



Volunteer update

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

Hi everyone, I'm Ruth, and I recently started a new role at the MS Society as Virtual Communities Manager.

My work has always been rooted in the belief that “we are free to change the world” — a reminder that people, when connected and supported, can create extraordinary change together. That belief has shaped my entire career in volunteering, peer support and community powered services.

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



General updates

MS Help

MS Help is now live!

Last week, we launched MS Help: a new, simpler way for people affected by MS to find support. Find a copy of the email and resources in place to help you learn and talk about MS Help.

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



What's next for Assemble?

All remaining volunteers will be given access to Assemble in the coming weeks. Find out more about timelines and a new Assemble Champion volunteer role coming soon.

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



PIP review - have your say!

The Review into Personal Independence Payment (PIP) has started. And they want to hear from you to understand how PIP could be improved.

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



Welsh and Scottish elections coming

With elections approaching in Wales and Scotland, we're making sure that candidates hear the reality of living with MS.

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



Get involved in MS Awareness Week



Join our EEDI Reference Group

We're looking for members to join our EEDI group.

MS Awareness Week (20-26 April) is a major opportunity in the year to speak out and raise awareness about MS - and we hope it will be bigger and better than ever before. But we need your help.

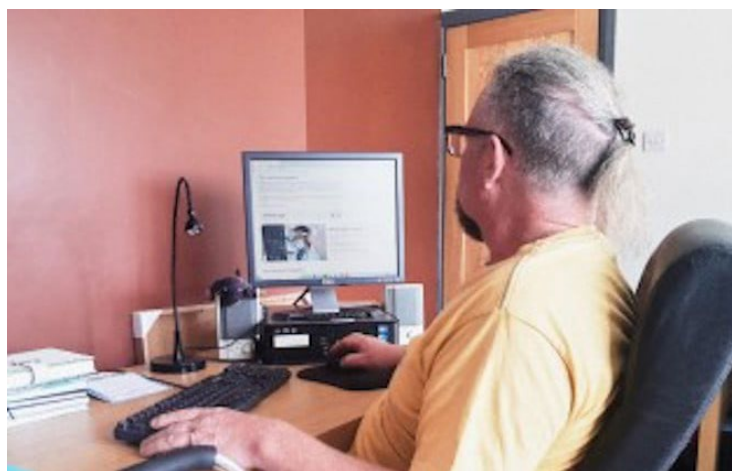
▶ **Find out more on the Volunteer Website**

▶ **Find out more on Assemble**

If you'd like to use your lived and/or professional experience to share advice, feedback, guidance and personal opinion on our EEDI work, we'd love to hear from you!

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

▶ **Find out more on Assemble**



Handling Data Safely refresh

Our Handling Data Safely UK GDPR e-learning for volunteers is being reviewed to make sure it's up to date, relevant and as helpful as possible - and we'd love your input.

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

▶ **Find out more on Assemble**

Join our Board of Trustees in 2026

We're looking for three Trustees (one each for Northern Ireland, Scotland and Wales) and a Treasurer to join our Board in 2026. Please consider applying or share with your networks!

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

▶ **Find out more on Assemble**

Other news



MS Walks 2026 - we're looking for volunteers! - This is your chance to be part of something truly meaningful - and to help make a real difference in people's lives. Learn more on the [Volunteer Website](#) and [Assemble](#).

The latest in research - Read more about a study which finds shared MS risk genes across different ancestries, and hear the latest from some of our bloggers on the [Volunteer Website](#) and [Assemble](#).

Play today and together, we'll stop MS - Our Spring Raffle closes on **Wednesday 22 April**. Enter now for your chance to win £5,000 and help the MS community! Buy tickets at mssociety.raffleentry.org.uk or call our Raffle team on 0330 002 0267.

There's just a few days left for your donations to be doubled! Until Sunday 12 April, all donations to the Spring Appeal are being matched. We need your help to reach our £500,000 target. Please [donate here](#), or share with friends and family.



Volunteering in action

New Me and My Mug feature!

We're thrilled to have launched a brand-new feature called Me and My Mug. We hope it will be an enjoyable way of getting to know one another and allow you to connect with other volunteers who have similar interests.

Find out more, and how you can feature with your mug, by visiting the [Volunteer Website](#) or [Assemble](#).

Hi! My name's Stuart and I'm a Communications Volunteer for Mutual Support. Which was founded to provide support for military personnel, veterans and their dependents living with MS.

Stuart tells us about his time volunteering with Mutual Support, and shares the story of his mug.

Learn more and connect with Stuart by visiting the [Volunteer](#)



[Website](#) or [Assemble](#).



Updates for groups

Finance Volunteer Induction - spaces available

We currently have a number of spaces for Finance Volunteer Inductions this month. This training is hosted by our new Group Finance Business Partner and is designed specifically to support new Finance Volunteers in their role.

Please join if you're new to the role and/or have yet to receive this induction. Equally, if you're an experienced Finance Volunteer but would like a refresher, you can also join. You **MUST** have completed GDPR training in order to attend this induction. The sessions will last no longer than an hour.

- Thursday 15 April, 4.30pm
- Friday 24 April, 10.00am

Please contact financesupport@mssociety.org.uk to confirm your attendance, stating the date you'll attend. We'll then send you joining instructions.



Group contact data update

We now have an interim solution in place so groups can access their contact data. If you need data, email Volunteer Support and we'll aim to get this to you as soon as possible. Thanks for your patience.

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

Updated risk management e-learning

Our Risk management e-learning course (formerly known as Health and safety for Group Volunteers) will need to be completed by Group Coordinators and Finance Volunteers every three years.

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

A big thank you!

Big shout out to everyone who submitted their group's year-end checklists. We know that paperwork isn't always the most exciting part of volunteering, but your attention to detail helps complete this huge task much more smoothly. Thank you!



Events

Events for all volunteers

Assemble training sessions and support drop-ins for volunteers: Various dates

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

2026 Fundraising events calendar



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