My Mito Mission

Introduction

We are a UK charity dedicated to powering awareness, support and research for the mitochondrial disease community.

Our story

When Emma Beal was diagnosed with mito in 2010 aged 21, her family and friends decided that one of the most effective ways they could raise awareness and funds for this little-known illness was to start a charity based around Emma's story and her community.

They also wanted to make it easy for anyone else with mito to do the same… so My Mito Mission was born, an umbrella charity functioning as a nationwide, central body, and helping a network of families across the UK to start their very own 'mission'.

A mission is like a mini-charity, where families can raise awareness through their or their loved ones' story, without all the difficulties setting up a charity on their own can present.

Mito, as many of you will know, can make people impacted feel powerless, isolated and alone. But with a mission, they can feel part of the effort to make a difference by raising awareness and funds if they wish.

Awareness

We equip our missions to raise awareness in their communities and beyond by providing them with personalised leaflets, their own webpage, merchandise and support to run their own campaigns, events, and more!

We also run many central campaigns missions can get involved with if they wish, like our MitoTed on a Mission campaign and Mito Research: Spread The Word (see right).

Support

We provide information and signposting through our 'My Mito Directory', a comprehensive online resource for all those impacted by mito.

We also offer free medical alert wristbands to those with mitochondrial disease in the UK. These are customisable to include patients' individual diagnoses and needs and have a QR code which links to the latest NHS medical guidance for mito.

Through having a mission, impacted people are able to access bespoke peer support and emotional support where needed.

Every year, we host the My Mito Meet Up where families can come together, free of charge and expenses covered, in person to relax, connect and enjoy themselves amongst a community that truly understands.

Research

We have supported various research projects through The Lily Foundation since 2019.

In 2025, we committed to funding a four-year post doctorate research position at University College London under Professor Antonella Spinnazola, one of the most eminent researchers in the field of mitochondrial research. We are also sponsoring a Summer Studentship in mitochondrial research in partnership with the British Society for Cell Biology.

We dedicate time to advocating and lobbying for more mito research to medical professionals, scientists, researchers, politicians, media, educational facilities, the corporate world and anyone who may be able to influence change.

We are passionate about bringing more and more people on board with our cause to fulfil our vision of a world where the importance of mitochondrial research is fully understood, appropriately funded and fulfils its incredible potential to transform medicine and global health – because mitochondrial research matters to everyone.

Find out more on our website:
www.mymitomission.uk

Follow our social media: @MyMitoMission / My Mito Mission