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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



### Behind the scenes of Assemble



### Project Mead community roadshow events

With Assemble ready to launch in the next coming months, we'd like you to meet some of the team working to make it all happen.

[Find out more →](#)

We're holding events this February and March for volunteers and people affected by MS to tell us how we can improve our local support services.

[Find out more →](#)



## First Volunteer Voice of 2025

Join us on **Wednesday 5 February at 2pm** for an organisational update and the opportunity to ask about anything that's on your mind. Plus Barbara tells us about the wellbeing support she offers our volunteers.

[Find out more →](#)



## Help shape our new research strategy

We're looking for people affected by MS to join a focus group on **Friday 31 January at 10am** and contribute to our new five-year research strategy. Please share this opportunity across your channels.

[Find out more →](#)



## Piloting new online peer-support groups

We're trialling two new opportunities for the MS community to share experiences. Our Ally Network for carers and peer-support group for those with progressive forms of MS launch this month.

[Find out more →](#)



## Could MS treatment be personalised?

Researchers at our Edinburgh Centre for MS Research used information from post-mortem brain tissue to separate people with MS into four groups. This could help personalise MS treatment in the future.

[Find out more →](#)



## Face-to-face fundraising in 2025

We hope to extend the reach of our professional fundraisers into new locations this year — raising vital funds, building supporter relationships



## 28 January is Data Protection Day

A new year's the perfect time to cleanse the data you hold. And for a reminder of some important actions you should take all year round to

and raising awareness of our organisation and cause.

[Find out more →](#)

keep everyone's information safe. We've compiled a short list to help.

[Find out more →](#)

## Other news...

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

## Support's always on hand

We know that volunteering can have its ups and downs. If you'd like a confidential chat about anything that's worrying you in your role, please contact Barbara on [supportwellbeing@mssociety.org.uk](mailto:supportwellbeing@mssociety.org.uk)



## Updates for groups



**Finance Year End - 31 January deadline!**



**New Facebook guidance for groups**

Thanks to all our groups that are now completing the process. If you need a reminder of the steps to take, or how to access support, we have a round-up to help you.

[Find out more →](#)

Use the new logo we've created to reduce the risk of your group Facebook page being suspended. And add the Volunteer Comms Team as an account admin, in case you're ever locked out.

[Find out more →](#)

## Two-week freeze on volunteer recruitment

As you're aware, we have the huge task ahead of transferring vast amounts of data over to our new central database. And of integrating it with other systems, including Assemble.

While this all happens, **from Thursday 20 February until Thursday 6 March, there will be no access to the REACH recruitment platform.** If you have any volunteer vacancies to advertise, please ensure you've uploaded them to REACH in advance of this freeze period.

## 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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With many group events having remained online after the pandemic, it's important to **keep your Zoom meetings secure**. We've updated [our guidance on Zoom security](#).

Please set up your Zoom meetings so they're private. There are two ways to do this. You can require a meeting password, or use the waiting room feature and control the admittance of guests — or both! If using the waiting room, make sure you check each attendee's name and don't let them in if you don't recognise them.

If you need any help with Zoom, just contact [volunteersupport@mssociety.org.uk](mailto:volunteersupport@mssociety.org.uk) .

## 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

**Volunteer Voice:** Wednesday 5 February at 2pm

**Project Mead roadshow events:** Various dates in February and March

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

### 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

Let's stop MS together



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