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## Saying a huge 'thank you' to all our volunteers!

Today marks the start of [Volunteers' Week 2023](#) which is an annual celebration of the contribution millions of people make across the UK through volunteering in their communities.

At the MS Society we're fortunate to have more than 3,000 volunteers who tirelessly support our MS community. And we know that without you we couldn't achieve nearly as much as we do for people living with MS. All year round, I'm continually inspired by the dedication and selflessness of our volunteers who give up their time to be a part of our organisation.

From fundraising, campaigning, or being involved in clinical trials, to running local groups and providing vital companionship to people with MS. And lots, lots more! Your invaluable input and involvement across all parts of our organisation means we can continue to develop services and support tailored to those who need them most.

Some of our Trustees and Ambassadors wanted the chance to thank you today. Just click on the play button below to see the video and hear their messages.

## To all our amazing volunteers...



We also know that people affected by MS are incredibly grateful for the time you so generously give us. And that being involved with the MS community can mean a great deal to you as volunteers too.

We often hear that volunteering provides a sense of purpose and that, for volunteers with MS, it can provide a way to meet others affected by the condition. In our last Volunteer Survey, 69% of those that responded said volunteering had a positive impact on their sense of being part of a community. And that it gives a sense of satisfaction being able to help others facing similar challenges. This can have a profound impact on a person's mental health and wellbeing, which is an important theme we've been focusing on as an organisation over the last month particularly.

The best part about Volunteers' Week for me is being able to shine a spotlight on the brilliant contributions you make. And to hear what volunteering means to you. Over the next seven days we'll be shouting out on social media and our website about the incredible impact you're having on the MS community, and our fight to help people affected by MS. Please keep an eye out and share and comment on our posts and volunteer blogs.

It would also be great to see stories and pictures of your Volunteers' Week celebrations, so please share them on your social media pages and tag @MSSocietyUK, #VolunteersWeek, or #MSVolunteers

You can also use [our social media assets](#) to let other people know that you're volunteering for the MS Society and celebrating volunteers with us.

Finally, it's also a good opportunity to remind you of our [Volunteer Impact Awards](#) and to encourage you to nominate that special someone who you'd like to see recognised.

I'd like to wish you a great Volunteers' Week and say a big thank you from me and everyone at the MS Society for all that you do for us.



**Nick**

Let's stop MS together



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