

Rise to the **challenge** of fighting MND



Welcome

Dear Supporter,

Welcome to the 2020 Fundraising Events diary! Over the next few pages you can find out more about the many ways that you can take action to support the MND Association. Whether you like the challenge of a sporting event, or prefer to do your own thing in your own time, you can find out more about how you can get involved.

We're so grateful for everything you have helped us to fund so far, but there's still so much more to do to bring us closer to a world free from MND. And we need your continued support to help us do this.

So, do take a look and see how you can get involved. Hopefully you'll be spurred on by those who have shared their experiences of taking part in events for us.

You will also find stories of inspirational individuals living with MND who are fundraising and taking part in events in order to fightback against this disease.

Whatever you choose to do and however much you raise, you are all utterly inspiring to us.

Thank you,
Your fundraising team



Contents

- 4 Running events
- 10 Cycling events
- 14 Trekking events
- 20 Fun runs
- 21 Virtual races
- 23 Adventure challenges
- 24 Tour du ALS
- 26 bakeit!
- 28 Silence Speaks
- 30 Walk to d'feet MND
- 32 Fundraise your way
- 37 #TeamMND
- 38 What next?

Running events

We have charity places in the following events, these places are limited so speak to your fundraising team to secure your place.

The Vitality Big Half

1 March 2020

Registration fee: £15

Minimum sponsorship: £350

Check with us now for last minute availability, or if you have your own place let us know!

www.mndassociation.org/bighalf

The London Landmarks Half Marathon

29 March 2020

Registration fee: £30

Minimum sponsorship: £350

Limited number of spaces available, act quickly to snap them up!

www.mndassociation.org/llhm

The Brighton Marathon

19 April 2020

Registration fee: £35

Minimum sponsorship: £450

Join us in Brighton and be part of the second biggest marathon in the UK!

www.mndassociation.org/brighton

London Marathon

28 April 2020

2020 is sold out, if you have your own place through the ballot please contact us for your free training guide and running vest.

www.mndassociation.org/vlm

The Great North Run

13 September 2020

Registration fee: £20

Minimum sponsorship: £425

Be quick and secure your place in the world's biggest half marathon!

www.mndassociation.org/gnr



Royal Parks Half Marathon

11 October 2020

Registration fee: £30

Minimum sponsorship: £395

Take in London's most beautiful green spaces.

www.mndassociation.org/royalparks

Great South Run

18 October 2020

Registration fee: £20

Minimum sponsorship: £195

A flat coastal 10 mile route, great for beginners and those looking to set a personal best.

www.mndassociation.org/gsr



"Deciding to take a charity place was the best thing I've done. The support from my community fundraising team helped me exceed my target."

Laura Arthur

Members of our fundraising team will be present at many of these events, your pre race communications will give details on how to find them. They are looking forward to seeing you at the post race reception to thank you for your support, where you will also get to meet other members of #TeamMND who will have been training and fundraising just like yourself.



My #TeamMND experience

Laura Arthur had not heard of motor neurone disease before her mother's diagnosis.

"Back in 2005 my mum was diagnosed with motor neurone disease. She was given three years to live, which in my denial state of mind gave me plenty of time to come to terms with it but she rapidly lost mobility and speech and sadly passed away on the 25th of March 2006, nine months after diagnosis."

"It was a shock and a huge loss for my family, feeling like I hadn't said goodbye was a hard one to stomach, still is 11 years later. I should have seen the Ice Bucket Challenge

in 2014 as a positive thing for MND awareness. Friends took part in honour of my mum but I refused to take part as what difference would that make to my mum? How things have changed."

"Fast forward a few years and now I see the importance of awareness for all affected by MND and ran my first race in my MND vest in March 2017. I found the group RunMND soon after, it was the best thing I have done. Never would I have thought I'd be so inspired and motivated to the cause, reminding me that positivity can come from negativity."

My #TeamMND experience

Laura Schofield's running journey has seen her lose five stone.

The 34-year-old is raising funds in memory of her grandad who had MND and died 14 years ago.

The mum-of-one added: "Gradually increasing the distance and seeing what I'm capable of has really made me believe I can do it. I'm no natural marathon runner that's for sure but knowing that every step in training is another closer to the marathon and my fundraising target for the MND Association keeps that motivation going."

"I think my grandad would be surprised that the child he remembers as hating PE and any form of physical activity, can run 5k, let alone anything more! He'd be very proud."

"My grandad was diagnosed with MND approximately 24 years ago; I found out years

later as an adult he'd been told he would have around two years to live but actually survived with the disease for 10 years before passing away 14 years ago. This was before there was much widespread awareness of MND and I remember my nan receiving lots of help from the MND Association, particularly the local Warwickshire branch. As a family we did lots of fundraising whilst he was alive; my dad trekked the Wall of China and my cousin and uncle organised a team MND annual raft race. I wanted to help the MND Association for two reasons; firstly to raise vital funds to find a cure so no family has to experience a loved one deteriorate with this awful disease. Secondly; the support that the MND Association provide to people and families affected is second to none and any money raised to help this continue is so important."



"When I started running the idea of a marathon seemed madness! Slowly but surely the idea took hold, that maybe I could do this."

Laura Schofield

My #TeamMND experience

Paul Deane has set himself a huge challenge of completing four marathons in four weeks.

"My grandfather passed away aged just 58 from MND, having been diagnosed two years beforehand. I wanted to raise awareness of motor neurone disease whilst also fundraising to help support research and to support the MND Association to help those affected by MND."

"Two of the marathons I am aiming to complete include Manchester Marathon 2020 on 5th April and Brighton Marathon 2020 on 19th April. I will also be running other races in the build-up to these, including the Royal Parks Half Marathon and the Cambridge Half Marathon."

"Running has always been an activity that I have enjoyed and a marathon is the ultimate test of the amateur runner's fitness and mental strength. Life is short - I want to challenge myself to be the best that I can be whilst supporting a cause very close to my heart."

"The key to success whilst training for a challenge like this is consistency and enjoyment - changing up training routines to keep motivation high and to keep things exciting! The support that I have received from the MND Association during previous events and in my current training has been incredible and invaluable!"



"Life is short - I want to challenge myself to be the best that I can be whilst supporting a cause very close to my heart."

Paul Deane

Run anywhere!

You can secure your own place in any running event local to you, visit www.timeoutdoors.com for inspiration.

Once you've secured a place, just let us know so that we can welcome you to #TeamMND and provide you with a running vest and everything you need to raise some funds! Here are some suggestions for other running events that you can purchase your own place in.

Great Manchester Run

24 May 2020

Own place

Registration fee: £39 via event organiser

Minimum sponsorship: Raise what you can!

The UK's biggest 10K, this fast and flat course is ideal for those new to running.

www.mndassociation.org/manchester10k

Run Bournemouth

3-4 October 2020

Registration dependant on distance, visit their website for details.

Running as it should be. There are beautiful coastal views to see as you run the Boscombe and Bournemouth piers.

www.runbournemouth.com

"Thanks for all your support throughout the process, the MND Association is a great thing, I felt accepted and I really felt part of the family community to beat MND."

Khiem Tong

Rock N Roll Liverpool Marathon

23-24 May 2020

Registration: Dependant on distance, visit their website for details.

Minimum sponsorship: Raise what you can!

Its all about the music! With distances of 1 mile, 5k, half and full marathons you will be able to run and dance your way around iconic Liverpool scenery.





UK cycle rides

Nightrider Cycle Challenge

London 6-7 June 2020

Bristol 20-21 June 2020

Liverpool 11-12 July 2020

Registration fee: £35 before 31 March, £45 thereafter.

Minimum sponsorship: £175

With 50km and 100km routes to choose from in each city, this event is suitable for all abilities. Why not set yourself an even bigger challenge and take on all four cities?

www.mndassociation.org/nightrider

Prudential RideLondon-Surrey 100

16 August 2020

Registration fee: £30

Minimum sponsorship: £550

Follow the famous route of the 2012 Olympic road race to complete this challenge.

www.mndassociation.org/ridelondon

London to Brighton Cycle Challenge

13 September 2020

Registration fee: Early bird £40 until end of January, £45 after.

Minimum sponsorship: £175

Join 4,000 cyclists on this popular 54-mile route from capital to coast.

www.mndassociation.org/l2b



"Working at the MND Association has inspired me to take action and get involved in fundraising. People living with MND and their families need our help; and taking part in the London to Brighton bike ride was my way of showing support. This won't be my last event."

Ben Crossland

Two Women, Two Wheels, One World Record!

Rachael Marsden and Catherine Dixon set themselves an amazing challenge! Cycling tandem around the world whilst attempting to set a new world record for time.

"To break the world record we must ride more than 18,000 miles around the world in less than 320 days. We plan to ride between 80-100 miles per day (with hopefully a day off a week!)."

"The record involves us riding across five continents and more than 20 countries. We will be heading east – crossing Europe and heading to India, Southeast Asia, Australia, New Zealand, United States of America, Africa and back into Europe."

Raz and Cat met while riding from London to Paris on a charity ride for the Motor Neurone

Disease Association. They started riding together and doing several challenges in Europe, including the Etape du Tour in the Alps. They spent long hours together on the bike talking about travelling.

They decided to go for it in January 2019 leaving enough time to give notice at work and plan and start fundraising. The ladies were keen to do something meaningful with the ride – and are riding for two amazing charities. Raz is a nurse consultant specialising in MND.

"We hope to raise £18,000 for our charities, which is effectively a pound a mile"

To follow the ladies amazing efforts visit www.tandemwow.com



International cycle rides

London to Paris Tour de France Cycle

Various dates

Registration fee: £125

Minimum sponsorship: £1,610

Self-funded option: £805

Connect two of the world's most chic capital cities as you embark on the challenge of a lifetime, pedalling your way out of London and through beautiful English villages. Soon you will be in rural France where you'll pass historical landmarks and famous battlefields from World War I, cycling until you reach Paris where you'll celebrate your success at the city's most famous landmark, the Eiffel Tower.

www.mndassociation.org/l2p

Paris to Geneva Cycle

Various dates

Registration fee: £149

Minimum sponsorship: £2,070

Self funded option: £1,035

This fantastic, yet tough ride, sees you leave Paris after watching the Tour de France finale and spend 4 days in the saddle, riding across the stunning French countryside, through medieval towns and crossing through the famous vineyard regions of Burgundy and Champagne. You'll then pass through the charming Roman Spa town of Lons-le-Saunier, which marks the start of the epic finish to this challenge – to conquer the Juras Mountains!

Without a doubt, the feeling of tackling the hairpin bends of Col de la Faucille (1,232m) will never be forgotten. The downhill from this Tour de France Col straight into Geneva is sure to be breath-taking!

www.mndassociation.org/mnd-event/london-to-geneva-cycle-challenge/



UK Treks

You can explore some of the most scenic parts of the UK by taking on the challenge of one of these organised trekking events.

Three Peaks Challenge

Dates: All year round

Registration fee: £99

Minimum sponsorship: £600

The Three Peaks Challenge is the ultimate UK trek challenge. Ben Nevis, Scafell Pike and Snowdon are the highest in Scotland, England and Wales and your challenge is to climb them one after the other in 24 hours.

www.mndassociation.org/3peaks

Trekfest

Peak District - 4 July 2020

Brecon Beacons - 19 September 2020

Registration fee: from £55, dependent on distance.

Minimum sponsorship: from £180 dependent on distance

This challenge enables you to trek through some of our most beautiful terrain in either the Brecon Beacons or the Peak District. You choose your location and distance - either a 25km or 50km walk.

www.mndassociation.org/trekfest



Thames Path Challenge

12-13 September 2020

Registration fee: from £40, dependent on distance.

Minimum sponsorship: from £245, dependent on distance.

This stunning challenge is increasing in popularity year on year, and we can see why.

It's incredibly flexible – choose your distance of 25km, 50km or 100km and then choose whether to walk, jog or run.

For full details of costs and to register, visit www.mndassociation.org/thamespath

The South Coast Challenge

29-30 August

Registration fee: from £40, dependent on distance.

Minimum sponsorship: from £245, dependent on distance.

As with the Thames Path this event is flexible for you to adapt to suit your ability. So join us on this, or one of the other locations such as the Cotswolds, Wye Valley and Isle of Wight.

For full details on the locations and cost of these challenges please visit www.mndassociation.org/actionseries



My #TeamMND experience

Ian and June Campbell married 13 years ago and decided to renew their wedding vows after Ian was diagnosed with MND in 2016. As well as giving the couple a chance to celebrate their lives together, they used the party to raise money for the MND Association. Ian said "We have been very well supported by the Chiltern Branch of the MND Association and we wanted to do something to help. People were able to donate online or in the collection tins we had. It was absolutely wonderful. We're determined to keep on living and giving."



Just weeks after renewing their vows, the couple took part in a fundraising skydive. Ian said: "It was amazing and we were very well looked after." It proved to be a particularly big challenge for June who was forced to confront her fear of heights. June said "I did feel very safe but the freefall was the hardest bit. I was very glad to get back on the ground again!"

Thanks to their extraordinary efforts, the couple has raised more than £4,000 for MND research and the Association's Chiltern Branch.



Building on their success each year

Justine Starling's father, Tim, was diagnosed with MND in 2009. Justine said: "Although it was an almighty shock for all the family, especially my dear mum, we vowed that we would not change the way we were as a family. Even though we knew MND had taken control of dad's body, we didn't let it take control of his life. He was a wonderful father, selfless and caring and always put his family first."

Following the death of Tim in June 2013 Justine said: "I know dad wouldn't have wanted to die in vain. If there was anything he could do to help get nearer to finding a cure, or help make a change in somebody else's life so they could have a better quality for themselves or their loved ones, he would have wanted to be part of it. As a representative of my father and in his memory, I will do all I can to help raise money in the fight for others whose life has been affected by MND."

Justine and husband, Paul, run a hair salon, Envy Hair Design, in Loddon, Norfolk. They have taken part in various fundraising events over the years with the main one being a Victorian themed evening held along the High Street. Each year they bake and sell sweet and savoury treats as well as regularly don fancy dress, each time their efforts getting bigger and better. They've dressed as characters from Mary Poppins, The Wizard of Oz and most recently The Greatest Showman.

The events are a great way to bring together their own customers, other businesses along the High Street and the local community to raise awareness of MND as well as much needed funds.

The family have now raised over £7,000 for the Tribute Fund they set up in memory of Justine's father, Tim.



My #TeamMND experience

Fiona Rutherford raised over £1,000 when she climbed Mount Kilimanjaro in February for #TeamMND.

The 53-year-old completed the challenge in honour of her gym buddy Sylvia, who is living with MND.

Fiona, who also plays tennis with Sylvia, said: "To see your body deteriorating whilst being completely lucid and aware of it must be devastating and Sylvia has been so positive, made every effort to maintain her mobility and kept a sense of humour. She is such an inspiration. She is very touched and proud of my achievement."



She added: "It was great how the whole group came together and helped each other as we all had difficult times. The summit night was brutal. "Going from Stella Point to the Uhuru summit over night for six hours, I did wonder why I was doing it. I had to think about Sylvia and all the people who had sponsored me to spur me to the top. It was a great sense of achievement."

Inspired by Fiona? Sign up to climb Mount Kilimanjaro today:
www.mndassociation.org/kili

"It was great how the whole group came together and helped each other as we all had difficult times."

Fiona Rutherford



International Treks

Why not consider taking part in one of the following international trekking challenges? From the classics to the slightly more unusual, we'll be here to help you hit that target and achieve your dream.

Mount Kilimanjaro

Various dates throughout 2020 and 2021

Registration fee: £399

Minimum sponsorship: £4,538

Self-funded option: £2,269

The now iconic Kilimanjaro trek is as popular as ever, so make 2020 the year you conquer the world's highest freestanding mountain.

www.mndassociation.org/kili

Inca trail to Machu Picchu

Various dates throughout 2020 and 2021

Registration fee: £399

Minimum sponsorship: £4,500

Self-funded option: £2,250

The Inca Trail is rated amongst the ten best trekking trails in the world due to its striking beauty, ancient Inca ruins and diverse ecological zones.

www.mndassociation.org/inca

Mount Toubkal, Morocco

Various dates throughout 2020 and 2021

Registration fee: £150

Minimum sponsorship: £1,704

Self-funded option: £852

Trekking for three days, you will experience stunning scenery, breath-taking views across North Africa and the warmth and friendliness of locals during our short charity challenge.

This challenge event is perfect for those who want to achieve something spectacular whilst only taking five days away from home.

www.mndassociation.org/toubkal

Great Wall of China

Various dates throughout 2020 and 2021

Registration fee: £299

Minimum sponsorship: £2,750

The Great Wall of China has been voted one of the New Seven Wonders of the World. Stretching for 6,000km, it zig-zags its way across China, snaking across mountains and through valleys. Our Great Wall of China Trek is a fantastic challenge; hiking for five days along this magnificent man-made structure.

www.mndassociation.org/mnd-event/great-wall-of-china-trekgreat-wall-of-china-trek/

Everest

Various dates throughout 2020 and 2021

Registration fee: £399

Minimum sponsorship: £3,950

Explore colourful Kathmandu and enjoy Nepal's breathtakingly beautiful scenery and fascinating culture whilst taking on this challenge of a lifetime. Trek through varied terrain and scenery including beautiful valleys, dense forests and across glacial rivers. En-route participants will enjoy tantalising glimpses of the mighty Everest before we reach our goal of Base Camp.

www.mndassociation.org/mnd-event/everest-base-camp-trek/

Fun Runs

Whether you take part with friends, family or colleagues, these events are sure to be lots of fun.

Gung-Ho!

Various dates and locations

Registration fee: dependent on location.

Minimum sponsorship: Raise what you can!

A fun filled 5km obstacle course filled with inflatables to overcome!

www.mndassociation.org/gungho

Big Fun Runs 5km – suitable for all ages!

Various dates and locations

Registration fee: dependent on location.

Minimum sponsorship: Raise what you can!

These are the true essence of a family fun run. Set in scenic parks throughout the UK, you can bring the whole family along to take part.

www.mndassociation.org/bigfunrun

Dog Jog

Various dates and locations

Registration fee: dependent on location.

Minimum sponsorship: Raise what you can!

Dog Jog is a brilliant chance for you and your four-legged friend to get fit this summer.

www.mndassociation.org/dog-jog

Colour Run™ – suitable for all ages!

Various dates and locations

Registration fee: £25, under 5's free.

Minimum sponsorship: Raise what you can!

Known as the happiest 5km on the planet! Join thousands of others as you get doused in coloured powder whilst following the route, culminating in a colour party at the finish line.

www.mndassociation.org/colour

Maxine and Reggie's Dog Jog experience

"A really fun experience for me and my furry 4 legged best friend, an event you can't take that seriously when your dog decides it needs to stop to sniff something you have to stop too, I'm glad to say we got there in the end and raised loads of funds for such a worthwhile cause."



Virtual Races

A husband and wife team have challenged themselves to run 5,000km in just 14 months in support of the 5,000 people living with MND in the UK.

Amanda and Glenn ran the London Marathon as part of their personal fight against MND, as 46-year-old Glenn is living with the disease.

Amanda said: "When someone is diagnosed with motor neurone disease they face challenges every single day that others can't imagine. Around 5,000 people are living with MND in the UK at any one time and so we have decided between us to run a kilometre for each and every single one of those people."

They aim to raise over £5,000 and are planning a fundraising ball in the new year to boost their total.

You could take on your own Virtual Race for #TeamMND
www.mndassociation.org/virtual

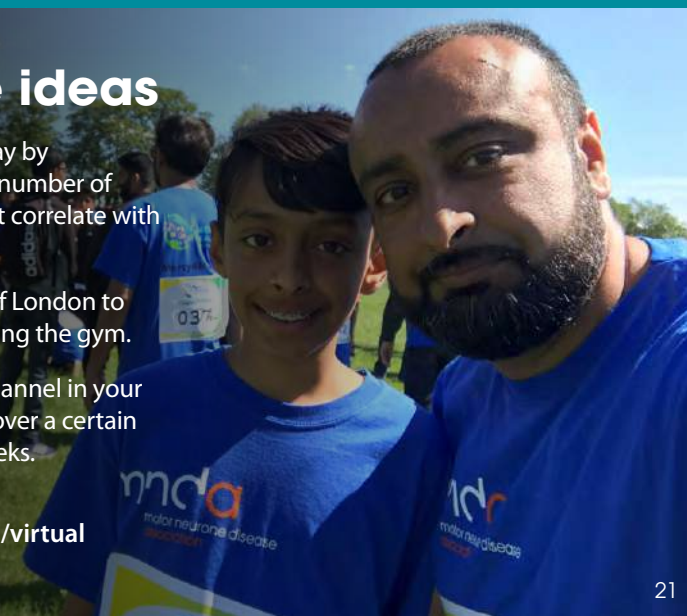


"We want to raise awareness and funds for research and resources to help find a cure for this cruel, life-crushing disease."

Virtual race ideas

- ➔ Celebrate your birthday by committing to do the number of park runs in a year that correlate with your age.
- ➔ Cycle the equivalent of London to Brighton without leaving the gym.
- ➔ Set out to swim the channel in your local swimming pool over a certain number of days or weeks.

Register now at
www.mndassociation.org/virtual



My #TeamMND experience

South London Branch have set themselves the challenge to get 40 people to raise £40 to mark the association's 40th anniversary.

Our branch treasurer Liz is wing walking in memory of her dear, and very much missed, school-friend Sue who died of MND in 2017.

It's so heart-breaking when you lose a friend, and to such a horrible disease. Sue's passing inspired Liz to make the most of life, to be positive and to make things happen rather than waiting for things to happen. Things like volunteering, running, walking and also taking part in the first London City Swim in London's docklands in 2017. Liz was terrified of the swim, but she did it "because she could".

Branch Chair Evelyn has been volunteering for the South London Branch for 10 years. She has done so much to help others living with the disease through her compassion and humility as an Association Visitor and passion and commitment leading our branch committee.

"Even though we were assured that my dearest school bestie Rita didn't have MND, she was

finally diagnosed with it in June 1999 and passed away a year later. Rita was a fabulous, loyal and crazy friend and one of the funniest people you could have wished to meet and she never lost her humour throughout."

"It was a dreadful time for family and friends but I have to believe that from a dreadful experience something good happens. I couldn't be closer to Rita's two girls, my Goddaughters and their four girls, for which I bless every day for. We all talk about Rita a great deal with so much love and affection, which helps us to keep her memory alive, she will always be with us."

"I'm not sure why we thought standing on a plane whilst in the air was a good way to celebrate the Association's 40th Anniversary, but together with Liz and Lorraine that's what we plan to do, wish us luck!"

They all thought it was a fantastic experience and were happy to have raised £1,640.

"I have to believe that from a dreadful experience something good happens."

Evelyn



Adventure challenges

Wing-walking

Various dates

Registration fee: £50

Minimum sponsorship: £800 or £1,000 dependent on location.

Experience the thrill of a wing-walking ride!

You will take off for a 10 minute experience which will include speeds of up to 130mph.

www.mndassociation.org/wingwalking

Tough Mudder

Various dates and locations

Registration: Varies by location

Minimum sponsorship: Raise what you can!

Tough Mudder is a 10-12 mile mud and obstacle course designed to drag you out of your comfort zone by testing your physical strength, stamina, and mental grit.

www.mndassociation.org/toughmudder



Tour du ALS

11 June 2020

Registration fee: £110

Minimum sponsorship: £1,300

You will be responsible for your travel and accommodation.

Join hundreds of cyclists, runners and walkers in climbing the Mont Ventoux together with ALS patients to raise money in the fight against MND.

You can participate in the Tour du ALS by cycling, walking or running. You can choose to participate as a team or as an individual. The basic principle is that each individual participant raises €1,500 in donation money. Every euro of this goes to the fight against ALS. Over €6,700,000 has already been raised in the last eight events.

Walk

Malaucène – Liotard – SOMMET (22 KM)

Start 08.30 hrs

Run

Malaucène – Liotard – SOMMET (22 KM)

Start 09.00 hrs

Cycle – Kale Berg

Malaucène – Liotard – SOMMET – Malaucène (43 KM)

Start 10.00 hrs



You will receive:

- ➔ A Tour du ALS outfit worth £100, this is revealed at the participants meeting.
- ➔ A fully editable online fundraising page, you can use this to share your activity to social media.
- ➔ A participants meeting so that you can hear all about your challenge.
- ➔ A starter package that you will receive in France.
- ➔ Fully qualified medics and physiotherapy before, during and after the climb.
- ➔ Access to the Village du Depart, here you can gather the information you will need and meet up with all of the fundraisers.
- ➔ A spectacular final party.



What is ALS?

MND and ALS are different descriptions of the same disease. In the UK we use the term motor neurone disease (MND) and in the USA they use amyotrophic lateral sclerosis (ALS).

There are several forms of MND. ALS is the most common type. MND is an umbrella term for all forms of the disease. In the USA, ALS is used as the umbrella term.



bake it!

Britain has the baking bug and whether you're an accomplished baker or just giving it a go, everyone can get involved in our national event... **bakeit!**

Our passion for sharing tempting treats is as strong as ever and there's no better way to use your creative talents than baking, bringing people together and supporting the same cause.

bakeit! is designed for cake sales, coffee mornings, afternoon teas and any event where baking is the star of the show!

Whether you bake cakes, bread, biscuits, pies or pastries, our colourful materials will show off your delicious bakes to their best, let everyone know you're supporting our charity and jazz up your table. The more you bake... the more money you'll take!

Once registered you'll receive your brilliant pack with everything you need to get started. Order banners, bunting, balloons and lots more to make sure your bakeit! is a huge success.

Happy baking!

For more information and to register for your pack, visit www.mndassociation.org/bakeit



Cake and fizz

After dark add a glass of prosecco or two for a grown up bakeit!

bakeit! breakfast

Perfect at school or work

Afternoon tea

Bring out the china for a vintage tea party

Coffee morning

Get the community together for a mid morning social

Cake sale

Works a treat any time of day





SShhhh!!

Lose your voice to help others be heard

Imagine an hour... a day... a week without speech. Thousands of people living with MND will have difficulty speaking. We tend to take our voice for granted, but some don't have this luxury. Take part in Silence Speaks and stand in solidarity to show them your support and experience for a short while the challenges they face.

You can take on Silence Speaks at any time of the year! Choose a date, decide how to communicate instead and for how long, and invite others to join you.

It's the easiest fundraiser to organise, costs nothing and everyone can get involved.

The longer and more public your silence, the more fun you'll have and the more donations you'll receive. Do it at work, school, in the pub, café or library.

To sign up, or for more ideas about how to take part alone or as a team, visit www.mndassociation.org/silencespeaks

SILENCE SPEAKS

More than a sponsored silence

- ➔ find different ways to communicate – mime, sign, type or voice app nominate someone chatty – they'll find it hard to refuse!
- ➔ fine those who break their silence
- ➔ organise a silent quiz, auction, disco or games night
- ➔ ask your school to take part – we have a teacher and youth leader pack just for you. Parents can get involved too, by doing the school run in silence!



Walk to d'feet MND is our national branded event to support sponsored and awareness raising walks, treks or climbs taking place anywhere in the country, at any time of year, involving a team of walkers.

Walking is one of the most popular fundraising activities and we'd love YOU to lace up those trainers or walking boots and take to the parks and peaks. It's a fun and sociable way to get family, friends, colleagues and the local community together and achieve one shared goal.

Getting started... choose an attractive or interesting location, nominate a team leader, decide on a suitable date and let us know. We'll send your Walk to d'feet MND support pack, provide Walk to d'feet MND t-shirts and help you from start to finish! Choose a country park or a few miles of our beautiful coastline, trek the hills and valleys around our scenic countryside or climb the Yorkshire Peaks for a bigger challenge.

Theme your walk... choose a team name and theme ... have fun dressing in our charity colours, wacky wigs or fancy dress. Organise a community dog walk to get some fantastic publicity or bring your hobby group together for a walk.



Get together after your walk... hold a picnic, BBQ or cake sale and boost your funds with a raffle, tombola and games for the children.

Many of our local branches and groups hold annual walks... search our website walk finder to join a walk in your location.

Organise a series of walks using your local designated walk ways, invite previous and new supporters to join you each month gaining more and more support as the year progresses. We'll support you from start to finish and beyond!!

Happy walking!

For more information and to register for your team leader pack, visit www.mndassociation.org/walk



Fundraise your way

We love it when supporters organise their own fundraising and we're here to help. Whether you're aiming big or want to do something smaller, we guarantee it will be a rewarding experience.

Going solo

- ➔ Give something up in return for sponsorship; alcohol, chocolate, your mobile phone or try going vegan
- ➔ Sponsored head shave or wax
- ➔ Celebrate your birthday, wedding or anniversary by asking for donations instead of gifts
- ➔ Try an adrenaline experience, like a bungee jump or abseil



At work or with colleagues

- ➔ Sweepstake: Take a gamble on the latest sporting event, TV show or hot topic
- ➔ Dress down, dress up or fancy dress day
- ➔ Big breakfast for hungry colleagues
- ➔ Golf day
- ➔ Tuck shop



With friends, family and the community

- ➔ Quiz or race night
- ➔ Family fun day
- ➔ Concert, show or theatre production
- ➔ Themed night: choose your favourite decade, country or movie
- ➔ Craft sale



Fun for kids

- ➔ Treasure hunt
- ➔ Sponsored swim
- ➔ Gaming marathon
- ➔ Supermarket bag pack
- ➔ Make and sell crafts



Difference

you could make

£10

provides an information pack for a newly diagnosed person with MND

£27

funds an MND Connect helpline advisor for one hour, helping to provide information and support to anyone affected by MND

£35

could buy an adapted cutlery set to help someone with MND continue to feed themselves

£75

funds an MND expert researcher for half a day

£80

will buy software to enable someone to bank their own voice

£125

will buy a specialist communication app for a smartphone, tablet or laptop

£200

could provide 40 copies of 'So what is MND anyway?', our guide for young people affected by MND

£250

provides an education bursary for a health or social care professional to advance their knowledge and expertise in MND

£300

could provide a basic level of respite care for one day

£400

could fund a tablet device with communication software, giving the ability to communicate with loved ones

£600

could fund a seat riser so someone with MND can reach shelves and talk to someone at eye level

£750

could help fund a ramp to allow someone with MND to continue to enjoy their garden and access the local community

£1000

would pay for detailed analysis of the DNA of someone with MND to help us better understand the causes of disease

£1500

could fund the installation and 6 months stairlift rental to give someone with MND greater independence

£2000

buys a Lightwriter to give someone with MND the ability to continue to communicate with their loved ones

£4000

could fund a person with MND to participate in a clinical trial for a year

Every donation makes a difference to a person living with MND. We ensure that every pound we receive is spent carefully so that people affected by MND get the support they need, both now and in the future



mndassociation.org



[/mndassociation](https://www.facebook.com/mndassociation)



[@mndassoc](https://twitter.com/mndassoc)



[@mndassoc](https://www.instagram.com/mndassoc)

Why should you sign up to be a part of #TeamMND?

Firstly, because we care. We want you to have the best experience possible. You're doing something amazing, and we think you deserve that.

"Every dealing that I have had with the Association has been fantastic; everyone is so kind, helpful and thankful for what you're doing."

Mathew Robson

When you join #TeamMND, you will receive:

- ➔ A personal contact to help and support you on your fundraising journey. They can give you ideas, answer your questions and ensure everything runs as smoothly as possible.
- ➔ A comprehensive fundraising pack containing everything you need to get started.
- ➔ A free t-shirt or running vest if requested.
- ➔ Fundraising materials to help your events look fantastic, like balloons, banners, collection tins and plenty more.
- ➔ Free training plans, if applicable, put together by a qualified personal trainer.
- ➔ Where possible, our thanks in person at your event by a representative of the team.



So what should you do next?

1.

Register online

Visit www.mndassociation.org/fundraising



2.

Receive your fundraising pack in the post or choose to download it instead

This contains all sorts of helpful information including:

- ➔ Our Guide to Fundraising, which will help you smash your fundraising target.
- ➔ Our fundraising materials order form, where you can order all sorts of fun bits and pieces to make your fundraising look fantastic.
- ➔ Posters and leaflets to help you communicate what you're doing and why.



3.

Fundraise online

Set up your online fundraising page at www.justgiving.com and tell everyone all about what you're doing.



4.

Get stuck in

Hold or take part in your fundraising activity – check out our Guide to Fundraising for inspiration.



5.

Collect sponsorship

Collect in all the money raised and send on to us.



6.

Receive a big thank you

Receive your thank you from us and tell everyone about it. Certificates are also available.



#TeamMND

Evie Stephens and Stephanie Steward organised a Glitter Ball to raise £5,043 for the Association.

The pair pulled in 120 guests, over 70 prizes donated by local businesses and played games on the night including heads and tails, a prosecco prize draw and a centrepiece sweepstake, to raise funds.

Stephanie said: "We were inspired to organise our ball after going along to a ball held by a MND Association supporter, but we could never have imagined that the night would

be as amazing as it was. It was a lot of hard work but worth every second and we are absolutely overwhelmed by the incredible support from our colleagues, family, friends, supporters and local businesses. None of this would have been possible without them.

"It is so inspiring to see how everyone has taken this cause which means so much to us to their own hearts. Each day we see how funds like these make a direct difference to people living with MND and we are so grateful for everyone's support."



"We are absolutely overwhelmed by the incredible support from our colleagues, family, friends, supporters and local businesses. None of this would have been possible without them."

Stephanie Steward

We couldn't do what we do without your support.

We would like to say thank you to all of our inspirational fundraisers who have supported us so far – you really have made a difference.

We look forward to welcoming you to #TeamMND in 2020!

To find out how you can help visit:

www.mndassociation.org/fundraising



We hope that you're feeling inspired to do something amazing. Don't hesitate to contact us to chat through your fundraising ideas!



/mndassociation



@mndassoc



@mndassoc

Motor Neurone Disease Association
PO Box 246
Northampton NN1 2PR

Tel: 01604 611860

Email: fundraising@mndassociation.org

www.mndassociation.org

If you are affected by MND and need information or support, please contact our Helpline:

mndconnect
0808 802 6262
mndconnect@mndassociation.org

