

Cuppa Tea
for mind 
New Zealand



Motor Neurone Disease Awareness Week

17th–23rd June 2019

Thank you for your interest in Cuppa Tea for MND, supporting MND Awareness Week 2019.

Awareness matters. MND New Zealand knows that sharing a recent motor neurone disease (MND) diagnosis is difficult - and it's worse when you have to repeatedly explain the effects of MND to family, friends and colleagues. Greater awareness of MND lessens this burden, and encourages more support for the MND community in New Zealand.

About MND New Zealand

New Zealand has the highest known rate of Motor Neurone Disease in the world; two people are diagnosed each week. MND New Zealand supports people living with MND, their family, carers and health professionals by:

1. Co-ordinating and providing up-to-date information
2. Providing emotional, social and practical support
3. Developing awareness and understanding
4. Advocating for the needs of people living with MND
5. Encouraging research

Only 8% of MND New Zealand's costs are covered by government funding.

Fundraising as part of your Cuppa Tea for MND event will enable MND New Zealand to continue providing support to people with MND and their families at no cost to them.

Kim became a full-time carer for her dad when he was diagnosed with motor neurone disease. Her dad passed away after living just 16 short months with MND. Kim says:

"Without the support of MND New Zealand it would have been just awful. Their support team has amazing knowledge and gave us all so much great advice. The support we received was beyond amazing, with the many staff who came to visit and who were also only a phone call away for anything and everything my dad needed. I can't thank the entire team enough."

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.

Why not combine it with a staff meeting, birthday, anniversary or other occasion? You could even choose a theme:

- **Cornflower Blue** - Get your guests to dress in blue or serve your tea in blue cups.
- **Mad Hatter Tea Party** - Don't worry if your cups and saucers don't match.
- **Tea 'n' Treats** - Put on the kettle, bake your favourite treat and share it with your work colleagues.
- **Takeaway Tea in the Park** - Pack your morning tea in a bag, take your cuppa and spend some time relaxing with friends outdoors.



Useful resources in this pack:

- **Invite poster.** Advertise your event.
- **“About MND” page.** Display this at your event to raise awareness
- **Banking instructions.** Get the funds raised put to good use ASAP.
- **“Thank you” poster.** To display what you achieved following the event.

Come to our



Cuppa Tea
for **mnd** 
New Zealand

*In aid of MND New Zealand,
raising awareness of motor neurone disease*

When:

Where:



[#teaformnd](#)

[#mndawareness](#)

MND Awareness Week

17 - 23 June 2019

About Motor Neurone Disease



Motor neurone disease (MND) is the name given to a group of diseases in which the nerve cells controlling some muscles degenerate and die. With no nerves to activate them, muscles gradually stop working. Symptoms may start with reduced strength or coordination in an arm, hand or leg, or difficulty speaking or swallowing. MND is known as ALS or Lou Gehrig's disease in some countries.

- New Zealand has one of the highest known rates of MND in the world, two people are diagnosed with MND each week.
- MND is life-shortening. Life expectancy varies, most people live 2-5 years after symptoms begin.
- A person's lifetime risk of developing MND is up to 1 in 300.
- The cause is not yet known.
- There is very little treatment and no known cure.

What can be done?

Although there is currently no known cure, there is much that can be done to manage this condition and to maintain quality of life:

- Many symptoms can be alleviated.
- Equipment can help with practical & communication difficulties.
- Therapists offer strategies to help.

If you or someone close has MND contact MND New Zealand for information and free direct personal support.

Tel: 09 624 2148

Email: admin@mnda.org.nz

Banking funds:

Online donations, regular giving and paying in

You can make a one-off donation or set up an online fundraising page by visiting: www.everydayhero.co.nz/event/teaformnd-2019

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

By Cheque

Send a cheque made payable to "MND New Zealand" to:

MND New Zealand

PO BOX 24036

Royal Oak

Auckland 1345

Contact MND New Zealand:

Kate Dalders

Fundraising Manager

Tel: 0272069606

Email: kate.dalders@mnd.org.nz



Cuppa Tea for mnd

New Zealand



Together, we raised:

in aid of MND New Zealand.

Raising awareness of motor neurone disease in New Zealand.

THANK YOU!