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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.

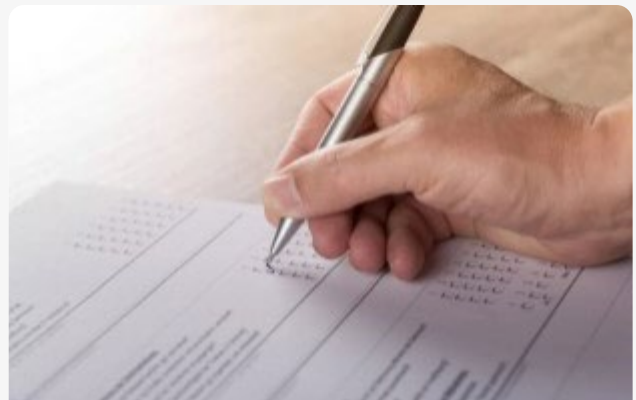


## General updates



### Join us for July's Volunteer Voice

Due to diary constraints, this will



### My MS My Needs - 2022 survey results

Over 6,500 people took part in the

actually be on **Thursday 29 June at 4pm**. We'll have the usual update from Nick, and Q&A opportunity. Amy Reeve (our Equality, Diversity and Inclusion Lead) will explain how staff and volunteers have been working together to deliver our EDI strategy.

[Sign up here](#) □

fourth instalment of our My MS My Needs survey. The results reveal that the unmet needs of people with MS are at a record high in the UK. And the data shows stark inequalities within the MS community.

[Find out more](#) □



## Influencing decision makers - join our online event

If you're a campaigner, join us on **Tuesday 13 June at 5pm**. You'll learn about about the roles that politicians play, and how they might be able to help. Fiona MacTaggart, former MP for Slough, will be there to answer your questions.

[Sign up here](#) □



## March, roll or stroll with us at London Pride

On **Saturday 1 July**, we'll be marching with our community in the Pride London parade. This is just one of the things we're doing to support the LGBTQIA+ community in the coming months.

[Find out more](#) □



## Organise a Your Walk for MS

Get family, friends or work colleagues involved! Create your own walk at a place and time that suits you and your group, helping us raise vital funds for MS.

[Find out more](#) 



## Introduction to our Social Media Toolkit

If you've not yet had a chance to look at our new, interactive Social Media Toolkit for volunteers, check out our video for a quick overview.

[Find out more](#) 

## Other news...

**Calling all new volunteers!** - Our next Welcome Event is on **4 July at 9.30am**. **Sign up now**.

**Joint policy position:** Along with five other MS charities, we're urging the UK Government and the NHS to implement our new recommendations to improve mental health support.

**New myelin study part funded by us:** Researchers found that cells in the spinal cord make myelin in a slightly different way from cells in the brain

**New research blog:** Meet the researcher fighting for treatment at every stage of MS



## Volunteering in action



### The young people in the group really do inspire me

Siobhan tells us about leading an open discussion space for young people with MS. And shares her thoughts on the importance of health and wellbeing.

[Read Siobhan's blog here](#) 



### Doing my bit to represent the MS community

Robby started volunteering with us five years ago. He tells us about his involvement in our Equality, Diversity and Inclusion (EDI) Reference Group.

[Read Robby'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



## Risk management audit

We're starting a risk management audit of group events and activities. This'll be based on information uploaded to the Portal, so please ensure your group's records are up to date.

[Find out more](#)



## Cost of living grants - pilot scheme

We're running a pilot over the next few months with groups across the nations. This is testing grants for essential cost of living needs, including household bills and appliances.

[Find out more](#)



## Grants Get-togethers are back

If you're involved in giving grants, here's an opportunity to chat with other volunteers. Whether you're asking for advice or sharing your own



## MSS Designs - Support if you need it

If you'd like some help with using MSS Designs, come along to one of our informal support sessions on Zoom. There are various dates

experience, we want to support you to connect. **Monday 3 July at 2pm.**

[Sign up here](#) 

available.

[Sign up here](#) 

## 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.

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### How technology can support those living with MS

In April, AbilityNet hosted a webinar where panellists (including our Head of Digital) shared expertise around adapting digital devices to help with the symptoms of MS. They talked about apps and adjustments to help in the office and at home, and answered questions about MS and technology.

You can [watch a recording of the event on the AbilityNet website](#).



## Events

### Events for all volunteers

**Influencing decision makers:** Online event for campaigners, with Fí>zionia MacTaggart, former MP for Slough - Tuesday 13 June at 5pm

**Training troubleshooting session:** Thursday 22 June at 3pm

**Volunteer Voice:** Thursday 29 June at 3pm

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



## Fundraising Events Calendar 2023

**Volunteer Welcome event:** 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

**Grants Get-together:** Monday 3 July at 2pm

**MS Society Designs drop in session:** Various dates available

**Group fundraising drop in session:** Various dates available

**Enthuse onboarding training session:** Various dates available

Let's stop MS together



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