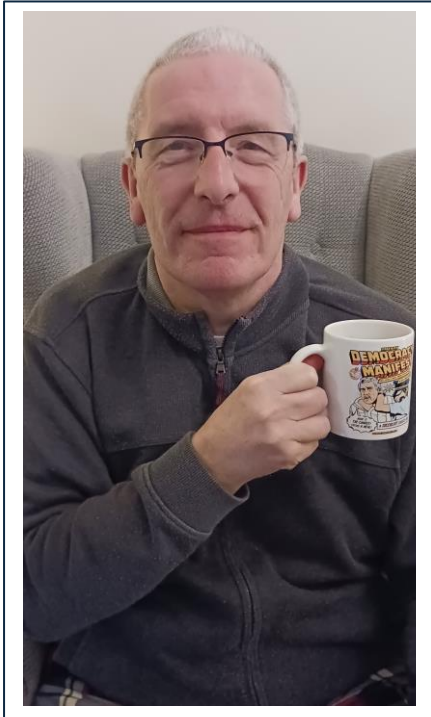


Me and My Mug



Hi! My name's Steve and I've volunteered with the MS Society as a Befriending Volunteer for five and a half years.

What's the story of your mug?

My mug depicts a gentleman from Australia who was mistakenly arrested for credit card fraud. I can only describe him as the Australian version of Brian Blessed. He became an internet sensation and had T-shirts, posters, mugs etc. created after him.

He even had an Australian wine named after him!

The arrest video made me laugh during the pandemic lockdown!

What's your go-to hot beverage?

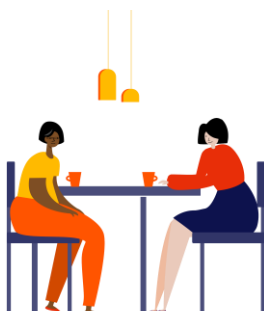
I have to say coffee! However, I like most hot beverages – with white chocolate drinks being a particular favourite.

What's your favourite treat to have alongside a cuppa?

Anything that I know I should not have! Mainly it would be covered in Chocolate.

What's something about your role that you didn't expect when you started?

To meet so many amazing people that make me feel humble and proud to be a small part of their life.



What advice would you give to someone new to this role?

Try to listen to what is “not” being said. Always explain to your match that no question is “silly”, never advise on medical advice and always try to steer people away from “Doctor Google”!

Is there something you’re particularly looking forward to in your volunteering at the moment?

I’m looking forward to helping set up the future mentor group to support new volunteers. I feel that new befrienders would benefit from speaking with someone who has some experience in the role.

When you’re not volunteering, what are you most likely to be doing?

I’ll be at the gym, watching TV or visiting friends and family. I’m a person who never wanted to do any exercise before having MS but now I absolutely love it!

What’s something you’re incredibly proud of?

My family. They’ve supported me through my MS journey and got me through some of the dark times.

My wife, who has always been here for me.

What’s the best advice anyone’s ever given you?

Live life to the full and never stop caring for people who are less fortunate than you. Never look down on anyone unless you’re helping them get up!

Thanks to Steve for chatting to us. If you’d like to connect with Steve or ask him any questions about his volunteering, you can direct message him on Assemble. Once you’re on Assemble, click on the message icon in the top right of your screen, select ‘new message’ and enter his name, Steven Thomas, into the ‘to’ field. When you’re ready press ‘send’.



If you’d like to share your ‘Me and my mug’ story, we’d love to hear from you! [Complete this form](#) and we’ll be in touch.