

Motor Neurone Disease Awareness month | JUNE

#MNDawareness



Thank you for your interest in **Cuppa Tea for MND**, supporting Motor Neurone Disease Awareness Month

ABOUT MOTOR NEURONE DISEASE (MND)

MND is a neurological disease. MND causes some muscles to gradually stop working. Including muscles that enable us to move, speak, swallow, and breathe. MND is life-shortening. Life expectancy varies, most people only live 2-4 years after symptoms begin. However, five to ten percent of people with MND live for ten years or more. The cause is not yet known, MND affects people from all communities. There is no known cure and very little treatment.

WHO MND NEW ZEALAND ARE AND HOW WE MAKE A DIFFERENCE

At MND New Zealand, we're there for those living with motor neuron disease and the people close to them. We provide support and advocacy so their needs are met and their voices are heard.

We strive to join the dots between those living with MND, New Zealand healthcare providers and the global effort to enable research, improve treatments and optimise care. We educate Kiwis about what MND is, sharing stories that will inspire people to help.

It's a big job, so we work collaboratively for the common good, and approach our daily challenges with compassion and optimism. We know MND is relentless. But so are we. We are passionate about what we do, and dedicated to the people we serve.

MND New Zealand relies almost completely on the generosity of the New Zealand community to raise the funds needed (over \$1million every year) to carry out its vital work. By holding a Cuppa Tea for MND, you are helping MND New Zealand to make a difference, every day, for those living with MND.

#mndawareness #teaformnd

About Motor Neurone Disease Awareness Month

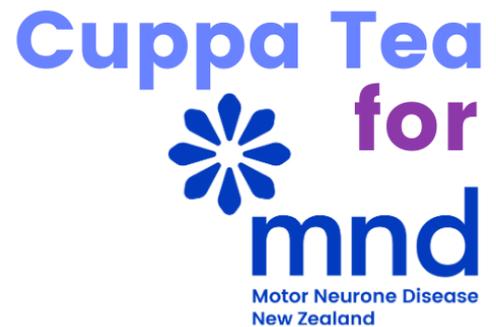
Living with motor neurone disease (MND) presents immense challenges. It is often a rapidly progressing disease, leading to increasing levels of disability and requiring increasing levels of support.

Every week in New Zealand, at least two people are diagnosed with MND. MND comes as a shocking diagnosis. Those diagnosed, their families, whanau, and friends, are forced to rapidly adapt to a life with MND.

Motor Neurone Disease Awareness Month is held in June every year around Global MND Awareness Day on 21st June. Hosting a Cuppa Tea for MND event is just one way you can help to raise awareness of the impact of MND on Kiwi families.

Hosting a Cuppa Tea for MND

Cuppa Tea for MND events can be big or small, anytime and anywhere. Simply invite your friends, colleagues or family to a morning or afternoon tea, lunch or get-together, to raise awareness of MND and funds to support the work of MND New Zealand.



Let us know about your plans by clicking [here](#).

How holding a Cuppa Tea for MND can make a difference:

- If you raise \$100...** this could cover the cost of producing, printing and distributing four information packs for those who have been newly diagnosed with MND.
- If you raise \$500 ...** this could cover the cost of a MND genetic screening project for a day.
- If you raise \$1,500...** this could cover the cost of providing MND New Zealand's personalised support service to one family living with motor neurone disease for a year.

Resources available to support your Cuppa Tea for MND include an "About MND" poster, a Cuppa Tea for MND invitation poster, and social media promotion tiles.

Visit www.cuppa-tea-for-mnd.raisely.com/resources to download.

#mndawareness #teaformnd

Following your event

Stories, photos, and videos

Let us know how your event went. We love to hear about the incredible ways our supporters raise funds in aid of MND New Zealand. Your photos and videos could even be selected to feature on MND New Zealand's website and Facebook pages, and help inspire others to get involved.



Banking funds

It's important to get the funds that you raise put to good use as soon as possible. Please bank any funds raised to MND New Zealand using one of the methods listed below. Alternatively, for advice or support on banking funds raised, get in touch with Kate Dalders, MND New Zealand Fundraising Manager.

Online donations, regular giving and paying in

You can donate funds raised by visiting: www.cuppa-tea-for-mnd.raisely.com

By Bank Transfer

To make a direct donation, please use the following bank account.

Please email admin@mnd.org.nz at the time of deposit, including details of your donation and a postal address to receipt funds.

Name of Account: The Motor Neurone Disease Association of New Zealand Incorporated

Bank A/C Number: 03-0539-0195083-00

Reference: "cuppa"

Code: your last name

Contact MND New Zealand:

Kate Dalders

Fundraising Manager

Tel: 0272069606

Email: kate.dalders@mnd.org.nz