

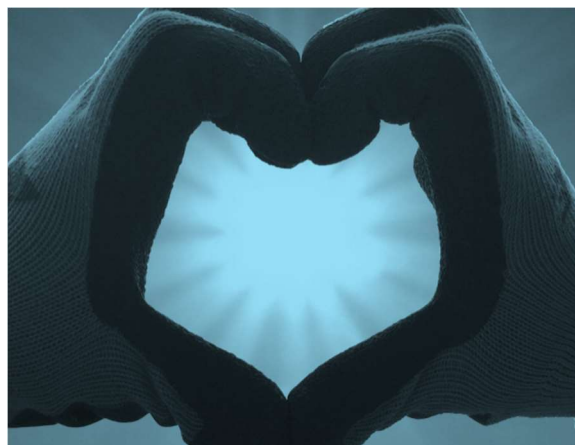
# How To:

# Support the Ménière's Society

## Why volunteer for the Ménière's Society?

There are many benefits to volunteering, including:

- The opportunity to meet like-minded people
- You can make a difference to others
- It may be a chance to learn a new skill or gain knowledge in a new area
- It looks great on your CV and can improve your employment prospects
- You can use your skills and knowledge to help others
- It's rewarding and good for the soul!
- It enables you to 'give something back'.



Whatever your motivation for volunteering, this factsheet contains details of some of the ways in which you can volunteer for the Ménière's Society.

Whether you have a little time or a lot...we'd love you to volunteer with us and thank you for choosing to share your time with the Ménière's Society.

## Interested? Here are some ideas of how you can get involved:

### If you have just 15 minutes to give:

- Place a collection box on your desk at work/window ledge at home and drop in your small change. Ask your colleagues/family to donate their small change too, or give up their daily latte and donate the money to us instead! Don't forget to send the money to us once your box is full!
- Post about the Society on your social media page...and encourage your friends to share or retweet your post.
- Each time you shop online visit Give As You Live first, then shop as normal. The Ménière's Society will receive a donation from participating retailers at no extra cost to you. Go to [www.giveasyoulive.com/join/menieres-society](http://www.giveasyoulive.com/join/menieres-society) to get started.
- Save your stamps. One of our trustees collects them and then sells them on to raise funds for the Ménière's Society.

### If you have 30 minutes free:

- Go on our 'contact a member' list. We are often contacted by people who want to speak to someone who has a particular condition, or has undergone a particular surgical procedure. If you'd be happy to speak to others about your experience, please get in touch with us.
- Write a letter for the Dear Spin section of our magazine. It helps people to hear how others cope.



Ménière's Society, The Atrium, Curtis Road, Dorking, Surrey, RH4 1XA

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### If you have one hour spare:

- Complete one of our case study forms. If we're approached by a journalist or member wanting to contact someone with a specific condition, or who has undergone a particular treatment, having a case study on file can help us put them in touch with the right person easily.
- Contact your local newspaper or radio station to share your story and tell them how the Ménière's Society has helped you.
- Become a volunteer photographer for the Society. We always need cover photos for Spin, or to accompany articles in our print and online publications.

### If you have half a day or more:

- Help sell our Christmas cards, raffle tickets or merchandise.
- Become a volunteer speaker – we often need representatives to go and give talks to local groups but being a small organisation we don't always have someone available to attend – especially if they are a long way from our office base. If this is something you think you could help with, please get in touch. Full training will be given.
- If you live near our office, we're looking for volunteers to help us with a variety of day to day tasks...everything from filing and envelope filling to photocopying and preparing info packs.
- Put up a display in work with information about balance and dizziness.
- Host an awareness and or fundraising coffee morning or similar event.
- Be part of a member feedback or patient focus group. Get in touch to add your name to our list and find out about any current projects.
- Share your skills – fundraiser, photographer, copywriter, HR or IT skills ... whatever your area of expertise, if you are willing to share with us we'd love to hear from you.
- Could you help translate some of our information into other languages?

### If you have a day to give us regular support:

- Set up a local support group in your area.
- Volunteer to help at our annual conference.
- Become a trustee. Being a trustee is very rewarding and you can play an active part in the activities and growth of the Ménière's Society.
- Hold an information day at work or in your local community.

If you would like to volunteer for us, or have other ideas of how you can support the Society, please email [info@menieres.org.uk](mailto:info@menieres.org.uk) or call us on 01306 876883 to discuss. Many thanks.

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