

Teamspirit



Lottery success for local groups!

A number of groups have successfully applied for Awards for All funding so far this year.

Our Chorley, North Somerset, Rotherham and Sheffield and York groups have been awarded funds ranging from £5,400 to over £9,900. This will fund exercise activities and an advice project to support people living with MS in their local areas. Big congratulations to these groups!

Our IT Matters course in Northern Ireland is also funded by Awards for All – you can read more about this on page 12.

Could your group benefit from an Awards for All grant? These range from £300 to £10,000 to fund grassroots and community activity. Applications can be made at any time. If you'd like any support and information to apply please contact your Area Fundraiser.



News and events

Scrap PIP 20m rule campaign

The PIP (Personal Independence Payment) 20 metre rule is failing people with MS. And people are losing their independence as a result.

In June we launched the next part of our MS: Enough campaign, calling for the UK Government to scrap the PIP 20 metre rule. We're focusing on the 20 metre rule because our research shows it's the main reason people with MS aren't getting the right support.



What is the 20 metre rule?

The rule is an assessment criteria for the higher rate mobility component of PIP. If you can walk just one step over 20 metres, which is roughly the length of two double-decker buses, you're not eligible for higher level mobility support. This is even if you're using aids like a walking stick.

Launching the campaign

On 19 June we held a launch event at Westminster, with 41 MPs in attendance.



MS Society CEO, Michelle Mitchell, at campaign launch in Westminster.

What are we doing and how can you help?

We're asking people to sign our petition, and share our campaign video to spread the word.

You can see more about the campaign, watch the video and sign and share the petition at mssociety.org.uk/get-involved/campaign-with-us/ms-enough/scrap-pip-20-metre-rule You can also read our 'PIP – A Step Too Far' report here.

If you'd like hard copies of the petition to share please get in touch on the details below.



Jonathan and Katie from our External Relations and Campaigns teams at launch in Westminster.

How else you can support the campaign

This summer we're joining with 80 other organisations as part of the Disability Benefits Consortium to take the message that PIP isn't working to MPs. If you and your group would like to meet your MP or invite them to your group to help share this message, we'd love to hear from you.



Audience: All



Action: Share



Contact: Campaigns team

campaigns@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!

The importance of safeguarding

There's been lots of recent coverage in the media about safeguarding. We need to ensure that we continue to do all we can to make sure people are safe, and protected from abuse or neglect. We know that as volunteers in our local groups you come in to contact with lots of people – we want to be sure that you feel confident to identify potential abuse, and know what to do in this situation.

All our safeguarding processes are available on the volunteer website. You can find lots of information, training and support so that you're able to recognise, respond, record and report suspected abuse. Please visit volunteers.mssociety.org.uk/safeguarding to find all the resources you need.

 **Audience:** All
 **Action:** Share
 **Contact:** Chris Evans,
Quality and Safeguarding Manager
chris.evans@mssociety.org.uk
020 8438 0895

Easier risk management coming soon

Our risk management system ensures that we provide a safe environment for all those taking part in our activities. Feedback from volunteers on this process has highlighted the need for an online health and safety system.

We're pleased to let you know that an online system has been developed which will enable high risk activities to be risk assessed online and low risk paperwork to be stored on the Portal.

The new system will be rolled out to groups as follows:

- Cymru and Northern Ireland 2018
- England and Scotland 2019

You can find guidance on how to use the system at mssociety.org.uk/portal-risk-management

 **Audience:** All
 **Action:** Share
 **Contact:** Andy Grant,
Health and Safety Officer
andy.grant@mssociety.org.uk



News and events

Volunteer recruitment resources

Do you want to recruit new volunteers or often get approached by people about volunteering? Would it be helpful to hand them something outlining what volunteering with the MS Society is like and how to get involved?

Following a consultation with marketing experts and many of you, our volunteers, we'll soon be launching new printed resources to support face to face volunteer recruitment.

These will provide information about all the different ways you can volunteer with us – great for use at volunteer fairs, local events or to share with your local library, community centre and volunteer centre.

We'll keep you updated as these become available. If you have any comments or questions please do get in touch with the Volunteering team.



Audience: All



Action: Share



Contact: Volunteering team
volunteering@mssociety.org.uk

Welcoming and supporting new volunteers

As a new volunteer joining the MS Society we want people to feel informed about their role and supported to get started.

Visit our A-Z of volunteer roles on the volunteer website at volunteers.mssociety.org.uk/a-z-volunteer-roles where you can find role descriptions and welcome and induction checklists for all our volunteering roles.

Role descriptions outline the tasks and requirements of the role, so potential volunteers can agree these before they start volunteering. Welcome and induction checklists provide information and resources to support a volunteer to get started in their role.

These help us all provide an excellent volunteering experience, in line with the quality standards of Investing in Volunteers. Whenever you use a role description or a welcome and induction checklist, make sure you take them from the website so that you have the most up to date version.

Stay tuned – we want to make sure we're offering the best possible support and resources so we're reviewing the welcome and induction checklists. We want to know what you think so look out for a survey in the September edition of Teamspirit.



Audience: All



Action: Share



Contact: Volunteering team
volunteering@mssociety.org.uk



News and events

Living with MS events

We're excited to let you know about our Living with MS information events. Please do share dates and information with your group members.

Who are these events for?

- People who are newly diagnosed
- People who have lived with MS for some time
- Friends and family



Exercise session at Living with MS event, Southampton 2017

Why attend?

- Meet others affected by MS – a great opportunity to meet people who understand and to share tips.
- Take part in interactive workshops – choose from topics such as benefits, exercise and symptom management.
- Learn about the latest MS research – hear about the latest research we're funding and developments.
- Speak to professionals and MS Society staff – we're here to help!
- Visit relevant exhibitors – from local and national organisations.

Upcoming Living with MS event dates:

- Dumfries – 14 September 2018 (more information on page 15)
- Coventry – 17 November 2018
- Newport – 20 October 2018

How to book

Online: mssociety.org.uk/care-and-support/local-support, search 'Living with MS event' in the 'Find support near me' box.

Call: 020 8438 0891

You don't have to commit to the whole day. Come for however long suits you. The events are free and include lunch and refreshments.

Awareness talks

We also run awareness talks. These shorter events focus on research or benefits developments.

Upcoming awareness talks:

- Somerset – 18 July
- Stratford-Upon-Avon – 6 October
- Bedford – 18 October

You can find out more at mssociety.org.uk/care-and-support/local-support.



Audience: All



Action: Share



Contact: Conference team

conferenceadmin@mssociety.org.uk



News and events

Correction to Group Handbook

We've made a correction to Group Handbook A6: handling data. This change is on page 13 of the section, in relation to how long Physical Activity Readiness Questionnaires (under Health and Safety documents) should be kept for.

Please note, Physical Activity Readiness Questionnaires (PARQ) must be reviewed annually and kept for three years after a person stops taking part in a service.

A person can make a claim against us for up to three years after they stop using a service – keeping this data ensures we can deal with any claim that might be brought against an MS Society group.

The Group Handbook on the volunteer website will always be the current version and has been updated to reflect this change. If you have a printed copy or PDF version stored on your computer, please destroy it. Contact Supporter Care to request a reprint or download the current version at volunteers.mssociety.org.uk/group-handbook.



Audience: All



Action: Act – replace out of date versions of the Group Handbook



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

Recognising 'Shining Stars'

Volunteers' Week is always a great opportunity to say a big thank you to our volunteers. This year, our CEO Michelle Mitchell messaged volunteers, our social media channels were booming with stories about volunteers' amazing achievements and successes, and we promoted new, exciting volunteering opportunities to entice prospective volunteers to join the team too!

Our volunteers do so much, and not least of all our local groups! We want to make sure we're recognising individuals, which is why we're relaunching and rebranding our Shining Stars award. This award recognises and celebrates individuals' outstanding contributions and efforts.

We'd love to hear from you

Do you know someone whose contribution has made a difference to your local group or community, whether that's organising events, fundraising, or supporting people living with MS? We want to hear about volunteers who exemplify the positive impact that volunteering can have on local communities.

How to nominate your Shining Star

You'll be able to nominate individuals using an online form, which will be available on the volunteer website soon. A paper nomination form will also be available on the site too.

Our panel of volunteers will assess applications and, if successful, a lovely certificate and lapel pin will be on its way to the recipient within two months.

We look forward to receiving your nominations soon!



Audience: All



Action: Share



Contact: Volunteering team
volunteering@mssociety.org.uk



News and events




Changes to MS Society email accounts

This year we're rolling out improvements to the group MS Society email accounts, in response to your feedback and to help ensure we're keeping people's information safe and secure.

In April we moved all MS Society email accounts to Office 365. This means your inbox now has increased storage capacity. Since then, we've been working with a number of groups to pilot new functionality which enables volunteers who communicate on behalf of their group to have an individual email account, with shared access to a group inbox and to access their emails from handheld personal devices. This also gives volunteers access to Microsoft Word, Excel and PowerPoint and to shared space for file storage.

The pilot has now successfully concluded and from August onwards we'll be rolling this out to all groups. If you'd like to be one of the first groups to receive the new functionality, please contact the Volunteering team on the details below. And look out for more news on this in your group email inbox and from your LNO.

There is more information about MS Society emails on our volunteer website: volunteers.mssociety.org.uk/MS-Society-email

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

Do local groups reduce loneliness?




We want to better understand the role that local groups play in affecting feelings of loneliness. Feeling lonely can impact an individual's long term physical and mental health. We want to get a sense of people's experiences and explore if and how local groups help reduce any sense of loneliness or social isolation.

Having this information enables us to evidence and celebrate the impact that groups are having. It also helps us develop and improve our services.

To gather this information we want to hear from people affected by MS who are currently or used to be involved with your group.

Please share this short survey with members and people who fit in to this description, including family members and friends of people living with MS: tinyurl.com/MSSGroups18

The survey should take less than three minutes to complete. Thank you for sharing.

 **Audience:** All
 **Action:** Share
 **Contact:** Joseph Hepworth,
Service Insight and Impact Analyst
joseph.hepworth@mssociety.org.uk
020 8438 0201



Fundraising

New online training sessions

In the volunteer survey last year you told us you'd like help with fundraising and using our online tools. So, our next round of online training in August will focus on this.

'How to have fun while raising more locally' are online interactive sessions open to anyone who's currently in a Coordinating team, or thinking about joining one.

By attending a session, you'll be able to:

- find out about resources and support available to you
- meet other Coordinating team members
- discuss what it's like for your group, hear from others about their experiences and share top tips

To find out more about our sessions and book your place, please visit the events pages of our volunteer website or contact our Volunteer training team.



Audience: All



Action: Share



Contact: Volunteer training team
volunteertraining@mssociety.org.uk

Partnership continues to bloom!

The National Garden Scheme's (NGS) season of opening is now well under way.

Following last year's successful introduction, Gardens for Health Week will return this August. These are amazing opportunities for groups to visit lovely gardens free of charge. Do have a think about getting your group involved.

Many other super gardens are open at various times throughout the year or by appointment. These can provide lovely social trip opportunities for groups.

NGS's photography competition is open until 28 August. Get creative and you could have a chance of winning a great selection of WOLF-Garten garden products.

Find out more at ngs.org.uk or contact your Area Fundraiser.



Audience: All



Action: Share



Contact: Your Area Fundraiser



Fundraising

Have you signed your group up yet?

Towards the end of last year we started working with Give as you Live an award-winning fundraising platform that works with over 4,000 leading online retailers turning a percentage of every purchase into a free donation for charity.

All you need to do is ask your supporters to simply sign up to Give as you Live for your group. Then each time they shop online at partner retailers a donation will be raised for your group. An easy way to raise regular funds.

There are hundreds of leading retailers including M&S, Amazon, John Lewis and House of Fraser. There's no limit on what you can raise – just by shopping online for new clothes, holidays, gifts or even insurance.

Give as you Live also provides free branded marketing material ready for you to download including fliers, seasonal campaigns and social media posts. You can also find free promotional fliers for groups through the Online Shop.

We've had a number of groups set up their pages so far this year. Our top groups are currently South Tyneside, South Devon, Preston and Chorley & District!

You can find out more on the volunteer website or from your Area Fundraiser.



Audience: All



Action: Share



Contact: Your Area Fundraiser

Direct Marketing update

Summer Raffle

The Summer Raffle opened last month, with the closing date for postal entries of Friday 17 August 2018. Entries can be made online at raffleentry.org.uk/mssociety until Thursday 23 August 2018. The raffle aims to raise over £100,000. With the chance to win a top prize of £4,000, get your entries in soon!

Summer *advances*

The summer edition of our magazine *advances* will be landing on doormats in the next few days. Supporters can read great articles about the latest MS research, campaigns, fantastic fundraisers and even a love story! We're hoping to raise over £50,000 from our generous supporters.

Spring Appeal

The Spring Appeal was sent out at the end of April, asking donors to support the MS Society through a regular gift. This will help provide long-term research projects, such as our work with MRI methods, with steady, ongoing income for the future. Thanks to our amazing supporters all the targets have been beaten and we have over 400 new Direct Debits, meaning almost £40,000 extra every year!



Audience: All



Action: Share



Contact: Supporter Care

supportercare@mssociety.org.uk

0300 500 8084



Fundraising

MS Walk is back!

MS Walk is back for 2018. And this year, we're delighted to be bringing MS Walk to Belfast, as well as London.



Join us on Sunday 23 September for an incredible day as we celebrate the MS community at its best. We'll have four fully accessible routes (1, 6, 10 and 20km) to choose from. The London route takes in some of the capital's finest views and iconic landmarks along the River Thames. In Belfast, the stunning route starts at the Titanic Quarter and finishes in Lady Dixon Park, taking in the Lagan Towpath and Botanic Gardens along the way.



You can find out more and register your interest at mssociety.org.uk/get-involved/fundraise/walking-and-trekking/ms-walk

Please help spread the word. There'll be food, drinks and fun for all the family – we'd love to see you, whether you'd like to volunteer, take part or join us for a fun day out!



Audience: England and Northern Ireland



Action: Share



Contact: MS Walk, London

challenge@mssociety.org.uk

MS Walk, Belfast

eve.shearer@mssociety.org.uk

Teamspirit

For group volunteers and national support group committee members



Finance

Changes to legacies and over £10k spend

We're changing the way we handle legacies received for groups and the approval process for over £10k spend by groups. The aim is to make it easier for you to receive and spend these monies.

In summary, from now on:

1 The first £20k of a legacy received for a group will go straight to the group providing they don't hold excessive reserves.

In this context 'excessive reserves' will be defined as 24 months' expenditure held as reserves at the end of last financial year. (That's actually twice the limit a group is allowed to hold under our financial rules but we're keen groups get access to these funds quickly).

The next £20k of the legacy will be released automatically in May of the following year providing the group's reserves were within the level set in the MS Society's financial rules (e.g. not more than 12 months' expenditure held as reserves) as at the last financial year.

Each May another £20k is released providing the group's reserves are within the level set in the financial rules until the funds held are exhausted.

2 Groups can still request monies held at MS National Centre by completing a simple form.

Requests will be accepted if the group can demonstrate it doesn't have sufficient reserves for the next 12 months given what it plans to spend.

3 The process for obtaining approval for over £10k spend is to be simplified.

As at present, if you want to spend £10k on one item or service or if the contract value is greater than £10k then you must seek approval first. We've simplified the approvals process to hopefully make that quicker.

If you have any questions on what is changing or would like to see more detail (or copies of forms) please contact the Finance team.

 **Audience:** Finance Volunteers

 **Action:** Note

 **Contact:** Finance team

financesupport@mssociety.org.uk

Email of finance remittances


We'd just like to remind all groups that finance remittances must be sent to official MS Society group email accounts and cannot be sent to personal email addresses or posted out.

We need to ensure personal information is kept secure. Our finance remittances contain personal information – individuals' names and details of monetary amounts contributed – and can therefore be identified as having a personal interest in the MS Society. For this reason we can no longer send the remittances to personal email addresses. MS Society email accounts are managed securely and so meet data protection requirements.

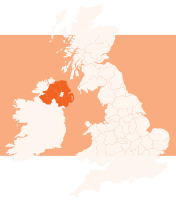
If you don't have access to your group email account, please contact Supporter Care as soon as possible.

 **Audience:** Finance Volunteers

 **Action:** Note

 **Contact:** Supporter Care

supportercare@mssociety.org.uk
0300 500 8084



For Northern Ireland

Physiotherapy

Our Neurophysiotherapist, Rachel Flinn, is based at the Resource Centre in Belfast.



As well as running both mat based and seated Pilates, Rachel sees clients on a one to one basis. As a Neurophysiotherapist Rachel works with clients to improve quality of life through analysing movement and mobility and designing a plan of treatment to work on specific problem areas.

Appointments are available on Tuesdays and Thursdays where Rachel offers assessments and a course of treatment. Therapy can focus on mobility, balance, coordination, muscle strengthening, massage, stretching, advice and provision of a specific exercise program. We ask for a small donation of £5. Please help spread the word with anyone who may be interested in making an appointment.




 **Audience:** Northern Ireland
 **Action:** Share
 **Contact:** NI reception
nireception@mssociety.org.uk
028 9080 2802

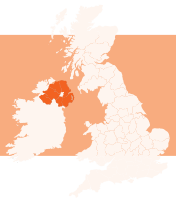
IT Matters

As many of you will know from previous editions of Teamspirit, we've been running a Big Lottery 'Awards for All' funded programme called 'IT Matters'. The six-week programme has already taken place in Omagh and Belfast and we're now planning when and how to deliver the programme in other areas including Craigavon and Ballymena.

IT Matters aims to improve IT skills for volunteers and local MS support groups. Sessions cover things like social media, email and keeping safe online. The programme is also supporting volunteers in their roles to communicate more effectively, recruit new volunteers and promote the great work across the MS Society. The programme has been a big success so far.

If you'd like to find out more about IT Matters or register your interest in taking part in Craigavon or Ballymena please do get in touch.

 **Audience:** Northern Ireland
 **Action:** Share
 **Contact:** Susan Carey, LNO
susan.carey@mssociety.org.uk



For Northern Ireland

Neurology recall at Belfast Trust

The recall of neurology patients by the Belfast Trust is a worrying time for many. We wanted to update you on how we're working on this issue.

In the media

You may have seen us in the media, commenting on the news and the recall. We've tried to do this in a measured and constructive way to help raise awareness of the issue and keep the concerns of people affected by MS at the forefront.

Engaging with Trusts and decision makers

We regularly engage with the Trusts and health decision makers anyway, however, we've sought and held meetings specifically on the recall with both the Belfast Trust and the Department of Health. We're meeting with the Department of Health on a fortnightly basis for updates. Members of the NI Council of the MS Society attend these meetings to give direct feedback from people affected by MS.

We've also raised questions with the Belfast Trust and the Department on the events and decisions which led to the recall. We'll continue to pursue these vigorously with both organisations and the relevant public enquiry processes.

Providing support and information

We've been working to ensure counselling and support is available at clinics, that the patient advice line continues to work well for people needing assistance while awaiting their review and that the hardworking neurologists and nurses running the extra clinics are being sufficiently supported.

If you have an experience of the recall you'd like to share or an issue you'd like us to raise please do get in touch on the details below.



Audience: Northern Ireland



Action: Share



Contact: NI reception

nireception@mssociety.org.uk

028 9080 2802



For Scotland

Volunteer Craig to attend Queen’s Garden Party

Living Well facilitator Craig Herbert has been volunteering with us for over a decade and was chosen for his contributions supporting people living with MS.



Craig said:

“It’s a great honour. I have only ever considered my volunteering role with the MS Society as a way of giving something back and helping others in similar situations to those I’ve faced. Never did I think that I’d be considered to attend such a prestigious event and to represent those that I’m called to support.”

Craig, who also volunteers with Guide Dogs Scotland, said: *“I was lost when I was diagnosed with MS, but volunteering helped me. I’m a stronger person through my volunteering. Before I was diagnosed I wouldn’t have been able to stand in front of people and lead sessions like I do now.”*

As a Living Well Facilitator, Craig helps deliver sessions for people who are newly diagnosed with MS. Craig said: *“Living Well with MS sessions are designed for people in the first five years after diagnosis. This period can be tough for people living with MS – but they can expect a friendly face and listening ear from someone who has been where they are now.”*

A big thank you to Craig and to all of our amazing volunteers!

Find out more about Living Well with MS sessions at mssociety.org.uk/living-well-ms-sessions

Audience: Scotland
 Action: Share

Two great fundraising events this autumn

The Great Scottish Run – 29-30 September

This family friendly event has a fantastic atmosphere, with races from the 100m toddler dash to the half marathon.



Adrian (pictured) took on the run last year for his mum and aunt, and told us:

“I decided I wanted to do something because I wanted to make their battle against MS my battle too. I want to fight for my family and help MS Society Scotland raise funds so they can continue to provide support for those affected by MS.”

Forth Rail Bridge Abseil – 21 October

This adrenaline-fuelled challenge sees our brave team of #MSSuperstars abseil 165ft from the iconic Forth Rail Bridge to the sandy beach below. A heart racing challenge, with stunning views across the Forth.



Would you or someone you know like to take on a new challenge? Please help spread the word, and contact us on the details below to sign up.

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



For Scotland

Prescribing practices in Scotland

On World MS Day (30 May) we published our report on disease modifying treatment (DMT) prescribing practices in Scotland, Right Treatment Right Time. Overall the evidence presented in the report shows that good progress has been made in recent years. The data we gathered shows that the prescribing of DMTs has increased year on year across Scotland.

We're also pleased that our survey of 438 people with MS in Scotland shows that most people who are taking a DMT have been pleased with the level of support and information they've received while making decisions about treatment. Some key findings are:

- 87% of people who could benefit from a DMT had been offered one
- 72% of respondents were currently taking a DMT
- 51% of people were taking a DMT within six months of diagnosis

The survey also highlighted the important roles played by the MS nurse and neurologists in providing support and information through the decision making process.

Although good progress has been made there is still room for improvement. The report details recommendations, which we've shared with MSPs, on how we can achieve this. Next we'll be engaging with Health Boards to discuss how best to implement these at a local level.

Read the full report at mssociety.org.uk/get-involved/campaign-with-us/treat-me-right/is-access-to-treatment-a-lottery



Audience: Scotland



Action: Share



Contact: Keith Park,
External Relations Officer
keith.park@mssociety.org.uk
0131 335 4050

Living with MS day coming to Dumfries

We're excited that our popular Living with MS information day will be held at Easterbrook Hall in Dumfries on Friday 14 September.

It's a great opportunity to get up to date information from MS Society staff and MS professionals, as well as meet other people living with MS.

This event will have a special focus on health and wellbeing. In the morning, we'll be joined by an MS researcher to hear about the latest research on health and wellbeing, exercise and lifestyle.

We'll also have practical workshops on managing fatigue, keeping active, yoga and relaxation and self-management, to name a few.

In the afternoon we'll be joined by a researcher from the Edinburgh Centre of MS Research, who will talk about advances in MS research.

You'll also have the chance to browse a range of stands from local community groups.

How to book

Online: mssociety.org.uk/care-and-support/local-support, search 'Living with MS event' in the 'Find support near me' box.

Call: 020 8438 0891

You don't have to commit to the whole day. Come for however long suits you. The events are free and include lunch and refreshments.



Audience: Scotland



Action: Share



Contact: Conference team
conferenceadmin@mssociety.org.uk



For Wales

Treat me Right success

The voices of people living with MS has prompted the Welsh Government to review MS services.

For the past twelve months MS Cymru has gathered evidence from people living with the condition from all over Wales and from professionals responsible for their care.

We found that a lack of capacity and infrastructure has resulted in;

- People living with MS not being able to access vital services, treatments and the most appropriate health and social care professionals at the right time
- People living with progressive forms of the MS feel like they're on the 'scrap heap'
- MS Neurologists feeling they are 'Behind the Curve' in providing appropriate treatments

We took our concerns to the Welsh Government officials, Local Health Boards and MS Specialists.

Plans are now underway for a whole system review aiming to ensure that people living with MS in Wales have access to the right care, at the right time, in the right place and by the right professional.

We're extremely pleased that people living with MS in Wales are being listened to. MS Cymru will be working closely with the Welsh Government, Local Health Boards and MS Teams across Wales to ensure that the promises are delivered.

We're grateful to everyone who shared their experience with us – it's making a difference!

 **Audience:** Wales

 **Action:** Share

 **Contact:** Fiona McDonald, Policy, Press and Campaigns Manager (Wales)
fiona.mcdonald@mssociety.org.uk
02921 678924

Active Together in South Wales

We're delighted to let you know that following a successful application MS Cymru has been awarded a grant of over £150k to run Active Together; a two year pilot project to promote fitness and friendship for people living with MS in Cardiff, Merthyr and Rhondda Cynon Taf.

Many people living with MS can and do remain active with their condition. However 95% of people living with MS who responded to our survey in Cardiff, Merthyr and Rhondda Cynon Taf told us that they'd like to be more physically active but face challenges in doing so.

Finding suitable and accessible equipment, instructors who understand the fluctuating and progressive nature of MS and transport were some of the main issues faced.

The project will be working in partnership with the National Exercise Referral Scheme and the Physiotherapy Department in the School of Healthcare Sciences, Cardiff University to help overcome these challenges.

It will go a long way to provide the necessary support for people living with MS in the area to be more physically active and live well.

We hope that this pilot will be successful and we can develop it all over Wales.

 **Audience:** Wales

 **Action:** Share

 **Contact:** Jessica Mansel, External Relations Officer (South and Mid Wales)
jessica.mansel@mssociety.org.uk
020 3872 8732



For Wales

Fundraising in Wales

We still have a few Charity places available for the Cardiff Half Marathon on 7 October, but public places have now sold out. Please contact us if you or someone you know would like to reserve a place and be part of our team of MS Superstars! Don't forget if you can't take part, please come along and cheer on the day!

We're delighted and grateful to have the support of Cardiff based technology company Oprema this year, who've chosen us as their Charity of the Year. They have a range of fundraising activities planned, including trekking Snowdon at night, a tough mudder, and a Halloween party.

A huge thank you also to staff at LexisNexis in Cardiff, who participated in the Cardiff Dragon Boat Festival and won, raising £1,725, which LexisNexis will match.

If you know of a local company who'd like to support us or for further information about Fundraising in Wales please do get in touch with Sian on the details below.

Fundraising groups update

In April our Cardiff Fundraising group raised almost £6,000 through their annual Black and Orange Ball in aid of the MS Society and the Merthyr RCT Support Group.

The Diablos Dynamos Fundraising group in Swansea have a number of activities planned for this year – including a Wheel and Walk in Swansea Bay, and a Sky dive.

The groups are actively seeking new members, please get in touch if you're interested in joining them.



Audience: Wales



Action: Share



Contact: Sian Doward,
Fundraising Manager

sian.doward@mssociety.org.uk
029 2167 8920

My MS, My Rights, My Choices

Reaching new members of the MS community in Wales has been a burning issue for our groups for a long time.

Thankfully the My MS My Rights My Choices project which is being funded by the Big Lottery Fund and Masonic Charitable Foundation gives us a wonderful opportunity to organise activities and reach more people.

Not only does the funding give us the capacity to deliver more events but we're now in a great position to hold them in locations where we've not been before.

Our project team of Adele, Tim, Naomi and Sophie are working alongside our LNOs to deliver the project's activities.

Over the past year, they've organised several events including sessions on Grants, PIP / ESA, MS Research, Living Well with MS, Get Active and Employment.

So far 640 people have attended these events, 80% of whom are new to the MS Society.

Coming up over the next few months, there'll be a range of activities including newly diagnosed days, information days and conferences on progressive MS in South West and North West Wales.

In South East Wales we're planning sessions on fatigue management, mindfulness, creative writing, self-defence and potentially a pottery class before the Autumn.

In North East Wales a Mindfulness course in Wrexham will run weekly from 19 September to 31 October every Wednesday evening.



Audience: Wales



Action: Share



Contact: 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 23/03/18 to 24/05/18				
Group Name	Earmarked Description	Earmarked	Research	General
Bolton & District Group			£4,000.00	
Borders (The) Group			£5,000.00	
Camden Group			£2,000.00	
Campbeltown & District Group			£890.00	
Clydebank & District Group				£4,331.23
Conwy and North Denbighshire Group	Cambridge Myelin Repair Centre	£1,000.00		
Conwy and North Denbighshire Group	Edinburgh Centre for Translational Research	£1,000.00		
Harrogate & District Group			£500.00	
Hull, Beverley & Holderness Group			£2,000.00	
Mendip Group			£8,000.00	
Milton Keynes & District Group				£1,086.05
North Dorset & District Group			£1,000.00	
Oswestry & District Group	Cambridge Myelin Repair Centre	£1,000.00		
Scarborough & District Group	Stem Cell Research	£2,500.00		
South and West Cornwall Group	Stem Cell Research (in memory of the group's late chairman Mr Malcolm Glister)	£2,000.00		
Wakefield & District Group			£2,500.00	
Total		£7,500.00	£25,890.00	£5,417.28



Classifieds

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 2018 for both properties, please contact the Bexley & Dartford group on 0208 306 7050 or email bexley@mssociety.org.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 parkdean.com
For availability ring Dave on 07793 414874 or email dandm4sc@btinternet.com

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.

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



Teamspirit directory

Our offices

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MS Society Cymru

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Mount Stuart Square
Cardiff CF10 5FH
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@womenagainstms.org.uk
020 8542 1712

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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