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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



It's an early Volunteer Newsletter from us this month! That's because today, Monday 2 June, marks the start of Volunteers' Week. So, I wanted to use this as an

opportunity to thank you all.

As Chief Executive, I'm lucky to be able to meet lots of volunteers and I'm continually inspired by your dedication, selflessness and resilience.

Volunteers are a vital thread running throughout our organisation. From raising crucial funds to campaigning for change. From providing information, support and connection to sharing lived experience and skills to shape our work. Whether you're sitting on a national council or providing a listening ear at a group coffee morning, what you do matters. Every minute you give helps us ensure no one faces MS alone.

We'll be using this week to celebrate your volunteering in different ways across our channels. Look out for some fantastic volunteer blogs and a special video from our Ambassadors and staff on social media, which you can also watch here by clicking on the 'play' button.

To all our amazing volunteers...



We'll also have content across our other channels, such as our website, emails, and in shops.

We won't just be shouting about you externally either. We'll be inviting staff to come along to an internal session to hear from volunteers from Asian MS and Mutual Support, as well as one of our volunteer Wellbeing Facilitators. They'll be speaking about the different ways in which they support people to live well with MS.

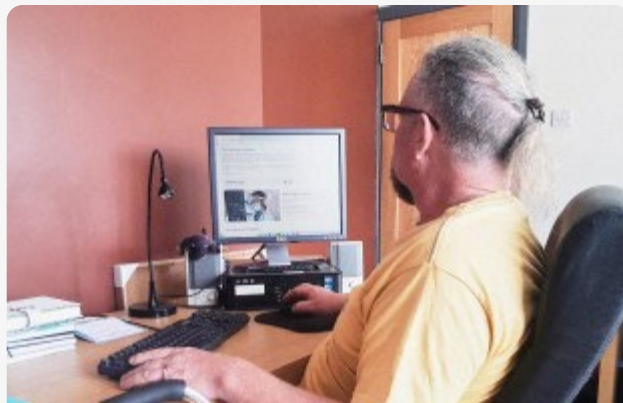
I hope you can join me at the next Volunteer Voice session this Wednesday 4 June, 6pm, where we'll be joined by members of the Helpline Team. They'll be giving us

an update on the increasing number of people we've been able to support through our award-winning MS Helpline, which we couldn't run without our Helpline Volunteers. You can [sign up here](#).

Until then, from me and everyone at the MS Society, a big thank you and I wish you all a happy Volunteers' Week.

Nick

Nick Moberly, CEO



Help name our UK-wide services model

We're pleased to share another update with you from Project Mead, our services transformation project. Find out what we've been working on for our UK-wide services and support offer. We also need your help!



Call your MP!

Right now, MPs are deciding how they'll vote on proposed changes to disability benefits. Cuts that risk making life even more difficult for people living with MS. We tell you how to phone your MP with a clear message that disability benefits must be protected.

[Find out more →](#)

[Find out more →](#)

Group Coordinator appointed to Project Mead

We're delighted to welcome Davinia Winch, Group Coordinator of the Winchester and District Group, to our services transformation steering group on Project Mead. Davinia will join community representatives, Marie and Robert. They'll play an active role in shaping the future of our services, keeping the voice of the MS community front and centre in every conversation.

Davinia's experience as a Group Coordinator will be invaluable to help us ensure the services improvements we're introducing are right for our volunteer groups too. Take a look at the Project Mead update above to find out what else is happening!



Join us for Volunteer Voice this Volunteers' Week

Join us at **6pm on Wednesday 4 June** for the usual organisational update and Q&A opportunity. Plus an update on our award-winning MS Helpline and the increasing number of people we've been able to support.



An update on the delays to Assemble

Due to unforeseen complexities, we still can't launch our new, centralised data platform, Sage. We're making steady progress now, but can't launch Assemble without it.

[Find out more →](#)

[Register to attend →](#)



Bringing our new strategy to life

Last month, volunteers from across the MS Society community joined us online. The event generated thoughtful, constructive discussions about how we can collectively bring our strategy to life.

[Find out more →](#)



MS and employment

In November, we invited you to take part in a survey to share your experiences at work. We're now calling on the government to make flexible working the default, improve access to government support and protect disability benefits.

[Find out more →](#)



Clinical trials for progressive MS

For Clinical Trials Day on 20 May, we rounded up some of the trials people with progressive MS can join in the UK right now.

[Find out more →](#)



Proud to be marching in Pride

On **Saturday 21 June** we'll be marching with our community in Cardiff's Pride Cymru. And on **Saturday 5 July** we'll be at Pride in London. Will you join us?

[Find out more →](#)



Tips for staying a tiny step ahead

Cyber attacks on online retailers have hit the headlines recently. We've put together a few reminders on what you can do to protect your accounts and stay alert to scams.

[Find out more →](#)

Other news

- **Annual Lecture for Stop MS Appeal** - Tuesday 24 June - Places still available.

Support's always on hand

We know 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



Working with volunteers is a privilege

For Volunteers' Week, our Executive Director of Services and Support, Gavin Atkins, tells us how his own volunteering shaped his career choices.

[Read Gavin's blog here →](#)



The more people who know about MS, the more we understand it

Sol's a content creator who lives with a rare variant of MS. He tells us how using social media to raise awareness of MS has given him purpose. And how completing a 5k MS Walk was a big achievement.

[Read Sol'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

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.

Protecting the data we hold: If you send out emails on behalf of your group, you may be holding a lot of personal data in your MS Society email account. For data protection, it's good practice to delete emails holding personal data once you've dealt with them. And, because Outlook's vulnerable to cyber intrusion, it shouldn't be used as a storage system. If there's a good reason to hold on to personal data, do it safely within your files instead.

We strongly advise that you tidy up in Outlook regularly (or at least every six months) to reduce risk. You should only hold onto personal data if it's necessary and justifiable, such as for statutory record keeping, ongoing enquiries, complaints, etc.

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 4 June 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)

Discussing diagnosis: Webinar for carers, family and friends: Thursday 12 June at 6.30pm

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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