



The world's 'Do It Yourself' fundraising response to MS. Get involved now...



Take part in a sporting event
Run, walk, cycle or whatever sporting challenge event you want to do to support against MS.



Do the World Wonder Series
Our event experts have carefully selected some of the best events from the wonders of the world.



Give something up
Give up a naughty habit or your gifts with the extra motivation of sponsorship to help you do it!



Sell Something! Anything!
You can sell something or you can buy something and donate to MSIF at the same time!



Organise your own event
Put on your own fundraising event for your friends, family, colleagues or community.



Do something daring
Jump out of a plane, shave your head or do a fire walk. Anything that pushes your limits...go on, we dare you!

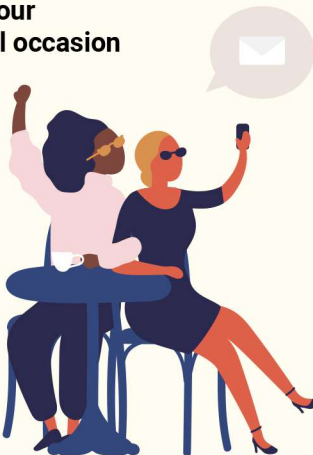
Fundraising Top tips

- Donate to your own page to inspire others

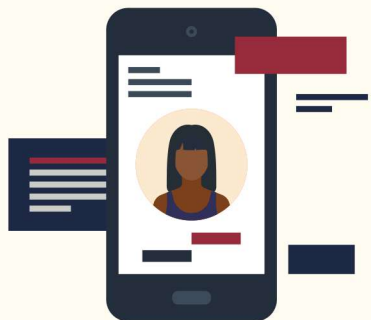


- Ask for donations on your birthday or on a special occasion

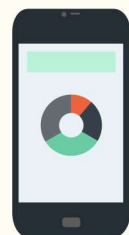
- Create an email signature at work



- Personalise your page with a photo and your story



- Share on social media, and thank donors by tagging them in your post



- See if your company will match the funds that you raise or make a donation. Or ask a local company to donate.



To find out more about what you fund, visit:

<https://www.againstms.org/your-fundraising-changes-lives>



What you fund:

- The discovery of new treatment options and carry out clinical trials
- The Progressive MS Alliance
- The next generation of researchers
- Providing equal access to effective treatment worldwide
- The production of free guidance and information resources for people with MS all over the world.
- Support for MS organisations worldwide, big and small, to make them stronger and more sustainable



Alex Walked Against MS

"This year we chose to support MSIF because we also want to see a world without MS. My partner was diagnosed with MS recently and like so many affected by this disease we have been through all the ups and downs of diagnosis and then coming to terms with this condition. This year it was personal and every mile counted even more."



Thank you

Welcome to our global team of fundraisers fighting Against MS.

For help or advice contact our team any time on:
donate@msif.org or
+44 (0) 20 7620 1911