

Me and My Mug



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. I've also been a Befriending Volunteer for the MS Society for four years.

What's the story of your mug?

My mug celebrates the Harrier jump jet's upgrade achievements in 2010, when I used to be a technician in the RAF.

What's your go-to hot beverage?

I like a strong white coffee first thing to start me off in the morning.

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

Any kind of biscuit really.

What are some main tasks you do in your role?

Part of my role is to raise more awareness about Mutual Support throughout the military community support groups. I also help deliver bi-annual wellbeing weekends, which are all about having fun and connecting with others. We also use them to share advice and information. It's so helpful to be able to talk to likeminded people going through the same difficulties as you are.

When things get challenging in your volunteering, what helps to keep you motivated?

Knowing that I'm using my lived experience to help others. And using my communication skills to promote our group and the support we provide people in military whose lives have been affected by MS.



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

We're organising our 2026 wellbeing weekends where we'll be celebrating our 35th anniversary. Our group have been going since 1991!

What's something you're incredibly proud of?

I'm incredibly proud of being able to keep working in the RAF for 15 years after my MS diagnosis in 2008.

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

Your life is not a rehearsal, and you don't get another go, so make the most of any opportunities you get to achieve your goals.

How would you describe yourself in three words?

Determined.

Strongminded.

Optimistic about the future.

Are you happy for other volunteers to contact you?

Yes.

Thanks to Stuart for chatting to us. If you'd like to connect with Stuart 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, Stuart Davey, into the 'to' field. When you're ready press 'send'.

You can [find out more about the 'Me and My Mug' series on the Volunteer Website here.](#)

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.**

