Join us and #TakeOverMND
My family and I understand the impact of motor neurone disease (MND) more than most. In the last five years we’ve lost two of my aunties and my dad to the disease. In 2019 I was diagnosed with MND myself.

I didn’t think I would be given that news, but the consultant sat me down and told me I did have MND. It was devastating. I was just thinking about my daughter, my family, my life. What was going to happen?

The MND Association has been pivotal for me in dealing with my diagnosis. From advice about how to tell my daughter I have MND, to providing grants to help transform a wet room at home so I can retain my independence. That support is a lifeline.

That’s why I’m urging as many people as possible to get involved and help raise money this year.

It means so much and will help so many people.

Eleanor
Join the Midlands’ biggest running event

**Great Birmingham Run**
5 May 2024
**Registration Fee:** £20
**Minimum sponsorship:** £250

A half marathon that has everything you’d expect from a Great Run event; an amazing atmosphere from start to finish with top en-route entertainment and an event village that feels more like an after-party!

www.mndassociation.org/birmingham

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**Follow our Facebook challenges**

Join one of our community-led challenges on Facebook. From running to dog walking, crafting and much more! You’ll be taking part virtually, alongside thousands of others who also want to make a difference in the fight against MND.

You can keep up to date with the latest Facebook challenges by visiting:

www.mndassociation.org/facebookchallenges

“I’ve found that it has brought me closer to my brother as we don’t usually do many things together because of the age gap (16 and 10). I wanted to do the challenge because I want to try and help make a difference to people’s lives in some way.”

Charlotte, who took part in our Run 60 Miles in August challenge with her brother George.
Run for Rob

Rob Burrow Leeds Marathon
12 May 2024
Registration fee: £30
Minimum sponsorship: £450
We're so excited to once again be charity partner for the Rob Burrow Leeds Marathon. The biggest event in the #TeamMND calendar with an incredible atmosphere from start to finish! Last year, we flooded the streets of Leeds with orange and blue and we can’t wait to do it all over again – we'd love you to join us!
www.mndassociation.org/runforrob

Leeds Half Marathon
12 May 2024
Registration fee: £15
Minimum sponsorship: £250
If the full marathon isn't for you, you can still get involved in this epic event by taking on the 13.1 mile route. Happening on the same day, you'll soak up the same incredible atmosphere but run half the distance!
www.mndassociation.org/leedshalf

“Wow what a fantastic, overwhelming day. The support from runners, spectators and marshals was something else. Leeds, you most certainly stole my heart. The awareness of MND was incredible. MND Association, what a fantastic family to be associated with. I thank you from the bottom of my heart.”
Lisa, Rob Burrow Leeds Marathon finisher 2023
Walk, jog or run

Choose from 16 ultra events taking place across the UK and you’ll get full support all the way. Walk, jog or run a distance that suits you, at your pace, ranging from 10km to the full 100km challenge.

Find out more by visiting www.mndassociation.org/ultra.

“I love walking and I wanted to do something big in memory of my late Mama. What I enjoyed the most was the incredible scenery and the euphoria of crossing the finish line!”

Archie, Jurassic Coast trekker 2023
Create your own branded items

Join #TeamMND for an event of your choice and you’ll have access to our Template Centre, where you can create your own branded items. Sign up in minutes and design your own social media assets, leaflets and more in our branded colours to help promote your fundraiser.

www.mndassociation.org/templatecentre

“I put together a poster using the template guide with a photo of me decked out in the products I obtained. I even managed to add the QR scanning code! This meant that I could really push social media, and this increased my donations by £90 in 12 hours!”

Paul, #TeamMND fundraiser

Ride London

RideLondon-Essex 60
26 May 2024
Registration fee: £25
Minimum sponsorship: £295
Are you new to cycling? Take part in this 60-mile cycle across London on traffic free roads. You’ll ride past iconic London landmarks and ride through rural, picturesque Essex countryside.

www.mndassociation.org/ridelondon60

RideLondon-Essex 100
26 May 2024
Registration fee: £30
Minimum sponsorship: £495
The iconic Ride 100 event is also taking place on the same day. This 100-mile challenge is one of the UK’s most famous challenge rides, a sell-out year after year.

www.mndassociation.org/ridelondon
Organise your own #TeamMND fundraising event and raise money to support the 5000 people who are living with MND in the UK today. Whatever you choose to do, we’re here to support your fundraising efforts every step of the way.

www.mndassociation.org/fundraiseyourway

“We all dressed up as cowboys and had such a laugh learning different line dances with our instructor, Tracey. It was something different for a Saturday evening and we managed to raise over £2000. I’m so glad we did it – even if it did mean we all had ‘Cotton-Eyed Joe’ in our heads for the week after!”

Madeline, who fundraised her way by organising a barn dance with friends and family.

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
“The MND Association has helped me by providing grants for the stairlift, levelling the lounge, my original electric wheelchair, a washer dryer toilet, wet room, my second wheelchair and the vehicle locking system. Without these my life would be unbearable. It’s entirely thanks to you, generous donors, and fundraisers, that the MND Association can continue to support people like me and the 5,000 other people living with MND in the UK.”

Richard, living with MND

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

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

mndconnect
0808 802 6262
mndconnect@mndassociation.org

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