

# Global Day

Every year since 1997, the International Alliance has celebrated 21 June as the global day of recognition of ALS/MND – a disease that affects people in every country of the globe.

21 June is a solstice – a turning point - and each year the ALS/MND community undertake a range of activities to express their hope that this day will be another turning point in the search for cause, treatment and cure of this awful disease.

Members of the International Alliance undertake a range of activities to recognise ALS/MND. Many organise meetings of people diagnosed with ALS/MND and carers, some organise social events, meetings of Boards of Directors, undertake fundraising activities or simply reflect on being a part of the world wide fight against ALS/MND.

## Why is it important?

Global day is important because it is one day that every member of the International Alliance has in common to reflect their dedication and role in the global fight against ALS/MND. Many countries already have awareness days, weeks and even a month of recognising ALS/MND and stimulating a period of intense effort to promote awareness. But this one day allows us to recognise that we are not alone in our fight against ALS/MND, and that patients, carers, former carers, scientists, health care professionals, volunteers and many, many others are all part of this fight.

## Who can be involved?

Global Day is an event that knows no boundaries, so everybody can be involved. Any event (big or small), any activity, any act, can be a part of raising awareness of ALS/MND.

## What can you do?

On the day, **You can do anything!**

You could:

- Tell 10 people you meet about ALS/MND
- Have a dinner party and charge friends to come and donate the funds to your local ALS/MND organisation
- Write about ALS/MND to your local newspaper and tell your story
- Print the Global Day poster and stick it around your workplace. Click here for a pdf version, or here for a .doc version
- Have a picnic with your ALS/MND Association
- Ring up and volunteer for your ALS/MND Association
- Have a meeting and get a scientist to come and talk about research and ALS/MND
- Donate some money to your nearest ALS/MND Association (locations at [www.alsmndalliance.org/directory/index.html](http://www.alsmndalliance.org/directory/index.html))
- Work with a person with ALS/MND and help them tell their story of hope to a journalist for publication
- Buy some cards from an ALS/MND Association and send them to ten of your friends, and ask each of them to tell ten more people about ALS/MND

Just talk up ALS/MND!

## **And then tell us ...**

Send us an email about what you did, and we will share it with other organisations and people through the internet.

## **Remember ...**

The fight against ALS/MND is a global fight. ALS/MND affects people in every country in the world, and takes no notice of race, colour, faith or economic status. It is indiscriminate, and every diagnosis affects a much larger circle of family, friends, relatives, workmates and others.

**JOIN THE FIGHT – DO SOMETHING  
ON GLOBAL DAY**

**TO SPREAD THE WORD**

**21 JUNE – ALS/MND GLOBAL DAY**