

A photograph of a man and a woman smiling outdoors. The woman, on the left, has blonde hair and wears glasses, a red puffer jacket, and a pink patterned scarf. The man, on the right, has grey hair and wears glasses and a blue puffer jacket. He is seated in a wheelchair. In the background, there is a body of water, a large cruise ship, and a mountainous landscape.

mnda

motor neurone disease
association

Fightback Funds

“I’ll never stop my

fight

against MND.”

John Gray was diagnosed with
MND in September 2016. Since
then, he’s raised more than
£50,000 to fight back.

You can hit back at MND with a Fightback Fund

Your Fightback Fund is a truly powerful way to join the fight. Every pound you raise for your Fund will help make more cutting-edge research, care and campaigning possible.

Having a Fightback Fund brings your family and friends together with one goal: fighting this terrible disease. We hope this leaflet will inspire you to start your Fightback Fund today.

The Motor Neurone Disease Association is the only national charity in England, Wales and Northern Ireland focused on research into treatments and a cure for MND – while caring and campaigning for people living with the disease. We're fighting for a world free from MND.

mndconnect
0808 802 6262
mndconnect@mndassociation.org

We understand this may be a difficult time. If you ever need to talk to someone, you can call our caring MND Connect team for free on 0808 802 6262.



John and Margaret Gray,
pictured on holiday,
are determined to keep
fighting MND.

“I won’t let MND stop me enjoying life.”

When I was diagnosed with MND, I was shocked, upset that my life would change. But I decided I wouldn’t let MND be a barrier to enjoying life. I wanted to fight back – that’s why my wife Margaret and I set up a Fightback Fund.

Walking holidays are one of my passions and I didn’t want to give them up. That’s why, together with friends and family, we dreamt up a series of fundraising walks to fight MND. We’ve organised 13 walks so far and raised over £50,000. We’ve been overwhelmed by everyone’s generosity.

I have a huge urge to make a difference, and raising money and awareness has helped me focus my mind on fighting back. It is fantastic to see the fund total

increasing to support other people with MND and to help fund vital research.

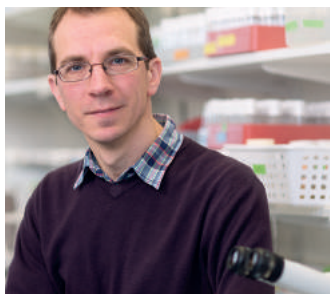
Over the year my walking ability has got worse and I now use an electric wheelchair when outdoors. My voice is weaker, too. But my drive and determination to fight back has never waned.

Our Fightback Fund has given us something really positive to focus on. I’ll keep fighting for as long as I can. I really hope your Fightback Fund will help you to feel the same.

John Gray

Together, we'll fight for a world free from MND

Across the UK, people living with MND, researchers, carers and campaigners have joined forces to fight this disease. Join them today by starting your Fightback Fund.



“Your Fightback Fund could help me discover the key to beating this awful disease.”

**Dr Alex Whitworth,
Research Team Leader,
University of Cambridge**

Together, we'll fight for a cure

People like you help to fund more than 90 ambitious research projects to better understand MND. Only by knowing what goes wrong can scientists design, and target, new drugs and treatments.

We are a world-leader in funding cutting-edge research and every project means progress in the fight against this disease.

Your Fightback Fund can make more research a reality, eventually leading to faster diagnosis, more effective treatments and, one day, preventative drugs and a cure.



Jacky's Care Coordinator and Association Visitor are always there for her, making sure she gets the support she needs.

You can fight for the best possible care

Your Fightback Fund will help provide the best possible care for people with MND. Our network of MND Care Centres offers well-coordinated access to specialists like dietitians or respiratory support, making sure we can meet the complex needs of those living with MND.

You'll help more people with MND, their families and carers to receive practical and emotional support from Care Coordinators and Association Visitors, and ensure the MND Connect helpline is there for everyone who needs it.

Your Fightback Fund can help people living with MND have the best quality of life for as long as possible.



Volunteer campaigners Jenna, Karen and Pauline at Parliament, calling for benefit reassessments to be scrapped for people living with MND.

You can fight to make your voice heard

You can help us fight for better social services, making sure everyone living with MND gets the home adaptations and specialist equipment they need. You can also help us speak up for carers and families, making sure they get financial support.

Your Fightback Fund will help us campaign for free prescriptions for everyone living with long term conditions. With your help, we'll continue working with the NHS to improve services for people with MND across England, Wales and Northern Ireland, because everyone deserves the best care and support.

Your Fightback Fund can help us speak up for everyone affected by MND.

"I'm putting so much effort into raising money, because I don't want anyone to have to face MND in the future."

Dawn Smith, who has a Fightback Fund, pictured with one of her bake sales.



Fight back at MND your way

There are so many simple ways to fundraise – you can choose what works for you. Why not:



Join or organise a sponsored walk – all ages can take part and fight MND by your side.



Challenge yourself, whether it's a half marathon or a sponsored silence, and ask for donations.



Put on fancy dress for the day and get your Fightback Fund noticed.



Hold a bake sale – a simple way to raise funds and awareness of MND in your community.

You're not fighting alone

Together, we can beat this disease.

We're here whenever you need us

If you need support with your Fightback Fund, we're just a phone call away. Our fundraising team can help you with fundraising ideas and publicising your events. We can also send you materials like t-shirts and balloons to make whatever you do special. Call the team on **01604 611860** to find out more.

Fight alongside your loved ones

Your Fightback Fund is a brilliant way to unite your family and friends to support you. Whether you organise events together, take on challenges as a team or ask people to donate instead of giving presents at special occasions, you can fight MND together.

**Join the fight against MND today –
start your Fightback Fund at**

www.mndassociation.org/fightback

One day we will beat MND.

Start your Fightback Fund today.

Help us fight for a world free from MND. Every pound you raise for your Fightback Fund will make more cutting-edge research, care and campaigning possible.

www.mndassociation.org/fightback



If you need any help setting up your Fightback Fund or if you have any questions, call Tess or Emma on 01604 611860 or email us at fightbackfunds@mndassociation.org



Motor Neurone Disease Association
David Niven House
10–15 Notre Dame Mews
Northampton NN1 2BG

www.mndassociation.org/fightback

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