

WORLD'S BIGGEST BRUNCH FOR MS

Overcoming
MS

Bringing the world together over brunch to help people live well with MS.

Will you be one of the 1,000?

From 16–18 October 2026, people around the world will come together for one extraordinary weekend of food, friendship and fundraising to help more people live well with MS.

Host it your way... around your kitchen table, at work, in your garden or with your community. Whether three people join you or thirty, your gathering will be part of one extraordinary weekend.

The difference your fundraising makes:

Every donation helps more people discover it's possible to live well with MS.

Your fundraising could help Overcoming MS provide:

£15

...could help someone access trusted information and practical resources to support life with MS.

£50

...could help people take part in programmes, webinars and events that provide knowledge, confidence and connection.

£100

...could help educate healthcare professionals, so more people hear about evidence-based lifestyle approaches alongside medical treatment soon after diagnosis.

Together, we'll provide trusted information, practical programmes and a supportive global community for people affected by MS.

Invite your guests and start fundraising!

NEED HELP? We're here to support you every step of the way.

Email: fundraising@overcomingms.org
Website: overcomingms.org



PLAN YOUR BRUNCH

Taking part is simple.

- ☐ Choose your event – brunch, coffee morning, lunch, picnic or bake sale.
- ☐ Choose a date from 16–18 October 2026.
- ☐ Set yourself a fundraising target. Could your brunch raise £150?
- ☐ Set up your fundraising page. Your guests will be able to donate before the event as well as on the day.
- ☐ Invite your guests.
- ☐ Download your resources and recipes.



SIMPLE FUNDRAISING IDEAS

- Suggest a donation to attend
- Share your fundraising page by email, WhatsApp or social media.
- Display your QR code at your event so guests can donate quickly.
- Tell people why you're supporting Overcoming MS.
- Ask your employer if they'll match what you raise.
- Remember: every gathering, no matter how big or small, is helping create one extraordinary weekend of fundraising around the world.

ON THE DAY

- ☐ Display your fundraising QR code.
- ☐ Welcome your guests and enjoy spending time together.
- ☐ Take photos and share them by tagging @OvercomingMS or by using #WorldsBiggestBrunchForMS
- ☐ Thank your guests for their support.



AFTER YOUR BRUNCH

You did it! A few final things to help make your brunch count:

- ☐ Thank your guests for being part of it.
- ☐ Share how much you raised and celebrate what you achieved.
- ☐ Pay in any cash or offline donations.
- ☐ Send us your photos so we can celebrate with you and share the weekend with the wider Overcoming MS community.

Every brunch, every donation and every person who takes part helps more people live well with MS.

PAYING IN YOUR DONATIONS

Online donations made through your fundraising page will be sent automatically to Overcoming MS.

If you collect cash donations, please pay them in using the details provided on your fundraising page or contact us for support.



Thank you for being part of The World's Biggest Brunch for MS.

SHARE FOOD. SHARE HOPE

Help more people live well with MS.