Rise to the challenge of fighting MND

Ex-footballer Len Johnrose, living with MND, who took part in the London City Swim in 2018.
Dear Supporter,

Welcome to the 2019 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.

2019 marks 40 years of the MND Association. 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, and you help us to keep going in the fight against MND.

Thank you,

Your fundraising team

“Thanks for all your support through the challenge, we’ve been really impressed with the support and correspondence from you on behalf of the MND Association, so THANK YOU!”

Matt Garget

Contents

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

We have pre-purchased places in the following events so that we can guarantee you a place.

The Vitality Big Half
10 March 2019
Registration fee: £25
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
24 March 2019
Registration fee: £30
Minimum sponsorship: £350
Sold out event but if you have your own place let us know!
www.mndassociation.org/LLHM

The Brighton Marathon
14 April 2019
Registration fee: £35
Minimum Sponsorship: £450
Join this beautiful coastal marathon for great crowd support and be part of the second largest marathon in the UK!
www.mndassociation.org/brighton

London Marathon
2019 is sold out, but enquire now for 2020 places! If you have your own place in the ballot for 2019, then please do let us know.
www.mndassociation.org/VLM

Newham 10km, London
July 2018
Registration fee £30
Minimum sponsorship: £195
An opportunity to cross the finish line in the Queen Elizabeth Olympic stadium.
www.mndassociation.org/newham

The Great North Run
08 September 2019
Registration fee: £35 (early bird entry of £20 until 31st March 2019)
Minimum sponsorship: £425
Be quick to secure your place in the world’s biggest half marathon!
www.mndassociation.org/gnr

Royal Parks Half Marathon, London
13 October 2019
Registration fee: £30
Sponsorship: £395
See London’s most beautiful green spaces.
www.mndassociation.org/royalparks

Great South Run, Portsmouth
20 October 2019
Registration fee: £20
Sponsorship: £195
A flat and fast coastal route, great for beginners and those looking to set a personal best alike.
www.mndassociation.org/gsr

Our events team will be present at all of the above events to give you our personal thanks, and well-deserved refreshments at the finish line!

“Thank you and your team for the fabulous welcome yesterday when I arrived at the MND hospitality tent... it made me feel 10 foot tall!”
Lesley Ridley

There’s no better feeling than the sense of accomplishment after your challenge!
Dean Halkes was just 35 when he was diagnosed with MND – a real shock for someone who had always been so active both at home and in his work as a structural engineer.

At the time he was happily married, but as he struggled to come to terms with his diagnosis his world fell apart. He said: “I worked as a contractor, so if I didn’t work, I didn’t get paid. I had to give up work a year after I was diagnosed and my marriage ended. It was the worst time of my life. I found myself in a hole; everything was going wrong.”

“Taking part in these events is amazing. I would thoroughly recommend others with MND getting involved in doing fundraising events.”

Dean Halkes

But 2018 was a huge year for Dean, with him taking part in both the Brighton Marathon and the Great North Run. He was pushed around the courses by his friends, some of whom he’s known for over 25 years. Their unwavering support of their best friend and getting all their friends and family involved in fundraising for both Dean and the MND Association has been incredible.

Dean added: “Taking part in these events is amazing. I would thoroughly recommend others with MND getting involved in doing fundraising events. It’s a great way of having fun, raising a lot of money and it gets me away from the TV! MND changes all the time and getting out in front of people as things change can make you self-conscious, so there is an element of bravery in getting yourself out there, but if you get the right orthotics to support you at an event and have a bit of champagne, you can get through anything!”

In April this year, Faron Scott will be taking on his third Brighton Marathon, having raised over £2,000 for the Association to date!

Faron tells us more about why he got involved in this fantastic event: “It was 9 months on from my brother Darren’s MND diagnosis in Autumn 2015 and the disease was really starting to take control of him. He was no longer able to walk unaided and his speech was starting to become affected.

Looking for the next challenge
“After successfully completing a handful of 10k’s and a half marathon, I decided to take on the challenge of a marathon. Having missed the ballot for London by just a few weeks, I looked to the second largest Marathon in the UK – Brighton.

“Sadly, Darren passed away in March 2017, aged 47, just a few weeks before my first Brighton Marathon and I have been passionately fundraising for the MND Association ever since, in his memory.

“I would really recommend this event to anyone. Not only is it a well organised event that spans the whole weekend, there is a real festival atmosphere with the whole city coming together to get behind all of the 12,500 runners. Over 150,000 spectators line more or less the entire route, providing a huge helping of support with lots of cheering, music, bands and even the city’s radio station’s support.

“#TeamMND are an awesome group of people. Meeting everyone near the start in the morning for a chat and photos helped keep things calm. We were likely facing the most epic challenge of the year (and for some, their life). Meeting them all again afterwards in the charity village for recuperation (and tea, Mars bars and a leg massage!) was truly amazing and made it a weekend I will never forget.”

“My #TeamMND experience
Fighting back against MND

Dean and his friends certainly stood out from the crowds in Brighton!

Take inspiration from others who have been there and done it!

Fighting back against MND

Dean Halkes was just 35 when he was diagnosed with MND – a real shock for someone who had always been so active both at home and in his work as a structural engineer.

At the time he was happily married, but as he struggled to come to terms with his diagnosis his world fell apart. He said: “I worked as a contractor, so if I didn’t work, I didn’t get paid. I had to give up work a year after I was diagnosed and my marriage ended. It was the worst time of my life. I found myself in a hole; everything was going wrong.”

“Taking part in these events is amazing. I would thoroughly recommend others with MND getting involved in doing fundraising events.”

Dean Halkes

But 2018 was a huge year for Dean, with him taking part in both the Brighton Marathon and the Great North Run. He was pushed around the courses by his friends, some of whom he’s known for over 25 years. Their unwavering support of their best friend and getting all their friends and family involved in fundraising for both Dean and the MND Association has been incredible.

Dean added: “Taking part in these events is amazing. I would thoroughly recommend others with MND getting involved in doing fundraising events. It’s a great way of having fun, raising a lot of money and it gets me away from the TV! MND changes all the time and getting out in front of people as things change can make you self-conscious, so there is an element of bravery in getting yourself out there, but if you get the right orthotics to support you at an event and have a bit of champagne, you can get through anything!”

In April this year, Faron Scott will be taking on his third Brighton Marathon, having raised over £2,000 for the Association to date!

Faron tells us more about why he got involved in this fantastic event: “It was 9 months on from my brother Darren’s MND diagnosis in Autumn 2015 and the disease was really starting to take control of him. He was no longer able to walk unaided and his speech was starting to become affected.

Looking for the next challenge
“After successfully completing a handful of 10k’s and a half marathon, I decided to take on the challenge of a marathon. Having missed the ballot for London by just a few weeks, I looked to the second largest Marathon in the UK – Brighton.

“Sadly, Darren passed away in March 2017, aged 47, just a few weeks before my first Brighton Marathon and I have been passionately fundraising for the MND Association ever since, in his memory.

“I would really recommend this event to anyone. Not only is it a well organised event that spans the whole weekend, there is a real festival atmosphere with the whole city coming together to get behind all of the 12,500 runners. Over 150,000 spectators line more or less the entire route, providing a huge helping of support with lots of cheering, music, bands and even the city’s radio station’s support.

“#TeamMND are an awesome group of people. Meeting everyone near the start in the morning for a chat and photos helped keep things calm. We were likely facing the most epic challenge of the year (and for some, their life). Meeting them all again afterwards in the charity village for recuperation (and tea, Mars bars and a leg massage!) was truly amazing and made it a weekend I will never forget.”

“My #TeamMND experience
Fighting back against MND

Dean and his friends certainly stood out from the crowds in Brighton!

Take inspiration from others who have been there and done it!
Run anywhere!

You can secure your own place on any running event local to you – visit our website www.mndassociation.org/otherrunning to find out what’s going on in your area.

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’s some suggestions for other running events that you can purchase your own place in.

**Edinburgh Marathon Festival**
25-26 May 2019
Registration: Dependent on distance, visit website for details.
Sponsorship: Raise what you can!
With distances including Junior 1.5k, 2k, 5k 10k and half and full marathons, you’ll be able to find something to do.
www.mndassociation.org/edinburgh

**Bournemouth Marathon Festival**
7-8 October 2019
Registration: Dependent on distance, visit website for details.
Sponsorship: Raise what you can!
As with Edinburgh there’s a whole range of distances that the family can get involved in.
www.mndassociation.org/bournemouth

**Northampton Half Marathon**
29 September 2019
Registration: £29
Sponsorship: Raise what you can!
The MND Association’s home town half marathon has a fantastic atmosphere with the #TeamMND cheer squad there to cheer on our runners. This great route will really make you feel at the heart of #TeamMND!
www.mndassociation.org/northamptonhalf

My #TeamMND experience

41 year old Alex Wilson has been on an epic running journey since she signed up for her first 10k in 2016.

The mum of two, who used to ‘hate running with a passion’, has lost almost four stone since she started couch to 10k training and has completed numerous half marathons, marathons and even ultra-marathons.

Care worker Alex was inspired to fundraise after supporting a lady living with MND in a care home.

Alex said: “My lady knew I had joined a weight loss club and I just couldn’t get my 3.5 half stone certificate. She was very interested as her daughter was a weight loss consultant. Every week I saw her after weigh in, her first question would be, have you done it yet? I finally got it three months after she passed away and I quietly said to myself, this is for you as I got presented with my certificate.

“Her death really impacted on me as it’s such a cruel disease and she didn’t ever complain. She was just the most amazing person.”

Alex has so far taken part in the London Marathon and the Great North Run among many other events and has raised a massive £5,319 so far. Thank you Alex!

41 year old Alex Wilson has been on an epic running journey since she signed up for her first 10k in 2016.

Support from your family on the day can get you through the toughest challenge.
Cath Muir has had a busy time recently and is showing no signs of slowing down! In 2018 alone, the 58-year-old who is living with MND, took on the Nightrider Cycle Challenge, the Great North Run and organised her own Walk to d’feet.

Cath, her family and friends have raised thousands of pounds for the MND Association.

Dealing with the diagnosis
She said, “In the year prior to getting the MND diagnosis I had a very good idea what it was. We looked for every possibility that it might not be MND but knew we were grasping at straws. I had always wanted to do the Great North Run but never quite got around to it. I said if I am not diagnosed with MND I will get fit and do the next Great North Run.

“I decided I would do the Great North Run being pushed in my wheelchair.”
Cath Muir

However, that didn’t happen so I threw myself into doing challenges. Jumping out of a plane, loop the loop in a glider, organising a yearly dance to raise funds, coast to coast on a tandem, 42 miles of the London Nightrider and having asked last year after my son’s partner ran the Great North Run for the MND Association if I could do it pushed in a wheelchair, that’s when it was decided I would do it.” She was pushed around the iconic course in her wheelchair by her sons Dave and James and met at the finish line by her new baby grand-daughter Izzy.

“I’m not a cyclist, so doing a 54-mile cycle was a challenge, but taking part with a team of colleagues really helped as we all supported each other to get to the finish line.”
Teresa Deacon, London to Brighton participant
Alison covered 300 miles in 3 days on this amazing adventure!

My #TeamMND experience

Alison Jones joined us on our Cycle London to Paris challenge in summer 2018 to mark a milestone birthday. She said: “As I was approaching my 70th birthday, I decided that it was appropriate to undertake a significant challenge to celebrate being fortunate enough to enjoy good health - something which I know from experience is not to be taken for granted.

“As I had expected, this challenge took me well beyond my comfort zone. I truly valued the support of other riders and the crew as my challenge was enhanced by burst inner tubes and a tyre, extreme heat and some gruelling hills. But, eventually, we arrived on the outskirts of Paris and followed the River Seine to the Bois de Boulogne, where we gathered for the final stretch. It felt like a victory ride; three miles ridden slowly in convoy, with support vehicles at the front and rear. It was amazing to ride around the Arc du Triomphe and up to the Eiffel Tower. We had done it! It was possible. Elation wiped out fatigue.

“After the celebration, there was just the final few miles through the centre of Paris to the hotel. I felt carefree; the cycling was easy. My biggest challenge ever was finished. I may have been slower than many but completion had been my only goal, and raising money for the MND Association.

“Would I recommend the challenge to others? Without a doubt. You don’t have to be a super fit cyclist, just determined and dogged. Nor do you have to be young, just fit enough. Age is in your head.”

Alison Jones

International cycle rides

London to Paris Tour de France Cycle
24-28 July 2019
Registration fee: £139
Minimum Sponsorship: £1,600
Self-funded option: £800
Connect two of the world’s most chic capital cities as you embark on the charity bike ride 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.
You will get the chance to ride the last few miles of the Tour de France through Paris, then on the following day get to see all the final stage action LIVE from the world famous Champs-Elysees.
www.mndassociation.org/L2P

Paris to Geneva Cycle
28 July – 2 August 2019
Registration fee: £149
Minimum sponsorship: £2,000
Self funded option: £1,000
Already done Cycle London to Paris and looking for the next challenge?
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/p2g

“It was a unique experience cycling past the Arc de Triomphe in blazing sunshine and then spying the Eiffel Tower as we headed down to the Seine. People were cheering us on as we passed!”

Andrew Barritt

“Alison covered 300 miles in 3 days on this amazing adventure!”
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.

The Three Peaks challenge
Dates: All year round
Registration fee: £99
Minimum Sponsorship £600
The Three Peaks Challenge is the ultimate UK trek challenge. The three peaks 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
Brecon Beacons 6 July 2019
Peak District 31 August 2019
Registration fee: from £55, dependent on distance.
Sponsorship amount: 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
7-8 September 2019
Registration fee: from £40, dependent on distance.
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
25-26 August 2019
Registration fee: from £40, dependent on distance.
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

The Singh family were recently battling stormy conditions for #TeamMND on the three peaks.

Jasbir and his intrepid team took on the Three Peaks Challenge but were forced to abandon it at the last mountain. However, they determined to go back and finish and here they are celebrating at the top of Ben Nevis.

They returned with an even bigger team including a couple of six-year old’s. The team completed the challenge for Jasbir’s brother, Baldev Singh, who died of MND in July. Jasbir explained, “It has been an emotional roller coaster for the whole family but we have come out the other end.”

We believe my brother is in a peaceful place now.”

The team raised a wonderful £1,189 in memory of Baldev, to help others facing life with motor neurone disease.

“It has been an emotional roller coaster for the whole family but we have come out the other end.”

Jasbir Thumber

Don’t forget to take your MND Association banner on your challenge for a photo opportunity!
Fighting back against MND

Having been diagnosed with MND in June 2016, I felt I needed a new challenge to raise funds and awareness for the MND Association and to achieve something worthwhile, even in my state of health.

“Signing up to the Great South Run and being pushed 10 miles around the streets of Portsmouth may not sound as impressive as running a marathon, trekking across the Sahara or climbing Everest but given all the help and support of my friends and family, it will be quite enough. That will be my Everest.

“I have seen and benefited from the fantastic work the Association does. I absolutely trust the MND Association to make the best use of the funds raised, to support vital research, provide care for people with MND and support them to live as full a life as possible.

“I have seen the differences made thanks to the support of my local branch and the Association Visitors. They make a real difference to our lives. I also received help towards the cost of ramps to enable me to go in and out of my house.

“I have been working in the charity sector for the last 15 years and I have not seen an organisation which offers such a comprehensive and valuable range of services and information, from the helpline to research, to care centres, grants and local support.”

“I have seen and benefited from the fantastic work the Association does. I absolutely trust them to make the best use of the funds raised.”

Phil Rossall

Phil has raised an incredible £10,000 for the Association so far.
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.

**Kilimanjaro**
Various dates throughout 2019 and 2020
Registration fee: £449
Sponsorship: £4,100
The now iconic Kilimanjaro trek is as popular as ever, so make 2019 the year you conquer the world’s highest freestanding mountain.
www.mndassociation.org/kili

**Trek Mount Toubkal, Morocco**
Various dates throughout 2019 and 2020
Registration fee: £150
Sponsorship: £1,540
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

**Trek the Inca trail to Machu Picchu**
Various dates throughout 2019 and 2020
Registration fee: £349
Sponsorship: £3,400
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

---

Brothers Peter and Andre Van Wyk planned to trek Mount Kilimanjaro together, but after Peter was diagnosed with MND, Andre and friends took on the challenge for him.

Peter’s loved ones, who coined themselves Team SmashMND for the challenge, raised over £12,000. Andre said: “A couple of years ago Peter sat in my lounge and asked ‘Will you trek Mt. Kilimanjaro with me?’ Just one year later he sat in the same chair dropping the Motor Neurone Disease bomb.”

“The opportunity to share an experience of a lifetime with an amazing person was lost forever. The very least I could do now would be to complete the experience he’d once dreamed of – to go there, to feel it, to breathe it – to bring it back to him.”

“Team SmashMND reached the summit of Mount Kilimanjaro, Uhuru Peak, which stands at 5,895 meters. Andre said: “My trek was insignificant compared to the upward battle Peter, Antoinette and Tallulah have to take on every day. It is with grit and determination that they have to go one step at a time. Antoinette and Tallulah are Peter’s ‘porters’, taking on the selfless task of getting him to his ‘Uhuru Peak’. All we can do is be thankful that we play a humble part in his team, to support him on his journey. We conquered it for you, my brave brother.”

Andre Van Wyk

---

My #TeamMND experience

Capturing an amazing moment on top of the world!

Brothers Peter and Andre Van Wyk planned to trek Mount Kilimanjaro together, but after Peter was diagnosed with MND, Andre and friends took on the challenge for him.

Peter’s loved ones, who coined themselves Team SmashMND for the challenge, raised over £12,000. Andre said: “A couple of years ago Peter sat in my lounge and asked ‘Will you trek Mt. Kilimanjaro with me?’ Just one year later he sat in the same chair dropping the Motor Neurone Disease bomb.”

“The opportunity to share an experience of a lifetime with an amazing person was lost forever. The very least I could do now would be to complete the experience he’d once dreamed of – to go there, to feel it, to breathe it – to bring it back to him.”

“Team SmashMND reached the summit of Mount Kilimanjaro, Uhuru Peak, which stands at 5,895 meters. Andre said: “My trek was insignificant compared to the upward battle Peter, Antoinette and Tallulah have to take on every day. It is with grit and determination that they have to go one step at a time. Antoinette and Tallulah are Peter’s ‘porters’, taking on the selfless task of getting him to his ‘Uhuru Peak’. All we can do is be thankful that we play a humble part in his team, to support him on his journey. We conquered it for you, my brave brother.”

Andre Van Wyk

---

My #TeamMND experience

Capturing an amazing moment on top of the world!

Brothers Peter and Andre Van Wyk planned to trek Mount Kilimanjaro together, but after Peter was diagnosed with MND, Andre and friends took on the challenge for him.

Peter’s loved ones, who coined themselves Team SmashMND for the challenge, raised over £12,000. Andre said: “A couple of years ago Peter sat in my lounge and asked ‘Will you trek Mt. Kilimanjaro with me?’ Just one year later he sat in the same chair dropping the Motor Neurone Disease bomb.”

“The opportunity to share an experience of a lifetime with an amazing person was lost forever. The very least I could do now would be to complete the experience he’d once dreamed of – to go there, to feel it, to breathe it – to bring it back to him.”

“Team SmashMND reached the summit of Mount Kilimanjaro, Uhuru Peak, which stands at 5,895 meters. Andre said: “My trek was insignificant compared to the upward battle Peter, Antoinette and Tallulah have to take on every day. It is with grit and determination that they have to go one step at a time. Antoinette and Tallulah are Peter’s ‘porters’, taking on the selfless task of getting him to his ‘Uhuru Peak’. All we can do is be thankful that we play a humble part in his team, to support him on his journey. We conquered it for you, my brave brother.”

Andre Van Wyk
Virtual races have continued to capture the imagination of #TeamMND, with supporters signing up to walk, run, cycle and swim. They have all chosen the distance they want to complete, including running a half marathon on a treadmill, walking 10,000 steps per day for a month or swimming the length of the English Channel in a public pool over a period of weeks.

One of those who has challenged himself is 26-year-old Sam Anderson, who wants to run at least one mile per day with the target of reaching 1,000 miles by the end of the year. Sam is raising funds in honour of his mum’s best friend Vicky, who is living with MND.

He started his challenge on New Year’s Day after not having run for five years.

Sam told us: “Vicky loves the fact I am doing this. It gives her something to think about. This is something positive for her. She is constantly texting me asking how I am doing. She always says well done and keep going. It makes it all worthwhile.”

“There have been days where I haven’t wanted to get up and go out and run. Thinking about Vicky gets me out running.”

Sam Anderson

My #TeamMND experience

Ifza’s Dad was diagnosed with motor neurone disease 13 years ago and this year she is taking on the Dog Jog for #TeamMND in his honour.

“My four legged friend is called Toby and he’s a miniature poodle. He loves running, mainly in circles around a sock, but running none-the-less. Training for this run has given us the opportunity to bond and spend time together. He motivates me because he can run so far and fast but when I lag behind he waits for me. The MND Association does some brilliant work for a very important cause - the severity of this illness needs to be addressed and tackled. As fun as running with my furry best friend is, my intention is to use the run as a means of publicising the illness, raising awareness of the charity and ultimately money to support them in their efforts.”

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.
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.
Sponsorship: Raise what you can!
Dog Jog is a brilliant chance for you and you 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.
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

Fun Runs

Now these are running events with a twist that are great for getting a group of you together for with no pressure of having to raise a certain amount.

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/virt

Ifza’s Dad was diagnosed with motor neurone disease 13 years ago and this year she is taking on the Dog Jog for #TeamMND in his honour.

“My four legged friend is called Toby and he’s a miniature poodle. He loves running, mainly in circles around a sock, but running none-the-less. Training for this run has given us the opportunity to bond and spend time together. He motivates me because he can run so far and fast but when I lag behind he waits for me. The MND Association does some brilliant work for a very important cause - the severity of this illness needs to be addressed and tackled. As fun as running with my furry best friend is, my intention is to use the run as a means of publicising the illness, raising awareness of the charity and ultimately money to support them in their efforts.”

Sam Anderson
Fighting back against MND

40-year-old father of two, Alex Gibson, is living with MND and took on an epic cycling challenge last year. He said: “After my diagnosis, I wanted to take on a challenge to both try and increase awareness of the disorder and to raise vital funds for a worthy charity.

“I came across the Hebridean Way Cycle, which involved covering 185 miles across 10 islands. I decided to undertake this challenge using a recumbent tricycle. Having always been heavily involved in athletics, it was a matter of adapting to the inability to run which made the recumbent tricycle the preferred method of transport.

“I wanted to take on a challenge to both try and increase awareness of the disorder and raise vital funds for a worthy charity.”

Alex Gibson

“Adaptation is key to any deteriorating progressive disorder like this! In the process I managed to persuade a team of friends to come and join me. The challenge was packed with entertainment with missing cyclists, people almost being blown over cliffs with strong winds, not to mention races for ferry crossings for most of the team and potential cancellations of ferries due to adverse weather conditions.

Overwhelming support

“However the real joy was the beautiful scenery and the occasional sightings of dolphins, golden eagles and puffins, along with the hospitality and generosity of the locals. “ Alex and his friends raised a staggering £30,000 for the MND Association. “The generosity that people have shown throughout the fundraising is overwhelming and a big thanks goes out from the bottom of my heart.”

Adventure challenges

A few challenges chosen to appeal to the adrenaline junky in you.

Zipworld velocity – suitable for children over the age of 7

Various dates

Penryhn Quarry, North Wales

Registration fee: £60

Sponsorship: Raise what you can!

Experience the thrill of the longest and fastest zipline in Europe! You’ll reach speeds of up to 100mph and feel like you’re flying!

www.mndassociation.org/zipworld

Wing-walking

Various dates

Registration fee: £50

Sponsorship: £1,000

Experience the thrill of a wing-walking ride from this private aerodrome in the heart of Essex!

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

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

40-year-old father of two, Alex Gibson, is living with MND and took on an epic cycling challenge last year. He said: “After my diagnosis, I wanted to take on a challenge to both try and increase awareness of the disorder and to raise vital funds for a worthy charity.

“I came across the Hebridean Way Cycle, which involved covering 185 miles across 10 islands. I decided to undertake this challenge using a recumbent tricycle. Having always been heavily involved in athletics, it was a matter of adapting to the inability to run which made the recumbent tricycle the preferred method of transport.

“I wanted to take on a challenge to both try and increase awareness of the disorder and raise vital funds for a worthy charity.”

Alex Gibson

“Adaptation is key to any deteriorating progressive disorder like this! In the process I managed to persuade a team of friends to come and join me. The challenge was packed with entertainment with missing cyclists, people almost being blown over cliffs with strong winds, not to mention races for ferry crossings for most of the team and potential cancellations of ferries due to adverse weather conditions.

Overwhelming support

“However the real joy was the beautiful scenery and the occasional sightings of dolphins, golden eagles and puffins, along with the hospitality and generosity of the locals. “ Alex and his friends raised a staggering £30,000 for the MND Association. “The generosity that people have shown throughout the fundraising is overwhelming and a big thanks goes out from the bottom of my heart.”

Alex Gibson

Adventure challenges

A few challenges chosen to appeal to the adrenaline junky in you.

Zipworld velocity – suitable for children over the age of 7

Various dates

Penryhn Quarry, North Wales

Registration fee: £60

Sponsorship: Raise what you can!

Experience the thrill of the longest and fastest zipline in Europe! You’ll reach speeds of up to 100mph and feel like you’re flying!

www.mndassociation.org/zipworld

Wing-walking

Various dates

Registration fee: £50

Sponsorship: £1,000

Experience the thrill of a wing-walking ride from this private aerodrome in the heart of Essex!

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

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
The London City Swim

Date: 20 September 2019
Registration: £25
Minimum Sponsorship: £400

The London City Swim is a 500m open water swim event, taking place in the heart of London’s City. The water is clean, and in September the temperature is a balmy 19 degrees.

Now entering its third year, this event is suitable for all, whether a committed swimmer looking to get a personal best, or you just want to dip your toe in the water for your first experience of open water swimming.

We’re also proud to say that this event is truly inclusive, and people living with MND can take part for free and be fully supported in a way that they feel most comfortable.

So please come and join us - everyone taking part in this event will receive a free swimming cap, bathrobe, and food and drink at the after swim party, all kindly donated by the sponsors.

You can register to take part in this event by visiting www.mndassociation.org/LCS

David Setters, who is living with MND, was among the 325 swimmers who took part last year.

He said: “It was a very uplifting evening. How fantastic to see so much awareness being raised by many people who will not have known about MND previously.”

David Setters
It’s as popular as ever!

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! Choose YOUR bakeit! day and join in the fun.

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!

This year you’ve been using our cupcake toppers and decorated some fantastic results, some of which are featured here.

Once registered you’ll receive your brilliant pack with everything you need to get started. Order banners, napkins, 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

“Using the cupcake toppers made decoration easy and I was pleased with the result. Needless to say, they sold like hot cakes!”

Anita Solan, branch volunteer

Children attending a cookery course at The Kids’ Kitchen made gorgeous Valentine cakes, supervised by owner Nicole Freeman, who lost her father to MND and continues to support our charity.
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.

This year we’re seriously impressed that so many of you have made even more commitment to Silence Speaks by staying silent for 24 hours and raising even more to help us provide communication aids.

This can be a great event to get creative about all alternatives to speech both old fashioned or on the cutting edge of technology and is great fun for all the family.

More than a sponsored silence

- find ways to communicate instead – mime, sign, type or voice app
- nominate someone chatty – they’ll find it hard to refuse
- fine those who break their silence or donate for golden tickets
- 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!

£550 could fund a tablet device with communication software giving the ability to communicate with loved ones.
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. Organising 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 like the hugely successful monthly Letchworth Walks to d’feet MND! 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-to-dfeet

Top Fundraising Tip

Get together after your walk… hold a picnic, barbeque or tea party or boost your funds with a raffle or balloon release with messages for loved ones!

Make sure you layer up for all conditions!

When fundraisers wear their t-shirts it has the added bonus of raising awareness.
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

With friends, family and in 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

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

Fun for kids
- Treasure hunt
- Sponsored swim
- Gaming marathon
- Supermarket bag pack
- Make and sell crafts

Register to receive your free fundraising pack at www.mndassociation.org/fundraiseyourway

Isabelle and Olivia Hargreaves hid MND Association coloured rocks in their area.

Workplace fundraising is often welcomed by offices and helps build staff morale.

Olive Martin celebrated her 90th birthday with us.

Caroline and her team did a sponsored head shave together!
Fundraise your way

Amy wanted to do something to show her support for her brother-in-law Mark who had been diagnosed with MND.

Mark and their family had already done lots of fundraising so she knew she had to think outside the box for a different idea. When the 2018 royal wedding was announced, she knew it would be the perfect fundraising opportunity.

Originally, she planned to gather a few friends to watch the event in their wedding dresses and provide some refreshments in return for donations. However, before she knew it, she was organising a huge ‘Royal Picnic and Family Fun Day’ which included stalls, games, entertainment and a barbecue for 800 people!

Amy and the team had a brilliant day and raised over £2,000 for the fight against MND. Now they’re waiting for the next royal wedding to do it all again!

Rob was diagnosed with MND when he was just 24 years old. A keen gamer, he wanted to use his skills to raise funds for the Association.

Rob first noticed something was wrong when he experienced problems with his hand, although he wasn’t officially diagnosed with MND until ten months later. Rob said “This cruel disease has affected me in so many ways. I’ve been a gamer most of my life, now I have to play using a specialised controller. It took a bit of getting used to at first, but I’m getting to grips with it.”

Rob played for over 12 hours, livestreaming the games so others could watch and donate. He received a huge amount of support from friends, family and the gaming community; his online donation page raised over £400.

About the challenge Rob said “I can’t jump out of a plane, or run a marathon. So I did a marathon in a different way. I’m so grateful to everyone for their support.”

Bethan Taylor Lloyd was inspired to take on her second marathon after her friend lost her dad, Peter, to MND.

As well as asking friends and family for sponsorship, she used her networks to raise extra funds. The legal firm she worked for donated generously and her friend organised a village coffee morning. Bethan also works part time in the pub where Peter was formerly landlord, so she got the pub regulars involved by holding a quiz night too.

Bethan said “Pete was very popular, a lovely, active man who enjoyed chatting to people. He could talk the hind leg off a donkey, until MND took away his voice. MND just robs you of the person, it is such a cruel illness. The MND Association were brilliant in their support of Pete and his family, which is why I wanted to give something back.”

My #TeamMND experience

Before you start fundraising check if your employer operates a Matched Giving scheme. Some will match pound for pound or give a contribution to support your fundraising.

Fundraising for an MND Association Branch, Group, Tribute Fund or Fightback Fund? Just let us know when you register and we’ll ensure the money you raise is allocated as you wish.

Completing a challenge or holding a fundraising event? Why stop at one! You could set yourself a series of challenges over a period of time or to achieve a fundraising target.
So 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

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

£100 funds laboratory equipment for two days’ vital research into finding the causes of MND.
So what should you do next?

1. Register online
   You’ll be contacted by one of our friendly team to help you with every step of your fundraising journey.

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 for what you can do.

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.

—

“Losing my mum to MND 10 years ago was heartbreaking but by fundraising in her memory, I am helping to find a cure for this cruel disease.”

Vicky Paeschel
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 2019!

To find out how you can help visit:

www.mndassociation.org

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

facebook.com/mndassociation
@mndassoc
Instagram @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 any information or support, please contact our Helpline:

mndconnect
08457 626262
mndconnect@mndassociation.org

Registered Charity No. 294354