

Cheshire Branch

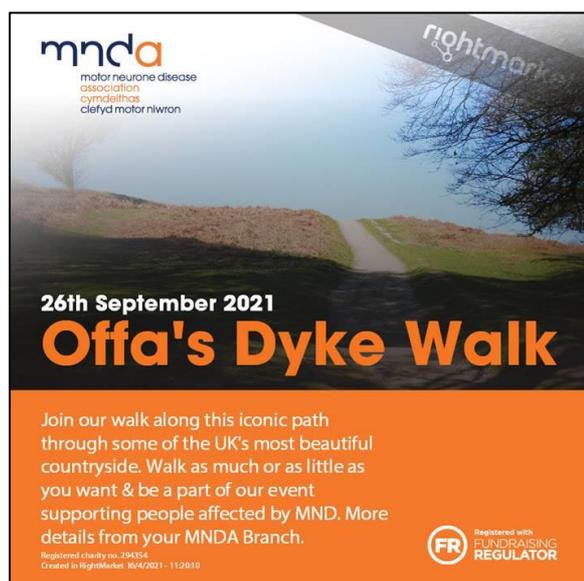
# Newsletter

## ROUND UP

Welcome to our Summer issue. Inside you'll find news about some inspiring fundraising events, a personal story from one of our members and - for the first time ever - an amazing opportunity to take to the skies in a microlight!

As always, please do get in-touch if there is anything you would like us to include in the next issue.

*Best wishes from, The Committee*



## FUNDRAISING NEWS

### Walking event

By Nicola Gough and Richard Webb

MNDA Cheshire is one of 12 branches taking on a section of the historic Offa's Dyke walk in a major fundraising event. And we need your support!

Organised by the MNDA's regional fundraiser for the West of England, the aim is to raise more awareness - and funds - via the co-ordinated efforts of all participating branches.

Planned communication activity includes using social and media networks to publicise the event in advance, as well as linking in with celebrities and relevant organisations who may be able to help us promote the walk to a wide audience.

Each branch has chosen to walk a defined section of the walk on Sunday 26 September. Although two brave individuals from South Wales are covering the entire 184 mile walk over one week, with the aim of finishing on the date the rest of us are walking.

Cheshire branch has agreed to walk from Trefonen (close to Oswestry) to Trevor (near Ruabon), taking in the Pontcysyllte Aqueduct at the end. This may not be thought to be local to Cheshire - especially if you live in Macclesfield! - but it is as close as any of the other legs.

Our reading of the maps is that this is 13 miles of hillwalking, with a total of about 600 metres climbing uphill to do (and more downhill), so it's clearly not suitable for most plwMND. However, it is possible to do the walk in shorter sections, such as Trefanon to Craignant (5.5miles and 300m up). Or the final mile and a half or so which is all on the level along the canal tow path and over Pontcysyllte.

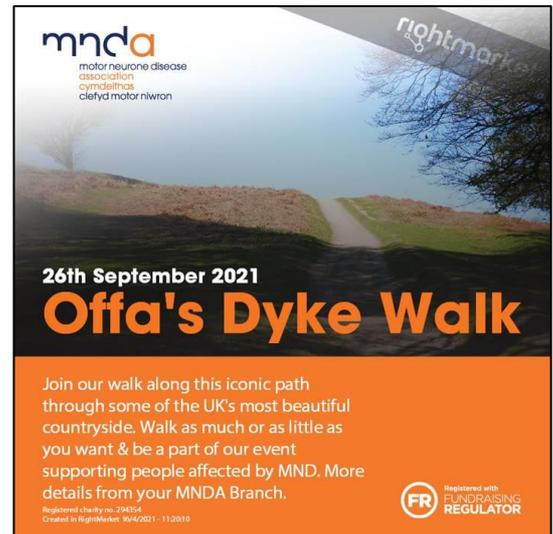
We would love you to get involved. We are looking for walkers to fundraise in advance and on the day, as well as help to raise awareness by sporting our famous blue MNDA t-shirts. Help with transporting walkers from the finish back to the starting point, may also be needed.

A dedicated JustGiving page will be set up for the event and each branch will have a dedicated page, so that all donations go directly to local supporters. We will be announcing details for the Cheshire Branch JustGiving page on our social media platforms very soon and posting regular updates.

*If you are interested in taking part and/or would like any more information about the details of the walk - please do get in-touch with MNDA Cheshire branch:*

*Nicky Gough (07895 540770 / [nicolagough@virginmedia.com](mailto:nicolagough@virginmedia.com))*

*Richard Webb (07476 961260 / [richard.a.webb@outlook.com](mailto:richard.a.webb@outlook.com)).*



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## Walled city run provides cash boost for MND

By Sarah Walker

Covering 26.2 miles, crossing 88 bridges, and going up and down 88 sets of steps, Coyle Roberts' 'Around The Walls' marathon was no ordinary run. And the extraordinary challenge brought in an incredible sum – with £8,639 raised for the Cheshire branch.



The hairdresser, who is no stranger to endurance tests in the name of fundraising for MND – having completed a 24-hour hair cutting challenge in the past – said: “From being a little boy to a man I’ve walked those walls, so I decided for my fourth, and last, marathon that I would run them. People know me for cutting hair and for going running – now I’ve used both to support the MND Association.

*“The support from people was unreal. When I set myself this challenge, I wanted to raise a bit of money, but my main driver was raising more awareness of MND and it certainly did that. Lots of people were talking about it which is what I wanted. I was completely surprised by the amount of money we managed to raise – I set out hoping for a couple of thousand maximum, so to reach this total was amazing.”*

Coyle added: “A huge thank you goes to everyone who supported me, including my wife Paula, my daughters, son in laws and grandchildren, all the friends who helped me on the day to achieve this goal, and all who sponsored me so generously. It feels amazing to give something back.”

## Students launch charity recipe book

Food & Nutrition students at The Grange School in Hartford have launched the sale of a special collection of recipe books, fundraising for the Motor Neurone Disease Association (MNDA) - a cause close to the heart of the school community.

The school were honoured to receive a contribution from HRH The Duchess of Cornwall, who kindly sent the students one of her own recipes to include in the collection too.

Teacher of Food & Nutrition, Catherine Moore said: “This was a real team effort from the Year 7 and 8 students, bringing a wide range of ideas to the project. We really do hope that we’re able to help raise some much needed funds as well as awareness for the MNDA.”



Photo L-R: Vicki Farrell, Teacher of Graphics; Catherine Moore Teacher of Food and Nutrition; Richard Webb, MNDA Cheshire; Grange students James Ferguson and Oliver Johnson-Platt and Debbie Leonard, Head

More information can be found here: [Grange students launch sale of recipe books for MNDA | News | The Grange School](#)



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## #ICEFOOT92



#IceFoot92 is a fabulous new fundraising campaign launched by former professional footballer, Len Johnrose, who was diagnosed with MND in 2017.

Len is challenging people to stand in a bucket of ice water for 92 seconds - one second for every club in the league. Taking part couldn't be easier. Just follow four easy steps below.

Our very own web manager, Becca, and family completed the challenge - and they did it in chilly April!

1. **Film** yourself standing in a bucket of ice water for all or some of the 92 seconds
2. **Donate** £10 during filming by texting MNDLEN to 70085
3. **Nominate** some of your mates in your film to pass the challenge on
4. **Share** your film on your digital channel using #IceFoot92 and tagging your nominees too.

Or skip the ice and simply donate via Len's JustGiving page.

<https://www.justgiving.com/crowdfunding/project92> Let's help him reach his £92,000 goal.

## TAKE TO THE SKIES

by Richard Webb

Garry Roberts of Garry Flying Adventures has kindly offered to take up members of the MNDA Cheshire branch in his microlight plane, free of charge.

I recently met Garry at Ashcroft Airfield where he keeps his plane to find out more. Sadly, it was too windy for me to take a flight that day.



Some general pointers. You need to be less than 15 stone and access to the plane is restricted, as you may be able to see from the photograph. There is insufficient headroom to get a hoist in place for access, so this is clearly a problem if you are not mobile. However, we are considering ways to overcome this! There is a toilet at the airfield, which wheelchair users can access, although there is a step so a portable ramp would be useful if you have one.

Lastly, Garry is insured to take passengers and could fly from other air strips if Ashcroft is not possible. You can also learn more about the experience by viewing a short video on YouTube here: <https://youtu.be/FQKuZgzyro>. Or visit Garry Flying-Adventures on Facebook.

*If you are interested and/or would like more information, please do get in-touch with Richard Webb on t: 07476 961260 or email [richard.a.webb@outlook.com](mailto:richard.a.webb@outlook.com).*



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## MEMBER NEWS

### Keith's story

One of our members, Keith Palmer, kindly shares his story about his experience and positive impact of his recent radiotherapy treatment.

I had saliva pouring out of my mouth for two years. I'd had all the available medication and also Botox but it didn't work.

Dr Ealing, head of my MND team at Stepping Hill Hospital, then ask if I would like to try radiotherapy on my saliva glands at The Christie hospital as it was a new treatment for this condition.



Following a referral from Dr Ealing, I went to The Christie for a consultation and the doctors there said they could help me, so I said - "When?"

They explained what would happen and said if I agreed, they would arrange outpatient visits across a number of days.

The schedule went as follows:

- Day 1 - They explained what would happen
- Day 2 - They made the mask and scanned around my head.
- Day 3 - They put the mask on to mark.
- Day 4 - Radiotherapy (session 1).
- Day 5 - Radiotherapy (session 2); completed treatment.

And bingo! It was all done. No pain and no saliva. No side effects and no trouble. And I got my life back.

Christies organised all the travel to and from the hospital. They were really helpful and caring and made the whole experience a good one.

I thank all the staff at The Christie for giving me back my life and would recommend to everyone who has this problem to talk to their doctor and get it done.



## EXCLUSIVE AUCTION

Would you like to own this stunning, cross-stitched Alice in Wonderland sampler? Or would it make the perfect present for someone you know?



*Alice in Wonderland characters brought to life in cross-stich - by Hillary*

For your chance to give a home to this wonderful creation, please email your best bid to our treasurer John Kinder by **31 July**. And we'll announce the lucky winner in the next issue. Good luck!



[johnmkinder@outlook.com](mailto:johnmkinder@outlook.com)

## 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 [emmaedwards500@btinternet.com](mailto:emmaedwards500@btinternet.com) or on our website at [www.mndcheshire.org](http://www.mndcheshire.org).



One of our fabulous fundraisers, Hillary Smith, has been busy bringing the much-loved characters to life one cross-stitch as a time - and has now donated the finished sampler to the branch to auction to the highest bidder!

It took Hillary 13 issues of the cross-stich magazine, 'Stitch Along' to complete the sampler, with the next step revealed every month.

*"I started with the grid and the playing card outlines, then each month they featured the pattern for the next playing card. So, you didn't know what was coming, it would be a surprise.*

*"My two favourites to stich were the March Hare and the Dormouse having tea, and Tweedle Dum and Tweedle Dee," said Hillary.*



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## FINANCIAL STUFF

Summarised Accounts as at 30 April 2021			
Income		Expenditure	
Item	Year to Date	Item	Year to Date
General Donations	210	Financial Support	7,759
Restricted Donation	960	National Office	0
In Memoriam Donations	2,125	Info & Education	0
Corporate Donations	250	Admin Cost	229
Fund Raising	3,661	Publicity and Fundraising	0
Resale of Goods	331	Purchase of goods for resale	0
Sundry – Just Giving	0	CEO Appeal & MMU Research	0
Bank Interest	12	<b>Total Expenditure</b>	<b>7,988</b>
Gift Aid	1	<b>Surplus for the year to date</b>	<b>(438)</b>
<b>Total Income</b>	<b>7,550</b>	<b>Total</b>	<b>7,550</b>

Notable donations and fundraising events to 30 April 2021:

- Coyle Roberts
- DG Lowe Trust
- New Mills Modellers

In Memory

- E Robertson
- Mike Clarke

Don't forget, all donations can be made via our dedicated JustGiving page: [www.JustGiving.com/fundraising.mndacheshire](http://www.JustGiving.com/fundraising.mndacheshire)

## DIARY DATES

5 July @ 2.30pm	Support meeting	TBC*: Contact Dianne Kinder for details
2 August @ 2.30pm	Support meeting	TBC*: Contact Dianne Kinder for details
6 September @ 2.30pm	Support meeting	TBC*: Contact Dianne Kinder for details

\* Venue to be confirmed, according to current government guidelines.



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## 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

## Branch Contacts

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This newsletter was published by the Cheshire branch of the MND Association. If you no longer wish to receive information from us, please contact [emmaedwards500@btinternet.com](mailto:emmaedwards500@btinternet.com) or a member of the committee listed.

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