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 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