

Cheshire Branch

# Newsletter



*We wish you a peaceful Christmas with your family and friends.*

*Best wishes from the Committee.*



## FUNDRAISING NEWS

### Walk to d'Feet

by Leonie Stevenson



Pictured: Organiser, Leonie (r), with her husband, step-daughter and friend.

A Walk to d'Feet event took place in October at Marbury Park, Northwich, to raise funds for the Cheshire branch.

A number of brave souls, some with links to people living with MND and others who just wanted to raise a bit of money for a very good cause, braved a chilly October day to take part.

The purpose of the walk was, of course, to raise some money for our branch, but also to raise awareness of MND among dog walkers and other visitors to this popular park.

The weather gods were definitely on our side that day. It had rained all morning but stopped long enough to erect our eye-catching MND Cheshire gazebo, complete with balloons and banners. Most importantly, it stayed dry for all our walkers to complete laps of the park.

Once the certificates had been handed out, the heavens opened again, so dismantling the gazebo was done in haste! However, everyone agreed it had been well worth doing and should be a regular event in our calendar. So watch out for details next year.

Thanks to everyone who took part and helped in any way.

*The branch would especially like to thank Leonie for all her hard work in organising this event as well as her ongoing support.*



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

## James' head shave nets more than £10k in honour of amazing mum

by Sarah Walker

A sixth form student took the plunge and had all his hair shaved off to raise money for charity, in honour of his "amazing, smart and compassionate" mum, Sally, who is living with MND.



Before.....

She said: "School has been brilliant in helping me and it is great to be back teaching, albeit very tiring! My family give me the strength to keep going."

James said he was thrilled to have raised such a fantastic total for the Cheshire branch: "I never imagined we would raise this much - my initial target was £200! It was getting to a point where half the people donating weren't known to any of us or our families. It was truly breathtaking and heart-warming."

James is already thinking about his next fundraising feat, with plans to complete the Three Peaks Challenge next year when he has finished his A levels.

James Brunt, aged 17 and an A-level student at Tarporley Sixth Form, has raised a staggering £10,265 from the stunt, which also saw his good friends Ben Jowett and Ed Harris have their locks lopped in support.

James said: "My mum is incredible brave and always has been. She battles everything head on with everything she's got on, while trying to maintain everyone else's happiness. She's my inspiration."

On the day of the cut James said he and his friends were mainly excited, yet anxious, adding: "We were proud of what we had already achieved in terms of fundraising and were all ready to execute the final goal. We all looked very different afterwards!"

Sally - who teaches business studies at The Grange in Northwich - was diagnosed in June this year, but has since returned to work.



.....And after!



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

## Fundraising round-up

Thank you to everyone who supported MNDA Cheshire branch over the last few months. Here are a few of the wonderful events that have taken place. Each has raised awareness and much-needed funds to help us continue to support those living with MND and the friends and families who care for them.



Mike Coleman (c) collects a donation from Viridor Waste Management



MND Cheshire branch attended the Smallwood Fete with village residents Michael and Jo Lowe. A lovely day was enjoyed by all!



Mary Turner and Helen Erkin organised a coffee morning in aid of MNDA Cheshire branch and East Cheshire Hospice. The event welcomed an all-women's choir, friends and family, and raised £1,400 to be shared between the two charities.



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

## COMMITTEE NEWS

### Thank you Amy!

by Joel Millett

I would like to take this opportunity to thank Amy, on behalf of everyone, for all her amazing work not just for the Cheshire branch but for the MND Association as a whole.

Amy joined the Cheshire branch in 2008, as a committee member and association visitor. Within a few weeks, Amy was making regular visits, building up special relationships with patients and carers.

Amy also became the voice of the branch, willing to talk to groups and fund raisers spreading awareness on the effects of MND.

Amy travelled to Westminster and took part in the MND parliamentary reception. She personally managed to engage with all six Cheshire MPs making them more aware of their constituents living with MND.

Amy also gave a very emotive speech at Arley Hall in front of an audience, which included the Lord Lieutenant of Cheshire and our patron Lord Ashbrook. Amy's public speaking was recognised by the Association when she was presented with the award for "Inspirational Influencing".

Amy is also an incredible fundraiser and has organised and participated in many fun events, personally raising over £10,000 for the Cheshire branch. The first one I remember was when Amy persuaded her colleagues at work to join her in the "Pennies from Heaven" scheme, not once but twice. There have been countless quiz nights, bucket collections, the "Bake-it" garden party organised with her parents Andrea & Mark, running the Great North Run, the Manchester Survival of the fittest and then recruiting 23 of her friends to join the 105 volunteers from Cheshire who manned an Eaton Hall charity day which alone raised £25,000!

On top of all this, in the last 10 years Amy has got married to Shaun and they now have a beautiful son, Harrison. Amy continues to work for the NHS as a well-respected Speech & Language Therapist and has assured me that she is willing to help out at any future fundraising events, but for now Amy is stepping down from the branch committee and from her role as an Association Visitor.

So, for now, thank you again Amy!



*Pictured: Amy with her parents, Andrea & Mark, at their "Bake It" garden party.*



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

## Hello and welcome to Nicola

We are delighted to welcome Nicola Gough, who has kindly agreed to take on two roles with the Cheshire branch - association visitor and fundraising co-ordinator.



*"Having retired two years ago, after 20 years as a behaviour support specialist in the community, a family member was diagnosed with MND. I then decided to become involved with the charity.*

*"I have since completed my training as an association visitor and am pleased to also offer my support with fundraising activities," said Nicola.*

## Could you take on the role of branch secretary?

We have a vacancy for branch secretary and are keen to hear from anyone who thinks they could take on the role. If you would like to get involved with the Cheshire branch and can volunteer some time, please do get in-touch with our chair, Mike Coleman on 07895 684529 or email [mikec.mndcheshire@gmail.com](mailto:mikec.mndcheshire@gmail.com).

## CAMPAIGN NEWS

A few months ago, the MND Association launched the new Act to Adapt report, highlighting the challenges that people with MND face when it comes to living independently and safely in their own homes.



Access to home adaptations for  
people with Motor Neurone Disease

The report sets out a range of recommendations to improve the current situation and includes examples of good practice from across the country demonstrating what can be achieved.

The report is the result of an extensive research project carried out in 2018, which saw the Association consult with 850 people, including our volunteers and those living and affected by MND. Thank you to everyone who took part.

A full report or summary can be accessed via [www.mndassociation.org/get-involved/capaingning/take-action/act-to-adapt](http://www.mndassociation.org/get-involved/capaingning/take-action/act-to-adapt)



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

## FINANCIAL STUFF

Summarised Accounts as at 31 October 2019			
Income		Expenditure	
Item	Year to Date	Item	Year to Date
General Donations	1,978	Financial Support	15,065
Restricted Donation	8,444	National Office	342
In Memoriam Donations	2,948	Info & Education	1,060
Corporate Donations	0	Admin Cost	2,280
Fund Raising	9,470	Publicity and Fundraising	370
Resale of Goods	1,927	Purchase of goods for resale	
Sundry – Just Giving	0	CEO Appeal & MMU Research	0
Bank Interest	444	<b>Total Expenditure</b>	<b>19,117</b>
Gift Aid	0	<b>Surplus for the year to date</b>	<b>6,094</b>
<b>Total Income</b>	<b>25,211</b>	<b>Total</b>	<b>25,211</b>

Notable donations and fundraising events:

- D & C Smallwood
- Carver Theatre
- Rebecca Jackson - climbing Kilimanjaro

## DIARY DATES

6 January @ 2.30pm  
3 February @ 2.30pm  
2 March @ 2.30pm

Support meeting  
Support meeting  
Support meeting

Wilmslow Garden Centre, SK9 2JN  
Stamford Bridge Country Inn, CH3 8EL  
Wilmslow Garden Centre, SK9 2JN



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

## Useful Contacts

MND Connect offers support, information and advice to people living with MND, health and social care professionals, staff and volunteers.

**mndconnect**  
**0808 8026262**  
mndconnect@mndassociation.org

Paula Sutton is the Association's **Regional Care Development Adviser** and has detailed knowledge of the care and management of MND. She can be contacted on **07872 161024** or [paula.sutton@mndassociation.org](mailto:paula.sutton@mndassociation.org)

## Branch Contacts

Chair	Mike Coleman	07895 684529	mikec.mndcheshire@gmail.com
Vice Chair	Richard Webb	07476 961260	richard.a.webb@outlook.com
Secretary	Position vacant		
Treasurer	John Kinder	01260 291232	john@mndcheshire.org
Branch Contact	Dianne Kinder	07929 732958	dianne@mndcheshire.org
Publicity Officer	Sarah Walker	07970 216057	sarah@mndcheshire.org
Committee member	Hazel Francis	01270 626222	hazel@mndcheshire.org
Newsletter Editor	Emma Edwards	07772 324332	emma@mndcheshire.org
Fundraising	Nicola Gough	07895 540770	nicola@mndcheshire.org
Campaigns	Richard Webb	07476 961260	richard.a.webb@outlook.com
Web manager	Becca Jackson	07498294229	rebeccajackson139@hotmail.com

## Association Visitors

Mike Coleman	07895 684529	mikec.mndcheshire@gmail.com
Nicola Gough	07895 540770	nicola@mndcheshire.org
Ros Graba	07895840889	ros@mndcheshire.org
Charlotte Harris	07841905470	charlotte_harris@live.co.uk
Joel Millett	01625 525409	joel@mndcheshire.org

## GET IN TOUCH

As always, please do contact the committee if you have any news or events you would like to see featured in the newsletter and promoted through our social media channels.

Don't forget, this newsletter is also available by email by contacting [emma@mndcheshire.org](mailto:emma@mndcheshire.org).

If you no longer wish to receive information from us, please contact [emma@mndcheshire.org](mailto:emma@mndcheshire.org) or one of the committee listed above.

Printed by The NeuroMuscular Centre, Woodford Lane West, Winsford, CW7 4EH Tel: 01606 863464 [www.nmcentre.com](http://www.nmcentre.com)

This newsletter is funded by Hal Bailey In Memorium.



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