

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 ones will be 20th November and 16th January.

Contact Susanne Webb on **07776 126994** or email **susanne.webb@gmail.com**

Calne meetings are held at The Masonic Hall, Stainer Road, Calne from 2.15-4pm. The next meetings will be 19th December and 20th February. Contact Moya Wallis on **01380 859611** or email **moyawallis@hotmail.com**

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

Don't Miss Mrs Scrump's Christmas Market!

Looking for that unusual Christmas present? This is a wonderful opportunity to visit an exciting and original selection of stalls in a glorious setting. And all in aid of the MNDA.

Why not drop in on Tuesday **3rd December**, 9am-4pm at **Dauntsey Park House**, Dauntsey (near Great Somerford) SN15 4HT. Many thanks to the organiser, Susannah Dibben.

Newsletter

Winter 2013

ISSUE No 23

Chair's welcome

We hope that you have all enjoyed the good summer we had this year. Despite holidays we continued to benefit from some great fundraising support with work based events and a number of sporting challenges too. As always our grateful thanks go to all of you who help us in this way.

The North Wiltshire Group will shortly celebrate our 25th Anniversary and we will be producing a special edition newsletter as part of the celebrations. Much has changed over this time and we will be reflecting on all the achievements and how services to those affected by MND have developed in our area.

This issue celebrates some big fundraising efforts. It also highlights volunteering opportunities.

We hope you enjoy reading this issue and do let us have your news and views.

Alison Aviss

Making a difference

At the MNDA AGM on 7th September the new Chair, Sally Light, was proud to present the following findings of a survey of people living with MND:

80% have greater awareness of the support available to them due to the MNDA (including Groups)

65% say their quality of life is better than it would otherwise be
76% rate the support provided by the MNDA as 'good' or

'excellent'

Financial support was provided to 700 people.

The MNDA is heavily committed to funding essential research into the treatment of the disease.

It has also opened 19 MND Care Centres.

The Association is not complacent. These results and figures provide a baseline upon which to strive to improve.

Fundraising

Arval Cares



Local fleet hire company Arval holds a monthly dress down day, cake sale and bingo in aid of charity. North Wilts MNDA were fortunate to be nominated as the charity for August and representatives of our group were invited to the offices to participate. Whilst Barbara Crook and her daughter Sharon assisted with the cake sale, Bob Perry seized the opportunity to gather 73 signatures for the MND Charter.

A total of £405 was raised on the day for MNDA. This was a particularly memorable day for Arval Cares treasurer, Ann Miller, who was retiring after 15 years in the role. Anne presented a tray of delicious home made cupcakes for the sale.



A Monster Effort!

On 29th September, Heather Smith, Campaigns Co-ordinator for the North Wilts Group, ran the Loch Ness marathon for the MND Association. Heather's partner, Steve, died from MND in 2012, and she promised him that she would run a marathon before she was 40. "Being his typical charming self, he laughed at me ... but at least it gave him something to amuse himself with as we dealt with MND!" she said.

The marathon route follows the south-eastern shore of Loch Ness, back down into Inverness. "If you are going to do a marathon, you might as well do it in one of the most beautiful places in the world, and the scenery really did help to distract from the pain of the distance and the hills! Steve and I both loved to visit here, and as I had lived in Scotland previously, it was great to keep my promise and take up this challenge. There was great support from MND Scotland for those of us running for MNDA too." Heather has raised over £1300 so far for Steve's tribute fund.



Local support for local people

Fundraising

Family effort

Sharon Lloyd and five others in her family completed the Royal Parks Foundation Half Marathon on Sunday 6 October for MND. Between them they have raised well over £3,000 and it's still going up. Sharon said, "It was an emotional day for us all and not an easy run due to the hot weather on Sunday but we did it!" A great effort.

Malmsbury Charity Stall

The stall on 12th October raised over £690, despite the rain! Well done to the little band who braved the weather.

Valuable events like this — which raise both money and awareness — do not organise themselves! Volunteers are welcomed.



The stall beneath the shelter of the Cross. Anne talks to a customer (below).



National Round-up

Information 4 U

This year the MNDA launched a new guide, *Living with motor neurone disease*.

They have now updated the following leaflets and information sheets:

- 21. *Physiotherapy for people with MND.*
- 22A. *Benefits and entitlements.*
- 24. *Communicating about MND to children and young people.*
- 18. *Understanding and coping with bereavement.*
- 10. *Swallowing difficulties.*

These are available to download from www.mndassociation.org/publications or by phoning MND Connect (**08457 626262**).

MND Charter - update

Over 12,000 people have signed the Charter so far. The MNDA has a target of 15,000 by the end of the year. So please encourage your family, friends and other contacts to sign online. Go to www.mndassociation.org then select 'Helping us' and 'Campaigning'.

The Charter is raising the profile of MND with decision-makers, and will encourage them to ensure the priorities of good care are realised.

Benefits survey

The MNDA is a member of the Disability Benefits Consortium. If you have MND and would like to help, please complete the survey online at

www.surveymonkey.com/s/BigBenefitsSurvey2013

MNDA Christmas cards

MNDA logoed Christmas cards and other merchandise can be ordered online at www.mndassociation.org/shop or by phone on **0845 3751857**. This is a simple way of raising awareness among your friends as well as benefitting the MNDA.

Useful Contacts

N Wilts Group website
www.mndnorthwiltshire.org.uk

N Wilts Group contact
Moya Wallis 01380 859611

Facebook <http://www.facebook.com/MNDNorthWiltshire>

Twitter @MNDNorthWilts

Letters will be forwarded from:
North Wiltshire Group, c/o MNDA,
PO Box 246, Northampton NN1 2PR

MNDConnect 08457 626262

MNDA website
www.mndassociation.org

MNDA Volunteering Team
01604 611681

Hilary Fairfield, MNDA Regional Care
Development Advisor 08453 751828 or
hilary.fairfield@mndassociation.org

Prospect Hospice
01793 813355

Dorothy House
01225 722988

Volunteers needed

After many years of unstinting service, Anne is standing down from her fundraising role for the N Wilts Group. This leaves a big gap! Could you:

- ⇒ Help with charity stalls or collections; or
- ⇒ Take responsibility for co-ordinating our fundraising focus — this could be a shared or defined role; or
- ⇒ Take the lead in organising occasional events?

If so, Alison would love to hear from you on
07976 155635.

Support for You

What's On?

31st October

25th Anniversary Celebration

7th November

Committee Meeting, Prospect Hospice, 7pm

16th November

Collection & stall, West Swindon Centre

20th November

Charity stall, Royal Wootton Bassett

20th November

Swindon Support Meeting, The Lawns

5th December

Committee Meeting, Prospect Hospice, 7pm

19th December

Calne Support Meeting, Stainer Road
(mince pies and mulled wine)

16th January

Swindon Support Meeting, The Lawns

20th February

Calne Support Meeting, Stainer Road

NB Susanne Webb is now organising the Swindon Support Meeting.

Carers Support in Wiltshire

A quarterly newsletter and what's on guide for Carers in Wiltshire is available at www.carersinwiltshire.clo.uk/index.php/about/newsletter. Issued by Carer Support Wiltshire, it is full of useful events, groups and activities.

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 **10th January 2014.**

Andrew Sargent

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