



**Friend**, here is your latest news from MND Scotland.

**Thank you for  
supporting MND  
Scotland this  
Christmas**



Thank you to everyone who has donated to our Christmas campaign so far. This festive season, we are sharing **Nicola's story**.

Christmas looks a little different for Nicola this year. On 20 November 2024, she was diagnosed with motor neuron disease. Support from MND Scotland means Nicola isn't facing MND alone.

**Nicola said:** "MND Scotland has helped me in every way. They have helped me with funding, sorting out grants and getting my finances in order, they have supported myself and my family with counselling and emotional support. And they have made sure that my affairs are in order after I'm gone."

"MND Scotland is always at the end of the phone, and the team has been an amazing support. It means we can breathe a little knowing that those things have been taken care of. They do a wonderful job."

[Read Nicola's story here](#)

[Donate to our Christmas campaign today](#)

## Remembering loved ones this Christmas



Remember a loved one this festive season by leaving a personalised message on our [dedication page](#).

You can share memories, photos, stories, music and videos to celebrate their life, as well as donate to MND Scotland in their honour.

Join others who have shared dedications of loved ones affected by MND and pay tribute by leaving a message.

Make a dedication this Christmas

## Thank you Kevin Sinfield CBE



On Saturday, 6 December, we welcomed **Kevin Sinfield CBE** to Dundee on the Scottish leg of his **7 in 7 Together** challenge.

The wind and rain at Carnoustie did not dampen the spirit of the crowd that turned out to set Kevin and his team off, and the high spirits continued throughout the day.

A huge thank you to everyone that came out to show their support, run the Extra Mile or donated to Kevin's challenge.

It was a great opportunity for the MND community to come together and we are so grateful that the challenge supports the work of **MND Scotland**, alongside five other MND charities.

There is still time to donate to Kevin's  
challenge

## Play. Win. Make a difference.

Enter the **MND Scotland Raffle**, in collaboration with Raise Hero, before 30 December for a chance to support people affected by motor neuron disease.

The raffle includes the chance to win a host of fantastic prizes including, a Range Rover Sport D300 Dynamic SE (2023) (or £50,000), £2,000 cash, A Louis Vuitton Neverfull, a Louis Vuitton Keepall, a Ninja Coffee Machine, a Ninja DoubleStack Air Fryer, a PlayStation 5, a 50" Smart TV, A Nintendo Switch Lite, a Ninja Blender, Apple iPad, Dyson Air Wrap.

Tickets are available from just £5, and entries close on **30 December**. Good luck!

Find out more about the MND Scotland  
Raffle

## Celebrating our supporters



While the mass participation events take a break over the winter months, our dedicated supporters



continue to go above and beyond to support the work of MND Scotland.

In November, **Hazel Allardyce**, a research scientist at the University of Aberdeen, took on the Fraserburgh Half Marathon in support of MND Scotland and in honour of her uncle. Hazel grew up near Glasgow and now works as an MND researcher. Her motivation to take on the challenge stems from a deeply personal experience. [Read more about Hazel's challenge on our website.](#)

**Andrew McEwen**, originally from Dumfries & Galloway and now living in Dunfermline, has taken on a number of challenges to honour his dad, Brian McEwen. Brian, a former police officer, sadly died in 2023 from MND. [Read more about Andrew's motivation for supporting MND Scotland here.](#) Andrew has also signed up for our **Fire Walk in Edinburgh** in January. Please see below for more information.

Andrew image credit: David McNulty Running Photography.

## Get involved in 2026



Early in the New Year, you will hear from us with a wide range of opportunities to get involved in fundraising as we celebrate **45 years of MND Scotland.**

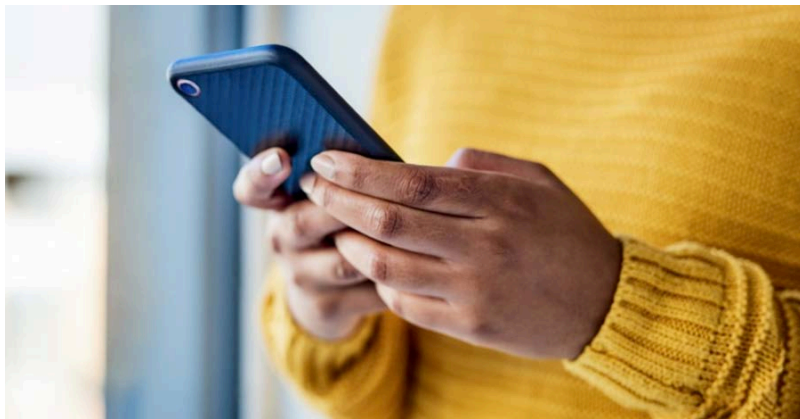
If you are looking for a way to support people affected by MND in Scotland, you can get involved from January with a **Fire Walk in Edinburgh**. Fire walking is a fun and exciting activity of walking

barefoot across a bed of burning coals without getting burned. Fire walking will transform fear and inspire you to do things you didn't think possible.

Does this sound like a challenge you would like to take on in 2026? Join us at The Grange Club, Portgower Place, Edinburgh on Thursday, 29 January at 6pm.

[Sign up to Fire Walk](#)

## Share your views



Over the past few years, some of our services have grown quickly and, at times, stretched beyond their budgets. As we look ahead, we need to make sure everything we offer is sustainable and delivers the greatest impact for people living with MND, and their carers.

We're also mindful of how the charity's funds — and your incredible fundraising efforts — are used. That's why it's so important we make these decisions together. Whether you've used our services before or not, **your feedback will help shape what we do next.**

Please take a few minutes to share what matters most to you by completing our short survey. Thank you for helping us build services that truly make a difference. Your input will guide our next steps.

[Share your feedback in our short survey](#)

## Vote for MND Scotland

We're pleased to share that we are entrants in the **Smiley Charity Film Awards 2026** for our bereavement support services video - and we need your vote to help raise vital awareness about motor neuron disease.

In the deeply moving video, Beverley, Sandra, and Marina tell the stories of their beloved husbands, Alan, Iain, and Alasdair, who were taken too soon by MND.

With the support of MND Scotland's Bereavement Support Workshop, Beverley, Sandra, and Marina found a safe space to explore their emotions, connect with others who understood their pain, and begin the journey toward healing.

It only takes 10 seconds and could help us win vital recognition for our cause.

**Please vote for MND Scotland today**

**Watch the video here**

## **FLAIR launch MND Pledge**



Six housing associations who make up **FLAIR** – Barrhead, Bridgewater, Ferguslie Park, Linstone, Paisley and Williamsburgh – have formally committed to enhancing their service provision for tenants and owners diagnosed with MND in their communities.

FLAIR's pledge is the first of its kind cross-association commitment supporting people with MND in Scotland.

Their written pledge sets out a number of commitments, including fast-tracking adaptations and accessible housing allocation processes for those with MND and similar rapidly progressing terminal illnesses within their communities. This means that people with MND will not be added to long waiting lists, as is common practice across the country. Instead, proactive, exceptional approaches will seek to provide the timeliest support possible.

[Read more about FLAIR's pledge](#)

## Before you go ...

As we approach the festive season we would like to thank you, our supporters, for continuing to be there for us so MND Scotland can be there for people affected by MND.

With your help, we are looking forward to a 2026 that also holds the promise of the first new treatment for MND in 30 years becoming available in the UK. Tofersen, manufactured by Biogen, is suitable for people with the SOD1 gene. While this is only 2-3% of people with MND in Scotland, **it would mark an exciting step forward in the hunt for new treatments.**

On behalf of the entire team at MND Scotland, we wish you and your loved ones an enjoyable festive period and look forward to working with you over the coming year to help make time count for people affected by MND.

We welcome feedback on our quarterly newsletter. If you have any comments or suggestions, we would love to hear from you. We also share a quarterly newsletter on support and research. If you would like to get in touch or be added to our support and research newsletter mailing list,



please email:

**[communications@mndscotland.org.uk](mailto: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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