



## MS Awareness Volunteer

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### Why we need you

Multiple Sclerosis is a condition which affects over 130,000 people across the UK, but awareness of MS and its impact is still relatively low.

MS shows itself in visible symptoms such as walking difficulties, as well as invisible symptoms like fatigue and pain. This means when people living with MS are struggling, their symptoms may be misunderstood, and they might not get support from those around them.

At the MS Society, we want to increase understanding of Multiple Sclerosis and the impact it has on people affected by MS.

We need MS Awareness Volunteers to help raise awareness by giving talks and information sessions, which can be delivered either face to face or virtually, to various community groups, organisations, and employers.

In this role you will grow your knowledge of MS and its direct and indirect impact on those affected, and improve your communication and presentation skills.

Most importantly you will increase understanding of MS across the community, improve services and help to make life that little bit easier for people affected by MS.

### What the role involves

This role may vary depending on needs, but is likely to include:

- **Delivering talks** to community groups, organisations and employers to increase their understanding of MS and its symptoms.
- **Signposting** to the relevant MS Society team for further information and practical support.
- **Note taking** and helping us understand how effective sessions were
- Attending regular **volunteer support groups**, where you will debrief and share experiences with other volunteers, as well as receive support from your supervisor

We will support you to develop the skills you need for this role which will include an induction into all the areas outlined. You will have a chance to discuss your role and any additional needs you may have with us.

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### Together, we are strong enough to stop MS.

Multiple Sclerosis Society. Registered charity numbers 1139257/SC041990. Registered as a limited company in England and Wales 07451571.

## What you need for this role

- **Confidence** when talking to groups of people online
- Good **presentation** skills
- Excellent listening, **communication**, and interpersonal skills
- A **professional approach** when delivering MS awareness sessions
- Patience and a **non-judgemental** attitude
- Able to volunteer independently but also stay within the role **boundaries** – recognising when to seek advice and report any concerns
- **Good IT skills** particularly the use of **Zoom**
- A thoughtful, reflective approach and a willingness to consider how improvements could be made
- Willing and able to follow our policies, procedures, and guidelines
- Able to recognise and respect a diversity of views, attitudes and lifestyles
- Committed to our values: Bold, Expert, Ambitious, Together

Please note training will be provided to help develop your skills in the areas above

## In order to volunteer in this role, you will need to:

- Complete mandatory training
- Read through your welcome and induction checklist
- Have your own PC and mobile/landline phone and internet access

## Additional information about volunteering with us

When you volunteer with us, you join our powerful community of people living with MS, volunteers, scientists, campaigners, listeners, organisers, ambassadors and fundraisers.

Our work is recognised and we hold the prestigious Investing in Volunteers (iV) accreditation. We are dedicated to ensuring all volunteers have an excellent experience – from when we recruit you, through supporting you to develop skills and experience, to recognising your achievements.

Our shared commitments help keep volunteering with us enjoyable, meaningful and safe for everyone.

Download [Our Commitments](#) here.

Date created: November 2020

Date to be reviewed: November 2021

We regularly review our role descriptions to make sure they are up to date.