

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 21st May, 16th July and 17th September.

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 18th June and 20th August.

Contact Anita Creamer on **07827 421035** or email **billanitawill@btinternet.com**

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

In this issue I am delighted to share our Impact Report for the year ending February 2014. This is the second year we have produced the report and it measures our achievements and progress against what we set out to do in our action plan. 2014 was a record year for the group where we successfully completed 36 actions, 97% of target; gave over £11,000 in financial support to local families affected by MND and our amazing volunteers gave over 4,000 unpaid hours of their time. In addition to this we gained 472 signatures for the national MND charter by relentless campaigning and awareness raising.

Thank you to you all for your continued support and my special thanks to our amazing Group team who have made all this possible. I am very proud to be a part of the North Wiltshire Group.

Enjoy reading our newsletter and do let us have your views.

Alison Aviss

Plan for June — MND Awareness Month

Can you help to raise funds and awareness during June, which is MND Awareness Month?

Have you considered running a Bake It event? Perhaps you were inspired by the Great British Bake Off, but even if you aren't a great pastry chef you might be able to organise a coffee morning or afternoon tea for friends and contacts.

For details and ideas visit <http://www.mndassociation.org/get-involved/fundraising/get-yourself-involved/Bakeit>

If you are more adventurous, what about the

MNDA Jumpfest 2015? Sky dive to raise awareness and donations for MND on 21st June 2015. For details visit the MNDA website or contact Pamela Fry at pamela.fry@mndassociation.org or phone 01202 849151. One of the locations is Redlands Airfield on the edge of Swindon. What could be more convenient!

Or use your imagination. Get contacts to sponsor you for whatever you enjoy – or hate – doing. The possibilities are endless.

Do remember to tell the Group what you are doing so we can encourage others.

Ice Bucket money—decision

Last summer the Ice Bucket Challenge went viral and raised £7m for MND. The trustees have now announced how this money is to be spent—and have added a further £1.5m.

- £5m on research projects
- £1.5m investment in Care & Support Services (including two new Care Centres)
- £750k on campaigning and raising awareness
- £1m+ on emerging projects and volunteering

(Details on MNDA website.)

Chief executive Sally Light said: "These proposals will enable us to take a significant and confident step closer to our vision of a world free from MND.

"We are incredibly grateful for this wind-fall, which has given a new optimism and hope for the future to all those affected by it. I thank everyone who helped us, in many different ways, to make a difference for people with MND."

B&Q bike for MNDA

60 staff at B&Q Swindon took part in a sponsored cycle event in the staff gym to raise funds for MNDA because their colleague Anna has the illness. Two bikes ran for 24 hours (including night shifts), clocking up 470 miles (the equivalent of Swindon to Lands End and BACK again!). And raised £841 for MNDA. What a result!



Anita is recognized

Specialist Respiratory Physiotherapist, Anita Sinclair, has received an Extra Mile Award from MNDA. These awards are designed to recognize those health and social care professionals who go the extra mile and really put themselves out for the families affected by MND.

Anita was nominated for the award by Alison Aviss, Chair of North Wiltshire Group, who said: "Anita has made such a positive difference to so many families in our area, improving the coordination of services in a very short period of time since taking up her post and always putting the individual with MND and their family at the heart of all decisions." One family recently summed up her impact – "what would we do without her?"



Anita pictured with Alison, receiving her award

Marathon By The Sea

Dean Saunders ran the Brighton Marathon on 12th April in support of the North Wiltshire Group. Dean is dedicating this to his good friend Lynne Haines who is living with MND and being supported by the Group. Good luck Dean!

To sponsor Dean, go to his Just Giving page <https://www.justgiving.com/dean-sanders2/>

Local support for local people

North Wiltshire Group – Our Impact in 2014

Alison Aviss

This year, we continued the work we first started in January 2013 by developing an action plan to help us focus our activities, assist in maximizing our resources and skills and to provide a mechanism to identify and celebrate our successes.

The 2014 action plan focused on 5 key areas:

- ⇒ Support for people with Motor Neurone Disease
- ⇒ Awareness Raising
- ⇒ Fundraising
- ⇒ Campaigning and Influencing
- ⇒ Group Organisation

Improving our ability to Campaign and Influence has seen a major boost this year with the development of a three - strong Campaigns team with a separate action plan in addition to the overall group goals.

How did we do?

- ⇒ The 2014 plan detailed 38 individual actions
- ⇒ 36 actions were successfully completed
- ⇒ 2 actions were 50% completed
- ⇒ Equates to a 97% achievement rate
- ⇒ Our Group volunteers gave over 4,000 hours of their time

Here are some examples of our achievements:

- ⇒ We directly supported over 36 local families affected by MND and welcomed a new Association Visitor
- ⇒ Provided a record £11,159 in financial assistance to local families towards the cost of home adaptations, specialist equipment and quality of life improvement
- ⇒ In addition, the committee elected to send £10,000 to the Association national office. £5,000 of this amount towards the cost of recruiting and training new Association Visitors and £5,000 contribution to fund the things we cannot organize locally such as research projects and the production of printed materials we send to local families
- ⇒ Promoting the MND Charter has been a priority this year; we added 472 signatures, just short of our 500 target. We are very grateful to Great Western Hospital and Swindon Council in particular for allowing us to hold MND awareness events
- ⇒ We have part funded the new Specialist Respiratory Physiotherapist post introduced in June and work closely with her and the Clinical Commissioners to build and evaluate this vital role

These achievements have only been possible due to the dedication and commitment of the volunteers that make up the North Wiltshire Group team, who share a common goal to make a real and positive difference to all those affected by MND in our area. If the c 4,000 hours given by our volunteers were paid at the UK minimum wage hourly rate it would cost over £32,000!

We are currently identifying opportunities for future development and finalizing our action plan for 2015, which will be every bit as challenging as this year! If you would like to help us with this important work we would love to hear from you. Please contact us at info@mndnorthwiltshire.co.uk or call us on 08457 626262

Thank you all so much.

Useful Contacts

N Wilts Group website
www.mndnorthwiltshire.org.uk

N Wilts Group contact
info@mndnorthwiltshire.org.uk
or phone MND Connect

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 national website
www.mndassociation.org**

**MNDA Volunteering Team
01604 611681**

**Neil Drinkwater, MNDA Regional Care
Development Adviser, email
neil.drinkwater@mndassociation.org
mob: 07831 349398**

Prospect Hospice 01793 813355

Waitrose Community Matters

The MNDA N Wilts Group was a Waitrose Community Matters (Green Tokens) beneficiary for March at their Chippenham store. Many thanks to Waitrose.

The deadline for submission for the next issue of the Newsletter will be **30th June 2015**.

Andrew Sargent

email: AndrewRSargent@gmail.com

Malmsbury market

The stall at Malmsbury on 21st March raised a whopping £748. Well done to Ann and her loyal helpers.

There will be another stall at Malmsbury on 25th July. If you would like to lend a hand, contact Ruby Collison on 01666 822457. Or just chat to the team and spend some money! Put the date in your diary.



Ann and
Ruby at
Malms-
bury

What's On?

7th May

Committee Meeting, Prospect Hospice, 7pm

21st May

Swindon Support Meeting, The Lawns

4th June

Committee Meeting, Prospect Hospice, 7pm

18th June

Calne Support Meeting, Stainer Road

20th June

Charity Stall, Royal Wootton Bassett

2nd July

Committee Meeting, Prospect Hospice, 7pm

16th July

Swindon Support Meeting, The Lawns

18th July

Charity Stall, Royal Wootton Bassett

25th July

Charity Stall, Malmsbury

20th August

Calne Support Meeting, Stainer Road

Charter: LAST CHANCE

Make a difference! The MND Association is collecting signatures for the MND Charter for one more month! By General Election Day, May 7th, they want to collect 30,000 signatures. There are currently 27,500. If you have not signed the Charter or know of any family or friends who have not, please go to the following link and sign: <http://www.mndassociation.org/get-involved/campaigning-influencing/the-motor-neurone-disease-mnd-charter/MNDCharter>



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

Registered Charity No 294354