MS. This could include dedicated volunteers, fearless fundraisers, passionate groups or devoted professionals.

You can see the full list of all our nomination categories at mssociety.org.uk/msawards

We'd love to hear from you about groups or individuals who've:

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

Nominate your MS star at mssociety.org.uk/about-us/ms-awards

Entries will close on 2 February 2018.



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!

Volunteers' Survey 2017

Thank you to everyone who completed the 2017 Volunteers' Survey. We had hundreds of responses from volunteers in a wide variety of roles, and two thirds of respondents were from a local group – so thank you.




The results help us understand what we're doing well and where we may need to improve. They showed us that:

- 77% of our volunteers feel that their contribution makes a positive difference to people living with MS.
- 72% would recommend us as a good organisation to volunteer for.
- 84% prefer to receive information via email.
- In comparison to results from 2016, more volunteers are clear about their role, have the support they need and feel valued in their volunteering.

Top priorities for our groups:

Your responses showed us that the top priorities for group volunteers are recruiting volunteers and fundraising. We'll be focussing on these areas in the coming year, including the roll out of our new online recruitment system, new recruitment resources and providing more support for local fundraising based on your needs.

You can also find recently added recruitment resources and fundraising hints and tips on our volunteer website. More information on new resources on the volunteer site can be found on page 6.

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




Preparing for our new MS Society website

Our new website is being launched next year. If you're a Web Editor, you'll have already heard from us about how updating your group's web pages will change.

The new website will enable visitors to search for group services and activities in their local area. This is an important function that will make our services much more accessible to more people living with MS across the UK.

To get this up and running, we'll be using the services and activity information that's held on the Portal. To help us ensure that the function is accurate and up to date please check your group's Portal listings and make any necessary changes or additions by 28 February 2018.

Thank you for your help, and if you have any questions please do let us know.

 **Audience:** All
 **Action:** Share / act – update your information
 **Contact:** Administration team
ssadminhelpdesk@mssociety.org.uk
020 3828 6861



News and events

New thank you cards now available

In September we asked the MS community to vote for their favourite thank you card designs on Twitter. Thanks to everyone who voted!

We had four winning designs and these cards are now available to order in packs of 10 from our Online Shop.

Sending a thank you card is a quick easy way to make volunteers in your groups feel valued and appreciated – so please do visit the shop and make use of the new cards.



Audience: All



Action: Share



Contact: Supporter Care

supportercare@mssociety.org.uk
0300 500 8084

Information events in 2018

As many of you will know, we run lots of information and lifestyle events including information talks on benefits or research, Living with MS days, and our MS Life event which takes place every two years.

We're currently reviewing our events to make sure we're providing the best experience, in the right locations, for as many people as possible. MS Life won't be taking place in 2018, while we undertake this review.

Living with MS events will continue to take place around the UK this year, and we'll be introducing some exciting new features that you've told us you want to see.

We'll update you on our 2018 events in Teamspirit soon, or you can visit mssociety.org.uk/information-days for the latest announcements.



Audience: All



Action: Share



Contact: Conferences team

conferenceadmin@mssociety.org.uk



News and events

Property review update

In November last year we shared our proposals for shops, holiday homes and day centres. The proposals were developed as a result of our 2017 review of property managed by local groups.

We invited the groups involved, their members and holiday home users to formally feedback their views on our proposals. We then collated all of this feedback and used it to inform our final decisions.

We'll be sharing what this means with the small number of groups involved in the review and with each individual who submitted feedback, later this month.

Once we've communicated with these groups and individuals we'll be able to share the final decisions more widely on the volunteer website. As with the initial proposals it's important for us to speak to the affected groups first and answer any questions they may have, before we share information more widely to all groups.

Please keep an eye on the news items on the volunteer website where we'll be sharing more information on the review as soon as we can.



Audience: All



Action: Share



Contact: Local Networks team

localnetworksprogramme@mssociety.org.uk

Preparing for GDPR

On 25 May 2018 the new General Data Protection Regulations (GDPR) will come in to effect. To be ahead of the game, we recommend you do one thing from the list below every month. Five and six are things to be aware of and can be built into routines and checklists.

- 1. Lock it!** Keep personal information safe, whether on paper or on a password-protected computer. Make sure you know who's responsible for it, and has access to it.
- 2. Tidy it!** Delete all files and papers you don't use to minimise risk of data getting lost or becoming out of date. Personal information shouldn't be held for longer than needed.
- 3. Secure it!** Make sure your passwords are safe and private, and not shared.
- 4. Learn it!** If you have access to any personal information including staff, members or volunteers, stay up to date with the law. Have a look at the Group Handbook for details.
- 5. Report it!** If there's misuse of personal information, simple human error, lost phone/laptop or cyber-crime in all its guises, report it immediately.
- 6. Question it!** If you're not sure about anything to do with personal information, ask your LNO.

More information will follow as we develop policies, guidance and training. Please contact your LNO if you have any queries, or for urgent queries contact the Data Governance team.



Audience: All



Action: Share



Contact: Data Governance team

datagovernance@mssociety.org.uk



News and events

Health and safety review

Our Health and Safety policy has recently been updated. It outlines our commitment to meeting national health and safety standards.

To make sure we all understand our responsibilities in relation to health and safety legislation and know where to get help and support, all volunteers and staff are required to read the newly updated policy.

Please read the statement of intent here:

volunteers.mssociety.org.uk/resources/439

You can access the full policy here:

volunteers.mssociety.org.uk/policies-and-documents



Audience: All



Action: Share



Contact: Your LNO



Info and resources

What's new on the volunteer website

We regularly update our volunteer website with new resources and information so please keep a look out. If you haven't visited for a while, please do take a look.

Homepage

Login to the Portal, Online Accounting, MS Society email, Online Shop and Web to Print, or find out how to get support. Click through to our most popular resources, latest news and upcoming events.

Volunteering with us

Download our Welcome Booklet, role descriptions, and welcome and induction checklists. See our latest recruitment tools, get staff contact details and search our new list of IT courses.

Running a group

Set up your coordinating team, complete a risk assessment, develop a new service or activity, and manage your group's finances. Learn how to keep in touch by post, phone, email and online.

Getting loud about MS

Watch a fundraising presentation or video, listen to a podcast or download your nation's campaigning toolkit. Read our press and publicity advice, and browse our range of branded merchandise.

Supporting people

Set up an MS Support service and learn about recruiting, training and inducting Support Volunteers. Signpost to a specialist organisation, download a grant application, and get practical and emotional support for your team.

Searching the volunteer website

See our Group Handbook resource index, use the homepage search function, or our resource library key word search.



Audience: All



Action: Share



Contact: Volunteering team
volunteering@mssociety.org.uk

Setting up an MS Support service

Our MS Support programme offers people living with MS access to quality information, emotional support and financial help.

Currently, 75% of our groups offer MS Support. We encourage all our groups to offer a Support service, so that as many people living with MS as possible can access support, wherever they are in the UK.

On average our Support Volunteers deal with six enquiries per month, giving us 10 hours of their time and expertise each month. We provide a wide range of information and support to help volunteers organise MS Support services.

Our main resource, Group Handbook D1: Offering MS Support has recently been updated. It contains detailed information about how you can set up a local MS Support service in your area, including:

- how to keep everyone safe
- how to maintain boundaries
- the induction and training process

It also provides information about the ongoing support we provide to our groups and Support Volunteers.

To find out more, please visit volunteers.mssociety.org.uk/supporting-people



Audience: All



Action: Share



Contact: Your LNO



Grants programme update

Grant application deadlines for 2018

The deadline dates for Health and Wellbeing Grant applications and Carers Grant Fund applications **over £500** have recently been published on our website at mssociety.org.uk/grants.

The first two panel dates of the year are:

Application deadline dates	National Grants Panel meeting dates
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Round 1:

Friday 19 January 2018	Wednesday 14 February 2018
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Round 2:

Friday 16 March 2018	Thursday 12 April 2018
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On the rare occasion that we need to change our deadline dates, we'll let you know in Teamspirit, on our website and via your LNO.

Applications for grants **under £500** can be submitted at any time. Decisions are made within three weeks of the application being received by our National Grants team.

If you're supporting people with applications, it's best to advise them to submit their application and supporting documents as far in advance of the deadline as possible. This helps us to ensure all applications are assessed fully, including on some occasions contacting you for further information or researching external funders who may be better placed to support the applicant's request.

For further information about supporting applicants, please read our guidance document which is available at mssociety.org.uk/apply-ms-society-grant

Updates to grant application guidance

At the Autumn Volunteer Forums, we said we'd update you on our new grant assessment processes, and guidance documents.

We're currently working with a number of groups who will be reviewing the new guidance before it's rolled out. This will help ensure that the guidance is user-friendly, and provides the correct level of information. Our new guidance documents will be available from March 2018.

For more information about any aspect of our grants programme, please visit mssociety.org.uk/grants

 **Audience:** All
 **Action:** Share
 **Contact:** Grants team
grants@mssociety.org.uk
0300 500 8084



Research

Research round up 2017

What a year it's been for MS research! In November, we heard the news that cladribine, an oral treatment for relapsing MS will be available on the NHS in England and Wales.

We also took giant steps forward for progressive MS in 2017. Ocrelizumab became the first treatment licensed for some people with primary progressive MS.

And for secondary progressive MS, we were thrilled to announce in March the launch of a new phase 3 trial. We're co-funding the UK-wide trial looking at whether simvastatin could slow the rate of disability progression in secondary progressive MS. The trial will begin recruiting shortly, and is expected to take around six years to complete.

It's been an exciting year in the laboratory as well. In the spring, Dr Denise Fitzgerald published her work showing that some cells of the immune system could actually help repair myelin damage. This landmark discovery was made through collaboration between scientists around the world, including researchers from our dedicated research centres in Cambridge and Edinburgh.

And in October we announced our investment of over £2 million into 13 new MS research projects, from finding ways to boost myelin repair, to tackling heat sensitivity.

These are truly exciting times for MS research. We hope the breakthroughs keep coming in 2018, so that we can stop MS for everyone.



Audience: All



Action: Share



Contact: Supporter Care

supportercare@mssociety.org.uk

0300 500 8084



Fundraising

Get together for a Cake Break this March






Whether you're a star baker or an expert faker, we'd love you to take a Cake Break with us this March to help us raise some serious dough!

Will you rise to the occasion and bake a homemade showstopper, or pop to the supermarket for some ready-made treats? Either way, through holding a Cake Break you'll be making a big difference to the lives of people living with MS.

You'll find loads of tasty recipes from some of the UK's top chefs on the Cake Break website as well as posters, invitations and games to help you spread the word to friends, family and group members. We'd love to hear more about your Cake Break, so please let us know how you get on – and send us loads of photos!

To register for your Cake Break fundraising pack, or for more information visit cakebreak.org.uk

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




National Garden Scheme

Over the last two years, the National Garden Scheme (NGS) has donated an incredible £230,000 to the MS Society, and our partnership continues to blossom for the third year running.

There are lots of exciting ways to get involved in 2018. Starting with the annual Snowdrop festival in February, Festival Weekend in May and Gardens and Health Week in August – there are thousands of beautiful gardens to explore throughout the year.

Find a garden near you by visiting the NGS website and use the Garden Finder to search for gardens by location, date and accessibility. If you do visit a garden, please take a moment to mention to the owner that you're involved with the MS Society and thank them for their support.

To find out more visit the NGS website at ngs.org.uk or contact the Events team.

 **Audience:** All
 **Action:** Share
 **Contact:** Events team
fundraising@mssociety.org.uk
0300 500 8084



Fundraising

Events in 2018

We have lots of exciting fundraising events coming up this year, including a brand new trek and two new half marathons. Please help us spread the word – you never know who will be inspired!

Cake Break – throughout March 2018

Will you bake it or fake it? Visit cakebreak.org.uk

NEW – The Big Half – 4 March 2018

A new half marathon in London. We're looking for volunteers to help us cheer on our runners.

Bath Half Marathon – 4 March 2018

Register to run, or join the loudest cheering squad on the route.

NEW – London Landmarks Half Marathon – 25 March 2018

Join our cheering squad and give our runners a boost when they need it most.

Brighton Marathon – 15 April 2018

Cheer on our MS Superstars on the sea front in sunny Brighton.

London Marathon – 22 April 2018

Be part of the UK's biggest running event. Join our cheering squad and help our 300 MS Superstars to cross the finish line.

Kiss Goodbye to MS – throughout May

Kiss Goodbye to your guilty pleasure this May. More information coming soon...

Great Manchester Run – 20 May 2018

Places still available, or volunteer to cheer.

Vitality 10,000 - 28 May 2018

Register to run or volunteer to cheer.

NEW – Snowdon by Night – 30 June-1 July 2018

A once in a lifetime opportunity to climb Snowdon by moonlight.

Pumpkin Party – October 2018

Get together and give MS a scare with a frighteningly fun Pumpkin Party.

To find out more, or to register visit

mssociety.org.uk/get-involved



Audience: All



Action: Share



Contact: Events team

fundraising@mssociety.org.uk

0300 500 8084



Fundraising

Local lotteries - it could be you!

Many councils organise local lotteries. They work on a similar basis to national lotteries, except players are able to choose to support causes in their local area.

Councils from 44 boroughs across the UK are currently inviting charities to join their local lottery schemes. This means that groups in participating areas would be able to organise their own lotteries to generate a small but steady income stream for the services and support they provide.

The success of a local lottery is dependent on encouraging as many people as possible to play. There are materials available to help you promote your lottery and your Area Fundraiser will be able to provide you with support and guidance.

To find out if you're able to access a council lottery scheme in your area and organise a lottery for your group, please contact your Area Fundraiser.



Audience: All



Action: Share



Contact: Your Area Fundraiser

Direct Marketing update

Christmas Appeal

In November, we sent our Christmas Appeal to 65,000 supporters. The money raised will be put towards our research into re-purposing existing drugs, which could help to speed up the amount of time it takes for a drug to become available. Through it, we hope to raise £300,000.

We also made a festive animation narrated by actor Alun Armstrong to explain research into re-purposing drugs. You can watch it at mssociety.org.uk/sleigh

Christmas Raffle

Our Christmas Raffle was sent out in October, giving supporters a chance to win £5,000 or a number of other great prizes for just £1 per ticket! The draw took place on 22 December 2017. You can find the list of lucky winners on our website.

February advances

Advances magazine will be sent to 55,000 supporters across the UK on 3 February 2018. It will feature some of the amazing fundraising activities undertaken by supporters in recent months, upcoming events, latest news and research updates.

Weekly Lottery

In autumn 2017 we launched our weekly lottery, which gives players the chance to win up to £10,000. A reminder mailing will be sent to supporters this month. Since the lottery was launched, we've raised over £30,000 and recruited more than 1,000 regular players who support our great work every week. For more information, visit lottery.mssociety.org.uk/



Audience: All



Action: Share



Contact: Supporter Care

supportercare@mssociety.org.uk

0300 500 8084



Finance

2017 year end

Happy New Year from the Finance team!

In December we sent a year end email to all Finance Volunteers, Group Coordinators and MS Society group email addresses. The email provided information about the year end process and included the Internal Financial Controls Checklist, which is to be reviewed by the coordinating team and submitted to the Finance team by **31 January 2018**. If your group hasn't received this email, please let us know as soon as possible.




We're here to help, so please contact us if you have any questions, or if you're concerned that your group is unable to meet the 31 January 2018 deadline.

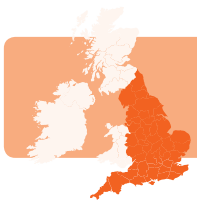
-  **Audience:** All, especially Finance Volunteers
-  **Action:** Share
-  **Contact:** Finance team
financesupport@mssociety.org.uk

Online Accounting – common analysis errors

We're delighted to let you know that all our groups are now using Accounting Online. Thank you for all your support to move over to this system – it makes a huge difference to how we can best manage finances. See below some common analysis queries to help you on the system:

- After enjoying those delicious cakes please ensure Cake Break proceeds are analysed to 'Sale of donated goods'.
- Does your group have a 100/200 club? Please analyse this income to 'Donations-Raffles'.
- Income received from street or store collections should be analysed as 'Donations - store/street/static boxes'. This will help your group monitor collection box income.
- When analysing expenses which have incurred VAT, record the net expense on one line within Online Accounting and the VAT on a separate line. The VAT should not be analysed to the type of expenditure it relates to (e.g. 'Telephone'). Instead, you'll need to select 'VAT on expenditure' in the nominal drop down. This will help us to reclaim VAT back on group expenses.
- When a support grant is issued please don't use an individual's name in the details box. To help us understand the type of support grants being issued, please use the descriptions from Appendix 6 of the Support Grants Handbook.
- Only set up a fund within the 'restricted funds' tab, if your group have received money which has been restricted by the donor.

-  **Audience:** Finance Volunteers
-  **Action:** Note
-  **Contact:** Finance team
financesupport@mssociety.org.uk



For England

Extension of DMT's in the Isle of Man

We're delighted to announce that following an extensive review process, senior health officials in the Isle of Man have recently agreed to licence the full range of disease modifying treatments (DMTs) available; a significant increase from the three that are currently available.

This success was made possible thanks to our strong partnerships with stakeholders across the health sector and lots of hard work from all involved. Thank you so much to everyone who helped us achieve this win for people living with MS.

The licence for offering the full range of DMT's on the Isle of Man will be reviewed after 12 months. During this time, we'll continue our work on DMT management, and will share care arrangements with GPs to ensure that access to these life-changing treatments is extended beyond this period.

For more information, please contact Ruth Austen-Vincent on the details below.

 **Audience:** All
 **Action:** Share
 **Contact:** Ruth Austen-Vincent,
Regional External Relations Officer –
Cheshire & Mersey
ruth.austen-vincent@mssociety.org.uk
020 8827 0217

England Council dates




The England Council is a group of volunteers who support our work across England. They provide a voice for members and the wider MS community, act as ambassadors and advocates for people living with MS, and help to deliver our strategy across England.

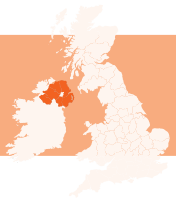
The England Council will meet four times during 2018, with meetings held at MS National Centre in London.

Meetings in 2018 will be taking place on:

- 8 February 2018
- 19 April 2018
- 26 July 2018
- 25 October 2018

Meetings (with the exception of occasional confidential items) are open to everyone. We'd particularly welcome anyone who may be interested in applying for a future role on the Council, and supporting this important aspect of our work. If you'd like to attend please contact Louraine Palmer.

 **Audience:** All
 **Action:** Share
 **Contact:** Louraine Palmer,
Executive Assistant to the Executive
Director of Services and Support
louraine.palmer@mssociety.org.uk
020 8438 0757



For Northern Ireland

Art Class exhibition



On 3 November, members from our Monday Art Class showcased their masterpieces at our monthly coffee morning. The class is led by one of Northern Ireland’s most renowned artists, Arnold Gardiner.

Arnold is a water-colourist who’s painted throughout Ireland and Scotland and in various parts of the Mediterranean. He’s a member of the Art Society of Ulster and the Watercolour Society and has exhibited at the Royal Ulster Academy. Arnold has been volunteering with us in Northern Ireland since 2010 and has inspired so many people living with MS to pick up a paint brush and get creative.

Artists, Heather Bradford, Jonny Gruhn and Gavan Broad had all of their beautiful watercolour pieces hung proudly in the coffee lounge for everyone to admire.

Our Monday Art Class takes place in the Belfast Resource Centre from 1.30pm to 3pm. If you’d like to join the class please contact the NI reception.

- Audience:** Northern Ireland
- Action:** Share
- Contact:** NI Reception
028 9080 2802

Digesting Science

On 4 November we held our first Digesting Science event. These information events are open to families and children aged between 6-12 years old, and teach young people about MS through interactive experiments.

We had eight families take part in the event, supported by our fantastic volunteers who hosted the experiment tables and were essential in making the day a great success.

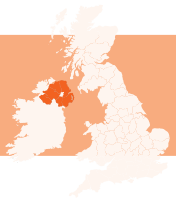
The families rotated through five different stations which covered topics including vitamin D, vision, bladder, treatments and walking. The interactive session encouraged lots of discussion.



Feedback from participants was extremely positive, with many gaining new insight into how the person in their family living with MS may feel.

We’d like to offer more Digesting Science events across Northern Ireland in future. If you think that Digesting Science is a service your group may be interested in offering, please contact your LNO.

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



For Northern Ireland




Northern Ireland Council

Our Northern Ireland Council represents people living with MS and works on their behalf. The Council is responsible for our Northern Ireland strategy, and is accountable to the Board of Trustees. The Council works alongside the staff in Northern Ireland, as well as our local groups.

Northern Ireland Council meetings will be taking place on:

- 26 February 2018
- 16 April 2018
- 20 August 2018
- 22 October 2018

Meetings (with the exception of occasional confidential items) are open to everyone. If you'd like to attend please contact Ann Wilson.

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

Fundraising programme 2018

We've added some new and exciting events to our fundraising programme in 2018, as well as many of our old favourites returning!

Our Belfast Castle Abseil is back on Sunday 25 March, as is our popular Lagan Zip Wire Challenge. Due to its popularity there are two opportunities this year; 21-22 April and 18-19 August. If running is your thing then there's Run for Research at Holywood Exchange in April or the Belfast Marathon in May. We'll have Cake Break throughout March and Kiss Goodbye to MS will return in May.

We have our Moonlight Walk on Slieve Donard on 11 August and have added a new Cavehill Moonlight Walk in October as well as a brand new Belfast Inner City Walk in September – more details to come soon.

Also, back in 2018 is our 'Stop MS' Gala Ball. It will take place at the Stormont Hotel in Belfast on Saturday 17 November. So save the date and keep an eye out for our 'early bird' offer.

If you're interested in organising your own event in your area we can provide information, advice, support and materials – so do get in touch.

 **Audience:** Northern Ireland
 **Action:** Share
 **Contact:** Tom Mallon, Fundraising
Manager Northern Ireland
tom.mallon@mssociety.org.uk
028 9080 2802



For Scotland

Visit a Scotland Council meeting

Would you like to see how our volunteer Scotland Council works?

Our Scotland Council is a group of volunteers who represent people living with MS in Scotland, and work on their behalf. The Council is accountable to our Board of Trustees. Council members work alongside the staff in Scotland, as well as with our local groups.

Scotland Council meetings will be taking place between 10am and 3pm on:

- 21 February 2018
- 18 April 2018
- 15 August 2018
- 24 October 2018

Meetings (with the exception of occasional confidential items) are open to everyone. If you'd like to attend please contact Gillian Sinclair on the details below.



Audience: Scotland



Action: Share



Contact: Gillian Sinclair,
Executive Assistant / Office Manager
gillian.sinclair@mssociety.org.uk

Fundraising dates for your diary

We're so excited about our packed calendar of fundraising events for 2018! Could you help us spread the word in your community about these great events?

- 29 April – **Stirling Marathon**
- 5 May – **Accessible Zipslide Zinger, Perthshire**
- 26-27 May – **Edinburgh Marathon Festival**
- 16-17 June – **Tough Mudder, Dumfries**
- 4 August – **Daredevil Skydive, Fife**
- 25 August – **Ben Nevis Night Hike**
- 23 September – **Loch Ness Marathon**
- 30 September – **Great Scottish Run**
- TBC, October – **Forth Rail Bridge**
- Various dates (29 April, 3 June, 19 August, 16 September) **Kiltwalk**

Be part of the #MSSuperstars Cheer Squad

Could you help us be the loudest, brightest and friendliest team at the finish line of one of the running events listed above? We'd love you to bring bags of enthusiasm to one of our 2018 events and join our volunteer cheering squad.

For more information and to get your #MSSuperstars Cheer Squad pack contact Rhianna Adams.



Audience: Scotland



Action: Share



Contact: Rhianna Adams,
Fundraising Events Assistant
msfundraising@mssociety.org.uk
0131 335 4063



For Scotland

Flying high at circus skills taster workshop

Our first Circus Skills taster session for people living with MS was a great success. Ten brave people took part in the workshop at Glasgow's Aerial Edge.

The participants tried out activities including juggling, swinging from a trapeze, hanging in silks and flying around the ring!

Participant Jennifer told us:

"Absolutely fantastic! Definitely challenging, but you have to have the guts to try things".

Professor Lorna Paul from Caledonian University also joined us at the session. She said:

"There is great evidence to support the benefits of physical activity and exercise for people with MS. I think the advantages of circus skills is that as well as cardiovascular fitness there is lots of core strength activities. There's also strengthening – working muscles around the arms when you are on the trapeze or working on coordination and balance with juggling."

Want to try something new?

We're planning lots of exciting taster sessions for 2018, including more circus skills, curling, archery and horse riding. Keep an eye on our social media channels for more information, or contact Tracey Harrison.



Audience: Scotland



Action: Share



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

New courses to help people live well with MS

Last year we launched our new Living Well with MS programme. Annette came to one of our Living Well with MS courses and told us how it's been helpful for her.

"I came along to the course because I didn't know anyone else with MS and felt isolated.

On the course we looked at who can help keep you well with your condition. There were quite a lot of things I didn't realise could help me. For example, I didn't realise it was so easy to phone the MS Society Helpline.

I would say going on the course has built up my confidence, so that when I go to appointments with my nurse, neurologist or GP I'm a lot more prepared.

The main thing I've learnt from the course is just to be kind to yourself. Prioritise what you do to manage stress and fatigue. There are certain times when you have to say: sorry, but I can't do that.

I found the online SLACK group we joined after the course to be friendly and welcoming. At first I didn't feel confident enough to join in but before I knew it I was chatting away!

If there is something like this course that you can attend, that is going to help you and build your confidence, definitely go for it

And now I volunteer as a course facilitator!"



Audience: Scotland



Action: Share



Contact: Coleen Kelly,
Self Management Lead
coleen.kelly@mssociety.org.uk
0131 335 4050



For Wales

My MS My Rights, My Choices

Our My MS, My Rights, My Choices team are in full swing supporting people living with MS across Wales.

The project offers a free information and support service covering a range of issues such as accessing social care and MS treatments, employment rights and welfare benefits.

So far, the team has helped people with social care assessments, provided support on housing issues, completed PIP forms and supported people going through benefit tribunals.

The My MS, My Rights, My Choices project team will also be running information days for people who are newly diagnosed with MS, providing information on ways to manage the condition and improve wellbeing.

We're recruiting Information and Support Volunteers to provide emotional support and befriending to people living with MS, and signpost and refer service users to other organisations. We'd love to hear from you or anyone you may know who might be interested in volunteering. Full training, guidance and support will be given. For more information, please contact Adele, Tim, Sophie or Naomi, our Project team.



Audience: Wales



Action: Share



Contact: Adele Gilmour, Tim Carter, Sophie Dymont or Naomi Parry
My MS, My Rights, My Choices team
mymscymru@mssociety.org.uk

Social care survey

Around 100,000 people in Wales live with a neurological condition that has a significant impact on their lives.

The Wales Neurological Alliance (WNA) is a forum of organisations and groups that represent people affected by neurological conditions. As a member of the WNA, we work closely with other members to improve services for people living with MS and other neurological conditions in Wales.

The Social Services and Well-being (Wales) Act has been law since 6 April 2016. The Act aims to transform the way that social services are delivered in Wales and contains important new legal rights for people who use the services.

The WNA needs the help of people living with neurological conditions across Wales to help chart the progress of the Act, so we can see what's making a difference and what more needs to be done.

If you know anyone who'd like to share their experiences and improve social care in Wales, please send the survey to them. It's available online in English and Welsh.

WNA Social care survey (English)
surveymonkey.co.uk/r/9KGKTGW

WNA Social care survey (Cymraeg)
surveymonkey.co.uk/r/Y6XCPQJ

For more information, please contact Fiona McDonald on the details below.



Audience: Wales



Action: Share



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



For Wales

Key dates for your diary in 2018

Cymru Council meetings

Our Cymru Council is a group of volunteers who represent people living with MS in Wales, and work on their behalf. The Council is accountable to our Board of Trustees. Council members work alongside staff in Wales, as well as with our local groups.

Cymru Council meetings will be taking place on the following dates:

- Cardiff: 10 February 2018
- Carmarthen: 14 April 2018
- Llandrindod Wells: 10 August 2018
- Wrexham: 20 October 2018

Open evenings takes place 7:30 pm–9pm on the evening before each of the MS Cymru Council meetings. These are a great opportunity for our local MS community to meet council members and staff, and learn about the latest news and activities.

Meetings are open to everyone. If you'd like to attend please contact Matthew Witty on the details below.

Run or cheer at the Cardiff Half Marathon – 7 October

Registration is now open. If you or someone you know would like to register or volunteer to cheer please contact Lynne Hughes. Our cheerers make a huge difference to our runners on the day!



Audience: Wales



Action: Share



Contact: Matthew Witty,
Executive Assistant to Director of Wales
matthew.witty@mssociety.org.uk or
Lynne Hughes, Country Director for Wales
lynne.hughes@mssociety.org.uk

Information days

Our My MS, My Rights, My Choices project team have organised a series of events which will take place throughout the year to help people living with MS access support, manage symptoms and improve wellbeing. The next events coming up are:

- **12 February 2018, Pembrokeshire – PIP information day**
This will include support on making an application and challenging a decision.
- **21 February 2018, Bridgend – Digesting Science**
Digesting Science is an interactive and fun information tool which is being used to raise awareness of MS.
- **15 March 2018, Llandudno – Newly Diagnosed Day**
For people who have recently been diagnosed with MS and their families.

For more information or to sign up, please contact our My MS, My Rights, My Choices team.



Audience: Wales



Action: Share



Contact: Adele Gilmour, Tim Carter,
Sophie Dymont or Naomi Parry
My MS, My Rights, My Choices team
mymscymru@mssociety.org.uk



Group contributions

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

Group contributions 03/10/17 to 21/11/17				
Group Name	Earmarked Description	Earmarked	Research	General
Andover group			£1,200.00	
Banbury & District group			£1,120.00	
Bath & District group				£1,500.00
Bedford group			£2,500.00	
Cardiff and Vale group			£10,000.00	£345.00
Dudley & District group			£5,000.00	
East Hertfordshire & West Essex group				£500.00
Exeter group			£10,000.00	
Fermanagh group	Stem Cell	£2,500.00		
Fermanagh group	Progressive MS	£2,500.00		
Hambleton and Richmondshire group	Progressive MS	£2,500.00		
Hillingdon group	Stem Cell	£2,000.00		
Hillingdon group	Cambridge Myelin Repair Centre	£1,000.00		
Isle of Wight group	Fatigue Management Course	£4,000.00		
Sefton Area group			£1,000.00	
South East Essex group			£97.00	
Wandsworth group			£3,000.00	
Total		£14,500.00	£33,997.00	£2,345.00



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