

[View this email in a browser](#)



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 returns for 2024

Join us on **Thursday 7 March** at



A look back at 2023

We've taken a look back at some of

3pm to hear about our campaigning plans for the General Election, and how you can get involved. Plus the usual organisational update and Q&A opportunity.

[Find out more](#) 

the things we shared with you through our monthly newsletters in 2023. It was a busy year for our organisation and volunteers!

[Find out more](#) 



Staff changes at the MS Society

We're waving goodbye to some key colleagues in Volunteering and Community Networks, but will be recruiting their replacements as soon as possible. Thanks in advance for your patience and understanding during this time of transition.

[Find out more](#) 



Safeguarding training reminder

Thanks to everyone who's done the online module. If you're in a role where this is 'must-do' training, please note that the **deadline for completion is 31 March** — to allow time for those who've been involved in the Finance Year End.

[Find out more](#) 



Help us shape our services

Through Project Mead, we're transforming the services we provide by developing a tailored experience to match the needs of the MS community. You can apply to be a community representative on our project steering group.

[Find out more](#) 



New research with ancient DNA

An international collaboration of researchers has shown genes linked to MS may have evolved as a way to protect against infections.

[Find out more](#) 

Other news...

Advances Winter 2024 - Download the latest issue of Your Advances for news, stories and achievements from the MS community

Taking on the challenge - Meet the researcher leading clinical trials to find treatments for everyone with MS



Volunteering in action



Volunteering gives me purpose

Stuart has been part of the Nottingham Group's Coordinating Team since 2014. He shares the impact stopping work had on him following his diagnosis, and how volunteering has given him a sense of purpose.

[Read Stuart's blog here](#) □



I've made the most amazing friends

Caroline co-founded our Lymington and New Forest Group and set up support groups for male carers across Hampshire. She tells us about these, and her future hopes to help the local MS community.

[Read Caroline'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

Finance Year End

A massive thank you to everyone who's helped us meet our Finance Year-End deadline. We're very grateful for your dedication, patience and teamwork, which made it happen.

If you have any feedback on the process, please drop Finance Support an email (financesupport@mssociety.org.uk). Your thoughts are important as we aim to improve.

Many thanks again, and here's to another successful year ahead!



VST drop-ins are back

The Volunteer Support Team is continuing weekly support sessions in 2024 — **2-3pm every Tuesday**. Drop in (for as long or as short as you like) on Zoom for any help you need. Plus health and safety support at 3pm on the first Tuesday of the month.

[Find out how to join](#)



Local group donations

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

[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.

Do you need to send us documents such as SLAs or health and safety forms? Have you been sending us a page at a time as a picture? Then why not download a free

scanner app? There are various apps to choose from, for either Apple or Android devices. We've linked some below.

Apple devices

- [Download Tiny Scanner](#)
- [Download Genius Scan](#)
- [Download CamScanner](#)

Android devices

- [Download Tiny Scanner](#)
- [Download Genius Scan](#)
- [Download CamScanner](#)



Events

Events for all volunteers

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

Living Well Team events (including Staying Active with MS)

Volunteer Voice: Thursday 7 March at 3pm

Training troubleshooting session: Various dates available

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

Enthuse onboarding training: Various dates available

Monthly fundraising drop-in: First Wednesday of every month at 2pm

Let's stop MS together



You're receiving this email because you're one of our volunteers.

You're subscribed as
jo.webber@mssociety.org.uk

[Privacy & Cookie Notice](#)

Registered charity nos 1139257 / SC041990. Registered as a limited company in
England and Wales 07451571