

2024 MARKS THE 10 YEAR ANNIVERSARY OF THE ICE BUCKET CHALLENGE

THE ICE BUCKET CHALLENGE GREW ORGANICALLY TO RAISE A PHENOMENAL \$220M GLOBALLY

159 COUNTRIES TOOK PART

28 MILLION VIDEOS WERE UPLOADED

£500,000 WAS RAISED FOR MND SCOTLAND

MONEY RAISED BY THE CHALLENGE HAS BEEN USED TO FUND RESEARCH AND SUPPORT PEOPLE IN SCOTLAND LIVING WITH MND

WE WANT YOU

TO MARK THE OFFICIAL 10 YEAR ANNIVERSARY THIS SUMMER, WE ARE ASKING YOU TO SUPPORT MND SCOTLAND BY TAKING ON ANOTHER ICE BUCKET CHALLENGE OR RE-SHARE YOUR VIDEOS FROM 10 YEARS AGO AND DONATE TO SUPPORT PEOPLE IN SCOTLAND LIVING WITH MND.

GET OTHERS INVOLVED

ONCE YOUR CHALLENGE IS COMPLETE, NOMINATE OTHERS TO DO IT TOO. IF YOU'RE PLANNING A GET TOGETHER OVER THE SUMMER, WHY NOT DO A MASS ICE BUCKET CHALLENGE WITH FAMILY, FRIENDS OR COLLEAGUES?

TO DONATE

TEXT ICED TO 70085 TO DONATE £10 OR VIA OUR [JUSTGIVING PAGE](#).

ANY SUPPORT YOU CAN GIVE IS ALWAYS GRATEFULLY RECEIVED.
CONTACT [FUNDRAISING@MNDSCOTLAND.ORG.UK](mailto:fundraising@mndscotland.org.uk) FOR MORE INFORMATION.



Texts will cost the donation amount plus one standard network rate message, and you'll be opting into hearing more from us. If you would like to donate but don't wish to hear more from us, please text ICEDNOINFO instead. Scottish Charity No. SC002662

