

# Equality, Diversity and Inclusion resource bank

Welcome to the volunteer hub of Equality, Diversity and Inclusion (EDI) resources. We're updating the hub regularly with advice and resources to help make your volunteering and services as inclusive as they can be.

## EDI at the MS Society

The Ms Society's Equality, Diversity and Inclusion Strategy sets out how we will deliver "Putting diversity and inclusion front and centre" and holding EDI at the heart of everything we do. The strategy works towards a future where everyone affected by MS sees us as their fearless ally, whatever their age, ethnicity, gender, sexual orientation, beliefs, family or how much money they have. We believe our people (volunteers and staff) must reflect the true diversity of our MS community and wider society. We want everyone to feel included and empowered in their role, while also feeling they can be themselves.

These are goals worth fighting for not just because they are the right thing to do, but because a focus on EDI is core to achieving our wider goals for our community. If we value difference as one of our core strengths, we'll be able to find a way to help anyone affected by MS.

If you are interested in joining our EDI Reference Group, drop us an email to find out more [edi@mssociety.org.uk](mailto:edi@mssociety.org.uk)

## Internal resources

### [Our EDI Strategy](#)

- Read the MS Society EDI Strategy.

### [Fasting and MS factsheet | Multiple Sclerosis Society UK](#)

- Read the MS Society factsheet for support and information on fasting for religious reasons.

### [MS Society EDI Reports](#)

- [Equality diversity and inclusion \(EDI\) annual report 2023](#)
- [Equality diversity and inclusion \(EDI\) annual report 2022](#)

## [Blogs](#)

A selection of community blogs from people affected by MS about EDI issues

- [The importance of visibility for queer disabled people](#)
- [Volunteering to create better representation](#)

- [The woman I created – the woman MS helped me to become.](#)
- [MS and stigma in the Black community](#)
- [Representation matters](#)
- [MS during Ramadan](#)
- [Lessons from Barbara Jordan](#)
- [I'm proud of who I am and what I do](#)
- [Doing my bit to represent the MS community](#)
- [Living loudly queer and stumbly](#)
- [Understanding what it means to be an LGBT person with MS](#)
- [MS, faith and marking Ramadan during the pandemic](#)

## **External resources**

### [The Diversity and Inclusion Calendar 2025 | Inclusive Employers](#)

- This calendar shows inclusion events and awareness days to help you plan events accessibly and support your fellow volunteers.

<https://abilitynet.org.uk/>

- AbilityNet supports older and disabled people to access the digital world. Visit their website for resources and information.

<https://www.disabilityaction.org/>

- Disability Action is an organisation promoting, protecting and upholding the human rights of disabled people in Northern Ireland.