

Join us and fight motor neurone disease



Trek the London Winter Walk

Date: 24 – 25 January 2026 Registration fee: From £5

Minimum sponsorship: From £150

A perfect way to kick off the new year with friends and family, or solo! Choose your distance, wrap up warm, explore iconic London landmarks and make the most of a fully supported route with rest stops, drinks and snacks along the way.

www.mndassociation.org/winterwalk

"A fantastic, well organised event that take in the sights including Westminster, the London Eye and Tower Bridge. It's an amazing day in London!"

Rob Tiffney, third time London Winter Walker

#TeamMND fundraisers get

50% off

their registration fee when choosing the 'charity sponsorship' option on any challenge!

www.mndassociation.org/ultra



Get together with friends, family, colleagues or your local community and walk to d'feet MND. Choose your preferred date and location and fundraise together using your online fundraising page.

Whether you prefer a countryside ramble or a stroll through city sights, your walk can take

place almost anywhere, any time of year.

Prefer to join an organised event instead of hosting your own? Use our "Join a Walk" search tool to find one near you.

www.mndassociation.org/walk

Join the Leeds 10K

Date: 14 June 2026 Registration fee: £10 Minimum Sponsorship: £125

Whether you're a seasoned pro or new to running, this iconic event welcomes everyone. Expect electric energy and cheering crowds that will inspire you every step of the way!

Earlier this year, forty of Mr Satpal Singh's former colleagues at Leeds Teaching Hospitals took to the course as 'Satpal's Sprinters', to run in his memory.

www.mndassociation.org/leeds10k





"The group has quite a mix of running abilities, but the team all have a joint motivation. This is mirroring Satpal, he was such a selfless, warm person and the entire group have bought into that." Mr Scott, one of Satpal's Sprinters

Craft every day in November

As the days get cooler and the drizzle rolls in, it's the perfect time to get cosy and let your creativity shine! This November, take part in our craft everyday challenge.

The challenge is open to both experienced crafters and those looking for a new challenge. Crafting isn't just rewarding, it's also a wonderful way to boost your mental wellbeing, relax, and find joy in the small things.

Every stitch, sketch, or handmade item makes a difference.

www.mndassociation.org/craftnovember



Your support makes a big difference

Joseph organised his own cycling challenge from John O'Groats to Lands End. They completed the journey in just six days, 15 hours and 9 minutes in memory of his Dad, Andrew Gaskell. Joseph grew up with the devastating impact of MND, seeing firsthand how vital the support from the MND Association is.



"My Dad received support from the Association in the form of funding for equipment such as a stair climbing wheelchair, allowing him to remain within his own home. They also provided him with an eye gaze machine so that he could still communicate with his family, just the ability to tell me and my sister a bedtime story made him unbelievably happy."

Joseph Gaskell, #TeamMND fundraiser



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



mndassociation



mndassoc



mndassoc

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

Tel: 01604 611860 Email: fundraising@mndassociation.org

www.mndassociation.org

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



