

# Teamspirit

For branch volunteers and national support group committee members



*Our winners at the MS Society Awards 2014*

## MS Society Awards 2016: new Branch of the Year Award

The MS Society Awards are returning this year and we're introducing exciting new categories including 'Branch of the Year'.

Building on the success of the 'Volunteer of the Year Award' we want to honour branches who are demonstrating a continuing commitment to enriching the lives of people with MS.

You can nominate branches across the UK – big or small. We know that branches are out there making a real difference and the MS Society Awards are a chance to recognise and celebrate their contribution.

For more information about the Awards including the full list of categories and how to nominate turn to page 3.



# News and events

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

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

## Local Networks Programme

A huge thank you for giving your views on the Local Network Programme proposals.

These proposals set out a practical and ambitious way to better support volunteers, help local branches flourish and support more people affected by MS across the UK.

Hundreds of you came to our volunteer forums, our best turnout ever, and you were positive about the proposals overall.

Having taken volunteer feedback into account and in discussion with staff, the trustees have approved the majority of proposals with the guidance that we, as staff, look at the issues you raised. You told us you wanted us to look at the model of two different ways to be a branch. In particular you wanted to know how branches could move between the two types of group and whether we need to use different names for these groups in an external context. We'll take this feedback on board.

We'll come back to you in the Spring volunteer forums with the timescales and planning detail we know you want.

Your experience and insight is essential to the success of this programme. Please continue to let us have your views by contacting us on the email below or talking to your Local Network Officer (LNO).

For more information please visit:  
<https://volunteers.mssociety.org.uk/resources/1803>

Thank you again for all your hard work supporting people affected by MS locally.



**Audience:** All



**Action:** Share



**Contact:** Local Networks Programme  
[localnetworkprogramme@mssociety.org.uk](mailto:localnetworkprogramme@mssociety.org.uk)



# News and events

## MS: Enough update

This month the All Party Parliamentary Group (APPG) for MS will meet at Westminster to launch a review of the employment support people with MS receive. The review will be focusing on both the support available to help people stay in work, and the support provided when people with MS are no longer able to work. This includes disability benefits such as Employment and Support Allowance (ESA).

As part of the review, the APPG want to hear the experiences of people with MS. To be the first to hear about how you can share your experiences, make sure you've joined our campaigns community by visiting

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

### Meeting the Minister

In November, we met with the Minister for Disabled People, Justin Tomlinson MP. We discussed the issues highlighted in our *MS: Enough* report, and voiced concerns many people with MS shared about the change from Disability Living Allowance (DLA) to Personal Independence Payments (PIP).

This meeting was the start of an on-going conversation with the UK Government about what needs to change. We know that achieving some of these changes will be a challenge, but we'll continue to work with the Minister to ensure the experiences of people with MS are heard.

To hear more updates on the campaign visit [www.mssociety.org.uk/msenough](http://www.mssociety.org.uk/msenough).

Thank you for your continued support with this campaign.



**Audience:** All



**Action:** Act – share your story, join the campaigns community



**Contact:** Campaigns team  
[campaigns@mssociety.org.uk](mailto:campaigns@mssociety.org.uk)

## Nominate your star of the MS community

Nominations for the 2016 MS Society Awards are now open until 19 February.

The MS Society Awards are a fantastic opportunity to recognise the stars of the MS community and their contribution during the year of 2015.

We're looking for people who:

- have brought about a real difference to people affected by MS
- have demonstrated innovation
- have changed things to improve the lives of people affected by MS either locally or nationally
- stand out from others providing a similar service/contribution

You can nominate in the following categories:

- Branch
- Carer
- Young Carer (under 18)
- Campaigner
- Digital media
- Employer
- Fundraiser
- Young Fundraiser (under 18)
- Media
- Professional
- Political Supporter
- Research
- Volunteer

Anyone is welcome to nominate – we want to hear from you!

You can submit your nominations via the MS Society website at

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

The Awards ceremony will be held in London in April, during MS Week.



**Audience:** All



**Action:** Share, act – submit your nominations



**Contact:** Conference team  
[mssocietyawards@mssociety.org.uk](mailto:mssocietyawards@mssociety.org.uk)  
020 8438 0941



# News and events

## MS Life 2016

The MS Society's leading information and lifestyle event, MS Life, is returning in 2016. MS Life is the biggest event in Europe for people affected by MS, and is an unmissable opportunity to come and meet other volunteers from across the UK.

There will be 40 different interactive information sessions as well as a huge lifestyle exhibition to browse while making new friends and finding out what's new in the world of MS.

Following on from the success of MS Life 2014 held in Manchester, MS Life has a new home for 2016 – London. We're also moving the event to later in the year, so the dates to mark on your calendar are **17-18 September** at ExCeL London.

You can find more information on the MS Life website at [www.mssociety.org.uk/mslife](http://www.mssociety.org.uk/mslife)



**Audience:** All



**Action:** Share



**Contact:** Conference Team

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

020 8438 0891



# Info and resources

## New resources

We have one new resource available to order from the online shop:

### *Claiming Personal Independence Payment (PIP)*

For people with MS who are going through the PIP claims process, this booklet looks at whether you're eligible to claim, as well as looking in detail at the assessment process, including completing the PIP questionnaire, the face-to-face consultation and how to challenge a decision.

## Updated resources

*Hearing* This factsheet provides an overview of MS-related hearing problems, how to manage them and explains how the brain processes information from the ear.

*MS Helpline leaflet* This leaflet gives information about the support the MS Helpline can offer people affected by MS, including a re-useable card with the MS Helpline contact details.

You can find up-to-date versions of all our most requested publications on the MS Society website Key Publications list, which is updated monthly: <https://www.mssociety.org.uk/ms-resources/key-publications>

Resources can be ordered from the online shop at <http://shop.mssociety.org.uk>. If you need a login for bulk orders please contact the Information Resources team.



**Audience:** All



**Action:** Share



**Contact:** Information Resources team  
[shop@mssociety.org.uk](mailto:shop@mssociety.org.uk)  
020 8438 0999



# Research

## Understanding the needs of People with MS

Around 10,000 people with MS completed the My MS, My Needs survey in 2012, making it one of the largest surveys of people with MS in the UK. The findings have proven highly effective in lobbying for changes to national guidelines on the care and treatment of MS.

Early next month we'll be launching a new version for 2016.

This will highlight where people are getting the treatments, services and support that they need, and where improvement is needed. Such information is vital for our work and will help us to work together to improve MS services.

### Everyone's response matters

For us to gather a clear picture of what it's like to live with MS in the UK, we need as many people to fill in the questionnaire as possible.

### Getting involved

If you're an MS Society member look out for the questionnaire arriving on your doorstep soon. You can also complete it through the MS Register. Please do take a few minutes to share your experiences.

If you have any questions please get in touch with the Research team.



**Audience:** All



**Action:** Share, act – complete the survey



**Contact:** Research team

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

020 8438 0822

## Engaging your branch members with research

We understand how engaged and enthusiastic our volunteers are when it comes to MS research. That's why we try to keep you as updated as possible about new breakthroughs, and want to make sure you have plenty of opportunities to hear about research.

A great way to do this is to incorporate research into a branch event, for example, inviting a researcher to speak or running a session about an experimental or alternative therapy.

If you'd like to arrange an event like this, please contact your Local Network Officer (LNO) to get started. Your LNO will then liaise with the Research team, who can help to ensure that the research is relevant and that your branch has all the resources it needs. This also enables the team to monitor how the research community is engaging on a local level.

We're excited to announce that this year, researchers from the MS Society Tissue Bank and the MS Register will be able to give research talks at branches as well, which means there will be more opportunities to hear about the exciting work that's going on. If you'd be interested in arranging a talk from either of these or other researchers, contact your LNO to get the ball rolling.



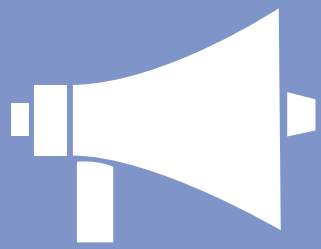
**Audience:** All



**Action:** Share, act – contact your LNO if you'd like to arrange a talk



**Contact:** Your Local Network Officer



# Fundraising

## Stop MS – our 2015 highlights

2015 was quite a year!

The Stop MS Appeal is a national appeal to raise £100 million over the next 10 years to fund research which we hope will revolutionise treatment and transform quality of life for people with MS.



The Appeal launched with a drinks reception at the Royal Society in February where we unveiled our name and logo. From there it was non-stop fundraising and networking as we worked towards our £100 million target.

We're delighted to share we exceeded our fundraising ambition for 2015. Successful completion of a challenge gift from a charitable trust in May, which raised a total of £2 million proved a big highlight. We were busy meeting some of the biggest funders in the UK and introducing potential donors to Stop MS over intimate events across the nations. In the past few months, these included small dinners at the Signet Library in Edinburgh and the Knightsbridge Barracks. We also produced the first set of Stop MS collateral, including a brochure and discreet web page for potential donors.

Thanks to everyone who has collaborated on the Appeal so far. We're excited to see what we can achieve in 2016 as we continue our approaches to potential supporters at the highest level. We've already got a full calendar of events planned, including our first exclusive Stop MS annual lecture on World MS Day and we'll finish our year with a Christmas Concert at St. Paul's Cathedral on 8 December, where we hope you'll be able to join us. We'll keep you up to date with more Stop MS highlights throughout this year!

- Audience:** All
- Action:** Note
- Contact:** Sabrina Borgatti,  
Stop MS Programme Officer  
[sabrina.borgatti@mssociety.org.uk](mailto:sabrina.borgatti@mssociety.org.uk)  
020 8438 0874



# Fundraising

## NEW for 2016!

In September we'll be joining with Parkinson's UK to put on our first joint bespoke fundraising event – The London to Paris Cycle!

From **14-18 September**, cyclists will pedal from one iconic city to another – through picturesque Kent, across the Channel, through the small villages of Northern France, passing famous First World War battlefields, before arriving under the Eiffel Tower.

The money raised will help us continue to invest in our world-class Tissue Bank – the largest MS-specific brain donor scheme in Europe.

Registration is now open! Please share with your contacts and visit the website or get in touch for more information.

Website: <https://www.mssociety.org.uk/ms-events/london-paris-bike-ride>



**Audience:** All



**Action:** Share



**Contact:** Caroline Buckland,  
Community and Events Fundraising  
team  
[caroline.buckland@mssociety.org.uk](mailto:caroline.buckland@mssociety.org.uk)  
0845 481 1577

## Direct Marketing updates

### Christmas Appeal

Thank you to everyone who donated to the Christmas Appeal, raising funds towards research into myelin repair. We believe finding a way to repair myelin is crucial and there are some really positive research projects we are funding at the moment, including the two featured in the Christmas Appeal pack.

### Christmas raffle

We'd also like to thank supporters who donated or bought tickets for the Christmas raffle. We raised more than ever before from an MS Society raffle and really appreciate all your amazing support.

### Gift Aid

Some members and supporters will receive a Gift Aid request mailing in mid/late-January. Confirming Gift Aid status is vital to maximise the impact of donations from our supporters and members, at no extra cost to them, so please encourage your members to return Gift Aid forms if they receive them.

### advances feedback survey

The next edition of *advances* will be landing at the end of January. Members who receive it should see a difference from the previous edition and that their feedback in the survey has been taken in to account. Thank you.



**Audience:** All



**Action:** Share



**Contact:** Peter Marsh,  
Direct Marketing Officer  
[peter.marsh@mssociety.org.uk](mailto:peter.marsh@mssociety.org.uk)  
020 8438 0722





# Fundraising

## A big thank you for your support in 2015!

The Community and Events team and Area Fundraisers would like to thank all the branches and volunteers who have supported us during 2015. From hosting Cake Breaks, to recruiting participants for our events and cheering on our supporters as well as a variety of other fundraising activity – your support really does make a difference.

We can't thank every branch that has supported us, but we would like to particularly thank Teesside, Newcastle/Gateshead, Surrey, Brighton, Stockport, Cheltenham, Bath and Birmingham branches for attending sporting events in their areas and supporting and cheering our MS Superstars. With events happening around the country in 2016, please contact Russell Benson if you're interested in getting involved.

Branches also raised an incredible £28,000 through Cake Breaks last year! Be sure to look out for details about Cake Break 2016 in upcoming editions of Teamspirit or if you have any queries please contact Jemima Woolgar on the details below.

Thank you again for all your support in 2015.



**Audience:** All



**Action:** Note



**Contact:** Russell Benson,  
Community and Events Manager

**[russell.benson@mssociety.org.uk](mailto:russell.benson@mssociety.org.uk)**

020 8438 0725

Jemima Woolgar, Community and  
Events Fundraising Officer

**[jemima.woolgar@mssociety.org.uk](mailto:jemima.woolgar@mssociety.org.uk)**

020 8438 0811





# Fundraising

## Getting support from Lions and Rotary

Lions and Rotary clubs across the UK will be electing their President this month, for the year starting 1 July 2016.

That means now is the best possible time to get in touch with your local clubs, whether to build on existing support or to engage with them for the first time. A really good way to engage is to offer an awareness talk to discuss:

- what MS is and its impact
- what your branch does and how it supports local people
- the MS Society – including information about research and campaigns and what the organisation does nationally
- existing fundraising support or introduce the idea – highlight the difference that such donations make to the branch and how the branch could expand and grow to provide further support to local people living with MS

Your Area Fundraiser will be happy to support you with this – so do get in touch for contacts, ideas and resources.

It often takes a long time to develop and build relationships with these groups so do persevere as it can make a big difference in the long term. You can read about a great example of a branch engaging with and benefitting from the support of a Lions club on page 14.



**Audience:** All



**Action:** Act – contact your local clubs



**Contact:** Your local Area Fundraiser

## On their Bikes to beat MS

Last summer a group of 15 brave riders led by James Whateley from Bike the UK for MS cycled from John O'Groats to Lands End.

They raised a massive £15,500 in sponsorship and were delighted to have met up with a number of branches along their route to understand more about MS and the impacts that it has on people's lives.

The team were so impressed and moved by what they saw so have decided to donate £1,000 of this to each of the branches they met toward their exercise provision and support grants.

On their rest day team members invited local people to an amazing, very well received, family fun day at a cycle circuit with lots of accessible bikes. It was a great day and the group have donated £8,000 to be split between Bath & Bristol branches plus £1,500 to research. James is a third year student at the University of Bath and a number of participants are based in the area.

James is now busy planning and seeking participants for the 2016 challenge which will follow a similar route. Information at [www.biketheukforms.org](http://www.biketheukforms.org)

For more information and if your branch is along their route and would like to meet up with the 2016 team please contact Andy Jarrett.



**Audience:** All



**Action:** Share



**Contact:** Andy Jarrett,

Area Fundraiser West

[andy.jarrett@mssociety.org.uk](mailto:andy.jarrett@mssociety.org.uk)

020 8438 0943



# Support

## Strengthening our financial Support – 2016 and beyond

As highlighted in our *MS: Enough* campaign, the financial situation for many people with MS and their families is tough and getting tougher.

Over the next few months we'll be exploring ways to strengthen the financial support we provide to people affected by MS.

As discussed at the volunteer forums, we want to work on one integrated grants policy. To achieve this we will start the year by reviewing our support grant funds and we'll need your help to make this happen. Look out for opportunities to get involved through Teamspirit and the volunteer pages of our website <https://volunteers.mssociety.org.uk/>

This means that in the short term there will be no change to the upper limits for grants awards listed in the Grants Handbook, although these may change later as a result of the review.

If you have any questions or comments please contact the Grants team.



**Audience:** All



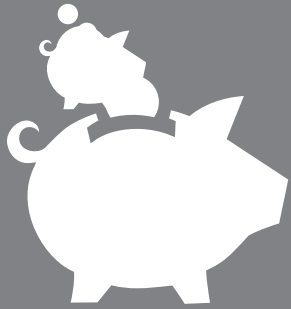
**Action:** Note



**Contact:** Grants team

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

020 8438 0700



# Finance

## Annual accounts – submission deadline 31 January 2016

### Branches using branch accounting online

Branch Treasurers will have received details of the annual accounts submission via email. Branch Chairs must verify the receipts and payments report column figure for 'year to date' December 2015 by either:

- emailing a copy of the report (copying in the branch Treasurer) confirming the report is accurate OR
- signing the report

The completed Internal Financial Controls Checklist must be signed by both Treasurer and Chair.

### Branches not using online branch accounting

Branch Treasurers should have received the 2015 accounts pro-forma pack via post.

The pro-forma will need to be signed off by the branch Treasurer and Chair and sent to the Finance team. Please remember to include the completed 'Internal Financial Controls Checklist'.

Branches who don't currently use online accounting but would like to use it to submit their 2015 accounts can do so by contacting the Finance team. We also encourage branches to consider implementing online branch accounting for 2016. Support and training will be available to help with this transition.

If you're interested in hearing more, or have any queries, please contact the Finance team.



**Audience:** Treasurer, Chair



**Action:** Act – complete and return the pro-forma



**Contact:** Chrish Ranjan, Branch Accountant or Jamie Gracie, Divisional Accountant

**financesupport@mssociety.org.uk**

020 8438 0711 or 0131 335 4078  
MS National Centre, 372 Edgware Road, London, NW2 6ND



## VAT relief available

People with MS and MS Society branches are able to obtain a number of VAT reliefs. This is a simple way to reduce costs. All you need to do to claim these reliefs is provide a declaration to the supplier. Template declarations are available at <https://volunteers.mssociety.org.uk/resources/1358>

The lists below are not exhaustive but provide an outline of the types of items that VAT reliefs can be obtained on. Further details can be found in chapter 9 of the Treasurers' Handbook.

### People with MS should not have to pay VAT on the following items:

- adjustable beds, chairlifts, hoists and sanitary devices
- emergency call systems
- some building work done at the person's home to help them to move around, such as widening of doorways and constructing ramps
- adapted motor vehicles, and their repair – qualifying adaptations include a swivel seat or wheelchair hoist

### MS Society branches should not have to pay VAT on the following items:

- advertising
- printing
- leaflets and newsletters that meet certain criteria
- hire or purchase of minibuses that have been adapted to carry a wheelchair



**Audience:** All



**Action:** Share



**Contact:** Finance team

[financesupport@mssociety.org.uk](mailto:financesupport@mssociety.org.uk)  
or [branchVAT@mssociety.org.uk](mailto:branchVAT@mssociety.org.uk)



# For England

## Celebrating 60 years

The Hull, Beverley Borough and Holderness branch set itself an ambitious task back in April 2014; to raise £60,000 for their 60<sup>th</sup> anniversary in 2015. On 18 November 2015 they held an anniversary dinner to celebrate reaching the momentous milestone of 60 years. 120 members attended the dinner and the branch presented Michelle Mitchell with a cheque for £60,000 to go towards MS research (pictured below with branch Chair, Margaret Thompson).

Many people worked hard over the last two years to help raise this fantastic fundraising total. As well as big sponsored events, the branch carried out lots of smaller fundraising initiatives including:

- giving people a full packet of Smarties and asking them to fill the empty tube with 20 pence pieces. This raised nearly £700, with very little outlay
- getting their whole membership involved in fundraising – mailing out football scratch cards, raising over £800
- members holding jumble sales and setting up at car boot sales



The branch also received a very generous donation of £12,000 from Haltemprice Lions Club who held a charity dinner and local Girl Guides held a cake stall and fun night to raise funds!

A huge thank you to the Hull, Beverley Borough and Holderness branch for all their work over the years and incredible fundraising.

Congratulations on your 60<sup>th</sup> anniversary!

 **Audience:** England

 **Action:** Note



# For Northern Ireland

## Save the Date

Please join us on **24 March** for an MS information talk on fatigue. Guest speaker Professor Rona Moss-Morris, Professor of Psychology as Applied to Medicine at King's College London, will discuss what fatigue is, its causes and how it can be managed. There will also be an opportunity to ask questions.

Registration is also open for the MS information talk on **Saturday 23 April 2016** at Silverbirch Hotel, Omagh.

 **Audience:** Northern Ireland  
 **Action:** Share, act – book your place  
 **Contact:** NI Reception  
[nireception@mssociety.org.uk](mailto:nireception@mssociety.org.uk)  
028 90 802 802

## Waiting lists

Our 2016 NI Assembly election manifesto focuses on the important issue of neurology waiting lists. We know that waiting times in neurology services are on the increase and many people with MS are waiting too long for a new or review appointment with a Consultant Neurologist. We will be campaigning on this issue in the run up to the next NI Assembly elections and we need the support of our branches and members to demonstrate the impact that being stuck on a waiting list can have on health and wellbeing.

We'll be hosting hustings events in Belfast and Derry later this year and would encourage our branches and supporters to get involved. If you're on a waiting list and would like to share your experiences in our campaigning and media work please contact us.

 **Audience:** Northern Ireland  
 **Action:** Share, act  
 **Contact:** Brenda Maguire,  
Policy, Press and Campaigns Manager  
[brenda.maguire@mssociety.org.uk](mailto:brenda.maguire@mssociety.org.uk)  
028 90 802 802



# For Northern Ireland

## Upcoming fundraisers 2016

We'll have lots of exciting fundraising events to get involved in this year – please help spread the word and promote these in branches and with your contacts.

### Join Team MS

The Belfast City Marathon takes place on **4 May**. You can sign up now at [www.belfastcitymarathon.com](http://www.belfastcitymarathon.com). Let us know once you've registered and we'll send you an MS 'Event Pack'. Remember you don't have to run the marathon, you can walk, run or relay in this annual event.

### Beat MS Ball

Our 'Beat MS' Ball takes place at the Stormont Hotel on **Saturday 16 April**. Join us for a night of glitz, glamour, great food and entertainment – guaranteed! Reserve your tickets or table now.

To register for any of our fundraising events visit our website [www.mssociety.org.uk/ni](http://www.mssociety.org.uk/ni) or contact our Fundraising team by contacting Samantha Creighton on the details below.

### Zip-a-dee-doo-dah!

Get an adrenalin rush as you zip across Belfast's River Lagan at our Lagan Zip Slide on **16/17 April**. This is a great event for anyone looking for an exciting challenge. This event is for over 16s only. All participants should pledge to raise £85 which can be forwarded to us before or after the event



**Audience:** Northern Ireland



**Action:** Share, act – spread the word, sign up



**Contact:** Samantha Creighton,  
Community Fundraiser

[samantha.creighton@mssociety.org.uk](mailto:samantha.creighton@mssociety.org.uk)  
028 90 802 802





# For Scotland

## Holyrood Elections 2016 – A strong voice for MS

With the UK General Election now a distant memory, our thoughts have turned quickly to the Holyrood Election in 2016. The election takes place on Thursday 5 May when voters in Scotland will go to the polls to elect a new Scottish Government. This provides all of us in the MS community with a fantastic opportunity to raise awareness and put forward the changes we want to see which will help people living with MS.

There are a number of ways in which you can get involved and raise awareness of MS with candidates, such as meeting candidates, writing to local papers, attending hustings and via social media. In the new year we will be pulling together our manifesto asks and creating campaign materials that you can use with your candidates. We'd love to hear your thoughts on what issues we should put at the forefront of our campaign, all suggestions are welcome.

Keep checking the Scotland section on the MS Society website in the new year for updates and information about the MS Society 2016 Holyrood election campaign.

-  **Audience:** Scotland
-  **Action:** Share, act – get in touch with your manifesto suggestions
-  **Contact:** Niall Sommerville, Policy, Public Affairs and Campaigns Manager  
[scotland.campaigns@mssociety.org.uk](mailto:scotland.campaigns@mssociety.org.uk)  
0131 335 4050

## Scotland Council meetings 2016

Our Scotland Council meetings are open to all members of the MS Society. If members of your branch would like to attend a meeting, please get in touch with Rosemary Hastie.

This year's meeting dates are:

- 27 January
- 6 April
- 8 June
- 31 August
- 26 October

### The role of the Council

The MS Society Scotland Council are a group of volunteers who represent people affected by MS in Scotland, and work on their behalf. It is accountable to the MS Society's UK board of trustees.

Council members work alongside the staff team in Scotland, as well as with local MS Society branches, to beat MS.

You can read about your Scotland Council members at [www.mssociety.org.uk/near-me/national-offices/scotland/scotland-council](http://www.mssociety.org.uk/near-me/national-offices/scotland/scotland-council)

-  **Audience:** Scotland
-  **Action:** Share, act – attend
-  **Contact:** Rosemary Hastie, Executive PA/Administrative Manager, Scotland  
[rosemary.hastie@mssociety.org.uk](mailto:rosemary.hastie@mssociety.org.uk)  
0131 335 4050



# For Scotland

## MS Superstars 2016!

There will be lots of fantastic (and challenging) fundraising events to get involved in throughout 2016. Please share with your contacts and spread the word to help beat MS!

### **Ben Nevis Night Hike – 27 August**

Ben Nevis is a spectacular 4409ft above sea level, so no mean feat.

This is not only an incredible challenge but also an opportunity to experience the beauty of a sunrise over the Scottish Highlands.

One of the mountain leaders said, “There’s something very special about wild places in the dark, the sense of peace is incomparable – a fantastic way to get away from the pace of modern life!”

### **Daredevil MS Skydive – 6 August**

The MS Society’s exclusive day of skydiving sees our Superstar daredevils conquer the 10,000ft drop – free falling through the air at up to 120 miles per hour in aid of MS Society Scotland!

This can be a thrill of a lifetime, or just a challenge for 2016!

Tandem skydiving can accommodate people with different levels of physical ability. If you have a physical disability, please get in touch and the organisers will discuss your needs and whether this is a suitable event for you. Participants must have reasonable control of the lower limbs and enough core strength to lift their legs for landing.

### **Edinburgh Marathon Festival – 28 & 29 May**

Known as the fastest and second largest marathon in the UK, the Edinburgh Marathon Festival is the ultimate Scottish running experience.

We have charity places available to run in the Marathon, Half Marathon, 10K, 5K and Hairy Haggis Relay.

We’d love to hear from anyone who’s interested in taking on a challenge this year!



**Audience:** Scotland



**Action:** Share, act – spread the word



**Contact:** Fundraising team

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

0131 335 4050



# Branch contributions

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

## Branch contributions 01/01/2015 to 10/12/2015

Branch Name	Earmarked Description	Earmarked	Research	General
Ayrshire Branch	Developing new laboratory models of demyelination and remyelination	£11,000.00		
Berwick & Eastern Borders Branch			£3,000.00	
Bridgend & District Branch	Cambridge Myelin Repair Centre	£4,000.00		
Camden Branch			£2,000.00	
Colchester & District Branch	Cambridge Myelin Repair Centre	£6,000.00		
Denbigh & District Branch	Cambridge Myelin Repair Centre	£1,500.00		
Doncaster & District Branch				£26.75
Dundee Branch			£10,000.00	
Dundee Branch	Cambridge Myelin Repair Centre	£5,000.00		
Dundee Branch	Edinburgh Centre for Translational Research	£5,000.00		
East Grinstead & District Branch			£1,000.00	
Fermanagh Branch				£2,000.00
Foyle Branch				£43.00
Hull Beverley Borough & Holderness Branch			£60,000.00	
Inverness & Nairn Branch			£500.00	
Kings Lynn & District Branch	Progressive MS Alliance	£1,063.75		
Kings Lynn & District Branch	Cambridge Myelin Repair Centre	£1,063.75		
Llandrindod Wells & District Branch			£2,000.00	
Mendip Branch			£5,000.00	
Moray Branch			£500.00	



# Branch contributions

Branch Name	Earmarked Description	Earmarked	Research	General
North Dorset & District Branch			£1,000.00	
North Dorset & District Branch	Cambridge Myelin Repair Centre	£1,000.00		
North Hertfordshire Branch	Cambridge Myelin Repair Centre	£5,000.00		
North Staffordshire Branch				£108.75
Oldham & District Branch			£3,000.00	
Peebles Branch			£5,000.00	
Scunthorpe & District Branch			£1,000.00	
Sefton Area Branch			£500.00	
Shetland Branch			£10,000.00	
Tamworth & Lichfield Branch			£190.00	
Tunbridge Wells & District Branch				£3,086.03
Wakefield & District Branch			£2,600.00	
Wakefield & District Branch	Cambridge Myelin Repair Centre	£509.00		
Warrington & District Branch			£1,000.00	
<b>Total</b>		<b>£41,136.50</b>	<b>£108,290.00</b>	<b>£5,264.53</b>

## Correction

In the last edition of Teamspirit a donation of £3,000.00 from Dereham & District branch was wrongly listed as being received from East Anglia branch. We apologise for this error and would like to thank Dereham & District branch for their donation.



# Classifieds

## Accessible caravan

The North Surrey branch has a two-bed accessible caravan with full veranda and wheelchair ramp access available for holiday hire based at Church Farm in Pagham, West Sussex.

The Rio Willoughby is a comfortable and stylish caravan specifically designed with the needs of wheelchair users in mind. It has a spacious lounge/diner, a kitchen with lowered work surfaces, a bathroom with walk-in shower and two bedrooms.

Church Farm is a 5\* Haven site with a great entertainment schedule and two swimming pools. For further information, please email [mscaravanpagham@hotmail.co.uk](mailto:mscaravanpagham@hotmail.co.uk)

## Holiday Lodge

The North Norfolk Branch has acquired a new Boston 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 hoists running into a wet room.

The cost is from £200 from Saturday to Saturday. For park amenities please visit [www.parkdean.com](http://www.parkdean.com). For availability ring Sue on 07951 928583 or email [justbobandsue@yahoo.co.uk](mailto:justbobandsue@yahoo.co.uk)

## Holiday lodge and bungalow

The Bexley & Dartford branch 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 branch also have a detached two bedroom bungalow at Eastbourne, Sussex, on a peaceful private estate close to Sovereign Harbour. Fully equipped (no fixed hoist) for people with MS and their families and furnished for 4/6 people.

For enquiries or bookings for both properties, please contact the Bexley & Dartford branch on 0208 306 7050 or email [bexley@mssociety.org.uk](mailto:bexley@mssociety.org.uk)

## Accessible caravan

Norwich & District Branch has a two bedroom accessible caravan for hire at Haven's Hopton Holiday Village which is 5 miles from both Great Yarmouth and Lowestoft, Suffolk with a brilliant sea view. For park amenities please visit [www.haven.com/hopton](http://www.haven.com/hopton)

The cost is from £250-£350 per week for 6 people, which includes passes for the leisure facilities. For availability or further information, please ring 01603 488561 or email [mcentrenorwich@gmail.com](mailto:mcentrenorwich@gmail.com)

*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

### 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

MS National Centre  
372 Edgware Road  
London NW2 6ND  
020 8438 0848

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

## Support groups

### Asian MS

A national support group for Asian people with MS, their carers, friends and family  
[asianms@mssociety.org.uk](mailto:asianms@mssociety.org.uk)

### Mutual Support

For serving and ex-serving members of the Armed Forces and Reserves affected by MS, their dependants and carers.  
[support-team@mutual-support.org.uk](mailto:support-team@mutual-support.org.uk)

## Find us online

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

<http://volunteers.mssociety.org.uk>

[www.facebook.com/mssociety](http://www.facebook.com/mssociety)

[www.twitter.com/mssocietyuk](http://www.twitter.com/mssocietyuk)

### Grants

020 8438 0700

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

(all nations)

## Give us a call

### National MS Helpline

0808 800 8000

### Membership

020 8438 0759

### Volunteering

020 8438 0944

### Fundraising

0845 481 1577