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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



**Meet Sir Paul Curran
at Volunteer Voice**



**Using your MS
Society email - an
important reminder!**

Join us on **Wednesday 31 May** to hear our Chair of Trustees, Sir Paul Curran, in conversation with Nick Moberly. Plus the usual organisational updates and Q&A opportunity.

[Sign up here](#) □

Why you must use your MS Society email (if you have one) for all external communications in your volunteer role.

[Find out more](#) □



Vitamin D probably won't help with MS

A recent clinical trial tested whether high dose vitamin D could help treat people with relapsing remitting MS. But the results showed no effect of the supplement on relapses or new lesions on an MRI scan.

[Find out more](#) □



We have a Coronation Champion!

Congratulations to Sharon Hier, Group Coordinator of our Swansea and District Group! She's one of 500 outstanding volunteers in the UK to be chosen as the nation's Coronation Champions.

[Find out more](#) □

Other news...

Stop MS Annual Lecture - Thursday 25 May - Last chance to register to attend the event in person (though it will also be livestreamed)

Introducing the MS Society - A new presentation for you to use and adapt when talking about who we are and what we do

Volunteers' Week 1-7 June - Remember to share your pictures on social media using the hashtags #VolunteersWeek and #MSVolunteers

MS research blog - Reflecting on the past and looking to the future



Volunteering in action



Just one volunteering blog this month. Look out for more on all our channels during Volunteers' Week (1-7 June). And drop us a line if you'd like to share your own story. We'd love to hear from you!

[Share your story here](#) □



Rediscovering a sense of purpose

Joanna tells us how reconnecting people after COVID has been a highlight of her time as a Group Coordinator. And how volunteering has helped her feel valuable and useful again.

[Read Joanna'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



Support Volunteer Spring Forums

Come along for peer support, information and lively discussion. We'll be joined by our Safeguarding Lead for a brief overview of when, how and why we safeguard the MS community, plus a Q&A.

[Sign up here](#)



Spring clean your group information

Is your volunteer data correct on the Portal? Are your services and activities listings up to date? We can help you make changes so that everyone's using accurate information.

[Find out more](#)

Other news...

MS Society Designs – Service closure 12-21 May

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.

Do you have any concerns or anxieties related to your volunteering role? Then request a confidential chat with **Barbara, our Support and Wellbeing Facilitator**. She's here to listen and support you as you support others. Support topics include challenging situations, managing tricky relationships, coping with difficult feelings, safeguarding support, supporting through loss and much more...

If you'd like to talk, just drop Barbara a line:

barbara.sujecka@mssociety.org.uk or **supportwellbeing@mssociety.org.uk**



Events

Events for all volunteers

Volunteer Voice: including Nick Moberly in conversation with Sir Paul Curran, Chair of Trustees - Wednesday 31 May at 2pm

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 Welcome events: 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

MS Society Designs drop in session: 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

Let's stop MS together



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