

Cheshire Branch

Newsletter

Welcome to our final issue of 2021.

In the spirit of all things festive, we are delighted to feature the winning entries of the MNDA Christmas card competition (below), which we think are just brilliant. Well done Maisie and Clemmie.

And we were so impressed with the fabulous Christmas cake made one of our wonderful supporters, Hillary, we had to include a photo. This orange and ginger fruit cake was kindly donated to our annual Christmas raffle (see p3), but we also understand that Hillary has been taking orders for her Christmas cakes in exchange for a donation to the Cheshire branch. What a lovely way to celebrate Christmas - thank you so much for all your hard work Hillary.

We wish you all a very Merry Christmas and peaceful New Year.

Best wishes, The Committee



FUNDRAISING NEWS

Offa's Dyke walk

By Richard Webb

Cheshire team raises over £2,000 for the branch in a challenging 14 mile walk from Trefonen to Pontcysyllte.

On 26 September, six branches of the MND Association took part in a walk along Offa's Dyke Footpath.

Cheshire branch was represented by our former fundraiser Leonie Steventon and her husband Richard, along with our vice-chair Richard Webb and his family - David, Sarah, Harry and James



Team Cheshire at Trefonen: (l-r) Richard S, Leonie, Sarah, Harry, James, David and Richard W

The route had a total ascent of more than 2,200ft, with three major climbs on the way. One of the highlights was dropping from the high point of 359m overlooking Chirk castle in the distance, down to the lowest point of around 95m and then climbing back up to 215m alongside and above the castle - which in truth we couldn't see at this point.

On paper, this last climb looked far and away the easiest but turned out to be the hardest, with the group getting quite spread out at times. Approaching the top, we heard some angry sounding cows and when we got there found a field full of long horn cattle - a bull, cows and calves - which were extremely vocal but chose the time of our arrival to go to the other side and get a drink of water!

The last mile or so was known to be flat along the sides of the channel and over the aqueduct. After we did that, we all decided an ice cream was called for but to get there we had to cross the canal basin footbridge which only had 12 steps on each side - and it nearly did for us!

It was a good day's walk with enjoyable company and we were delighted to raise such a significant amount for the branch.



Making good progress: (l-r) Richard W, Harry, Sarah, Richard S, James, Leonie, David



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

80th birthday celebrations

By Joel Millett



Mike Gates (also known as Mick) made the most of his 80th birthday.

Born on 5 November, Mike was appropriately treated to a full-on firework display and numerous parties. Pictured (left) was Mike's favourite celebration with the family, (Jan, Mike's wife took the photo).

The branch would like to thank Mike as he requested instead of presents that family and friends make a donation to either the East Cheshire Hospice or the Motor Neurone Disease Association.

A very special afternoon

By Joel Millett

The December support meeting was held at Cottons Hotel, Knutsford, and our guests of honour were Lord & Lady Ashbrook.

After we had all enjoyed a full afternoon tea, Lord Ashbrook (our patron) gave a very heartfelt speech which highlighted the work of carers and volunteers.



A special mention must be made of Peggy, Brenda & Hillary. Peggy & Brenda ran the raffle which made an amazing £195.60. Hillary made and donated a beautiful Christmas cake and wreath together with Chocolate Orange Robins and Gin & Tonic Gift Sets, a very talented and generous lady.



VIRTUAL DIARY DATES

7 February @ 2.30pm

Support meeting

Via Zoom: Contact Joel for details



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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.

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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 or a member of the committee listed.

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