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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.

Newsletter changes

We've recently reviewed our volunteer communications to ensure we're compliant with Privacy and Electronic Communication Regulations (PECR). The next review will be in January 2027, or sooner if legislation changes.

If you've received this newsletter, then nothing will change. We'll continue to send you a mixture of 'service' information (required for our volunteers to perform their roles) and updates from across the organisation, plus our volunteering blogs.

However, we've now created a separate version of the newsletter, containing just the service information. We'll send this to volunteers who haven't opted in to receive non-service messaging. So you may come across fellow volunteers who are receiving service messages only.

Do let us know if you have any queries, or contact our Supporter Care Team (supportercare@mssociety.org.uk or 0300 500 8084) to update your preferences.



General updates



Our brand has a fresh new look...

We've been phasing in our new vibrant and accessible refreshed brand since the beginning of the year. We're now ramping up the roll-out to coincide with the changes to our website.

[Find out more](#) 



...and our website's getting one, too!

Our new-look main website is set to go live early April. As well as a fresh new face there are some important changes that will help us develop longer-lasting relationships with our visitors.

[Find out more](#) 

Safeguarding training reminder

If you're **in a volunteering role which requires you to complete our safeguarding training**, we emailed the training link to you back in November. If you haven't yet completed it, we re-sent the link to you on Tuesday (12 March).

The message will have come from 'MS Society e-learning gateway'. We may have sent it to your personal or MS Society email account, so please check all your inboxes, as well as your Spam and Junk folders. **The deadline for completing this training is Sunday 31 March.**

Many thanks in advance for completing this important training module — and to

those who have already done so.

[Find out more](#) □



Welcoming new volunteers

If you're new to volunteering at the MS Society, we've created an online resource to help you hit the ground running. Find out about our history, the work we do, how volunteers fit in and where to find support in your role.

[View our resource](#) □



#MSWeek



MS Awareness Week is back for 2024

This year's MSAW runs from **22 to 28 April**. Our campaign will shine a light on the MS topics that can feel difficult to talk about. Help us by sharing our survey (open until **Sunday 17 March**) about MS symptoms which might be considered embarrassing.

[Find out more](#) □



Volunteers needed at TCS London Marathon on 23 April

This year, over 300 runners are hoping to raise an incredible £700,000 for us. Can you help us give them a great experience? Volunteers are a vital part of all our cheer points along the route. No previous experience is needed — just volume and enthusiasm!

[Find out more](#)

Join our online campaigning event

With a General Election approaching, you can seize this opportunity to get MS on the radar of your local candidates. Join our online training session on **Tuesday 19 March at 6pm**. MP Charlotte Nichols will be with us to answer questions and advise on how to get your voice heard.

[Book your place](#)



We've launched our spring Stop MS Appeal

This spring, we're aiming to raise £118,000 towards the research we fund. And we're featuring some of the researchers exploring new ideas which could lead us down the road to new treatments for people with MS.



How family connections inspired genetics research

Mollie McKeon is a PhD researcher at the University of Cambridge, where she researches the genetics of MS progression. Her mum, Ceridwen Roberts, who lives with secondary progressive MS, inspired her work.

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

Other news...

Volunteer at an MS Walk: If you live near Manchester, Birmingham, London or Cardiff, we'd love your support — with local promotion and/or helping on the day. And we can help local groups build new connections and fundraise at our events.

MS Society £4,000 Raffle 2024: Support our work for the chance to win one of over 20 prizes. £1 tickets are available until **Thursday 9 May**.

Information booklets for family, friends and carers: With the help of volunteers, we've reviewed and updated these. Available online or from our shop.

New genetics research could help diagnose MS earlier: Researchers have developed a way to predict whether people with optic neuritis will go on to be diagnosed with MS.



Volunteering in action



Taking steps to give something back

Zach has raised £4,525 for us since 2019 by taking part in our MS Walks. He tells us what inspired him and



My disability is my unique selling point

Jo's been volunteering with the Milton Keynes Group for over 12 years. She tells us what she enjoys most about

what the experience is like.

[Read Zach's blog here](#) □

her roles and how she's embraced her disability.

[Read Jo'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

Watch VST's message here...



Meet the Volunteer Support Team (VST)

Meet the team who are always on hand to support you — with a reminder of all the things they can help with.

[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.

[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.

Just a quick reminder to please use the generic Volunteer Support Team (VST) email address (volunteersupport@mssociety.org.uk), rather than individual Volunteer Support Officer (VSO) addresses.

We've had a couple of instances where enquiries have been held up because they've arrived in a VSO's personal inbox while they've been on leave or unwell. Rest assured that, if you use the general VST email, the message will always go to your named VSO unless they're away.

You can, of course, also call the team on **0300 500 8084** (choose option #3).



Events

Events for all volunteers

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

Living Well Team events (including Staying Active with MS)

Campaigning event, with MP Charlotte Nichols: Tuesday 19 March at 6pm

Training troubleshooting session: Various dates available

2024 fundraising events calendar

Events for group volunteers

Coffee & Chat session with Volunteer Support Team: Tuesday 19 March at 11am, Wednesday 20 March at 3pm and Thursday 21 March at 6pm

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



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