



Friend, here is your latest news from MND Scotland.

Welcome to our **Summer 2026 newsletter**.

Ahead of **Global MND Awareness Day** on Sunday, 21 June, and to mark the charity's **45th anniversary** next week, we recently launched our latest campaign to share the faces of MND in Scotland. Please get behind our campaign and help to raise further awareness of MND this month.

We recently marked **[Volunteers Week](#)** and **[Carers Week](#)**. We are so grateful to our team of dedicated volunteers who go above and beyond to support MND Scotland. **[Visit our website to read more from our volunteers.](#)**

Last week, we recognised the contribution that carers make to the MND community. This year's theme was 'Building Carer Friendly Communities', to highlight the impact carer-friendly communities can have in making a real and lasting difference to the lives of carers everywhere. [Read more about the support that MND Scotland can offer to carers.](#)

If you are looking for a way to get involved, why not join us for **5K Your Way** on Saturday, 5 September. This year's **5k Your Way** takes place in a fully accessible route through the historical Kelvingrove Park in Glasgow. There is no obligation to raise funds at the event, we want to bring the MND community in Scotland together. [Find out more on our website.](#)

45th anniversary campaign



Since 1981, MND Scotland has been here for everyone affected by motor neuron disease across Scotland, and we will continue to be here for as long as the MND community needs us.

MND Scotland is here to **make time count.**

To mark this anniversary, and recognise **Global MND Awareness Day** on 21 June, we are sharing the faces of MND in Scotland. People who are living with the disease, those affected and, sadly, some of the people we have lost.

We can't thank our supporters enough for the generous donations and fundraising over the last 45 years. From bake sales to cold water dips,

marathons to ziplines, treks to firewalks. Thank you for choosing to support MND Scotland.

We are able to **make time count** for the MND community in Scotland because of you.

[Read more on our campaign page](#)

[45 ways to get involved this year](#)

Support Scotland's MND charity



Last week, we shared an [announcement on our website asking you to support MND Scotland.](#)

At their AGM on 8 July, the MND Association, the charity that supports people affected by MND in England, Wales, and Northern Ireland, will ask their members to vote on a proposal to register as a charity in Scotland. For 45 years, MND Scotland and the MND Association have worked together, with our charity providing dedicated support in Scotland. We want to remain collaborators rather than competitors.

To show your support for Scotland's MND charity, tell us the difference MND Scotland has made to you. We want to hear your stories. You can do so by emailing communications@mndscotland.or.uk.

Read our statement

Join our Advisory Panel



The voice of the MND community is at the heart of everything we do. We regularly receive feedback and insight from the community, alongside wider surveys where everyone can share their thoughts.

For some time, we have talked about formalising this arrangement and creating an **Advisory Panel**, made up of people with lived experience of MND. We are now looking for expressions of interest from people who would like to join this group.

In addition to ensuring the lived experience and voices of people affected by MND are heard, the remit of the new **Advisory Panel** will be to provide independent advice and insight into strategies, policies and priorities. The group will meet regularly and membership will be reviewed annually to ensure continued relevance and diversity.

If the **Advisory Panel** is something you would be interested in joining, please complete the form below to register your interest.

Advisory Panel form

Cookies and comedy nights



This November, we are introducing a brand new fundraising event, the **MND Scotland Comedy Night**.

Join us at **The Glee Club** in Glasgow on **Sunday, 29 November** for an unforgettable evening of stand-up comedy in support of everyone affected by MND in Scotland. We are bringing together an incredible line-up of Scottish comedy favourites, including **Susie McCabe, Rosco McClelland, Scott Agnew** and **Christopher MacArthur-Boyd**.

[Buy your tickets from the Glee Club.](#)

MND Scotland has teamed up with **Wicked Cookies** to help raise funds and awareness for MND Scotland. A special edition gift box of cookies is available from Wicked Cookies with £5 from each box of four cookies donated to MND Scotland.

[Buy your MND Scotland Cookies for a Cause online.](#)

We are also very excited to share our new partnership with **Doh**, an independent doughnut shop serving homemade, fresh doughnuts and treats in Glasgow.

Throughout June, Doh's two Glasgow stores will be selling delicious MND Scotland 45th Anniversary '**MND Homer**' doughnuts for £2.80 each, with £1 from every sale going directly towards MND Scotland.

The **MND Homer** is available to purchase in-store from the following locations:

- City Centre - 115 King St, G1 5RB

- West End - 61-63 Hyndland St, G11 5PS

LEARN returns this autumn



Our **Lived Experience and Researcher Network (LEARN)** local events will return this Autumn.

Since launching in 2024, LEARN has brought together over 270 people affected by MND and MND researchers to share knowledge, experiences and opinions. This year we will be returning to Aberdeen, Dingwall, Dundee, Edinburgh and Glasgow, with the addition of our first LEARN event in Dumfries.

At the events, we will bring the MND community together to discuss MND research, what matters to people with lived experience of MND, and build relationships with others affected by MND, and MND researchers.

You can find full information about each event by following the links below to the event webpage:

[Glasgow – Monday 07 September 2026](#)

[Aberdeen – Tuesday 15 Sept 2026](#)

[Dumfries – Tuesday 29 September](#)

[Dundee – Tuesday 06 October 2026](#)

[Edinburgh – Monday 19 October 2026](#)

[Dingwall – Tuesday 27 October 2026](#)

If you would like to attend a LEARN event, please let us know by filling in our note of interest form -

[MND Scotland local LEARN event note of interest 2026 – Fill out form.](#)

Read what attendees thought of LEARN last year [here](#), and if you have any questions, please get in touch with research@mndscotland.org.uk.

[Read the full announcement here](#)

Celebrating our supporters



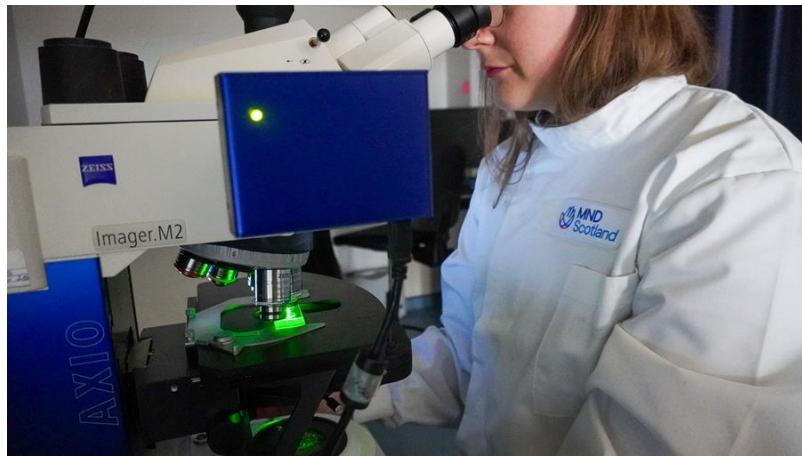
We are so grateful to our supporters for their fantastic fundraising efforts. Over the past few months, there have been an array of fundraising events, including:

- Twenty-five-year-old, [Thomas Lindsay from Ayrshire](#), took on a marathon round trip, running from Ayr to Troon beach. Thomas took on the challenge to honour family friends affected by MND.
- [Michael Moffat, founder of Platinum Scotland](#) in Musselburgh, chose MND Scotland as their charity partner in memory of his dad, Ian. Ian sadly passed away from MND in November 2025. Platinum Scotland's directors, staff, and Michael's 15-year-old son, Lennon, are taking on a range of events, including the Tough Mudder this month.

- [**Mark Bischuk, from Renfrewshire**](#), is taking on the tenth anniversary Dunoon Ultra in August in support of MND Scotland, and to honour the memory of a former colleague, Stuart MacDonald, who lived with MND.
- Zoe MacDonald, 18, is paying tribute to her uncle Brian, a much-loved firefighter and former football coach, who was diagnosed with MND in 2019, with an [**incredible 10,000 ft skydive challenge in St Andrews**](#) on 27 June.
- Amy Gilroy, a PE teacher from Heriot in the Scottish Borders, took on the [**Edinburgh half-marathon in support of her dad, Bill Gilroy**](#), who was diagnosed with MND in October 2024.
- [**Kevin Morrison, from Elgin**](#), also took part in this year's Edinburgh Marathon Festival (EMF) in honour of his dad, Ronald. Kevin tackled multiple events across the two day running festival.
- Four friends from Cupar, Fife, are preparing to take on an incredible motoring challenge to raise vital funds and awareness. Garry, Bryan, Ewan and Alfie, will take part in [**The Rat Run challenge**](#) this September. The team will travel over 1,700 miles by car from Cupar to Spain, using a vehicle they purchased for just £225.
- [**Philip Moir, a 36-year-old firefighter from Greenock**](#), recently completed Ben Nevis with eight other firefighters, climbing the 4,413 ft mountain wearing full fire gear. Philip and the team took on the challenge in honour of Philip's father, Peter Moir, who was diagnosed with MND in March 2024.

Read all stories on our website

Ignite ECR launches



This August, we will launch the inaugural **Ignite Early Career Researcher (ECR)** competition, offering up to five ECRs the chance to embark on their own, small-scale research project.

MND Scotland believes developing the careers of **ECRs** is vital to continue moving MND research forward. **ECRs** are the future of MND research and the Ignite competition will let them create their own, independent findings, gain experience with research budgeting and help build a solid foundation for their career.

[Read more about Ignite ECR](#)

Kevin Sinfield reveals route for epic final 7 in 7 Challenge



Sir Kevin Sinfield has revealed the route for his seventh and final challenge to raise awareness and funds to support the MND community across the UK.

The full route of the challenge, which will start on Sunday, 28 September, is [available here](#).

Each day is divided into 7km blocks which Kevin must complete within the hour before starting his next block. The Extra Mile events will also return each day when Kevin and the team are joined by those impacted by MND to complete a mile together.

We are disappointed Kevin won't be visiting Scotland for the final challenge, but are incredibly grateful that he is continuing to support **MND Scotland** through this phenomenal event.

We will, of course, still be supporting Kevin and the team throughout and will share more on our plans in the coming months.

Before you go ...

Team Regimes V is preparing for the World's Toughest Row, an unsupported 3000-mile row from La Gomera, Canary Islands, to the Island of Antigua, Caribbean in support of MND Scotland.

Will Mackie is the Team Captain of Team Remiges V, which consists of five oarsmen who all work together in the offshore industry and are now working together as part of the challenge.

Will, Stuart, Stuart, Brian and Karl will set off in December 2026 and aim to finish within 40 days. The challenge will consist of rowing for 2.5-hours and resting for 1.5-hour rotations, all day and night, and in all weather conditions.

Will said, *"We chose MND Scotland because one of our teammates, Brian, has a close friend who's been diagnosed with MND.*

"For us, it's not just about raising funds it's about raising awareness so people can reach out and get support when they need it. A lot of people still don't know what MND actually is. Getting the message out is just as important."

MND Scotland would like to thank Will and the team for their support and wish them the very best of luck in their training for the upcoming challenge.

If you would like to support the team by donating, please visit their **Go Fund Me** page.

Read the full story 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.



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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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