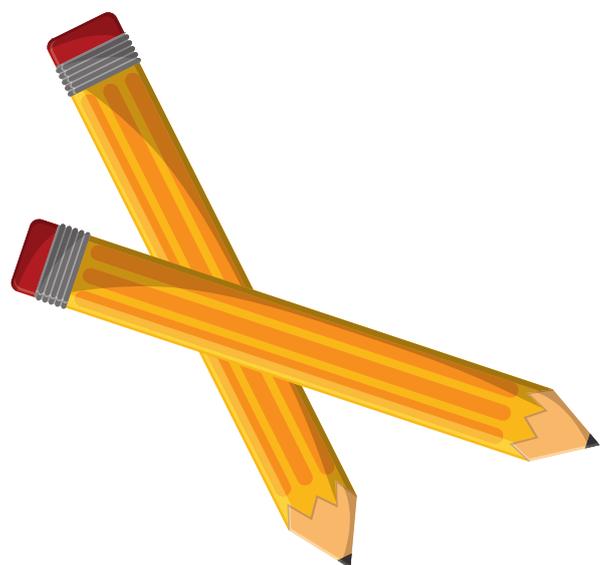


# **Be Bold in Blue Schools Guide**



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

## What is MS?

MS is a lifelong disease in which the body's own immune system, which should only target invading infection, instead targets the coating of nerve cells (myelin) in the central nervous system (the brain and spinal cord). This results in nerve messages to the rest of the body becoming interrupted and blocked which in turn results in devastating symptoms such as intense fatigue, numbness, pain, visual disturbance, problems with thinking, spasticity, incontinence, depression and loss of mobility.



## What is the MS Trust?

The MS Trust is a UK charity which believes that no one should have to manage MS alone. We provide trusted information and support to help people who are living with MS now; we train and educate MS health professionals to offer the best care and we fund MS nurses in the areas where they are most needed.



## Children with MS

It's only recently that MS has begun to be diagnosed in children – it was thought to be an “adult” disease, and childhood symptoms were often attributed to other conditions or ignored altogether. It's now increasingly understood that MS can strike at any age. Of the 100,000 people living with MS in the UK today, it's estimated that around 5% experienced their first symptoms before they were 16.

Children can be given drugs to try to reduce the impact and progression of the disease but the administration of treatments can be uncomfortable, involving injection, infusion or swallowing tablets; and side-effects can be distressing and painful. Some symptoms, such as loss of bladder and bowel control, cognitive problems and difficulties with speech and swallowing, can be embarrassing and school life can be tough.

## Children living with MS in the family

MS is an unpredictable disease, so children living with MS in the family don't know what they are going to encounter from one day to the next. It can be hard to live a normal life. Many act as young carers for their parents and the weight of this responsibility can cause stress, tiredness, restricted social time and poor performance in school. It is not always possible for these children to express their own feelings and many do not know where to turn for support.

**We want to help children affected by MS.**

**Will you help us and Be Bold in Blue this  
MS Awareness Week (22-29 April) ?**

"taking part in Be Bold in Blue  
made me really happy and  
helped my friends understand  
why mum uses a wheelchair.."



# Be Bold in Blue

## Fundraising Ideas



Organise a cake sale, everyone loves cake! Ask pupils and staff to donate cakes, or why not sell the cakes that you have made in a cooking lesson?



Organise a Coffee Morning at school and ask people to donate the cost of their cuppa (coffee or tea!) to the MS Trust.



Ask pupils and colleagues at school to dress in blue for the day for a donation of £1



How long can your pupils be silent for?



Give up a few hours of your time on a Saturday and pack bags for customers in local supermarkets in return for donations.



Think of a challenge for your pupils – swimming so many lengths or running so many miles in a length of time



Organise a Read-a-thon and see how many books pupils can read during MS Awareness Week or extend it to a whole month.



Organise a charity music concert or put on a school play and get all the pupils involved. Ask for donations instead of entry fees.

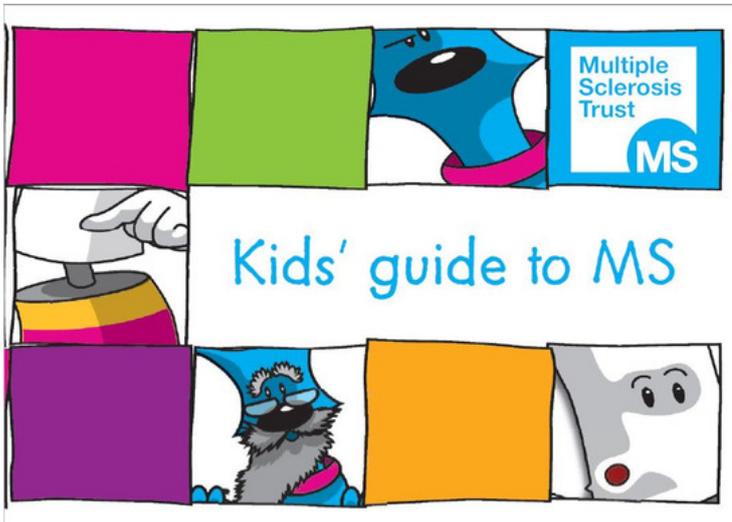


We can provide the questions, you just need the teams and the venue!



Organise a baking competition between pupils or staff. Ask for donations for people to enter.

# We can provide you with everything you need for your school to Be Bold in Blue



Fully illustrated Kids' Guide to MS book in bright colours with engaging characters, this Kids' Guide is a great resource for talking to children about MS.

- Balloons
- Stickers
- Collection Boxes
- Flags
- Sponsorship Forms
- Posters



# Examples of how your fundraising can help

**£6**

covers the cost of sending  
our kids' and parents'  
guides to a family  
affected by MS

**£50**

will help train a new MS  
specialist nurse on our  
accredited foundation course, so  
that they can provide expert  
care directly to people living  
with MS.

**£100**

will enable us to help 20  
people who are newly  
diagnosed with MS by sending  
them our Making Sense of MS  
resource.

**£300**

can pay for our information team  
to respond to 10 in-depth  
personal enquires to help  
individuals with MS take control,  
understand their symptoms and  
learn about treatment options.

*For more information and  
to download your Be Bold in Blue  
fundraising guide, please visit  
[www.mstrust.org.uk/blue](http://www.mstrust.org.uk/blue)*

*If you would like any help with your  
fundraising please call  
01462 476707  
or email  
[fundraising@mstrust.org.uk](mailto:fundraising@mstrust.org.uk)*