

[View this email in a browser](#)



# Volunteer update

Welcome to your monthly newsletter - keeping you updated with news relevant to all volunteers, as well as key group-specific news.



## General updates



**Getting our voice heard in the UK General Election**



**New MS incidence and prevalence data**

The UK General Election on **Thursday 4 July** is an important opportunity to make sure MS is on the agenda of every candidate. Our toolkit will help you with effective campaigning and advise you on remaining politically neutral.

[Find out more](#) □

Last month, we published updated statistics. We now estimate there are over 150,000 people living with MS in the UK. And that nearly 7,100 are newly diagnosed each year.

[Find out more](#) □

## Have your say to help transform our services

Yesterday, we emailed you an invitation to take part in a research survey about the information and services we offer. The survey focusses on the services our local groups provide and was sent to all volunteers as well as members of our community. It'll be open until **midnight on 7 July**, so please complete it via the link below and help shape the work of our Services Transformation Project, **Project Mead**. Please also share the link with your local contacts.

[Take the survey](#) □



## March, roll or stroll with us at Pride

We support Pride month because equity is at the heart of our mission to be there for everyone affected by MS.



## Helping vital MS research to happen

If you've ever considered taking part in a research study or clinical trial, watch our new video where Tony talks

Join us at an event this summer to celebrate how far LGBTQIA+ rights have come.

[Find out more](#) □



## VOLUNTEERS' WEEK

### 40th Anniversary

### What we got up to for Volunteers' Week

Last week was a great opportunity for us to make some noise about the invaluable contribution our volunteers make to the MS community. In case you missed any of our content, we've done a round up.

[Find out more](#) □

about his motivation for getting involved. And see which studies could be open for you to join.

[Find out more](#) □



### Diet has potential to help people with MS

A new study has identified which foods have the most potential to help people living with MS manage symptoms and possibly reduce disability.

[Find out more](#) □



## Volunteering in action



## Supporting people with MS since 1970

Ann has been volunteering with the Scunthorpe and District Group for over 50 years. She tells us how her changing roles over the years have enabled the group to keep going.

[Read Ann's blog here](#) □



## The biggest step is the first one

In August 2022, Stuart walked from Newcastle to Bournemouth, visiting each of the 20 Premiership football stadiums. He covered 600 miles in 21 days and raised over £16,000 for our Stop MS Appeal.

[Read Stuart'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



## Health and safety reporting reminder

We do our utmost to prevent accidents and incidents from happening. But, if they do, we're legally obliged to report them. And reporting helps us review and improve our risk assessment processes.

[Find out more](#) □



## New form for Support Volunteers

We've replaced the old JOT form with an easier new form for you to record the types of enquiry you receive. It takes two minutes via a link on your device and helps us understand and showcase the support you give.

[Find the new form here](#) □



## MS Society Designs is back with a new look

Our free service for local groups to create bespoke branded materials is back with a new look! And from




## Protecting your Facebook page or group

We've heard that some local groups' Facebook accounts have been disabled by Facebook. So we've put

listening to your feedback, we've simplified processes and added new options. We hope you like the changes.

[Find out more](#) 

together a set of things you can do to lower the chance of this happening.

[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.

---

A reminder that you're warmly invited to join our Volunteer Support Team's informal weekly Zoom drop-ins on a Tuesday at 2pm. On Tuesday 25 June, Kerrie Trim, our Grants Coordinator, will be on hand (2.30-3.30pm) to answer any questions you may have about Health & Wellbeing grants or the new Cost of Living grants.

Andy Grant, Health & Safety Officer, is available every first Tuesday of the month from 3-4pm (via the same link). He can assist with any queries about guidance documents, risk assessments etc. If you need our Public Liability Insurance certificate, we currently have a cover note available [here](#), valid until 24 July 2024. This'll be replaced by the new full annual certificate as soon as it's available.

Zoom link for weekly drop-ins, Tuesday from 2pm:

**[https://us02web.zoom.us/j/88644367945?](https://us02web.zoom.us/j/88644367945?pwd=SkhzRndRMGc2UWZqZjJFN1pZNXpYQT09)**

**[pwd=SkhzRndRMGc2UWZqZjJFN1pZNXpYQT09](https://us02web.zoom.us/j/88644367945?pwd=SkhzRndRMGc2UWZqZjJFN1pZNXpYQT09)**. We hope to see you there!

## 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](#) 



# Events

## Events for all volunteers

**Virtual support events:** Information and skills sessions for different stages of the MS journey (including Staying Active with MS)

**Training troubleshooting session:** Various dates available

**2024 fundraising events calendar**

## 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

**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