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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.

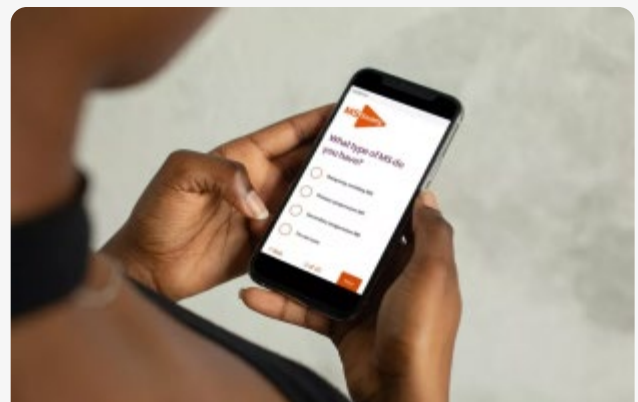


General updates



Read all about it and tell us what you think

Our booklet of volunteering highlights



New DMT tool launched

Our new tool helps explore MS

from 2022 is now available as a PDF and an audio file. Whether you've already read it in print, or will access it online now, please complete our short feedback survey to let us know your thoughts.

[Access the booklet](#)

treatment options and prepare. It asks a series of questions and suggests treatments based on what you tell it. We're looking for people to help us assess it. Could you spare some time?

[Find out more](#)



Volunteer Voice in March

Join us on **Monday 27 March at 4pm** for the usual updates and Q&A. We'll be joined by Sophie Quick, our Research Communications Officer. She'll be focusing on a clinical trials update and giving us the latest on Chariot MS, as well as an insight into the nearly-ready Octopus trial.

[Sign up here](#)



Get trained to campaign

Do you have an idea to make a difference for people with MS in your area? We're running training sessions this April about all the different ways you can campaign to make change. Learn from experts how to plan a campaign, speak to the media and more.

[Sign up here](#)



A bright future for cognitive rehabilitation?

PhD student Lauren Taylor talks about the NEuRoMS project, which hopes to change how cognitive MS symptoms are managed. The study is recruiting until the end of March.

[Find out more](#) □



MS Helpline wins new award!

Congratulations to our MS Helpline volunteers, who helped us scoop the Resilience in the Face of Adversity Award at this year's Helplines Partnership Award Ceremony.

[Sign up here](#) □

Other news...

Vote by 11pm tonight for us to be Verdant Leisure's Charity of the Year!

The Big Help Out - If you're getting together with fellow volunteers on 8 May, share it on our social media channels

Selkirk Distiller's Experience for MS - Join us for a fantastic evening of gin and rum tasting and entertainment in Glasgow this April.

Printed leaflets now available for our free will-writing service



Volunteering in action



Volunteering has greatly enriched my life

Sharon's been the Group Coordinator of the Swansea and District Group since 2018. She tells us about the impact volunteering has had on her, and how she's a more confident person now.

[Read Sharon's blog here](#) □



I keep fundraising because people keep asking me to!

Louise, from Gourock in Scotland, has raised nearly £30,000 for us. She tells us how it all started and why she keeps going.

[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 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 more](#) □



MS Society Designs has launched

The interim solution replacing Web to Print officially launched last week. Some of our groups have already tried out the new process, and told us how they found it.

[Find out more](#) □

Finance year end – thanks and apologies

Thanks so much to everyone who worked so hard to complete the financial year end deadline on time. We very much appreciate all your hard work.

We know that a number of volunteers experienced problems with the online system this year. So, we want to take this opportunity to apologise again. We know this created extra work. We're continuing to support a small number of groups who have experienced ongoing system issues. And we'll be reviewing the year end process once the audit work has been completed.

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.

1. If your group runs any services, check to see when the Service Level Agreement (SLA) expires. If you plan to continue the service, aim to set the new contract to continue from the final date of the current agreement. Contact the Volunteer Support Team if you need any help and they can put you in touch with your Regional Development Officer.
2. If you'd like to attend a VST drop in session (every Tuesday, 2-3pm), you can find the Zoom link in the events section of the volunteer website, as well as on the VST's email footer and the Portal.



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 March at 2pm

Campaign training events: Various topics and dates in April

Volunteer Welcome events: Tuesday 9 May at 9.30am, Tuesday 4 July at 9.30am and Thursday 9 November at 9.30am

Events for group volunteers

Weekly drop-in with Volunteer Support Team: Every Tuesday at 2pm

Starting group social activities and meetings: Thursday 16 March at 11am and Tuesday 28 March at 2pm

Group fundraising drop in session: Thursday 23 March at 10am

Let's stop MS together



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