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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

#MSWeek

**MS Awareness Week:
24-30 April**

This year, we're partnering with six

The Octopus logo features the word 'Octopus' in white on a purple background, with a stylized orange octopus tentacle graphic to the right.

Octopus

Launching Octopus

Did you see us on BBC News last

other MS charities to highlight the varying realities of living with MS, and how mental health can be affected.

[Find out more](#) □



Looking forward to Volunteers' Week

Find out what we'll be doing to celebrate the incredible impact our volunteers have on the MS community. And how you can get involved.

[Find out more](#) □



week? The launch of our revolutionary multi-arm clinical trial, Octopus, made a real splash!

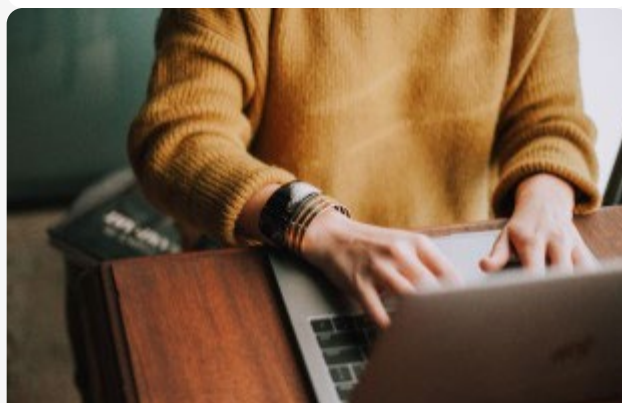
[Find out more](#) □

Transforming trials for progressive MS: technology, talent *...and tentacles*

Stop MS Annual Lecture

Join us in London or online on Thursday 25 May. Professor Helen Ford will talk about the Octopus trial, followed by a Q&A.

[Find out more](#) □



Make some noise at the London Marathon

Can you spare some time on Sunday 23 April? We need volunteers at our cheer points along the route, to spur on the 300+ fantastic runners raising funds to Stop MS.

[Find out more](#) 

Help us improve our online communications

We'd love to hear what you think about online communications with us. Please help shape our future engagement plans by taking five minutes to share your views in a short anonymous survey.

[Find out more](#) 

Other news...

[Data challenges in Length of Service recognition](#)

[Calling all adrenaline lovers - Experience the freedom of flying and raise funds for vital MS research at Zipline locations across the UK!](#)

[Research Reporter - Your essential guide to what's new in the world of MS science](#)

[Updated - List of the information booklets we have available](#)



Volunteering in action

New Health and Safety eLearning

Our short interactive course is available to Group Coordinators, Health and Safety Volunteers and anyone involved in events. It covers the essentials of completing the forms and uploading them to the Portal.

[Find out more](#) 

MS Society Designs: Feedback and drop-in sessions

Thanks to everyone who's used or tested the new MS Society Designs order process. As a result of your helpful feedback, we've made a few changes to streamline the process.

[Find out more](#) 



A reminder about safeguarding

Why any safeguarding concerns within groups must be reported centrally. And where to find our safeguarding information and support.

[Find out more](#) 



Using QR codes

QR codes are an easy way to direct people to your websites, Facebook pages or fundraising pages. We've put together a simple guide on how to create and use them.

[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.

The [MS Society Portal](#) reflects the most up-to-date information we have on our central database for our volunteers and group contacts. If you notice that any details are incorrect, please email volunteersupport@mssociety.org.uk so we can update them. Please allow a few days for the corrected information to show on the Portal.

To find a particular contact, you can sort your lists on the Portal alphabetically, by clicking on the 'First Name' or 'Last Name' column headings (in orange).



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

Fundraising Events Calendar 2023

Volunteer training troubleshooting sessions: Various dates available

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: Wednesday 19 April at 11am and Tuesday 2 May at 2pm

MS Society Designs drop in session: Thursday 27 April at 1pm, Thursday 25 May at 1pm and Thursday 29 June at 1pm

Support Volunteer Spring Forum: Tuesday 23 May at 10am, Wednesday 24 May at 2pm and Thursday 25 May at 10am

Group fundraising drop in session: Various dates available

Enthuse onboarding training session: Various dates available

Enthuse drop in session: Various dates available

Let's stop MS together



You're receiving this email because you're one of our volunteers.

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