

Ambassador welcome pack



Welcome to the OMS team!

A message from Linda Bloom

President of OMS:

Thank you for joining OMS as an Ambassador. Our Circles Community is at the heart of what we do and you joining to offer support, information and encouragement to people living with MS in your local community is much appreciated and will be hugely valued by so many.

I established the OMS charity in 2012, having previously attended a retreat held by Professor George Jelinek following my own MS diagnosis in 2002. After adopting the OMS program myself and seeing the transformational effect it had on my own health, I felt a responsibility to share the OMS program and its powerful message of realistic hope with others. I strongly believe that every person diagnosed with MS deserves to know about the OMS program, be empowered by the hope it offers and feel supported by our community. Our reach is now global and exceeds 20,000 people affected by MS worldwide.

The OMS Board of Trustees and our dedicated team truly value the work of our Ambassadors – you are what helps make our community so special.

By empowering our Circles members to take control of their own lives through the OMS program, together we can show that living a full and happy life with MS is possible. Many say that being an Ambassador is extremely rewarding and with the support from our fantastic OMS team, I have no doubt that you will inspire and motivate many people living with MS.

With much gratitude,

Linda





A message from Dowshan Humzah

Chair of the Board at OMS:

Welcome to the OMS team! On behalf of the Board, our colleagues and volunteers, I thank you for joining us as an Ambassador; supporting the OMS community and those affected by MS.

The value that you bring by sharing your insight and experience of how living well with MS is possible will help especially your local community of 'OMSers' in better taking control and having a more fulfilling life.

I'm sure you will agree that everyone's journey with MS is different; however, what is remarkable about OMS is that it can offer simple yet effective ways of taking control and self-management. This is the beauty and magic of Overcoming MS: the emphasis and impact on providing hope and optimism for people affected by Multiple Sclerosis. This is needed now more than ever as we emerge from the pandemic and healthcare systems globally continue to be overburdened.

You and our Ambassadors are an essential part of this by empowering our Circle members to understand and benefit from the OMS program.

Once again, on behalf of myself, the Board and wider OMS team, I thank you and wish you the very best on your Ambassador journey.

Dowshan



How to apply for an Ambassador role



1.

Apply online

and receive an email from the Overcoming MS team with an initial questionnaire

2.

Arrange a call

on the Zoom platform where we discuss your OMS journey and why you feel you would be suited to the Ambassador role



See below for the steps involved in becoming one of our amazing Ambassadors.

3.

Provide a reference

Provide a personal and professional reference, as well as a Disclosure and Barring Services check (DBS) questionnaire



OMS Ambassador welcome pack

4.

Sign an agreement

Sign a Volunteer and Confidentiality agreement

5.

Welcome on board!



overcomingms.org

What is it like being an Ambassador?

Falk is one of our fantastic Ambassadors of the Germany – Munich Circle. He kindly shared his story with us.



What was your situation before you became an Ambassador?

I started following the Overcoming MS program in 2018 after trying different approaches with my MS. I came across the OMS approach after seeing it referenced in the writings of another 'OMSer' and finally found something that could change my life. I decided to attend a Circle meeting and never thought it was possible to meet so many people with a positive attitude to their MS, they were so optimistic about the future.

Why did you become an Ambassador?

During the last four years of following the program, OMS has dramatically changed my life and improved my well-being. I am so grateful to the two Ambassadors who helped me understand the program and empowered me to stick to it. When they stepped down, it was clear to me that it was now my turn to give something back and provide the same support to other 'OMSers' that I received.

What does a regular week/month look like as an Ambassador?

The Ambassador role is not too time consuming! My main role is to approve new Circle members, welcome them to the group and offer any help and support they may need. During the pandemic, we had bi-weekly online meetings which are a great opportunity to discuss experiences with the OMS program. It is important to me as an Ambassador to allow others to contribute to the group and I am really looking forward to in-person meetings when possible, to see how others would like to contribute.

What do you most enjoy about being an Ambassador?

The greatest moments are when I witness the improvement in well-being and confidence amongst the Circle members when they have been following the program for some time. It is important to note that it does not happen with everybody automatically but it can happen to the majority.

What advice would you give to new Ambassadors?

Becoming an OMS Ambassador is a great opportunity to give something back and support people in one of the most crucial situations of their lives. From my experience, the most important traits to have are patience and trust, patience with yourself and others as well as trust in the program and in the future.





How to grow your Circle group

Here are just a few ideas to help grow your Circle and reach out to your OMS community.

1.



Support people living with MS and following the OMS program

2.

Share OMS resources – podcast, newsletter, webinars, events



3.

Organise talks in your local community



4.

Speak with the local Healthcare Professionals in your area



5.

Speak with other MS charities



6.

Share your story on social media



FAQs

(Frequently Asked Questions)

What is an OMS Ambassador?

An OMS Ambassador is somebody living with MS and is the main point of contact for your local Circle and supporting people on their OMS journey.

They volunteer as local hosts in their community, organising virtual or in-person meet ups to provide support, encouragement and share their own experience to give hope to others. An Ambassador has experience of following the OMS program and actively encourages others to take the first step in self-managing their MS.





I'm interested in being an Ambassador but I don't think I have the time. What can I do?

The great thing about being part of the Ambassador program is that it's very flexible. Our Ambassadors can arrange weekly, bi-weekly or monthly meetings with their Circle either online or in-person. For Ambassadors who would like to become more involved they can hold coffee meetings, take part in peer support groups or fundraising activities, or even arrange a get together over some OMS friendly food. It is entirely your choice and you can run your Circle group in whatever way you feel is best. OMS are on hand to provide whatever support you may need to organise your group.

“We meet at parks, restaurants or even our local Vineyard. It's really nice to get together with other OMSers who are supportive and encouraging.”

**– Vickie Hadge, USA
Connecticut Ambassador**

I've been following the program for some time but still experience some ongoing symptoms. Can I still be an Ambassador?

OMS are an inclusive organisation and can appreciate and respect where people may be on their OMS journey. What we look for is warm and encouraging personalities who are passionate about connecting and supporting other OMSers and spreading awareness of the OMS program in their local community.

How would I support a Circle member who finds some aspects of the OMS program difficult to engage with?

OMS are an inclusive and diverse community, which both welcomes and gives a voice to the experience of each individual. Part of the role of an Ambassador is to welcome people wherever they are on their OMS journey whilst remaining empathetic to the challenges that people might face in following the OMS program.



FAQs

(Frequently Asked Questions continued)

What if I don't want to attend an in-person meet up alone?

Family members, partners and friends are always welcome to join you at Circle meetups. We believe this can be beneficial for them as well as it can give them a better understanding of the group and meet others in similar situations. Most Circles are also pet friendly too, as long as everyone is happy with this.

Where will new members join from?

Once someone in your local community requests to join your Circle, you will receive a notification/email allowing you to accept them into your group. We also recommend talking to other MS charities, MS Therapy Centres and even family and friends. Once you're up and running we can also put you into contact with other Ambassadors in your region who may have Circle members closer to you which can then allow your group to grow.

Can I become an Ambassador of an existing Circle?

Yes, it is a popular option for a Circle group to have Co-Ambassadors where you can discuss ideas, share the responsibility of the role with another person and have that extra support if needed.

How would I support a Circle member who does not engage as much as others?

It is completely normal in your Circle to have some members who are more active and others who may only touch base with you every so often. We find that some OMSers who might be at the start of their OMS or even MS journey like to join to find out what we do and how we can support them.



What opportunities are available for me as an Ambassador?

As well as the skills you will learn as part of your Ambassador role, which include facilitating groups and organising meet ups, OMS are dedicated to your development. This may be through specific training or even a chance to go into your local community to speak at events, we want you to feel as comfortable and prepared as possible within your role.

What support can I get from OMS as an Ambassador?

You will be fully supported in your role as an Ambassador through 1-2-1 catch ups with the Community Engagement team, as well as Ambassador check-ins which is your chance to meet (virtually) other Ambassadors worldwide to discuss your role and to check-in with the OMS team. We have lots of exclusive webinars, trainings and many chances for you to be involved in other projects we run, at your convenience. OMS are here to help you in any way we can so that you feel as supported as possible.

“

When I joined last year, we had 10 members. Now we have 30 members and I am really excited that our Circle is growing!”

– Ingrid Adelsberger,
Global Ambassador



Who to contact

Hello Ambassadors!

Thank you so much for your commitment to Overcoming MS, we are so happy you have decided to join us as an Ambassador!

We can't wait for you to get your Circle started and are sure you have lots of brilliant ideas, everyone at OMS is happy to support you as much as possible.

We will be your main point of contact here at OMS for anything you may wish to discuss with us which can be about your Circle, your role or even if you just want a chat – we're here for you and wish you every success in being an Ambassador.

Get in touch

liz@overcomingms.org

jake@overcomingms.org



Liz Waters

**Community Engagement
Programme Manager**



Jake Connor

**Community Engagement
Administrator**

Useful links

We encourage you to use social media to promote OMS. You can find and follow us here:



Other OMS policies include:

OMS Safeguarding Adults Policy

OMS Equality, Diversity and Inclusion Policy

Community guidelines

OMS Complaints Policy

- OMS Volunteer Expenses Policy (available on request)





W overcomingms.org

T +44 1844 318778

E contact@overcomingms.org

c/o Critchleys LLP, Beaver House,
23-38 Hythe Bridge Street,
Oxford, Oxfordshire, OX1 2EP, England

