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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



### New safeguarding form and training

We've launched a new form for



### Celebrating 70 years of the MS Society

December marks our seventieth

reporting safeguarding concerns. And new training to ensure you know how to recognise potential abuse.

[Find out more](#) □

anniversary. Join in the celebrations with our party-themed goodies and Volunteer Impact Awards!

[Find out more](#) □

## Have your say on our general election campaign resources

The next General Election will take place at the latest in January 2025, but could happen sooner. We want to work with you on our election resources to ensure our community have the right tools to feel confident in speaking up for people with MS – whether that be asking a question to candidates or knowing what to say to canvassers who knock on your door.

Interested in taking part or want to find out more? Email our Campaigns Team here: [campaigns@mssociety.org.uk](mailto:campaigns@mssociety.org.uk)



## Our new partnership this Free Wills Month

This October, we're pleased to announce our partnership with Guardian Angel, to offer a free will writing service online and by phone.



## Sleep and MS: new podcast series

Want to know about sleep and MS but too tired to ask? We've spoken to experts on sleep, MS, and everything in between.

[Find out more](#)[Find out more](#)

## Ivo Graham and Friends comedy show

We're excited to announce an unforgettable night of stand up comedy with the hilarious Ivo Graham and friends at indigo at the 02. It will be taking place on Tuesday 23 November, in aid of the MS Society's Stop MS Appeal, with tickets starting from £25.

[Buy tickets here](#)

## Other news

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

**DMT prescription** - New study reveals people with MS in the UK are less likely to be prescribed DMTs than some other countries.

**Carols by Candlelight** - Book tickets here for our annual evening of uplifting festive music and celebrity readings at Westminster Chapel on Thursday 14 December.



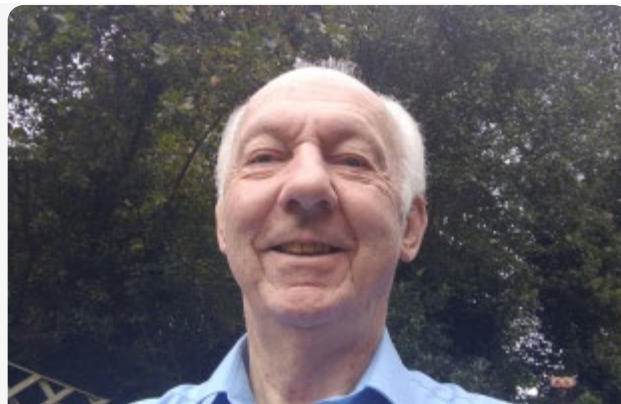
## Volunteering in action



## Volunteering has made me a more rounded person

Judy is Group Coordinator of our Borders Group. She tells us how they benefit from a supportive local community. And how campaigning can really make things happen.

[Read Judy's blog here](#) □



## Looking back on my life supporting others with MS

Les reflects on his personal experience of living with, and supporting, those affected by MS for over more than forty years. And volunteering for multiple MS groups.

[Read Les' 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



## Financial Year-End is coming

If you're a Finance Volunteer or Group Coordinator you'll need to access your MS Society email account to complete the process this year. We sent you an email about this. Did you receive it?

[Find out more](#) □



## New grants training sessions available

If you're a volunteer who's involved in assessing or supporting grants at your local group and you'd like some guidance, support and networking opportunities, join us at one of our optional training sessions.

[Find out more](#) □



## Local group donations

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



## Mutual Support wins award

Congratulations to our military support group, Mutual Support, which has won the prestigious 'Soldiering On Awards 2023' in the family values

category.

[Find out more](#) 

[Find out more](#) 

## Support Volunteer Autumn Forums

Join us for peer support, lively discussion, information about MS Support AND a quiz to celebrate 70 years of the MS Society!

We'll be joined by our Campaigns Team who will give an overview of national campaigns, as well as the support they can give you and your group if there's a local/national issue you feel strongly about.

[Find out more](#) 

## This month's Top Tips!

Welcome to our '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 planning Christmas parties or any other get-togethers where you hope to run a raffle, this [template letter](#) may be helpful if you're considering approaching local businesses for donated prizes.

Remember to update the Portal with details of any forthcoming events or new services so they'll be visible on the MS Society website. This will help advertise your activities. If you'd like any help regarding the Portal, the Volunteer Support Team are running monthly sessions that volunteers can join to find out more and ask questions. Please [visit Eventbrite](#) for dates and to register.



# 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 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)

**Carols by Candlelight:** Thursday 14 December at 6.30pm

## 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 refresher and networking session:** Thursday 26 October, 2pm-3pm

**New-to-grants training sessions:** Tuesday 31 October, 4pm-5pm

**Support Volunteer Autumn Forum:** Various dates available

**Enthuse onboarding training:** Various dates available

Let's stop MS together



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