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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



Preparing to support you with using Assemble



Project Mead roadshows — local and online events

We're still waiting for confirmation of a new launch date for Assemble. But we're busy preparing support and resources to help you navigate the new platform, and use it effectively.

[Find out more →](#)

There's still time to join us at a local or online event to tell us how we can improve our support services in your community. And it's an opportunity to connect with other volunteers.

[Find out more →](#)

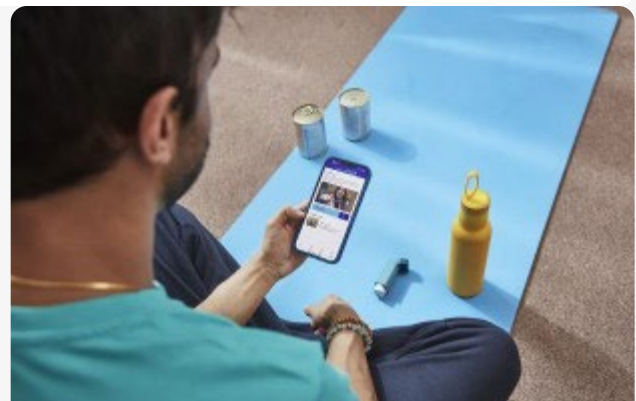
Help us shape the direction of volunteering

We know how important it is that volunteers help to shape our work. So, we're looking for volunteers to help develop our plans for how we involve volunteers over the next five years. Meetings will take place on Zoom over the next three months, for two hours every fortnight.

If you're interested in joining a group of enthusiastic staff and volunteers, please contact Emily Perriam, Head of Volunteering and Community Networks, at emily.perriam@mssociety.org.uk.

We're also looking at how we ensure you have a great experience as a volunteer with the MS Society. We know there are things we could do better. So, whilst we've received feedback through previous volunteer surveys, we want to hear from you, as things may have moved on.

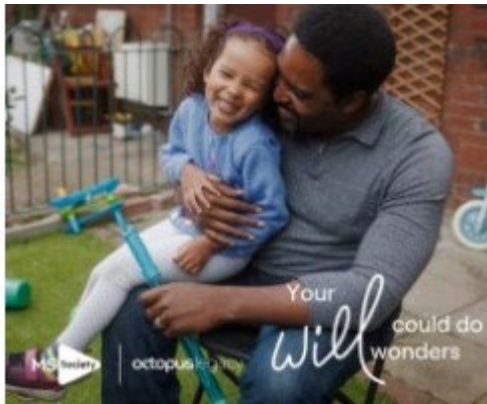
If you'd like to be involved in a group to work on this via Zoom meetings over the coming months, please contact Ruth Leonard, Volunteer Operations Manager, at ruth.leonard@mssociety.org.uk.



New MS Society shop now open

Our latest shop is based in the heart of the community in Sale, Manchester — offering a fun, accessible and friendly shopping experience. We're seeking donations and more volunteers.

[Find out more →](#)



Write your will for free with Octopus Legacy

It's easy to put off writing a will. But it's a vital step in protecting your loved ones and the causes that matter to you. Now you can write or update one from home, for free.

[Find out more →](#)

Get active with a new app

The 'We Are Undefeatable' app offers individual on-demand workouts tailored to the user and virtual group sessions led by a live host. Try it free until 31 March, and encourage people you support to take a look.

[Find out more →](#)



New study on safety of MS treatments during pregnancy

A study of over 3700 pregnancies in people with MS has found that most treatments for MS don't increase the risk of miscarriage, premature birth or major congenital anomalies.

[Find out more →](#)

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



Volunteering in action



A journey of strength and support

Yolanda is Group Coordinator of our South East Kent Group and a national campaigner for the MS community. She tells us how supporting others has given her purpose and confidence during the challenges of living with MS.

[Read Yolanda's blog here →](#)



Whatever you can do, there's a role for you

As well as being on the England Council, John's involved in campaigning, communications and befriending. He tells us about his MS journey, and how he hopes his volunteering makes a real difference to the MS community.

[Read John'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!

Oceans of Hope challenges

Oceans of Hope is a UK-based charity offering people living with MS sailing challenges all over the world. For those who take part, the trips can help to challenge the feelings of hopelessness and loneliness that can sometimes come with an MS diagnosis.

The challenges might be something you wish to share in your group newsletter or with your local contacts. You can [find out more in our blog](#) with the founder of Oceans of Hope, Robert Munns. And you can [find out about the challenges taking place](#) on the Oceans of Hope website.

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.

Please remember to let us know about the activities, events, socials etc that your group runs. You can [find the guidance or risk assessment documents you need to complete here](#). Once completed, please send them to the Volunteer Support Team (volunteersupport@mssociety.org.uk). We'll check them and email to confirm that your event will be covered by our insurance.

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

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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