

Your quarterly update from  
MND Scotland

No images? [Click here](#)



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

Welcome to our **Spring 2026 newsletter**.

This year marks the charity's **45th** year, a milestone that we hope you will support throughout the year.

Since the charity was founded by the **Macleod family** in 1981, we have established ourselves as the only charity in Scotland dedicated to directly supporting people affected by MND as well as investing in research.

Whether you're an adrenaline junkie, a master baker, cycling enthusiast or simply looking for a

unique way to fundraise, we have **45 ways** for you to get involved in 2026. Including a truly unique experience, abseiling off the Port of Leith Distillery in Edinburgh. Tick this incredible adrenaline rush off your bucket list on Saturday, 9 May. [Sign up here](#).

45 ways to get involved this year

## Steven Hart's MND journey



In January, we shared the inspiring story of **Steven Hart**. Steven is an artist, screenwriter, and former Art and Design lecturer from Glasgow, who has lived a life defined by creativity, resilience, and a passion for storytelling.

In 2020, Steven was diagnosed with MND. Speaking about his diagnosis, Steven said: *"I don't want this condition to ever define me as a person, or as an artist."*

Since his diagnosis, Steven has faced challenges with his mobility including limited movement on his left-side, but he hasn't let this hold him back. Influenced by pop artists such as Andy Warhol and Shepard Fairey, he continues to create portraits and other artworks.

Read more about Steven's story

## Join us for Jinky's Journey



MND Scotland is proud to partner with **Celtic FC Foundation** to host **Jinky's Journey** – a special 7-mile charity walk from Viewpark to Celtic Park, to celebrate the life and legacy of Celtic and Scotland legend Jimmy “Jinky” Johnstone, on Bank Holiday **Monday, 4 May**.

Jimmy was diagnosed with MND in 2001 and bravely lived with the disease for five years before he died in 2006 at the age of 61. Starting at the **Jimmy Johnstone Memorial Garden in Viewpark**, supporters, fans, and the MND community will walk together to **Celtic Park** in honour of Jimmy's remarkable life and the courage he showed throughout his MND journey.

Find out more about Jinky's Journey and  
sign up

## Thank you for supporting our Christmas campaign



A huge thank you to everyone who donated to our **2025 Christmas campaign**. You may remember, we shared **Nicola's experience** of living with MND and, thanks to your generosity, received over £30,000 in donations.

Here is a heartfelt thank you message from Nicola.

[Read more about Nicola's story](#)

## Celebrating our supporters



Glasgow hairdresser, **Jade Hayter** shared the story of her late mother-in-law, Margaret "Mags"

McQuaid, to help raise awareness of MND.

Mags, a much-loved mother, gran, sister and friend, sadly passed away in November 2024, eleven months after being diagnosed with MND.

*"She was incredible," Jade said. "As far as mother-in-laws go, I hit the jackpot. She walked into a room and people lit up. She was loud, funny, generous, and she would still put you in your place if you needed it! She was a real presence."*

Read more about Jade and Mags

## Kevin Sinfield in Scotland this Spring



Dedicated MND Scotland supporter, **Andy Huxtable**, is hosting ***An Evening with Kevin Sinfield*** at Ayr Racecourse on **Saturday, 23 May**.

Join Kevin for an insightful evening and hear more about his inspirational support of the MND community.

Contact [andy.fundraiser@gmail.com](mailto:andy.fundraiser@gmail.com) to secure your tickets. The event is raising money to support MND Scotland and My Name's5 Dottie Foundation.

Ahead of Andy's event, Kevin is returning to Glasgow and Dundee, the locations of his most recent **7 in 7 Challenges** as part of his speaking tour. Kevin's tour includes the Pavilion Theatre in Glasgow on **Wednesday, 8 April** and Dundee's Caird Hall on **Thursday, 23 April**. To book tickets, please visit [kevinsinfield.com](http://kevinsinfield.com).

# Take A Dip a Day in May



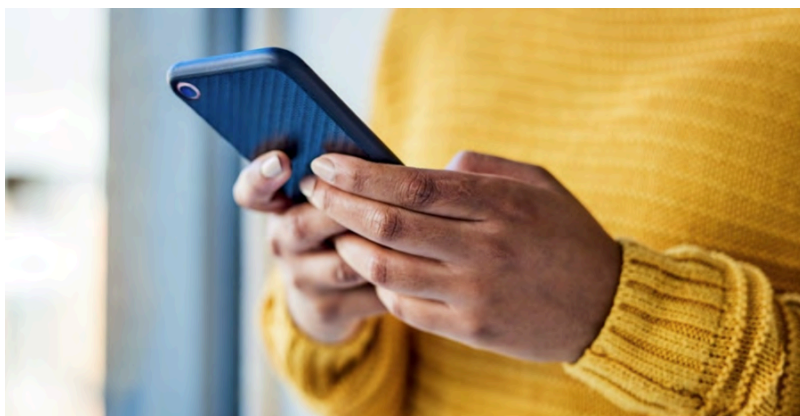
Brave the chill with **31 cold-water** dips throughout May 2026, and help make time count for families affected by MND.

This is the third year of our cold water challenge, where every plunge helps fund vital MND research and support families affected by MND.

Make a splash this May, spread awareness, and help bring us closer to our vision of a world without MND.

[Register to take A Dip a Day in May](#)

## Our Manifesto



Ahead of the Scottish Parliament election this Spring, MND Scotland is calling on the next government to deliver timely, fast-tracked support for everyone in Scotland living with MND.

Over the next few weeks, and in support of our [Manifesto](#), we will be sharing the powerful stories of four people's firsthand experience of issues around social care, housing and research.

**MND Scotland** is calling on the next government to deliver:

1. Invested in, and fast-tracked, housing and adaptations;
2. Fast- tracked social care;
3. Increased, targeted funding for neuro-progressive conditions.

You can also support our [Manifesto](#) by spreading the word on social media.

## Vote for MND Scotland

The second round of voting in the **Smiley Charity Film Awards** is underway and this year your vote matters more than ever. Thank you to everyone that has voted to get us this far.

In our deeply moving bereavement support services 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.

Your vote will help decide which finalists receive a share of over £100,000 in prize funding, provided by the Smiley Company. It only takes 10 seconds and could help us win vital recognition for MND.

**Cast your vote for MND Scotland today**

Watch our shortlisted video here

## Before you go ...

On Tuesday, the Scottish Government voted against a Bill to legalise assisted dying in Scotland.

Motor neuron disease (MND) is a terminal neurological illness with a life expectancy of just 18 months from diagnosis, so we understand the heightened level of interest around MND and the Assisted Dying for Terminally Ill Adults (Scotland) Bill. As an organisation, we have a neutral stance on assisted dying. This means that we were neither for nor against the bill.

We are here to support everyone affected by MND and we understand that within the MND community in Scotland there are widely varying, and deeply personal, views on the subject. Anyone with MND that needs support following the decision on the Assisted Dying for Terminally Ill Adults (Scotland) Bill, please **get in touch with our support team**.

**Read our statement on assisted dying  
here**

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)**

 Share

 Tweet

 Share

 Forward

Company limited by guarantee, registered in Scotland. Company number SC217735. Scottish Charity number SC002662.

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.

You're receiving this email because you told us you wanted to hear more about MND Scotland's news, events, support and campaigns. If you no longer wish to receive these emails unsubscribe below.

[Preferences](#) | [Unsubscribe](#)