



TEAM UP WITH FIGHT **MND**.

BRING THE MAGIC OF THE BIG FREEZE TO YOUR COMMUNITY

WHY WE FIGHT

Motor neurone disease (MND) is a terminal disease that takes away a person's ability to walk, talk, feed themselves and, ultimately, breathe. **There is no treatment for MND. There is no cure.**

We fight because MND is a Beast. And we refuse to let it win.

CHOOSE FIGHT WITH DIY BIG FREEZE

Make a splash as a community and bring your sports club, school, workplace or friends and family together in the fight against MND by...

HOSTING A FUNDRAISER



Put MND on ice with a classic ice bucket challenge or your spin on the Big Freeze slide!

SELLING MERCHANDISE



Order in bulk and sell Big Freeze 12 Socks and Beanies. Pay later options are available.

HOSTING A COMMUNITY ROUND



Fri 29 May - Fri 5 June
If these dates don't suit your club, you can host your Round any time.

SIGN UP TODAY!

Visit [our website](#) to find out more and get involved in this year's DIY Big Freeze.