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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



**Share our PIP survey
— deadline 31 July**



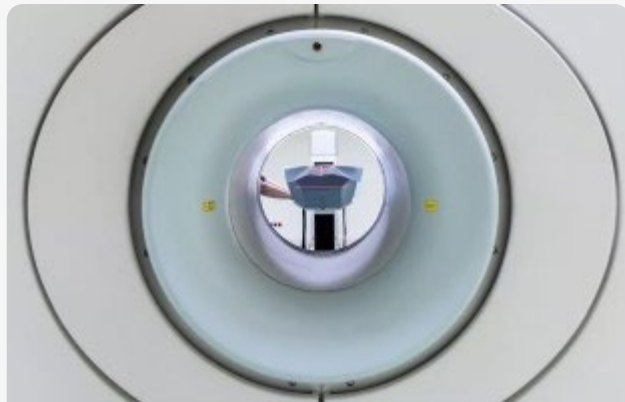
**Representing us on
your personal social
media**

We're collecting the MS community's experience of PIP to help shape our upcoming campaign on improving this benefit. Help us by sharing our survey across your channels.

[Access the survey](#) □

We've got some important guidance if you use a personal social media account to talk about the MS Society and/or your volunteering with us.

[Find out more](#) □



Could an anti-histamine help repair myelin in MS?

There have been reports in the news that a common anti-histamine might be able to repair myelin in MS. We look at the evidence.

[Find out more](#) □



Receiving this e-newsletter

We answer the most frequently asked questions about our main communication channel, and what someone can do if they're not getting our emails.

[Find out more](#) □



Staying Active with MS

Our monthly online peer-support group features a different sport or activity each month. Find out from the experts how to get involved and overcome barriers to inclusion.

[Find out more](#) 



New Octopus trial sites open

Are you interested in joining our groundbreaking clinical trial for progressive MS? We now have centres open in London, Edinburgh, Leeds and Southampton — with other locations to come.

[Find out more](#) 

Other news...

New blog - Our Director of Research and External Affairs, Dr Sarah Rawlings, tells us about some of the latest happenings on the world MS stage.

Research Reporter - Find out what's happening in the world of MS science - as compiled by our Research Team!

If you missed our **Annual Lecture**, where Professor Helen Ford spoke about the new Octopus trial, you can still **watch it here**.



Volunteering in action



Looking on the bright side

Steve tells us how his MS hasn't stopped him and why he always looks for the positives in life.

[Read Steve's blog here](#) □



Volunteering has made me a better person

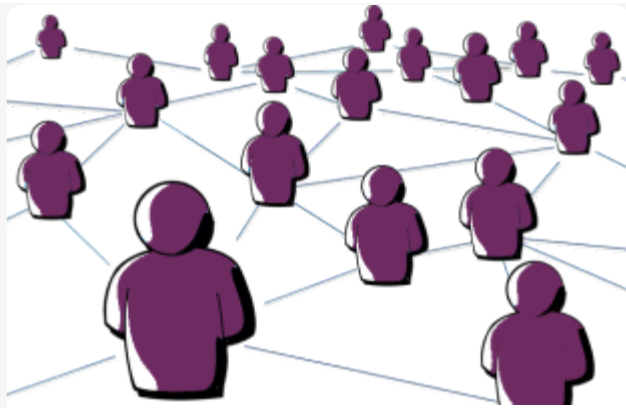
Cherry tells us how she came to be Group Coordinator of our Ayrshire Group. And why volunteering with others living with MS means so much to her.

[Read Cherry'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



Calling all Communication Volunteers!

If you look after the communications for your group and would like to connect with other volunteers and the Volunteer Engagement and Comms Team, join our new network!

[Find out more](#)



VST offer Portal support

Do you need help to access group contact data on the Portal, or to upload group event details? The Volunteer Support Team (VST) will be answering questions in informal monthly Portal support sessions.

[Sign up here](#)



Monthly Health and Safety drop-in

On the **first Tuesday of every month from 3pm**, Andy Grant (our Health and Safety Officer) will be



Group donations in 2023

Our groups have already donated over £140K this year to research and UK-wide services. We'll be keeping

available on Zoom to discuss keeping everyone safe at your events, and the processes you need to follow.

[Find out more](#) 

track of this wonderful generosity on the volunteer website, linked from future newsletters.

[Find out more](#) 



Maintaining access to your group's social media accounts

How to future-proof your social media accounts and ensure someone from your group will always be able to access them.

[Find out more](#) 



Just drop in to a Grants Get-together

We're making our Grants Get-togethers drop-in sessions so you don't need to register. Come along to connect with other volunteers, and hear the latest grants updates from our Grants Coordinator.

[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.

Guidance documents and risk assessments uploaded to [the Portal](#) for group

activities must be reviewed on a yearly basis. For activities to be covered by our insurance, guidance documents and risk assessments need a signature dated within the last 12 months.

Please check the Portal regularly and re-sign documents for any activities that are continuing. Thank you!



Events

Events for all volunteers

HOLD THE DATE! Live stream of **2023 Volunteer Impact Awards ceremony:**
Thursday 30 November at 7pm

Training troubleshooting: Various dates available

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

Fundraising Events Calendar 2023

Living Well Team events (including Staying Active with MS)

Volunteer Welcome event: Thursday 9 November at 9.30am

Events for group volunteers

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

Monthly Health and Safety drop-in: First Tuesday of every month at 3pm

Portal support session: Various dates available

Grants Get-together drop-in: Thursday 17 August at 11.30am and Friday 22 September at 3pm

MS Society Designs drop-in: Various dates available

Enthuse onboarding training: Various dates available

Let's stop MS together



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