

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

PLANNING A GET TOGETHER OVER THE SUMMER WITH YOUR COLLEAGUES OR GROUP MEMBERS? WHY NOT PLAN TO DO A MASS ICE BUCKET CHALLENGE AND ASK THOSE WHO COULDN'T MAKE IT TO DONATE?

- **PLAN AN OLYMPICS THEMED ICE BUCKET CHALLENGE.**
- **THE 20M SPONGE THE LEADER COMPETITION. PAY A DONATION TO SOAK THE LEADER.**
- **CREATIVE SWIMMING COSTUME. ORGANISE A BEST DRESSED SWIMMING COMPETITION BEFORE TAKING ON A MASS ICE BUCKET CHALLENGE.**

CAN'T GET SIGN OFF TO USE WATER IN YOUR FUNDRAISING? HOLD A LUCKY DIP TOMBOLA TO RAISE SOME FUNDS.

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 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