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Welcome to your monthly newsletter - keeping you updated with news relevant to all volunteers, as well as key group-specific news.



## General updates



**Single release to raise funds and awareness**



**Final deadline for GDPR training**

Composer and pianist Fabio D'Andrea has released a classical single to raise money for us and Overcoming MS. Our supporter Rose Leslie stars in the music video, playing a character living with MS.

[Find out more](#) 

Thanks to everyone who's done our GDPR - Keeping Data Safe training. If you received it in 2022, the final deadline for completing it is **28 February 2023**.

[Find out more](#) 



## New study on genes and MS

Researcher Ben Jacobs talks to us about his study looking at how genes affect the risk of getting MS in people from different ethnic backgrounds. And invites new participants to be part of the research.

[Find out more](#) 



## Volunteer at an MS Walk

Our MS Walks run across the four nations between May and September. Could you join our incredible team of volunteers at one near you? No specific skills are required - just enthusiasm!

[Find out more](#) 

## Things you might have missed...

- [Behind the headlines: can more teenage sleep really ward off MS?](#)
- [As the cost of living crisis continues, we've updated our round-up of financial help that might make living with MS easier.](#)



## Volunteering in action



### Adding some fun to make things better

Amy tells us about some of the things the Fife Group have done to bring fun to the local MS community. And about developing a kit to show what living with MS can be like.

[Read Amy's blog here](#) □



### Helping others has helped me too

Louise tells us about life after her MS diagnosis and retirement, and how volunteering has helped her feel valued again.

[Read Louise's blog here](#) □

**\*\*\* If you'd like to share your own experiences of volunteering, please let us know by completing the [online form here](#) \*\*\***



## Updates for groups



## VST trial drop-in Zoom sessions

If you have any issues to discuss or questions to ask, or need some information, one of the Volunteer Support Team will be available at **2pm every Tuesday**.

[Find out how to drop in](#)



## What's next after Web to Print?

We're pleased to announce that we now have a newly designed suite of marketing templates. These will be available for groups and individuals to order from the end of February.

[Find out more](#)

### Deeper conversations



## Deeper conversations - new eLearning



## Updating your 'Near Me' page

Find out how to update your group information on our website, so people in your area can find the support you offer. You can now personalise your group description, too!

If you've ever worried about the best way to tackle a difficult conversation, we've developed a practical guide to help you prepare for the best possible outcome.

[Find out more](#) □

[Find out more](#) □

## This month's Top Tips!

Welcome to our new 'Top Tips' section. Every month we'll share useful ideas and/or 'how to' hints to help you carry out your volunteering role.

This month we hear from three people within our community who give their top tips on how they've used Facebook, Twitter and Instagram to connect with more people in their areas. [Click this link to watch the short videos.](#)

These videos are also featured in our Social Media Toolkit, which has lots more useful tips on making the most of social media. [Visit the toolkit here.](#)



## Events

### Events for all volunteers

**Virtual support events:** Information webinars, skills sessions, Conversation Caf  s and Wellbeing courses for different stages of the MS journey

**Volunteer training troubleshooting sessions:** Wednesday 22 February at 11am, Thursday 9 March at 11am, Wednesday 22 March at 2pm.

## Events for group volunteers

**Starting group social activities and meetings:** Wednesday 15 February at 6pm, Tuesday 28 February at 2pm

Let's stop MS together



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