



Welcome to your monthly newsletter — keeping you updated with news relevant to all volunteers, as well as group-specific news.



My name is Davinia (Dah-vin-e-ah) Green and I'm the new Head of Community Services. I'm originally from London but have lived in Wales for over 10 years, so helô or shwmae pawb to all the Welsh readers!

In the new MS Help structure, I oversee the Community Services Team. My team is responsible for supporting local and regional MS services, including volunteer and group-led services and services partnerships. I want to ensure our community services and support are as impactful as possible and respond directly to the needs of the MS community.

Read the rest of Davinia's message on the [Volunteer Website](#) or on [Assemble](#)



## General updates

# MS Help



### An update on MS Help

We know you're keen to learn more about MS Help and the new teams created in our recent restructure. So we're sharing some new resources with the information you need to know.

- ▶ [Find out more on the Volunteer Website](#)
- ▶ [Find out more on Assemble](#)

### Who's next in the rollout of Assemble?

Trustees and Council Chairs, plus some Group Coordinators, will be the next group to receive their Assemble login details. Plus we share some first impressions from our Early Adopters.

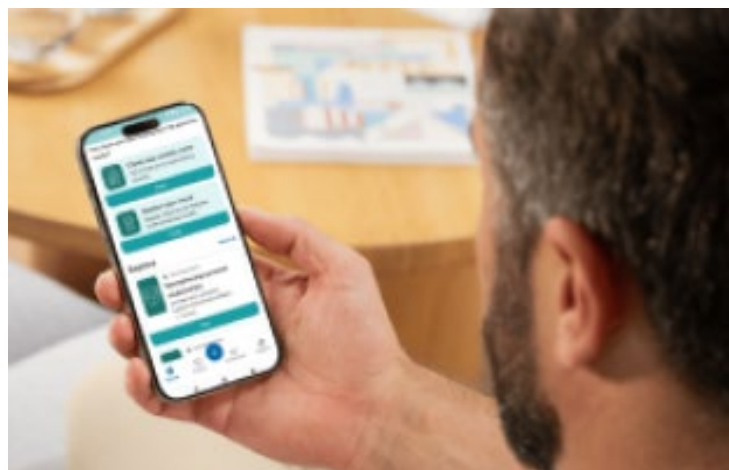
- ▶ [Find out more on the Volunteer Website](#)
- ▶ [Find out more on Assemble](#)



### Join us for Volunteer Voice in March

We'll be back on **Thursday 26 March at 2pm** for your regular chance to hear organisational updates from our senior leaders, and to ask about anything that's on your mind.

[\*\*Register to attend\*\*](#)



## MS Awareness Week is back, and we need you!

MS Awareness Week is returning this **20-26 April**. We want to hear your experiences of assumptions and judgements to shape our campaign for 2026, so please complete our quick survey.

- ▶ **Find out more on the Volunteer Website**
- ▶ **Find out more on Assemble**

## Introducing the new Orbi app

Orbi is a 12-week, CBT-based digital programme. It supports emotional wellbeing alongside life with MS. Try it out yourself, or share the link with anybody you might be supporting.

- ▶ **Find out more on the Volunteer Website**
- ▶ **Find out more on Assemble**

## Other news

**SAVE THE DATE!** Our **Annual Research Lecture** at the Royal Society in London will take place on Tuesday 19 May at 6.45pm. **[Reserve your free tickets here.](#)**

**Write your will for free** with Octopus Legacy: Find out more on the **[Volunteer Website](#)** or on **[Assemble](#)**, and **[register here to join our will-writing webinar](#)** on Thursday 5 March at midday.

Our **Spring Raffle** closes on Wednesday 22 April. Find out more on the **[Volunteer Website](#)** or on **[Assemble](#)** for the chance to win £5,000.

**[Research shows how Epstein Barr Virus \(EBV\) and genetic risk factors interact in MS.](#)**



# Updates for groups

## Update on group contact lists



Due to ongoing technical issues, we're still not at the point where we can restore groups' own access to live contact data via SharePoint.

However, the Volunteer Support Team ([volunteersupport@mssociety.org.uk](mailto:volunteersupport@mssociety.org.uk)) can now access it from our central database on your behalf. If you have an urgent communication to send out, they can send the data to you in a password-protected document. This information will be up to date, but won't be filtered into the separate files (All Data, Email Only, Post Only) that are created on SharePoint.



## Give A Little update and GoodBox reminder

If you're still using GoodBox for cashless donations, you need to **apply an update by Friday 13 February** to keep your device working! Plus an update on Give A Little.

▶ **Find out more on the Volunteer Website**

▶ **Find out more on Assemble**



## Local group transfers of funds

A continuing thank you to all our groups that have generously transferred funds to support our research projects and UK-wide services.

▶ **Find out more on the Volunteer Website**

▶ **Find out more on Assemble**

**We want your collection tins and buckets!**



We're carrying out an inventory check of our fundraising materials.

If you have any MS collection tins or buckets that are not currently in use, please could you arrange to return them to us?

We're committed to keeping our overhead costs as low as possible, so we can direct the maximum funds to our vital work. Returning fundraising items means we don't have to spend money on ordering new supplies.

If you have any unused collection tins or buckets, please email [fundraising@mssociety.org.uk](mailto:fundraising@mssociety.org.uk) and the team will send you a Freepost label to return them.



## This month's Top Tips

Welcome to our 'Top Tips' section. Every month we'll share important reminders, useful ideas and/or 'how to' hints to help you carry out your group volunteering role.

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**How secure are your passwords?** The attempts by criminals to gain access to our personal data continue, so we must do all we can to disrupt them. Read our reminder on creating strong passwords and practicing good data protection habits.

Find out more on the [Volunteer Website](#) or on [Assemble](#)



## Face-to-face fundraising reminder

Don't forget to let us know if your group's planning any fundraising, such as in a shopping centre or train station. We can then give the agency that organises our **professional fundraisers** plenty of notice to avoid overlaps.

Contact **Boni** or **Jo** in our Individual Giving Team.



## Events

### Events for all volunteers

**Volunteer Voice:** Thursday 26 March at 2pm

**Will-writing webinar:** Thursday 5 March at midday

**Virtual support events:** Information and skills sessions for different stages of the MS journey

**2026 Fundraising events calendar**



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