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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.

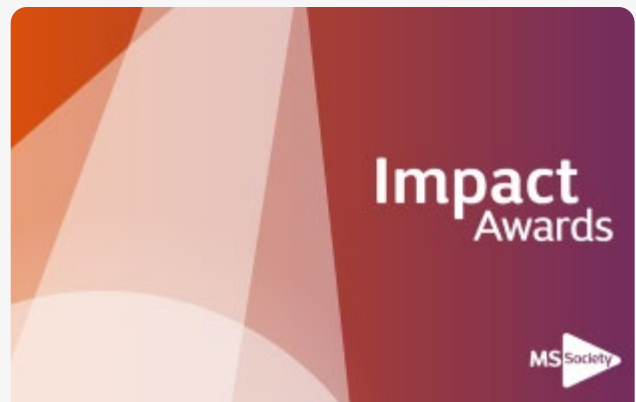


## General updates



### Volunteer Voice in September

Join us on **Monday 11 September**



### Nominate for our Impact Awards!

Do you know a volunteer who's gone

**at 3.30pm.** We'll have the usual update from Nick, and Q&A opportunity. And we'll hear about the first phase of increasing our retail income — by opening two new shops in Greater Manchester.

[Sign up here](#) 



## Volunteer at an MS Walk near you

We're seeking volunteers for our September walks in Glasgow, London and Cardiff. Could you join our team for a fun day out? There are lots of roles available to support those raising vital funds to stop MS.

[Find out more](#) 

above and beyond in their role to create real impact? Nominate them by **Saturday 30 September** and they could end up being a finalist in our 2023 virtual award ceremony in November!

[Find out more](#) 



## Join our October dog walking challenge

Walk, roll or stroll 130km with your furry friends and raise money for life-changing MS research and support. Or just do it your way and set your own distance!â€

[Find out more](#) 



## 'MS Brain Health' initiative

Professor Gavin Giovannoni's raising awareness of the importance of brain health to help create a better future for people with MS and their families.

[Find out more](#) 



## Train with the Royal Ballet

Join a top choreographer for weekly workshops leading to a performance for family and friends. No previous experience is required!

[Find out more](#) 



## Volunteering in action



## Giving grants is a win-win opportunity



## Using my skills to help rebuild our local group

With the cost of living on the rise, Group Coordinator Susannah tells us about getting involved in the pilot of a new grants scheme to support local people living with MS.

[Read Susannah's blog here](#) □

Frank tells us how he used his skills and professional relationships to help fundraise and rebuild the Hastings and Rother Group.

[Read Frank'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

### Maintaining access to your group's social media accounts

Last week, we reached out to Group Coordinators and Communication Volunteers of groups with active social media accounts via email. We asked them to share access to their accounts with the Volunteer Engagement and Communications Team. You can [find a copy of that email here](#).

Thanks to those of you who have already shared access with us. This will ensure someone from your group will always be able to access your accounts if the volunteer looking after them leaves or gets locked out.

[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.

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If you're a Finance Volunteer, please remember to analyse your group's financial transactions regularly. This helps your Coordinating Team maintain oversight of the group accounts and allows us to accurately report on the financial position of the MS Society as a whole.

It's especially important for your transactions to be up to date if you're expecting a transfer of funds from central Finance as part of the earmarked funds process. Funds can't be transferred to your group if your transactions analysis has fallen behind.

Please contact **financesupport@mssociety.org.uk** if you need any guidance on bringing your transactions analysis up to date.

## Group donations

A continuing thank you to all our groups that have generously donated to support our research projects and UK-wide services.

[See group donations](#) 



## Events

### Events for all volunteers

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

**Volunteer Voice**: Monday 11 September at 3.30pm

**Training troubleshooting**: Various dates available

**Virtual support events**: Information webinars, skills sessions, Conversation

Caf s 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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