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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 and MS Help



Become an 'Early Adopter' of Assemble

Project Mead is our services transformation project. The changes we're making to improve our services for people who need us will launch in spring next year as MS Help. Let us know how best we can share new information with you.

[Find out more →](#)



How are you feeling about volunteering with us?

Whatever role you're in - from Group Coordinator to Befriender, or Wellbeing Facilitator to Campaigner - we want to hear from you! **Our quick, anonymous survey is open until the end of October.** Help us learn as much as we can about what's important for you.

[Take the survey →](#)

We'll be launching our brand-new volunteer management system, Assemble, in phases from January 2026. If you'd like to be one of its first users, just sign up by **Sunday 30 November** to be one of our early adopters.

[Find out more →](#)



We're looking for Elected Trustees to join our Board

We're especially interested in hearing from people with lived experience of MS - particularly more advanced MS - data, digital or tech expertise or understanding of research. Applications close on **Monday 13 October.**

[Find out more →](#)



Join our #FightForNeuro campaign in Northern Ireland

We're launching our #FightForNeuro campaign on **Monday 3 November** from 12-2pm at Parliament Buildings, Belfast. Join us to call for better funding and provision of neurology services!

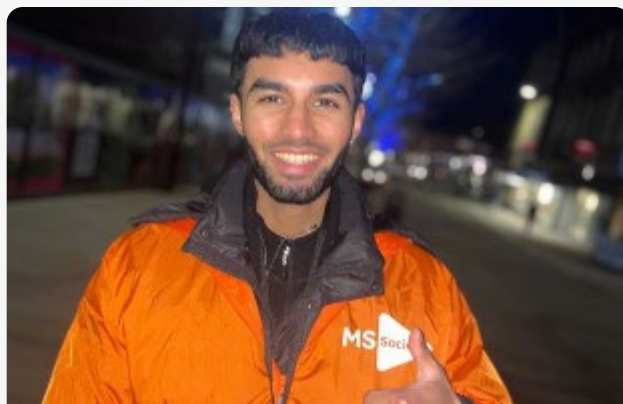
[Find out more →](#)



Celebrating the opening of our refurbished Belfast resource centre

We recently celebrated the official opening of the Sense Belfast Hub, where MS Society Northern Ireland remains an integral part of the site. It's been refurbished into a modern, fit-for-purpose space.

[Find out more →](#)



Our upcoming face-to-face fundraising campaign

We're preparing to roll out our next



It's Black History Month!

Join us for our Spotlight webinar on MS and ethnicity. We'll hear about

face-to-face fundraising campaign over the coming months. Let us know about any fundraising plans you have in your local community and share your feedback on our campaign.

[Find out more →](#)

two research projects, and the Research Team will set out the latest updates on their equity, equality, diversity and inclusion research action plan.

[Register here →](#)



Updated guidelines could make MS diagnosis quicker and easier

The McDonald criteria, a set of guidelines neurologists use to diagnose MS, has just been updated to reflect new research insights. The changes aim to make diagnosis faster and more accurate and reduce the risk of misdiagnosis. They could also help people with MS access earlier treatment.

[Find out more →](#)



Trial results suggest drug combo could boost myelin repair in relapsing MS

Early results of a trial run by researchers at our Cambridge Centre for Myelin Repair suggest that a combination of two existing drugs may be able to boost myelin repair in relapsing MS.

[Find out more →](#)



New resource for Menopause Awareness Month

It's Menopause Awareness Month! We've put together guidance to help raise awareness and understanding of perimenopause/menopause and support everyone in our volunteer community who's going through it.

[Find out more →](#)



Play the MS Society Christmas Raffle

Our Christmas Raffle closes on **Tuesday 16 December**. Enter now for your chance to win £10,000 while helping the MS community!

[Find out more →](#)

Other news...

- Tickets for **Carols by Candlelight on Thursday 4 December** are still on sale. Join us for music and readings to welcome the festive season.

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



Finding purpose through volunteering with the MS Society

Treasa was diagnosed with MS in 2015 and began volunteering with us during the pandemic. She shares her experiences raising awareness, offering support and celebrating the MS community as a Social Media Volunteer.

[Read Treasa's blog here →](#)



I'm so proud to be Group Coordinator of the Sutton Group

Vicki was diagnosed with MS in March of 2011. She was only 29. In about June the same year, she rang up the MS Society and found out about the Sutton Group. The next day, they were on her doorstep.

[Read Vicki'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

Let us know who to contact in your absence

As we head into winter, you may be planning time away, especially during the festive season. Please make sure you leave an **out of office reply** on your email inbox explaining who to contact in your absence.

If a lot of volunteers in your group are going to be away at the same time, please **let your Volunteer Support Officer know** who will still be around to receive important messages. And, in general, don't forget to let your Volunteer Support Officer know if your main group contact changes.



Important: Data freeze affecting group contact lists

Last week, we emailed Group Coordinators, Communications Volunteers, Admin Volunteers and Activities Organisers about the data freeze that will affect group contact lists between **8 and 29 October**.

[Find out more →](#)



Give a Little contactless devices recording

Watch the recording of our session with Give A Little, our new supplier of contactless devices. Their Head of Marketing and Communications talked through how it all works.

[Find out more →](#)



Let's talk about Gifts in wills

Legacy information packs for groups

Want some helpful tips and resources for talking about gifts in wills? We've created some handy packs to support you.

[Find out more →](#)



Want to apply to a local charitable trust? Let's do it the right way

Local charitable trusts can be a brilliant source of funding to help you



Fundraising tips from the Sutton Group

In August, the Sutton Group hit their target of raising £100,000 towards the Stop MS Appeal. We asked the group to share some fundraising tips. We hope you'll find them useful and inspiring!

[Find out more →](#)



Local group allocation of funds

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

run activities that make a real difference in your community. But before you apply, it's really important to speak with the Fundraising Team.

[Find out more →](#)

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.

Get ready for finance Year End

It's surprising how quickly Year End comes around! The best way to keep things stress-free is to update your group transactions now, so preparing the year's accounts is much smoother later.

Need a hand analysing transactions? Please contact financesupport@mssociety.org.uk.

Check early that you can access your **MS Society email address**, as you'll need it for the Year End process. If you're having issues logging in, please contact volunteersupport@mssociety.org.uk.

You can [find more details on preparing for the Year End here](#).



Events

Events for all volunteers

HOLD THE DATE! Volunteer Voice: Wednesday 26 November 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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