



Friend, here is an update from the support and research teams at MND Scotland.



A warm welcome to our latest support and research newsletter.

You may have seen our recent email and website updates since the Summer support and research newsletter. These were updates on the financial position of the charity and, if you missed them, [the latest statement is available to read on our website.](#)

While it has been an incredibly challenging time, we are committed to being here for the MND community for many years to come.

In our October email, we highlighted that we have implemented some temporary adjustments to our support services as part of our plans to ensure the long-term stability of the charity. We continue to prioritise the personal support we provide,

making sure our support team is here to assist you.

Although some services are temporarily paused, we want to reassure you that our core support services remain fully available. These include benefits and income maximisation advice, housing and social care guidance, Power of Attorney and Wills support, voice banking, counselling, and accessible holidays.

We appreciate your patience and understanding during this period. If you need any support, please don't hesitate to contact us at support@mndscotland.org.uk.

Nicola Povey, Head of Support Development, and Jane Haley, Director of Research

LEARN events 2025



A huge thank you to everyone that attended our recent **Lived Experience and Researcher**

Network (LEARN) events. As you can see from the picture collage at the top of this email, the events were well attended and provided great opportunities to engage with the MND community across Scotland.

LEARN brings together people affected by motor neuron disease and local MND researchers. Following the success of last year's local events, the MND Scotland research team planned another series of events, which took place across September and October 2025.

As part of the 2025 events the team added a **LEARN** event in the Highlands to the previous four locations: Aberdeen, Dundee, Glasgow and Edinburgh. Not only did we host **LEARN** at more locations than last year, but thanks to the incredible engagement of the MND community we had 71 more attendees across our events than in 2024. Thanks again to every one of you who came along.

As with last year, each of the presentations given at the event are being recorded and will be available on our YouTube channel. So, if you were unable to make an event, or would like to hear presentations given at other locations, keep an eye out for these being uploaded soon.

We'll also be sharing a news article in the coming weeks, where you'll be able to read the thoughts of those who attended the events.

LEARN blogs

To support the 2025 LEARN events, we published a series of blogs to share why events like LEARN are important to a range of supporters.

- **Alan Ogg** shares his personal link to MND and why he continues to support MND Scotland and raise awareness of the disease.
- **Lucy Lintott-Smith** shares her experiences of living with MND following her diagnosis at 19

years old.

- [Gemma Catton](#) shares her mother's journey with MND and the importance of MND researchers engaging with individuals living with and affected by the disease.
- [Dr Caroline McHutchison](#) from the University of Stirling discusses her motivations for undertaking MND research to understand cognitive and behavioural changes in MND.
- [Andrew Bethell](#) discusses what he enjoys most about his role as a MND Advanced Clinical Nurse Specialist for NHS Highland.

Impact of MND Scotland funded research



We've recently been working on articles that delve into the impact of research that MND Scotland has funded in recent years.

Investment in fundamental research is crucial in the hunt for potential MND therapies and sometimes it takes a number of small discoveries to come together for progress to occur. A great example is early-stage research into terazosin. You can [read more about terazosin on our website](#).

We've also shared an article on how [MND Scotland's support of the Edinburgh Brain](#)

[Bank is driving global MND research forward](#). It is really important that researchers have the tools they need to pursue their search for treatments for MND and sometimes that means making sure precious resources are available, such as the Edinburgh Brain Bank.

[Read more on our website](#)

Opportunities to get involved in MND research

At MND Scotland, we encourage researchers to involve those with lived experience of MND at every stage of their research. With this in mind, we promote opportunities for people with lived experience to get involved in a variety of research on our website.

For example, researchers at the [University of Newcastle](#) are looking for people with MND to take part in research into the use of MRI scanning to help improve MND diagnosis. While researchers at the [University of Sheffield](#) are looking for people with MND to take part in an online survey to develop a new health-related quality of life questionnaire that will better measure what matters to those with MND than current ones used in clinics and trials.

You can find a full list of the involvement opportunities currently available, as well as how to contact the researchers for more information, on our website.

[Learn more about current opportunities](#)

And finally ...

MND Scotland is offering a unique opportunity to gain a recognised qualification in **Acceptance & Commitment Therapy (ACT)** for counsellors working in the MND community or palliative care sector.

We want our counsellors to be equipped with the very best tools to support people affected by MND and their families. ACT training reflects our commitment to evidence-based, gold-standard care—combining practical training with sustained supervision to embed learning into everyday practice.

The training begins with a three-day ACT workshop, followed by fortnightly one-hour group supervision sessions over 18 months. The aim is to support confident, values-based counselling in MND care and related settings.

If this is of interest to you, or someone you know, please email support@mndscotland.org.uk for more information.

We welcome feedback on our quarterly newsletter. If you have any comments or suggestions, please get in touch by emailing communications@mndscotland.org.uk.



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MND Scotland is the only motor neuron disease (MND) charity providing direct support to people living with MND in Scotland. We campaign to create lasting change and invest in pioneering MND research to find a cure.

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