

Useful Numbers

MNDConnect 08457 626262

N Wilts Group website
www.mndnorthwilts.org

MNDA Volunteering Team
01604 611681

Hilary Fairfield
Regional Care Development
Adviser: **08453 751828**

Lucy Etheridge
Volunteering Development
Co-ordinator: **08453 751839**

Sarah Hampton
Regional Fundraiser, South
West: **01237 451925**

Prospect Hospice
01783 813355

Support Meetings

We hold support meetings in Swindon and Calne.

Swindon meetings are held at The Lawns Community Centre Guildford Road, Swindon from 2.15-4pm. The next one will be 29th November. Contact Moya Wallis on **01380 859611** or email moyawallis@hotmail.com

Calne meetings are held at The Masonic Hall, Stainer Road, Calne from 2.15-4pm. The next meetings will be 18th October and 20th December. Contact Mike Jefferies on **01380 830537**

All sessions are drop in. Come along to share ideas, meet other members and for a change of view! Volunteer helpers also welcome.

Chair's welcome

The summer period has been busy and exciting for us all with the Jubilee celebrations followed by the Olympic and Paralympic Games. As you know, June this year was devoted to the Month for Optimism where we set ourselves the target to raise £1,000 towards the overall Association target of £250K.

Many of our friends and supporters took up the challenge to Bake MND History, holding coffee mornings and afternoon tea parties, some put themselves through gruelling physical feats and lots of other inventive fund raising initiatives. We wanted to share the stories with you so this issue is a round-up of all of them. Thank you to one and all, we have been amazed at the support we received. I am delighted to confirm that we smashed our target, raising a total of over £1,900, plus other events such as the walk for which the funds were designated for National programmes.

Our heartfelt thanks go to Moya who is stepping down as secretary. Moya has worked tirelessly for the N Wilts Group over many years and leaves a strong legacy. We are delighted she will continue as an AV and as the Group Contact. And welcome to Barbara Crook who joins us as the new secretary.

Alison Aviss

Tribute Funds – Remembering a Loved One

Do you raise funds in memory of a friend or family member? If so, have you heard about Tribute Funds? Many have found this to be an encouraging way to focus your activity.

"The Tribute Fund provides a very positive focus. It pulls everyone together for a common cause."
Suzanne Despard

Tribute Funds are a mechanism allowing any moneys you raise to be recorded against a special person's name as a running total, while still letting them be spent as you request by the Group or National Association. You will

receive a regular statement indicating the current total raised.

This builds a lasting legacy, avoiding the sense that your gifts are just a drop in the bucket compared with the needs of people living with MND.

A Tribute Fund is easy to set up and there are no running costs. If you wish, your Tribute Fund can even have its own website. Just go to www.mndassociation.org/get-involved/fundraising/tribute-funds and follow the links. The National Association will do the work for you.

Month for Optimism: a summary

June was designated the **Month for Optimism**. Congratulations to all who took part as the Group comfortably **exceeded** its fund-raising target of **£1,000!**

The following activities and events were recorded more fully in the last issue:

- ◇ The Bath Banjo Festival, organised by Matt Hemson.
- ◇ The 'walk to d'feet' at Coate Water, organised by Sharon Lloyd.
- ◇ An open garden with tea & cakes and stalls by Susanne Webb.
- ◇ A coffee morning and tea party hosted by Emily Gilbert and Andrew Sargent respectively.
- ◇ Lawn mowing by Cyril Foulds.
- ◇ A hugely successful clay shoot arranged by Bruce Gauntlett in memory of his friend Mike Peel Cross.
- ◇ A tandem skydive by staff at Audley Care White Horse.

Malmesbury charity stall— thanks

from Anne Collison

On behalf of the North Wilts Group I would like to thank everyone who contributed to our charity stall in Malmesbury on Saturday 28th July and helped us raise a fantastic sum of £1140. Special thanks to Emily, Alison, Paul, Daphne, Ruby and Gilles for their time and help on the day. The people of Malmesbury give a lot of support to our events and we benefitted from the WOMAD festival taking place the same weekend; lots of festival visitors browsed around our stall. Paul also did a great job selling MND raffle tickets.

Malmesbury stall



A Good Fit

In March of this year, Tamara Howard of MAN Truck & Bus Ltd completed five back to back fitness classes at the Link Centre to raise money for the MNDA as part of Sports Relief. In total, Tamara raised £452 some of which was pledged via the Just Giving website.

Raffle tickets

We sold about 450 tickets at £1 each, so well done to everyone who bought or sold. Special thanks go to Rachael Sara who managed to sell 75 tickets. The results of the national draw are available online at www.mndassociation.org/get-involved/fundraising/raffle-2012

Supermarket collection

The North Wiltshire Group regularly raises money in a number of ways. Charity stall and car boot sales are one. Collections at supermarkets are another.

We are very grateful to the supermarket managers who allow our volunteers to rattle tins in their foyers.



On 15th September a collection at Sainsbury at Bridgmead, Swindon, raised over £600. The photograph (by Barbara Crook) shows Paul Wilkinson, an indefatigable fundraiser, in an MND tabard raising awareness while he collects money.

If you would like to know more about supermarket collections, contact Anne on **01793 337711**.

Local support for local people

Paul Hulbert—My Story

During March of this year, my step father, John, was diagnosed with motor neurone disease. His symptoms started around 12 months earlier, culminating in serious breathing difficulties leading to a heart attack on Christmas Day. John then spent the next 5½ months in hospital (over 3 of which were in intensive care).

After diagnosis, the key to John leaving hospital was getting things in place at home, most crucially a stair lift. Around this time, mum had been in touch with Moya of MNDA, and within a few days the funding was in place, stair lift installed and after 5½ long months John was able to come home to Mum's homemade cooking and his favourite chair.

I am a fairly keen road cyclist and took on the challenge of an organised 100 mile cycle event called the Isle of Wight Epic. This started in the New Forest, then crossed to the Isle of Wight making a complete loop around the island and back to the ferry, finishing in the New Forest.

It was the furthest and toughest ride I had ever been on and although the weather was ideal we had to take lots of detours around flooded roads from previous days heavy rain. We completed the 100 miles by adding on extra miles at the end to compensate for the detours. It was all worth the effort because I managed to raise a grand total of £1,567 for MNDA.

Mum, John, and indeed the whole family have been impressed and grateful to the

MNDA since his diagnosis. It's not just about the stair lift, it's also the support, the advice and most importantly having someone on the end of the phone to talk to who understands the disease.

On behalf of Mum and John, the money raised is my way of showing our gratitude toward the MNDA as well as going little way into helping them help others in the same way they have helped us. Many thanks to all at MNDA.



Incidentally, the photo is of me climbing one of the steepest and longest hills on the south coast of the Isle of Wight. Stunning scenery but painful climb.

Sign the MND Charter

Don't forget to sign up to the **MND Charter**. The more signatures we can collect, the more government has to take notice.

The aim of the Charter is to record support from individuals and organisations with a personal or professional connection to MND to help realise the vision of delivering the right care, properly targeted, in a timely manner.

So show that you are part of a community that is helping to raise awareness of the rights and priorities of people living with MND.

If you haven't signed yet, please consider doing so now at:

www.mndassociation.org/mndcharter.

Thank you.

Meet your Local Support Team

Hilary Fairfield

HILARY is the MND Association's Regional Care Development Adviser (RCDA) for the West of England.

Contact Hilary by phoning **08453 751828** or email hilary.fairfield@mndassociation.org

Association Visitors

THE North Wilts. Group currently has two Association Visitors (AVs):

Moya Wallis

CONTACT Moya on **01380 859611** or email moyawallis@hotmail.com

Alison Aviss

CONTACT Alison on **07976 155635** or email alisonaviss@btinternet.com

Regular support meetings are held in Swindon and in Calne. See the front of this Newsletter for dates and venues.

National & Local News

Stretching our Resources

Due to the escalating cost of postage, people who receive their Newsletter as a paper copy are being asked whether they could receive it via email instead.

We recognise technology does not suit everyone, but if you are able to help in this way please contact the Secretary, Barbara, on barbara.crook@ntlworld.com.

How to Influence People

A campaigning workshop will be held at the Holiday Inn, Swindon, on Saturday 10th November from 10am to 3.30pm.

The day will be informal and interactive and will allow plenty of opportunities to share ideas and good practice with other volunteers. It is designed for anyone who is interested in campaigning on MND issues.

If you might like to attend, contact Alison on **07976 155635**



Registered Charity No 294354

We never lose hope. We strive to find a cure for MND, and to support everyone affected by this devastating disease

Support for You

What's On?

13th October

Charity stall at Market Cross, Malmesbury, 8.30am-1pm

17th October

Charity Stall at Royal Wootton Bassett

18th October

Calne Support Meeting, Stainer Road

27th October

Craft Fayre, Flaxlands Manor Farm, Flaxlands, Royal Wootton Bassett in aid of MNDA

1st November

Thanking event, Prospect Hospice

29th November

Swindon Support Meeting, The Lawns

6th December

Committee Meeting, Prospect Hospice, 7pm

20th December

Calne Support Meeting, Stainer Road

Postal Address

The Group has been asked to publish a postal address for people who wish to make donations in that way. Please write to:

North Wiltshire Group, c/o MNDA, PO Box 246, Northampton NN1 2PR.

Mail will be forwarded as appropriate.

Welcome and Thank You

The Group is delighted to welcome Barbara Crook as our new Secretary.

Immense thanks go to Moya Wallis who is stepping down from this key position to focus on her role as an AV.

This is YOUR Newsletter. If you have any comments, suggestions or news items please do contact me on AndrewRSargent@gmail.com.

The deadline for submission for the next issue will be **11th January 2013**.

Andrew Sargent