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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



Update on Project Mead



Launching Assemble

Our new services structure will launch next year as MS Help. To support this change, an internal consultation has now begun on a proposal to restructure the staff teams in our Services and Support directorate.

[Find out more →](#)

Our new volunteer management system, Assemble, is launching for volunteers from January. This is so the new system can support the new services structure, MS Help, coming next year.

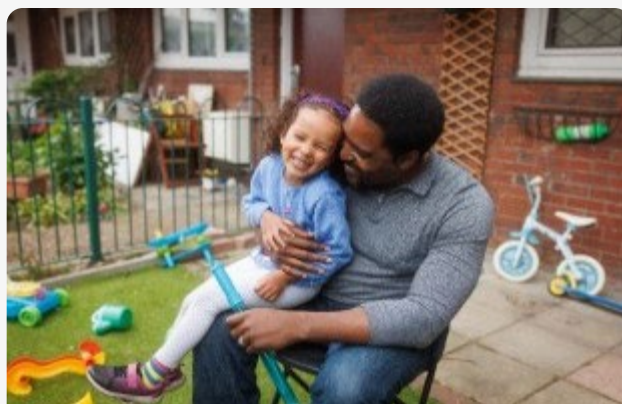
[Find out more →](#)



Join our September Volunteer Voice event

Our session at **2pm on Thursday 25 September** is an opportunity to hear an organisational update from Gavin Atkins (Executive Director of Services and Support). And to ask about anything that's on your mind.

[Find out more →](#)



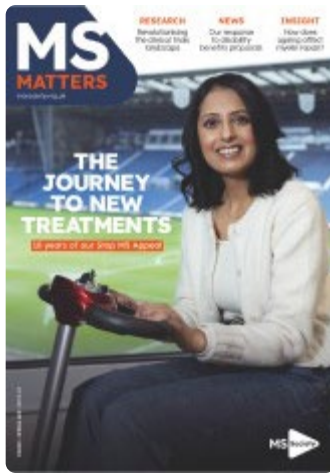
Plan ahead this autumn and write your will for free

As an MS Society volunteer, you can access a free will-writing service through our partner, Octopus Legacy. And you can learn about key things to consider at our online will-writing session on **Wednesday 1 October**.

[Find out more →](#)

Write to 'MS Matters'

Have you ever wanted to share something that's on your mind or respond to something you've read in 'MS Matters'? It's our magazine packed



with features, tips and inspiration.

If you'd like us to consider publishing a letter you've written, send it to msmatters@mssociety.org.uk.



Celebrate Menopause Awareness Month

To increase peri/menopause awareness and understanding, and provide support, we're running two sessions next month full of expert guidance and practical tips.

[Find out more →](#)



Carols by Candlelight for Stop MS

Join us in the stunning Central Hall Westminster on **Thursday 4 December at 7pm** for festive music and readings on the theme of 'Hope ignited', in aid of our Stop MS Appeal.

[Find out more →](#)

Ideas for Living Well in 2026?

As we start to shape our programme of events for 2026, we'd love to hear from you. Are there any topics or ideas you think could be valuable for our Living Well virtual support sessions?

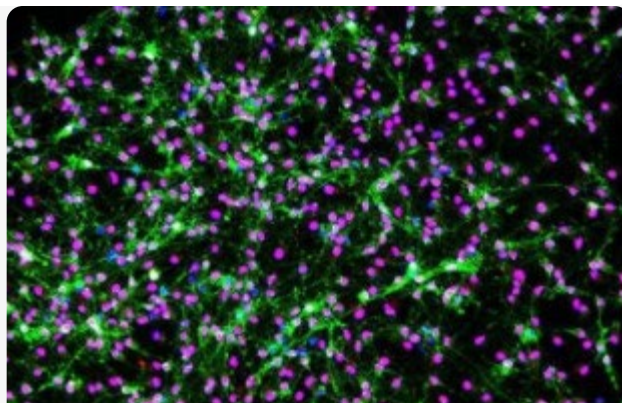
Alongside our regular programme (and some requests we've already had), we're keen to gather more suggestions from the MS community. While we can't promise to run everything, your thoughts will help us understand what matters most. If you have an idea, just drop us a note at livingwell@mssociety.org.uk.



Protecting data whilst volunteering from home

We've put together 10 top tips for keeping data safe while volunteering from home or on the go. By building these habits into your routine, you'll be helping to protect yourself, your peers, our supporters and service users and the MS Society.

[Find out more →](#)



Transplanted stem cells can repair myelin in mice

In 2023, a small early trial showed that a new type of stem cell transplantation in humans was safe. In a study with mice, scientists at our Cambridge Centre of Excellence have now shown how this approach might be able to boost myelin repair.

[Find out more →](#)

Autumn issue of 'your Advances'

Read about the amazing impact the MS Society has had this year. Find out about the fight to protect disability benefits. And how the MS Helpline helped Alison find the right way to talk to her daughter about her MS.





[Read 'your Advances' here →](#)



New EEDI Policy and resources

We're pleased to share our new EEDI Policy with you. We've gathered key resources on our new EEDI page, to help you make your volunteering activities more accessible and inclusive.

[Find out more →](#)



An update from our Safeguarding Lead

We all have a responsibility to look out for those who may be more vulnerable. And we have a range of measures in place to protect people who come into contact with us from maltreatment of all kinds.

[Find out more →](#)

Other news...

- Tickets still available for our Stop MS Appeal **'Some Nerve' comedy night**. Join Ivo Graham and some of his funniest friends in London on **Tuesday 7 October**.

- **'Rethinking MS hospital care'**: Our report shows what hospital care for people

with MS in England looks like, and makes the case for a rethink on service delivery.

- A new study from Canada has shown **people start using more healthcare many years before being diagnosed with MS.**

- Researchers in France found that **women were less likely to be prescribed DMTs, especially highly effective ones, compared to men.**

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



Small acts of care can make a big difference

Barbara and Craig volunteer for our Hull, Beverley and Holderness Group. Barbara leads a regular MS support



I wanted to support the charity that's supported me

Debbie raised over £3,000 for us with her Summer Big Leap Skydive in June at Old Sarum Airfield near Salisbury.

group, while Craig drives the minibus that brings people there. They're also exploring ideas to expand the group's fundraising activities.

[Read their blog here →](#)

She shares her experiences fundraising for the event and how things went on the big day.

[Read Debbie'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

Sutton Group hits £100,000 for MS research

Congratulations to the Sutton Group for reaching their target of raising £100,000 for the Stop MS Appeal!



The group achieved the milestone last month, while collecting at London's Waterloo Station. This win follows years of tireless fundraising – for 12 hours at a time – at train stations across London.

Gavin Atkins, Executive Director of Services and Support, says: "We're absolutely blown away by the efforts of the MS Society Sutton Group. Every pound raised by these

incredible volunteers will get us a step closer to stopping MS."

Thank you to everyone who made this possible.

[Watch a video of the group collecting →](#)



Local group allocation of funds

A continuing thank you to all our groups that have generously allocated funds 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.

When asking for donations, please remind your supporters to use your group name. This will ensure their gift goes directly to the group and not the central MS Society. You can also encourage supporters who raise money for your group to set up their own fundraising pages on [Enthuse](#).



Events

Events for all volunteers

Volunteer Voice: Thursday 25 September at 2pm

Will-writing advice with Octopus Legacy: Wednesday 1 October at 12 noon

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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