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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




Responding to racism and riots over recent days



Help us create your new Document Hub

We condemn the racism and violence the UK is seeing and will support any volunteers impacted. We've put together some guidance you can follow to keep yourself and the community safe.

[Find out more](#) 

Replacing the volunteer website with the Document Hub on Assemble is a chance to re-organise the information so volunteers can find what they need. You can help by testing our ideas for a new structure.

[Complete the test](#) 



We want to hear from those caring for people with MS

As part of Project Mead, we're focussing on the support available for carers, families and friends of people living with MS. Please share our callout for people to tell us about their experiences.

[Find out more](#) 



Raising MS awareness at the Super League rugby

We've secured a generous deal to promote some key MS messages at over 150 Super League rugby matches. And we've created some new resources you can also use to raise awareness on social media.

[Find out more](#) 



Remember the MS Helpline is there for anyone who needs it

If MS is on your mind, or the mind of someone you're supporting, our MS Helpline is there. Anyone affected by MS can contact them on **0808 800 8000** for information or emotional support.

[Find out more](#)



Representing the community at MS Frontiers

Member of the Board of Trustees, Bayan Mohajeri, attended our biennial conference MS Frontiers in 2024. We caught up with him about his experience and his hopes for future research.

[Find out more](#)



Volunteering in action



Finding the perfect volunteering role

Fiona has been volunteering at the MS Society since 2006. She tells us about her volunteering journey and how her new role enables her to focus on what she really enjoys.

[Read Fiona's blog here](#) □



Having a 'light touch' role is a way to remain useful

Kate has volunteered with our South Devon Group for over 20 years. She tells us about that, and her recent interview on Radio Devon as one of our General Election Volunteers.

[Read Kate'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



Awards for All – apply now

Are you struggling to fundraise traditionally? A fantastic way to get a healthy boost to your group's income is through National Lottery funding.

[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.

So long as our risk management processes have been followed, group events and activities (social or fundraising) will be covered by our Public Liability Insurance (PLI). You can [find the latest PLI certificate here](#).

You can [find all our guidance and forms relating to group events, services and activities here](#). If there's anything you're uncertain about, or would like to chat through, the Volunteer Support Team are here to help on 0300 500 8084 (#3) or volunteersupport@mssociety.org.uk.



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



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