Your quarterly update from MND Scotland

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Friend, here is your latest news from MND Scotland.

Welcome to our **Autumn 2026 newsletter**.

We recently shared a blog from the new co-chairs of our Board of Trustees, Emma Hall and Graham Binnie. Emma and Graham were both existing board members who have moved into the co-chair role. **Read more about Graham and Emma's look ahead here**.

The first meeting of our new **Advisory Panel** took place last month. The voice of the MND community is at the heart of everything we do and the panel formalises our ability to take feedback from people with lived experience of MND. We would like to thank everyone that expressed an interest in joining this group and look forward to working with the panel in the year ahead.

Thank you for continuing to support MND Scotland. Please get in touch via **communications@mndscotland.org.uk** if you would like to share your story.

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:

- Thank you to everyone that came along and supported our **5K Your Way** in early September. It was a fantastic day at the historical Kelvingrove Park in Glasgow bringing together the MND community in Scotland.
- **Steven Hart**, an artist from Glasgow who is living with MND, presented ***IN YOUR FACE***, a major exhibition of his work, whilst also raising funds and awareness for MND charities. **Read more about Steven's story**.
- First time marathon runner, **Lauren Cobey** is taking on the London marathon next spring. Lauren has been inspired to run by her mum's battle with MND and we're all rooting for her. **Read more about Lauren's motivation to take on the marathon**.

- **The Glasgow to Edinburgh Ultra Marathon** in October is **Callum Steell's** chosen challenge to support MND Scotland, and for his mother, Karen, who is living with MND. Good luck Callum!

Save the Date - 5K Your Way



Thanks again to everyone that joined us at Kelvingrove Park for this year's **5K Your Way**, and to the team at Caesar and Howie for sponsoring the event.

We're already planning next year's event, so if you would like to join us in 2027, please save the date - **Saturday, 4 September 2027.**

Cost of Living Grant



We're pleased the share that MND Scotland's **Cost of Living Grant** will return this Winter.

This is a one-off grant of £250 open to anyone living with an MND diagnosis in Scotland. The Cost of Living Grant is not means-tested and you will not be asked for any details regarding your financial circumstances. The grant can be spent in any way you choose.

Applications will open on 1 October 2026 and we will contact everyone eligable with a link to apply.

Join us for Kevin Sinfield's Grand Finale



This September, **Sir Kevin Sinfield** and the 7 in 7 team will once again hit the road to raise money and awareness for those impacted by MND.

MND Scotland is proud to receive support from Kevin's challenges and will be attending day two of **Kevin Sinfield 7 in 7: The Grand Finale** on Monday, 28 September.

We'll be in York to cheer Kevin and his team on as they take on one final challenge to raise money for those affected by MND, and we would love for you to join us.

The event starts at 8am when Kevin will be leaving from Shiptonthorpe Village Hall before 9am. The list of stops are below with the final stop at Bishopthorpe Palace at approximately 3pm. The Extra Mile will take place at the University of York Athletics Track around midday.

Locations on Monday, 28 September:

Shiptonthorpe Village Hall

The Old Forge Tea Rooms – Pocklington

Layby Stop (Hull Road) – Wilberfoss

Layby Stop (Hull Road) – Grimston

University of York Athletics Track (Extra Mile)

York Community Stadium

York Racecourse

Bishopthorpe Palace

If you would like to join **Team MND Scotland** in York, or to find out more information please email us at – **fundraising@mndscotland.org.uk**.

Click here to donate to Kevin Sinfield 7 in 7: The Grand Finale

Get involved in fundraising



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 **Rosco McClelland, Kim Blythe, Scott Agnew** and **Christopher MacArthur-Boyd**.

Buy your tickets from the Glee Club.

If you don't fancy comedy, why not try a **firewalk in Carnoustie** this November. It's mind over matter in this incredible challenge where you will be helping to raise vital funds to support everyone in Scotland affected by MND.

Sign up to walk across burning coals.

This Autumn, we are proud to be the official charity partner of the **William Wallace Running Festival** taking place in Stirling on Saturday, 10 October. From the **Wallace Warriors** 1mile, traffic-free, flat route to the spectacular **70km Ultra** loop, there is a distance for everyone in this epic event.

Sign up for your preferred distance William Wallace Running Festival.

Join an event for MND Scotland

LEARN continues this autumn



Our **Lived Experience and Researcher Network (LEARN)** events continue this Autumn, with four

more events happening across Scotland.

LEARN brings 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:

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 one of these LEARN events, please let us know by filling in our note of interest form - **MND Scotland local LEARN event note of interest 2026 – Fill out form**.

If you have any questions, please get in touch with **research@mndscotland.org.uk**.

Read more about LEARN 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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