

SHUT UP! FOR MND

**CHALLENGES
EDITION**

NOVEMBER 13



PICK A CARD.

ACCEPT THE CHALLENGE.

Every dollar raised goes directly towards the care, support and vital assistive equipment for people living with motor neurone disease now.

SIGN UP NOW!



shutupformnd.org.au

mnd
Victoria

SHUT UP! FOR MND

**CHALLENGES
EDITION**

NOVEMBER 13

Choose your challenges and go
without your voice to support those
who have lost theirs to MND.

I'M TAKING ON

THE **SHUT UP! FOR MND: CHALLENGES EDITION**

FIND MY FUNDRAISING PAGE:

Every dollar raised goes directly
towards the care, support and vital
assistive equipment for people living
with motor neurone disease now.

Please support me!

SHUTUPFORMND.ORG.AU



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EDITION**

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WE'RE TAKING ON

THE SHUT UP! FOR MND: CHALLENGES EDITION

FIND OUR FUNDRAISING PAGE:

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Please support us!

SHUTUPFORMND.ORG.AU



WAYS TO FUNDRAISE



SHARE ON SOCIALS

Let your networks know about your involvement in the Shut Up! For MND: Challenges Edition by sharing your fundraising page on socials or through email! We've even included a Socials Approved stamp on the challenges we think you could share online!



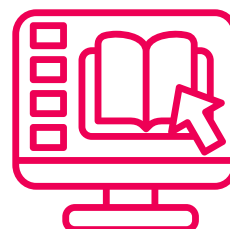
CREATE A TEAM

Get your family, friends, colleagues or community group to join you and #TeamUpToShutUp. Whether you go head to head or combine forces, this is the perfect opportunity to team up and take on this challenge together!



GET OTHERS INVOLVED

Whether it's your school, workplace or sports club — a great way to get those donations rolling in is to ask your networks to sponsor you as you take on these silent challenges.



STAY UP TO DATE

Personalise your page and let your community know what challenges you've chosen. Your friends, family, colleagues and community want to donate to YOU and stay up to date on what challenges you complete!

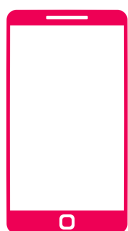


**Thank you for taking on the
Shut Up! for MND: Challenges Edition**

WAYS TO

SHUT UP!

(BUT STILL SPEAK)



USE A TEXT-TO-SPEECH APP!

Did you know some people with MND use something similar, except they use their eyes to spell out the words? There are a number of free apps you can download, then you can save key phrases or type anything you need when you need to "say" it!



USE BODY LANGUAGE!

There are heaps of ways to express yourself without saying a word. Nodding your head, shrugging, interpretive dancing, charades... move your body to say what you want!



WRITE IT DOWN!

Go old school and write down what you want to say using a pen and paper — or be a little fancier and use a mini whiteboard. Don't forget to write neatly!



TEXT PEOPLE INSTEAD!

Text your friends and colleagues instead of talking. We give you permission to chuck some fun emojis in there too!



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YOUR IMPACT MATTERS

With each fundraising milestone you reach, you are not only helping to raise awareness but also vital funds for those living with MND in Victoria.

\$30

Could provide an eWriter so someone living with MND can communicate through writing.

\$55

Could provide a communication board to someone who has lost their voice to MND.

\$90

Could help run a support group for those impacted by MND, giving much needed support.

\$155

Could provide a remote call bell to provide an easy and instant alert system.

\$250

Could fund an education session to inform communities about MND.



Thank you for supporting people living with MND through the Shut Up! For MND: Challenges Edition

Shut Up for MND table topper:

1. Cut along the white dotted lines (don't forget to cut the slits along the left side).
2. Fold the topper into three.
3. Insert the tabs through the slits to create your standing table topper.

ABOUT MND VICTORIA:

For 43 years, MND Victoria has provided the best possible care and support for those living with MND. We are the only not-for-profit organisation in Victoria providing direct care to those living with the devastating disease.

At no direct cost to the person with MND, MND Victoria provides:

- MND Advisor - expert knowledge, support, and guidance to help manage MND and access services
- NDIS Support Coordination
- Information Sessions
- Equipment (Loan) Service
- Support Group Programs
- Support for Carers
- Other Services - our volunteers provide massages, social support and more

No matter how much you donate or raise, you can be assured that the funds will help provide the best possible care and support for Victorians impacted by motor neurone disease.

I'M PARTICIPATING IN



ON THURSDAY 13 NOV 2025

Shut Up! For MND is a unique way to bring attention to what many living with MND face on a daily basis.

Each MND journey is different, but a number of people will lose their voice and become reliant on other forms of communication.



MOTOR NEURONE DISEASE (MND)

On average in Australia, **2 people are diagnosed with MND every day, and 2 people die of MND every day.**

MND is a progressive, degenerative disease that attacks the nerves that support movement, speech, swallowing, and breathing.

Motor neurones normally carry messages from the brain to the muscles via the spinal cord. The messages allow people to make voluntary movements like walking, swallowing, talking, and breathing. With MND, however, the nerves become damaged and start to die so muscles gradually get weaker and waste away.

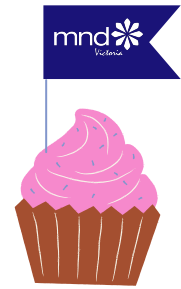
There is currently no known cause, treatment, or cure. In 90-95% of cases of MND, the cause is unknown. In the other 5-10% of cases, a genetic mutation is the cause of the disease.

Being part of the Shut Up! for MND Challenge means you're raising awareness and funds that supports those living with MND. **Thank you.**

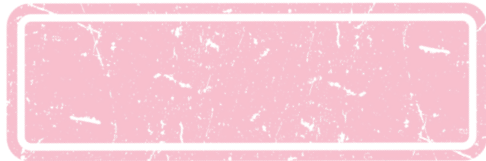
The Shut Up! for MND Cake Flags Template

Instructions for Flags:

1. Print as many copies as needed for the number of cake flags you are wanting
2. Cut around the flags
3. With sticky tape, stick toothpick onto flag.
4. Place your cake flags on your baked goods!



I COMPLETED

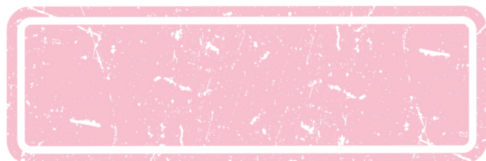


CHALLENGES!



Place your
completed
challenge
cards here!

WE COMPLETED



CHALLENGES!



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completed
challenge
cards here!