/nOur vision
a world free
from MND

Guide to
fundraising

Ideas, advice, inspiration and helpful tips
For people living with motor neurone disease (MND) every run, bake sale, quiz night and head shave offers hope.

Hope that their needs will be recognised by society, hope that standards of care will continue to improve and, above all, hope that one day a cure will be found.

It doesn’t matter if you’re a fundraising veteran or a first timer, we’re here to help.

This Guide to Fundraising is packed full of top tips, ideas and inspiration to kick start your fundraising. If you need extra advice, supplies of branded materials, like those featured on page six, or would like to chat about your fundraising ideas (we really love to hear them!), please get in touch. You can call us on 01604 611860 or email us at fundraising@mndassociation.org

Whether you’re fundraising at work, at school, with friends and family or in the community, we’re here to support you and are incredibly grateful for your energy and enthusiasm. Thank you so very much.

Wishing you the best of luck with your fundraising!

The Community Fundraising Team is on hand to support your fundraising activities
The difference you make

At five years old Isla is already making a huge difference for people affected by MND. Isla pledged to walk 500 miles in a year to honour her grandad, David Grundy, who died from MND.

As part of that mammoth undertaking she took part in a sponsored toddle with seven friends around Roundhay Park in Leeds and raised £500. Her mum Kirsty said:

“The ages of our little troopers ranged from 15 months to six and a half years old. Adorned in matching T shirts, it was like a little blue MND army had taken over the paths!”

“We’re so proud of each and every one of them for taking part with Isla. Not only have they all raised some sponsorship towards an important cause, they have helped to spread the word a little further than we were able to do on our own.”

Isla’s 500 mile challenge raised £3,595. Well done Isla!

£550 could fund a tablet device with communication software, giving someone with MND the ability to communicate with their loved ones.

www.mndassociation.org/fundraising @mndassoc /mndassociation
50 Fabulous fundraising ideas

Old favourites
1. Raffle
2. Tombola
3. Quiz night
4. Auction
5. Fun day
6. Bake-off and take part in our own cake sale/ coffee morning/ afternoon tea event
7. Sweepstakes: From the X Factor to the Grand National, or even your own challenge, a simple game of chance can help you raise cash
8. Supermarket bag pack or collection
9. Virtual challenge. Commit to completing a number of steps or miles and do them whenever and wherever you fancy

At work or with colleagues
10. Dress down (or up!) day
11. National day themed fundraiser - St George, St Patrick, St David
12. Barbecue
13. Golf day
14. Festive fundraising. Christmas jumper day, unwanted present swap, donations instead of Christmas cards are all great seasonal fundraisers
15. Big breakfast. Sell bacon butties (or croissants) at work for hungry colleagues
16. Smartie tube challenge. Fill a smartie tube with £1 coins and challenge your friends or colleagues to do the same
17. Tug of war
18. Tuck shop

Fun for kids
19. Talent show
20. Guess the number of sweets in the jar
21. Treasure hunt
22. Silence Speaks. Take part in our own version of a sponsored silence and find alternative ways to communicate
23. Easter egg hunt
24. Teddy bears’ picnic
25. Fancy dress day
26. Mile of pennies: ask children to collect pennies and lay them out across the playground to see how far they stretch
27. Gaming marathon
28. Sports day

With friends, family and in the community
29. 70s/80s/90s/00s (you get the idea!) themed night
30. Girls’ night in
31. Race night
32. Walk to d’feet. Our own sponsored walk
33. Car boot sale
34. Safari supper. Enjoy different courses at different locations
35. Halloween party
36. Concert or theatre production
37. 24 hour challenge. Hold a football/dance/dart-a-thon. The choice is yours!
38. Open gardens
39. Pamper day
40. Disco
41. Zumba

Going solo
42. Sponsored head shave or hair cut
43. Run/swim/cycle
44. Beard/moustache shave or grow
45. Digital detox. Dare to give up your smart phone
46. Celebrate your birthday/wedding/anniversary by asking for donations instead of gifts
47. Skydive
48. Sober challenge. Great in January- or anytime throughout the year!
49. Sponsored wax
50. Sponsored hair dye. Go blue or orange, our MND Association colours

Can’t decide which fundraising activity to do? Let the dice decide! Roll some dice and complete the co-ordinating activity. Or work your way through all 50!

Rachel, diagnosed with MND in 2015, completed the swimming element of a triathlon
Charlotte and Craig held a day of themed fundraising at work for St Patrick’s day

Rachel’s mum Kate organised an Easter egg hunt

www.mndassociation.org/fundraising
Get kitted out

We know branded materials can help raise vital awareness and extra cash. That’s why we’ve got loads of materials to help make both you and your event look the part and let everyone know which charity you’re supporting.

- Our **T-shirts** are available in sizes S to XXL - and childrens sizes too
- If you’re running or cycling for us, choose a **wicking vest** to keep you dry and comfortable
- Pop our **banners** up at events, hold them in photos or wave them in a cheering squad
- Raise extra cash by selling our must have **wristbands and pin badges**
- Turn pennies into pounds with our **buckets and collection boxes**
- Display and share **leaflets and posters** to help raise awareness of MND

Check out your fundraising pack for a full list of materials available and to place an order contact the fundraising team
Ian Wellings and his friend Richard Haworth, diagnosed with MND in 2016, took part in the London 2 Brighton 100km Ultra Challenge. Richard had this to say:

“We chose an Ultra as it was a major challenge and one that is very attractive due to the amazing routes. There was a great atmosphere and the whole event was extremely well organised.”

“I just wanted to do something positive in the midst of all the horrible things happening in our lives. Fundraising still keeps mum here and in our thoughts, it really does.”

The money raised by Richard and Ian would fund MRI scans for 12 participants as part of a research study. MRI is a brain scanning technique that will show how parts of the brain are damaged in MND. The results of the scan will help us work out how we can more accurately monitor MND in the future.

Heather Tilley has completed a series of running events, including the London Marathon, in memory of her mum Patricia.

“After Mum was diagnosed with motor neurone disease, the MND Association website was one of the first places we went to get more information. There was this sense that we were learning about what the condition was and what the Association could offer us in terms of support.”

“I just wanted to do something positive in the midst of all the horrible things happening in our lives. Fundraising still keeps mum here and in our thoughts, it really does.”

£2,000 could fund MRI scans for five study participants, helping researchers better understand MND.

£900 could fund a riser recliner armchair, helping to make someone with MND more comfortable.
Piecing it together

Puzzled about how to reach your fundraising target? Call on the people and organisations around you to help raise more money and awareness for people affected by MND than you can do alone.

PERFECT PARTNERSHIPS
Find out if the company you work for has a charity partnership and suggest the MND Association for next time. Ask friends and family about their employers’ charity support too!

SCHOOL SUPPORT
If you have contacts at a local school or college, ask if they can take part in Silence Speaks, our sponsored silence fundraiser. We have a Silence Speaks pack designed especially for teachers and youth leaders. For ideas visit www.mndassociation.org/silencespeaks. One of our speakers may be able to join an assembly to talk about MND and the difference fundraising can make.

LOVE YOUR LOCAL BUSINESSES
Local businesses love getting involved with charities, whether it is sponsoring part of your event in return for a mention on posters or programmes, or providing you with raffle prizes. A personal request makes all the difference and we can provide you with an authorisation letter to prove you’re supporting us. So the next time you pop to the shops make sure you go prepared.

TOP TIP
See page ten for ideas on using social media to make the most of your networks!

FABULOUS FRIENDS
Instead of asking friends for sponsorship ask them to join you! Whatever you’re doing to raise money it’s sure to be more fun with friends, and with their networks supporting you, you’ll soon see your money multiply.

CLUB TOGETHER
If you’ve signed up for a running/cycling/walking/swimming challenge why not join your local club? The support from others can not only help you through training but you’ll meet lots of new potential sponsors too.

GALVANISE YOUR GROUP
Ask local community groups (for example Rotary, Lions, Inner Wheel and faith groups) if they could support your fundraising by making a donation, holding an event or choosing the MND Association as their charity of the year.

TOP TIP
When friends and family make a donation on your JustGiving page, ask them to share this on their social media. Statistics show each ‘share’ is worth £5 as friends of friends (of friends!) are inspired to donate too.

£1,500
could fund the installation of a straight stair lift, enabling someone with MND to go upstairs to bed at night.

£700
could fund an hour of care across our network of 20 care centres, giving people with MND easy access to timely and co-ordinated care.

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Write a list of all your friends and family as if it was a guest list for a wedding or big birthday. Think about how each person on the list can support your fundraising efforts.
12 year old Cian’s mum Sioned has MND. Cian took part in Silence Speaks, our own sponsored silence fundraiser, to support the North West Wales MND Association Group and raised a magnificent £237.50.

“Although Cian has been involved with other events we have done as a family, Silence Speaks was his first sponsored event. I was so proud of him. He usually doesn’t stop talking so it wasn’t easy for him to keep quiet!”

Sioned, who is in charge of social media for the North Wales group, helped promote Cian’s fundraising online and he received support from as far afield as Australia on Twitter!

Get Social

Keeping people updated about what you’re doing on social media is a great way to boost your fundraising. These are our top tips for making the most out of getting social!

- **Share your fundraising journey** - from your latest training updates on Facebook, to photos of your dirty trainers on Instagram and asking for advice on Twitter
- **Use hashtags to join conversations** - don’t forget to use #TeamMND to let everyone know that you’re raising money for us and helping people affected by MND
- **Share your story** - let people know why you’re fundraising and how that money will help people who are affected by MND. Remember to include the link to your JustGiving page so people can donate easily
- **Tell us about it** - if you post on Twitter try and mention @mndassoc, we love to see what you’re doing and often retweet. On Facebook post on the MND Association page, to let other supporters know what you’re doing. They’re sure to give you lots of encouragement
- **Start a group** - if you’re doing a series of activities, or an event like an international trek where you’ll be posting about it for more than a few months, consider starting a Facebook Group and invite people to join. This way you won’t feel like you’re bombarding everyone with updates as people can choose to join the group or not
- **Request support** - if you’re holding a raffle or giveaway to raise funds, then Twitter and Facebook are great ways to reach out to local companies directly to ask for prizes
- **Say thank you** - your friends and contacts have followed you on your fundraising journey. Do a personal thank you to them, perhaps with a video or a live chat, as this will make them much more likely to support you again

Remember traditional media when promoting your fundraising. Get in touch and we can provide you with a template press release to use. Local newspapers and radio stations love to hear about what people in their area are doing to support charities.

£200 is enough to produce 40 copies of So what is MND anyway?, our guide for young people affected by MND.
Pixel Perfect

When promoting your event and asking for donations, pictures can have a big impact. The better the photo, the more interest in your event. Our social media channels see better performance on posts with well-taken pictures.

✔ **Quality camera** – smart phones and most digital cameras can take decent photos, just check your camera settings are set to the highest quality

✔ **Branded** – it’s great for us to have branded photos to share, MND Association T-shirts, balloons or banners are a great example plus they add lots of colour

✔ **Action shots** – alongside posing, try and get some shots of you or friends in action during your event

✔ **Avoid the blur** – try and keep the camera as steady as possible when taking your pictures

✔ **Landscape** – the landscape format is preferred by most social media platforms

✔ **Keep it bright** – make sure you have good lighting so everything is visible

✔ **Permission** – ensure that you have permission from everyone in your pictures. The MND Association will always ask you if we can use your pictures

✔ **Individuals and groups** – there’s nothing wrong with a selfie but mix it up, get groups involved with pictures, it acts as a great way to get across the atmosphere

✔ **Say cheese** – make sure everyone is smiling

✔ **After three** – make sure that when you take the picture everyone is ready and looking at the lens
Your fundraising plan

What?

• Visit pages four and five for some fundraising inspiration
• Think about what you need to do, for example source raffle prizes, get your branded materials (see page six) and book entertainment

Where?

• Decide on a venue or location. Consider capacity, parking, transport, facilities and cost
• Make a contingency plan for bad weather (gazebos and wellies!)

Who?

• Tell your friends on Facebook and Twitter. Be clear whether your event is open to the public or by invitation only
• Consider your audience when planning your entertainment, refreshments and other aspects of the event

How?

• Create a JustGiving page to collect donations online
• Think about raising extra money through Gift Aid (see page 14 for advice)
• Consider ways to raise extra cash including raffles, games and bucket collections

When?

• Confirm the date. Check the date doesn’t clash with other local events (or plan to maximise the opportunity if it does!)
• Check close family and friends are available to attend- they can bring all their friends too!

And afterwards...

• Thank everyone who supported the event, including the people who came along and any businesses who donated
• Pay in the money you have raised (see page 19)
• Tell us about your fundraising and share your photos

Jill and Chestina said they hand made quilts in return for donations
Russell, Stuart and Steve took part in a 12K Ram Run in memory of their friend Dom
Caroline organised a street party to celebrate the Queens 90th birthday
Ways to BOOST your fundraising

Create a JustGiving page
Whatever you are doing to raise money, setting up a JustGiving page is a brilliant way to increase the money you raise! If you are holding an event, even if people can’t attend they can donate and of course it’s perfect for collecting sponsorship.

The more personal you make your page the better, telling your story will inspire people to support you even more and don’t forget to share with your friends and family online and ask them to do the same.

We promise you it couldn’t be easier, just visit www.justgiving.com/mndassoc

The taxman is our friend!
Did you know that if your donors are tax payers, the taxman could give us an extra 25p for every pound they donate? Remind your brilliant supporters to tick the Gift Aid box on your sponsor form or online giving page and at no extra cost to them, their donation will be worth an extra 25% for people affected by MND.

Find out more about maximising your fundraising through Gift Aid by visiting www.mndassociation.org/howtogiftaid

JustGiving
If you need a little extra help, we have a simple How to Guide for you
www.mndassociation.org/howtofundraiseonline

£10 could provide an information pack for someone newly diagnosed with MND

Your JustGiving page will come with its own unique text code, allowing people to simply send a text to make a donation to your page. Just log on to your JustGiving account, follow the instructions to set it up then share it with everyone for a super simple way to donate.

TOP TIP

Adelaide Harris took part in the Manchester 10K as part of the University of Manchester team and raised £120. Adelaide said “I am running for the MND Association because my best friend’s dad has just been given a diagnosis of MND, much to the family’s heartache.”

“I wanted to show my support and share the journey with them, so I decided to do this. It felt good to be doing something positive. My little bit to help.”

£30 could fund an adapted cutlery set, allowing someone with MND to retain their independence

Adelaide’s sponsorship is enough to provide four people with MND with an adapted cutlery set. Thank you Adelaide!
How to raise an extra £100!

Want to top up your fundraising but don’t know how? Here are five simple suggestions to help you smash your fundraising target!

1. **Sweepstake:** There is always a hot topic of debate that captures our attention... Who will win *Strictly Come Dancing*? Which team are you backing in the World Cup? Where there is a debate, there is a great idea for a sweepstake! Ask your friends or work colleagues to donate £2 and pick out a name at random. The winner will get half of the proceeds and the rest will help our great cause!

2. **Dress up or dress down:** At work, at school, at college, simply organise a dress down or fancy dress day and ask people to donate to take part.

3. **Have a life laundry:** De-clutter your wardrobe, clear out your loft, tackle THAT cupboard, then turn your junk into cash. With a car boot sale, jumble sale or by selling on eBay, you may be surprised by how much you can raise.

4. **Raffle it:** If you are holding an event, why not include a raffle to bump up your profits. Ask local businesses to donate prizes and sell your tickets on the day. For advice about holding a raffle visit our How to Guide at [www.mndassociation.org/fundraiseyourway](http://www.mndassociation.org/fundraiseyourway)

5. **Matched Giving:** Check if your employers operate a scheme to match what you fundraise, you might find they will match it pound for pound or give a donation. To find out how visit [www.mndassociation.org/howtomatchedgiving](http://www.mndassociation.org/howtomatchedgiving)

Feeling stuck for inspiration or need a little help? Check out our How to Guides at [www.mndassociation.org/fundraiseyourway](http://www.mndassociation.org/fundraiseyourway) There is nothing we like more than hearing from our fundraisers so give us a call on 01604 611860 or email us at fundraising@mndassociation.org

Jane and Jackie’s quilting group held a society raffle to win homemade quilts. Jackie’s granddaughter Charlotte helped to select the winner!
Tribute Funds. A simple, lasting and positive way of remembering someone special

Tribute Funds, set up in memory of a loved one, friend or colleague, are the perfect way to celebrate their life and provide a focus for ongoing fundraising. Monies raised help to fund vital care and support services for people living with MND today, and research to find improved treatments and a cure for tomorrow.

A Tribute Fund is simple and quick to set up and enables anyone – family, friends and colleagues – to contribute to the individual’s Fund in whatever way they wish. Whether it’s running a marathon, holding a coffee morning, making a personal donation or responding to one of our appeals, all gifts act as a tribute to the person in whose name the Fund has been created.

Supporters receive regular Fund updates and all our Funds have a range of optional features including an individual Fund website.

To find out more, visit www.mndassociation.org/tributefunds

Brenda Willmott was diagnosed with progressive bulbar palsy, a form of MND. When she passed away just 12 months later, her sons Aaron, Ashley and Ryan set up a Tribute Fund to honour their mum and support others affected by the disease.

Since 2014 the brothers have organised various fundraising activities. They recruited a team of 68 to take part in the Windsor half marathon, pictured below, and raised almost £9,000.

“The success of Mum’s Tribute Fund is down to the overwhelming love and support of friends and family. It may have been too late for our Mum but by all working together, someday hopefully we can help find a cure.”
When Joanne Deeley was diagnosed with MND aged 44, she decided to set up Jo’s MND Fightback Fund. Jo has been touched by the response from her friends and family who have pulled together to raise money for the Fund. A team of her friends and family, nicknamed Jo’s Angels, took part in a 10K run and raised almost £1,500 to kick off the Fund. Her friend Kelly who organised the run said, “I find it hard running, but keep thinking of the everyday struggles my amazing friend has to go through, so I will do this!” In another show of support, Kelly helped Jo organise a charity night at a local tapas bar which was a huge success. Jo joked, “We sold all the tickets really quickly- I must be really popular! Kelly and I started the day off by getting pampered and having our hair done at the hairdressers which was lovely!”

“I have always been a positive person, but having this disease has brought its challenges for me. The support of my family and friends, especially on a night like this, keeps me going and keeps me strong. It’s so lovely and overwhelming that people are happy to donate to the cause which is so close to my heart.”

When Lindsay Rigby was diagnosed with MND, she decided the best thing to do was fight. With the help of her friend Ruth she set up an MND Association Fightback Fund.

“Lindsay fought against her MND, she never gave in to her illness and lived her life to the full. She loved life and loved so many people - all of whom wanted to support her. Lindsay’s Fightback Fund gave us a focus to do something positive.”

Lindsay agreed that Ruth should be her representative and set up the fund on her behalf. The name Northern Star was chosen – a nod to Lindsay’s northern roots. “The fund was simple to set up, it was a very easy process and it helped us to fight with Lindsay against MND.”

People living with MND, their family, friends and colleagues, frequently feel the need and determination to strike back at the disease. One way of doing this is by raising much needed funds for our vital work. From sponsored challenges and fundraising events to supporting our appeals and donating on special occasions.

Our ‘no frills’ Fightback Funds have been designed specifically for people living with MND, who would like a straightforward focus for their fundraising activities and that of family and friends. Quick and easy to set up by a person living with MND or their representative, a Fightback Fund records all the gifts and donations made in their honour.

The fundraising total is automatically emailed to the Fund’s contact each month. The current total can even be displayed on our website so supporters of the fund can watch the total rise as more fundraising takes place.

To find out more, visit www.mndassociation.org/fightback
Keep it safe and legal

We want your fundraising to be really successful, and lots of fun, but it is important that you know there are rules and regulations that must be followed. Here are some of the most crucial points to keep you safe and legal. If you want to check anything out with us then please just pick up the phone or drop an email to our fundraising team, we are here to help.

**Raffles:**
Different types of raffles have different rules, and you may need a licence depending on the kind of raffle you are organising. For lots of information on raffles visit our How to Guides here www.mndassociation.org/fundraiseyourway

**Health and Safety and Insurance:**
It is your responsibility to make sure your event is run safely. Make sure you do a risk assessment and if necessary have a trained first aider. Visit www.hse.gov.uk for up to the minute advice. We do recommend that you take out public liability insurance for any event involving the public, but check with your venue first as they may cover it for you.

**Food and Drink:**
If your event involves the preparation of food please be aware of hygiene regulations. Visit www.food.gov.uk for up to date guidance and remember if you are selling alcohol make sure your venue has a licence, if not you will need to apply for one with your local authority.

**Collections:**
If you are thinking of planning a collection then you must get the appropriate permissions before you start. If you are holding a collection in a public place you will need a licence from your local authority (Northern Ireland is a little different). If it’s on privately owned land or property like a train station or supermarket then you will need permission from the manager or owner. Before you organise a collection please do get in touch with us as we may need to approve it.

**Data Protection:**
Please be cautious with any electronic or paper records that you keep about anyone and do not share information about someone without their permission.

**Using our logo:**
We encourage you to use our logo! Get in touch and we can send it to you along with guidelines on how to use it. Please remember if you are using our logo to include our Registered Charity No. 294354

When Lynda organised a charity fun day, family members Kris, Richard and Michael manned the barbecue
Sending in your fundraising money

You did it! Thank you, we are so grateful. Now comes the easy part, sending in the money! There are lots of ways to pay in your fundraising money:

**Online**

This is the very best and most cost effective way for us, simply visit [www.mndcommunity.org/fundraisingdonations](http://www.mndcommunity.org/fundraisingdonations) If you have set up a JustGiving page, don’t worry your donations are coming straight to us!

**By post**

Please don’t send cash in the post. Make cheques payable to the MND Association and send them along with a cover letter or the paying in details form from your fundraising pack. Please post your cheques to: Motor Neurone Disease Association, 10-15 Notre Dame Mews, Northampton. NN1 2BG.

**By phone**

If you want to pay with your credit or debit card over the phone, call us on 01604 611860 during office hours.

**Bank Transfer**

Please contact the Fundraising Team for details on 01604 611860.

Remember to let us know if you would like your money to go towards a Tribute or Fightback Fund or to a local Branch or Group.

Thank you so much for being part of the fight for a world free from MND
Sophie Hill from Berkshire, hosted an evening of live music, ‘A Night to Remember for a Knight of Rock ’n’ Roll’, soon after her uncle Ian was diagnosed with MND.

“What better way to show our support and throw him a truly special night to remember, than gathering some of the finest musicians I know, all his greatest friends and family, putting them into a big room and raising a load of money for a very special charity.”

“The Motor Neurone Disease Association was an incredible source of help and support to Ian. It provided him with equipment, resources and generally improved his quality of life. They made such a devastating time in Ian’s life a little brighter.”

The event was sold out, but Sophie set up a JustGiving page so even those who couldn’t attend were able to make a donation to raise extra funds and leave a message of support for Ian. This raised an extra £550, bringing the total raised to almost £4,000.
Other ways to get involved

Volunteering

MND does not value precious time but we do. Whether you can spare three minutes, 30 minutes or three hours a week there are so many ways you can help people affected by MND.

While MND weakens people’s bodies, the combined strength of our #StrongAgainstMND volunteering community is a powerful source of support for people living with MND, their families and carers.

You can be a micro-volunteer and support the Association on social media at a convenient time for you; raise awareness and fundraise locally to you; join our campaigns team, or directly support people living with MND and their families.

Whatever your skills or experiences, there is a volunteering activity for you.

To find out more please visit www.mndassociation.org/volunteering or contact the Volunteering Team by emailing strongagainstMND@mndassociation.org

Campaigning

We campaign and raise awareness so the needs of people with MND and everyone who cares for them are recognised and addressed by wider society. Until there is a cure for MND, what matters most is that people living with the disease receive the right care, in the right place at the right time. We seek to influence local and national decision makers, to ask that this happens. But we cannot do it alone.

Please join our MND Campaign Network to keep up to date on our campaigning work and how you can help make a real difference to the lives of people with MND www.mndassociation.org/campaign-network

Helen and her family, including her niece Nicole (age 8) and nephew Zak (age 6), formed a cheering point at the Great North Run
“Our current research is looking at a new approach to restore function to muscles that have been paralysed by motor neurone damage. This could have major beneficial effects for people living with MND: it could be used to control the diaphragm which enables people to breathe, preventing the need for assisted ventilation, or in the longer term it could restore function to more complex muscles. We are extremely grateful to all of the MND Association’s amazing fundraisers who enable us to continue such exciting research.”

Barney Bryson - Postdoctoral Research Associate at University College London Institute of Neurology

“If it wasn’t for fundraisers, people like me who are living with MND may not be able to access all of the equipment and support they need. I have also got involved with fundraising myself to help other people have access to communication aids; my tablet is my link to the outside world and my friends too.”

Jacky Smith – living with MND

“As campaigners, we rely on the money raised by our amazing fundraisers so that we can ensure the voices of those people with MND are heard, and that they receive the right care at the right time.”

Amy Senior - Campaigns Contact and member of the South London Group
THANKS TO YOU

MND Association
10-15 Notre Dame Mews, Northampton. NN1 2BG.
Telephone: 01604 611860
Email: fundraising@mndassociation.org
www.mndassociation.org
@mndassoc /mndassociation

If you need any help, information or support, please contact our Helpline:

MNDconnect
0808 8026262
mndconnect@mndassociation.org

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