

Join us and
#TakeOverMND



Be a hero and #TakeOverMND this January



Sam lives in Kent with his husband, their five year old son, and sausage dog Ralph. Sam was diagnosed with motor neurone disease last year, aged just 35.

“Almost a year’s worth of tests resulted in my diagnosis. MND has turned my world upside down. It’s unimaginable that you’d have to share that sort of news with your friends and family.

At first, I was really upset and angry. But days later it was like a lightning bolt went off in my head. I realised, ok this is the card you’ve been dealt, but you’ve got to live life.”

Sam wrote a bucket list of all the things he wanted to do, including raising money in the fight against MND. This year he’s encouraging others to join him in fundraising to help #TakeOverMND.

www.mndassociation.org/takeovermnd

“To anyone thinking about fundraising for the MND Association. Two words. Do it! It doesn’t have to be a glitzy, glamorous event. Hold a coffee morning in your local community centre or have a clear out of your wardrobe and sell what you don’t need. Whatever you do, even if you raise a small amount, it all adds up.”

Run for Rob



Rob Burrow Leeds Marathon 14 May 2023

We're so excited to be a charity partner for the first ever Rob Burrow Leeds Marathon. The event has been inspired by MND Association Patron and former Leeds Rhinos' player Rob Burrow, who was diagnosed with MND in 2019.

www.mndassociation.org/runforrob

Leeds Half Marathon 14 May 2023

This year's Leeds Half Marathon takes a new route, which starts and finishes at Headingley Stadium on the same day as the Rob Burrow Leeds Marathon. The same incredible atmosphere but half the mileage!

www.mndassociation.org/leedshalf

Paul has been running marathons since the early 90's in honour of his Mum, who had MND. He promised himself he'd retired from running marathons, but when the Rob Burrow Leeds Marathon was announced, he couldn't miss it.

"We saw Sally Nugent launching the Rob Burrow event on BBC Breakfast with Kevin Sinfield and my wife just turned to me and said you've got to run that. 15 minutes later, I was entered! I think the atmosphere will be amazing and I really think it will be a fitting race for my final marathon."



Fundraise your way



“We asked friends and neighbours to bring their unwanted clothes/accessories, swap with one another and take home new outfits. We just love to clothes swap. We raised further funds on the day by making cakes and tea and coffee was served. We also had a raffle with some lovely prizes.”

Grace organises a swishing party every year in memory of her husband. A great, environmentally friendly fundraising event which freshens up your wardrobe!

We're always excited to hear about your fundraising events and will be there to support you every step of the way. Whatever you have in mind, we'll help you bring it to life!

www.mndassociation.org/fyw

When you join #TeamMND you'll receive:



A running vest or T-shirt to raise awareness



A fundraising pack full of advice, tips and everything you'll need to get started



Regular emails with support and updates on how your fundraising makes a difference

Take the plunge



Great North Swim

9 - 11 June 2023

Registration fee: £15

Minimum sponsorship: £195

The Great North Swim is the largest open water swimming event in the UK, in the picturesque surroundings of Lake Windermere. We have a limited number of charity places available for the one-mile swim in June and we'd love for you to take the plunge and join us.

www.mndassociation.org/greatnorthswim

"Dad would be tickled pink that we are doing this for him - he was desperate for a cure to be found for MND, so he would be so proud of anything that we can do to help. I will have to imagine him cheering me on and hopefully I won't bring too much shame on my family by flailing around in Lake Windermere for too long!"

Jess and Gemma Bickerton

FUNDRAISING ZONE

Join #TeamMND for an event of your choice and you'll have access to our Fundraising Zone, with lots of resources to support your fundraising journey, including training guides, our Template Centre and information about the work we do.

"Using the resources in the Fundraising Zone I've made a poster which has a QR code linking my JustGiving page, it's very straight forward and the zone is very useful. I plan to have a birthday tea party fundraiser so the balloons and leaflets will be useful for that, as well as the gift aid forms."

Penny Bentley



Trek the Cotswold Way

The Cotswold Way Challenge is part of a series of Ultra Challenge Events that take part in 16 locations across the UK. Find one near you and join as part of a team or as an individual. There's an Ultra Challenge for everyone!

www.mndassociation.org/ultra



Cotswold Way Challenge

24 - 25 June 2023

Registration fee: From ~~£15~~ NOW **£7.50**

Minimum Sponsorship: From **£135**

Choose to walk, jog or run between 25, 50 and 100km in the rolling hills of the charming Cotswolds. You'll get full support and hospitality along the way with regular marquee rest stops and a great finish line celebration! As official charity partners for the event, sign up and commit to fundraise for us and you'll get at least 50% off the standard charity place registration fee.

www.mndassociation.org/cotswoldway

"I have psoriatic arthritis; an autoimmune condition where my immune system attacks the joints in my body, so to sign up to a 22km walk was a huge challenge for me. But I wanted to do it for my brilliant uncle. I want to raise as much awareness about MND as possible. We have to find more treatments to ease the pain, symptoms and suffering. Every penny raised means so much."

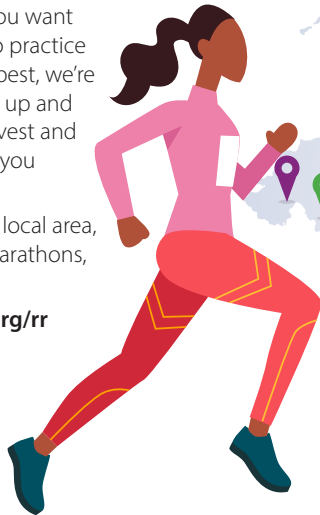
Emma Aston

Find a 5k near you

Are you new to running? Join #TeamMND and sign up for a 5k race near you. Whether you want to put your new skills into practice or beat your 5k personal best, we're here to support you. Sign up and we'll send you a running vest and a fundraising pack to get you started.

To find more runs in your local area, from 5k fun runs to full marathons, visit:

www.mndassociation.org/rr



makeit! in March



makeit!

Make your crafts

Create your fundraiser

Donate your money raised

Join our Facebook challenge and get creative this March to support families affected by MND.

You could get your friends together for an afternoon of crafting, create and sell greetings cards, jams or baked goods, or take on a new upcycling project every day of the month in return for sponsorship. However you decide to makeit! this March, the money you raise will help to make a real difference to the lives of people affected by MND.

www.mndassociation.org/makeit

Together we can make a difference



Lewis has taken part in various running challenges to help in the fight against MND.

“This charity is very close to me because they helped my Nan battle with this disease for four years after her diagnosis. The Association did their very best to help my Nan, so I want to do my best to try and help them!”

Visit mndassociation.org/fundraising to find out more ways to get involved and support the fight against MND

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

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

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

Francis Crick House
6 Summerhouse Road
Moulton Park
Northampton, NN3 6BJ

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

 Registered with
**FUNDRAISING
REGULATOR**