

Create a lasting

# celebration

of your loved one



# Celebrate someone special by raising vital funds to help fight MND

You can choose to fundraise in the way that works for you. Whatever you do, you can make more cutting-edge research possible – and you'll be doing it in memory of your loved one. Here are a few simple ideas.

## Walk



Sponsored walks are really fun – and all ages can take part. Organise your own or join one of our Walk to D'feet events across the UK.

## Quiz



A quiz is a great way to bring people together to remember your loved one. Raise money by asking for an entry fee.

## Bake



Everyone loves cake! Selling tasty baking at home, work or school is a popular and straightforward way to fundraise.

## Run



Set yourself a challenge in your loved one's memory – whether it's 100m or a marathon – and ask people to sponsor you.

## Dress up



Get fundraising, and get noticed, by dressing up for the day. You'll spread the word about your Tribute Fund far and wide.

## Donate




Whether it's a birthday or anniversary, why not ask people to make a special gift to your Tribute Fund instead of buying you a gift?



**Start your Tribute Fund today – simply go online and follow the instructions at [www.mndassociation.org/tribute](http://www.mndassociation.org/tribute)**

**If you need any help setting up your Tribute Fund, please call Emma Fellows or Kavita Parmar on 01604 611860.**



**“My team and I are working tirelessly to understand the causes of MND. Your Tribute Fund will make my research possible and helps us to search for new treatments. Thank you.”**

**Professor Siddharthan Chandran, University of Edinburgh**

**Create a Tribute Fund in memory of your loved one at [www.mndassociation.org/tribute](http://www.mndassociation.org/tribute)**

**“I know my Mum would be proud that I’m fundraising in her memory.”**

**Vicky Paeschel,  
Tribute Fund holder**

Having a Tribute Fund has helped Vicky to deal with the loss of her Mum. “It makes you realise you’re not alone in this”, she says.

Vicky holds raffles, puts on bake sales and organises sponsored walks to raise money. On top of everything, she set out to raise £10,000 by running. “No matter how tough these runs may be, the challenges my Mum faced living with MND were greater. With every mile I run, I think of her.”

“Setting up a Tribute Fund in my Mum’s memory has meant so much. It’s helped me celebrate her life and gives family and friends an opportunity to get involved.”



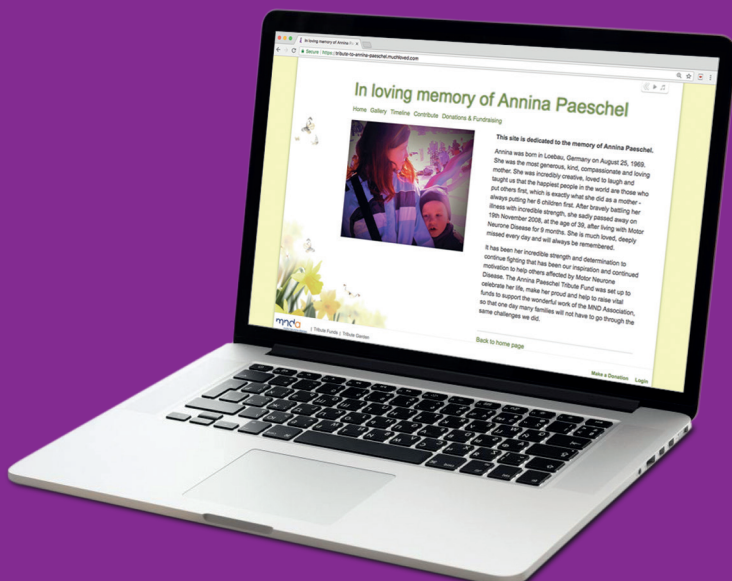
# You can fight MND in your loved one's memory with a Tribute Fund

A Tribute Fund is a special place online where you, your family and friends can remember your loved one, and raise money to fight MND in their name.

Tribute Fund pages are easy to personalise with stories and photos of your loved one, helping you celebrate their life. Over time, your page can grow, becoming a reflection of how much they meant to you and others who knew them.

Your Tribute Fund can help make vital MND research possible, all in your loved one's memory. You can make sure people living with MND get the care and support they need, until the day a cure is found.

The MND Association focuses on improving access to care, research and campaigning for those people living with or affected by MND in England, Wales and Northern Ireland.



Your Tribute Fund is a unique place to remember your loved one.

# We're here for you

**We know this is a challenging time. If you need help, we're here.**

**If you'd like to talk to someone about your loss, you can call the MND Connect team for free on 0808 802 6262 – they'll be able to support you.**

**If you have any questions about setting up your Tribute Fund, please email Emma or Kavita in the Tribute Fund team at [tributefunds@mndassociation.org](mailto:tributefunds@mndassociation.org) or call us on 01604 611860.**



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[www.mndassociation.org/tribute](http://www.mndassociation.org/tribute)

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