

# MS DONNA

Gratitude. Community. Opportunity

# Just Do It – My Motivation

- Share my new positive experiences to motivate others
- Demonstrate the power of reaching out and getting involved.
- Highlighting our power to educate.

# MY STORY

- Energetic *'Ray of sunshine who bounced into a room to light it up'*
- Diagnosed aged 17
- Battled misconceptions and stigma within my own community.
- Felt alone - Had not met another young person with MS.
- Lost who I really was.

# The Game Changer – MS Sessions

- A gathering of young people from across Europe with MS
- A realisation that whilst I had been fighting, I'd forgotten about living
- Discovered the power of connecting
- An energy that was like no other
- I saw a lack of involvement from Black Ethnic Minority Asian Communities (BAME), as I had observed before in MS related activities.



# Outlook

*“Every Experience, no matter how bad it seems, holds within it a blessing of some kind. The goal is to find it.”*

**Buddha**



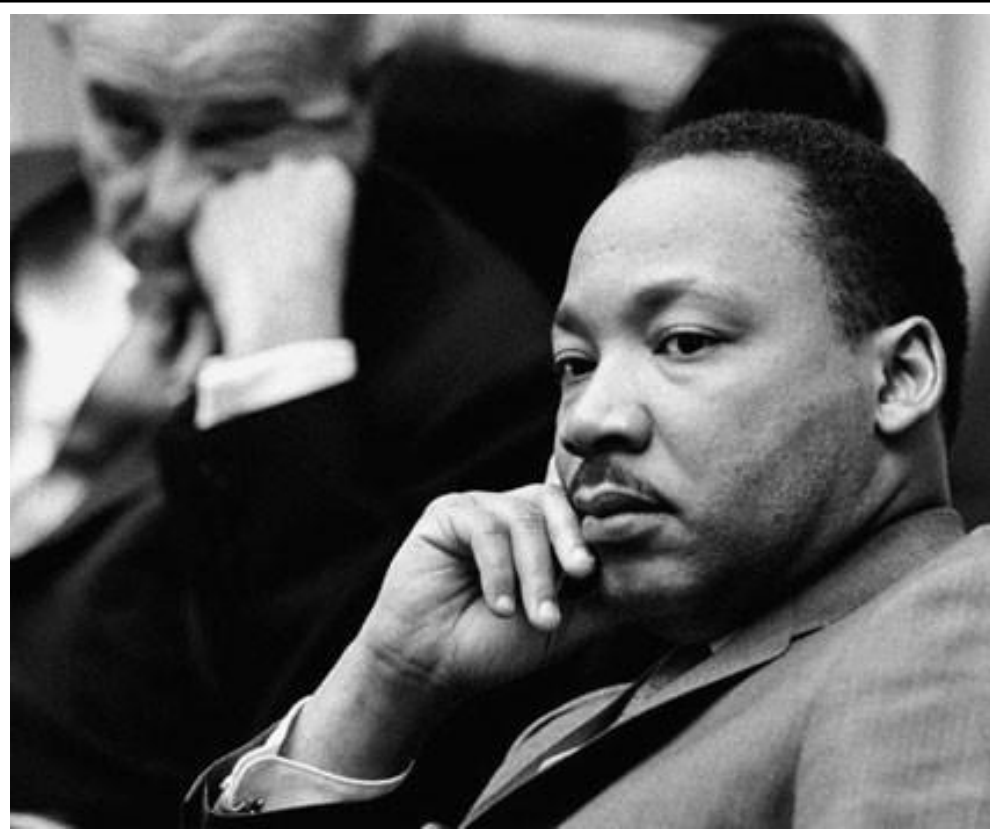
# Educating to progress

- Accessing the community in an effective way.
- Utilising established paths into the community
- Expanding my reach to their 4 million viewers internationally.
- Sharing my experience to encourage a progressive attitude.



# Stronger Together

*“We may have all  
come on different  
ships, but we’re in  
the same boat now”*  
**Martin Luther King-Jr**





# My Local Community

- I had difficulty integrating in the group initially due to the barriers I observed.
- Young people and those from BAME communities weren't represented here.
- This was due to of lack of participation from these groups.
- I had to see past these barriers and strive to change this.
- Our community is going from strength to strength.





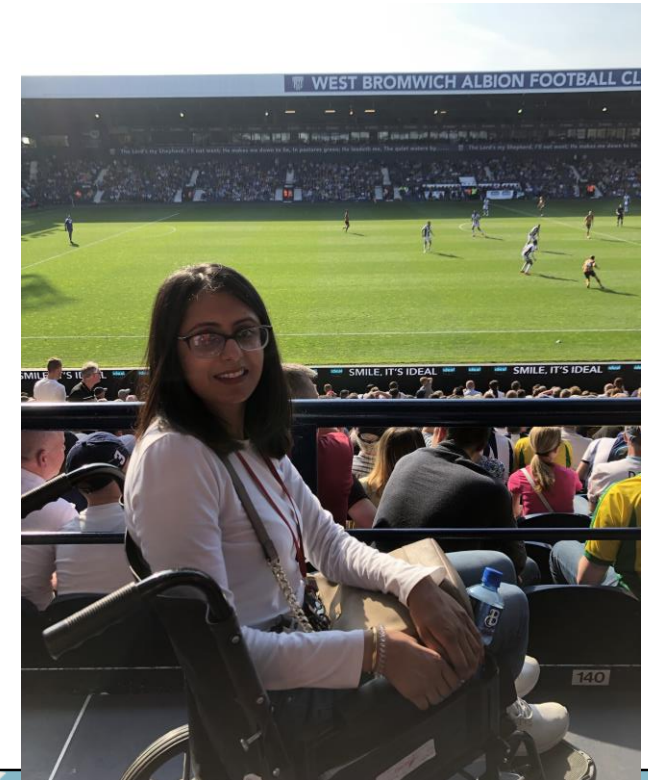
# Young People

- Member of EMSP's Young Peoples Network.
- Using my own experience to help deliver a meaningful service for young people with MS.
- Leading the formation of the Young Peoples Group (Birmingham MS Group) and being the young face of the group. Making myself visible.
- Arranging activities that will appeal to them and encouraging other young people to come on board and have an influence.

# West Bromwich Albion FC



- I approached the football club, West Bromwich Albion FC.
- I found common an objective - Baggies Buddies Scheme to address isolation and loneliness.
- Inspired by me and my story.
- Embracing new opportunities with them.
- A dream come true.



# Ask and you shall receive – experience new opportunities

- People want to help, you just have to ask.
- Using organisations to expand my reach.
- Using my experiences to advocate change.
- Sharing my story and inspiring the community.

# Using My Spark to Ignite the World

*"Focus on hopes instead of fears, and see the magic happen"*

**Donna Nahal**

