



## Social media examples

We've put together the below posts to give you some ideas on how you can mark Volunteers' Week on social media and give a shout out to your fellow volunteers.

We'd love to see your posts and the interaction you get from them to potentially include in our Volunteer Newsletter round up, so please share them by:

- Sending screenshots of your posts to [volunteercomms@mssociety.org.uk](mailto:volunteercomms@mssociety.org.uk)
- Tagging the MS Society on Facebook: @MS Society UK
- Tagging the MS Society on Instagram: @mssocietyuk

You can find social media images to use on the [Volunteer Website here](#).

### Facebook example



### Facebook text reads:

'Today marks the start of Volunteers' Week. We want to say a massive THANK YOU to each and every one of our MS Society group volunteers, as well as our fellow volunteers across the UK for your time, effort, contribution and support for people in the MS community'.



## Instagram example



### Instagram text reads:

'Shout out to all MS Society volunteers this Volunteers' Week. If you're a volunteer, why not share your reasons for volunteering in the comment section below.'



### Multiple Sclerosis Society

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