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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

Help us bring our 2025-2029 strategy to life

As a volunteer, you're a key stakeholder in our new strategy, that was shaped with help from our volunteers. We'd love you to join us at a relaxed online session, to help us bring it to life and communicate it.

We'll start by showcasing the framework of the strategy, and then invite you to collaborate on how, together, we can make it a reality.

[Register to attend →](#)



VOLUNTEERS' WEEK

What does the Spring Statement mean for people with MS?

Read our summary of the proposed changes to disability benefits. And, in such uncertain times, remember our [MS Helpline](#)'s always there to provide free advice to you or anyone you're supporting.

[Find out more →](#)

Ways to celebrate Volunteers' Week this year

Volunteers' Week (Monday 2 to Sunday 8 June) will be here before we know it! Find out how you can get involved individually or as a group with our celebratory resources.

[Find out more →](#)

Stop MS Appeal Annual Lecture

As we near the end of the Stop MS Appeal, we're delighted to have Professor Alan Thompson present this year's talk around the impact of the appeal over the last ten years. This will be followed by a panel session with our Stop MS Scientific Ambassadors.

Taking place on **Tuesday 24 June from 6.45pm**, the lecture will be held at Kings Place — an accessible venue behind London's Kings Cross Station.

For further details, or to register your interest in attending, please contact specialevents@mssociety.org.uk.



MS Walk is back for 2025!

Whether you'd like to volunteer at an event, or your group is looking to fundraise, here's how you can help us reach our target of raising £100 million for the Stop MS Appeal.

[Find out more →](#)



MS Awareness Week - 28 April to 4 May

We've put together some resources to help you speak out in MSAW — social media templates, a printable poster, and a session plan to stimulate group chats on this year's theme of 'MS conversations'.

[Find out more →](#)

Invite your MP to our parliamentary event

This month, we're heading to UK Parliament to meet MPs and tell them how they can make a difference for the MS community. With the Government recently announcing proposed changes to key areas like disability benefits, it's more important than ever that MPs understand what it's like to live with MS.

You can help by writing to your MP today and inviting them to attend!

[Use our form here to invite them.](#)

Encourage friends and family to do the same, and share the action on your channels. The more MPs who come along, the more impact we can have!



What are your healthcare priorities?

[Change NHS](#) is the biggest ever conversation on the future of the NHS in England. There are only a few days left to tell the government your top priorities. The survey closes at **5pm on Monday 14 April**.

[Find out more →](#)



Vote for volunteer Yolanda in National Diversity Awards

Huge congratulations to local Group Coordinator and national campaigner, [Yolanda Barker](#), who's been nominated for the Positive Role Model Award for Disability. Read about her achievements and give her your vote.

[Vote for Yolanda →](#)

New volunteering roles for community engagement

Are you passionate about raising local awareness of MS in the Asian community. Or about reaching out to other communities that may not have engaged with the MS Society before? If so, one of our new volunteering roles could be for you, or somebody you know.

[Find out more →](#)

Other news

- **There's still time for [donations](#) to be doubled!** Until Sunday 27 April, all donations to the Stop MS Appeal are being matched.

- **Latest issue of Research Reporter**: Find out what's happening in the world of MS science — including a spotlight on our women's health research.

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



Each time somebody new comes on board, we get stronger

Fiona is the Group Coordinator for our South and West Cornwall Group. She tells us about restarting the group from scratch and taking it from strength to strength.



I hope we can slow down or stop people's MS from getting worse

Ashley was diagnosed with primary progressive MS in 2014. He shares how MS affects his life and why he believes that donating to the Stop MS Appeal is key to stopping or slowing MS progression.

[Read Fiona's blog here →](#)

[Read Ashley'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



Represent our group volunteers to help shape our services

We're looking for a group volunteer to join our services transformation project. If you have experience helping to manage a local group and run services in your area, we want to hear from you.

[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.

With spring weather thankfully now with us, you might have summer group events on your mind. If you're sending out information to promote these, or even your regular newsletters, do **remember not to re-use previous contact lists**. People's details may have changed since you last used your group lists. Or someone may have asked to be added or removed. So, to keep us compliant with GDPR, please contact Volunteer Support for up-to-date email or postal addresses, or post labels — volunteersupport@mssociety.org.uk .



Events

Events for all volunteers

Collaborative online session to help bring our new strategy to life: Tuesday 29 April at 6pm

Fundraising Events Calendar 2025

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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