

## A Note from Our Group Chair, Andrew Grundy



The last few weeks have seemed a whirl of fundraising activity which is reflected in a number of articles in this newsletter. Once again I have been cheered by just how generous people are still being, at least from my experience. But there is no time for complacency; I heard an article on the radio discussing the relative health of charities' finances. Apparently the larger charities are managing to balance their finances; it is the small to medium sized charities that are really feeling the pinch with many digging into their reserves of funds.

It looks like fund raising is set to remain one of our priorities in the New Year. So if you have any ideas for fundraising or are hosting a sponsored event please do let us know.

You can share your thoughts with us about anything MND related by dropping a line to either Elane or myself (our contact details are on the back page).

Have a  
Merry  
Christmas.



WINTER 2012

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If you'd like to contribute something for the newsletter please email Elane at [laney\\_laner@yahoo.co.uk](mailto:laney_laner@yahoo.co.uk)

## Long Service Award



*Daphne receiving her award certificate and pin from Andrew (the Chairman) at a recent Christmas get together.*

The BBWW Group is very proud to announce that our very own Daphne Cox has received a **long service award** from the MNDA. Daphne has been volunteering for **over 8 years**, and in addition to her work as an Association Visitor (AV) is well known for organising the Winsley Support Group meeting. The award was announced at the support group meeting on Friday 7 December, although we were unable to present the certificate and pin at the time because they were stuck somewhere in the Christmas post.

## More Awards to Come!

There are more long service awards to be presented over the coming weeks – watch this space!



Daphne said she was speechless, to which one witty person, who shall remain nameless, said that we should do this type of thing more often if it has this effect on Daphne! Everyone applauded Daphne, and had a good laugh at the same time – she took it in great part, which very much reflects the spirit of these support group meetings.

## Cardiff Half Marathon by Emily Hunter daughter of our Association Visitor, Dianne Hunter

My Mum, Dianne Hunter, is a visitor for the MNDA in the Bristol area and, as a nursing student myself with experience of caring for those suffering from MND, I decided to enter the Cardiff Half Marathon to raise money for the cause. I'm not usually a sporty sort of person but I wanted to set myself a challenge, and fundraising for MNDA to help towards the support and care that patients and families desperately need turned out to be a great motivation!

On the day itself, 14 October, I was very lucky with regards to the weather. The 13.1 miles would have felt a lot tougher had I been dodging puddles and getting wet in the rain. The sunshine brought the crowds out to cheer everyone on too, which made all the difference. Friends and family had travelled to Cardiff especially to support me and there was a crowd with an MNDA banner around mile 12 which gave me a great big cheer to spur me on to the end. The atmosphere made running the race a pleasure, looking out for other MND vests and hearing the occasional "Go MND" from the supporters. I also managed to exchange good luck messages to other MND runners at the event via twitter. Crossing the finishing line made all the training and hard work begging for sponsorship worthwhile. So far I have raised £248.00, meeting my target of £200. I thoroughly enjoyed being part of a big event like the Cardiff Half, and it has inspired me to keep up my fitness and carry on raising awareness of MND and the great work that the association does.

**Emily Hunter  
running for  
MND at the  
Cardiff Half  
Marathon –  
thank you  
Emily, your  
support is  
greatly  
appreciated.**



Emily's JustGiving link for those that want to donate is:-  
<http://www.justgiving.com/EmilySHunter>

## Support Group Days

Each month there are two support groups you can attend within the Bristol, Bath, Weston and Winsley area. The details for these groups are:-

Bath and Winsley area  
1<sup>st</sup> Friday of every month  
Winsley Church Hall, BA15 2LH

1.30pm-3.30pm

Contact Daphne Cox

☎ 01225 868224

@ daphne@daffers.org.uk

Bristol and Weston area  
Saturdays 2pm-4pm

Contact Ray Hulbert

☎ 0117 9755492

@ ray.hulbert@yahoo.co.uk

Saturday 26<sup>th</sup> January

Saturday 23<sup>rd</sup> February

Venues for Bristol and Weston to be advised.  
For more details please contact Ray (details above).

## Sign The MND Charter

In order to ensure that good care is received by people living with MND and their carers, no matter where they live in the UK, the MNDA launched a Charter on 1 June. The idea is to get as many signatures as possible and take these to the government to push for better education and healthcare for those affected by the disease. Anyone can sign up to the MND Charter, and over 6,000 people have signed up so far. Make sure you add your signature and tell your friends and family to sign it too. It takes just 1 minute online or contact our group secretary, Sue (contact details on the back page), for a paper copy.

Log onto [www.mndassociation.org](http://www.mndassociation.org) to sign.

## MNDA at The Bath Christmas Market



One of our branch members Elane Retford (left) working behind the MNDA stall with another volunteer helper Andy McCarthy.

Every year Bath Tourism allocate a variety of charities a chalet for a day at the Bath Christmas Market. Our MNDA group for Bristol, Bath, Weston and Winsley was lucky enough to be allocated Saturday 1 December, and what a day it was! Firstly, the weather was kind, the floods had abated, and the crowds were large and in festive mood. In fact, an article in the Bath Chronicle stated that it was **the busiest day in the market's 11 year history** with an estimated 24,000 visitors. There were 140 coaches from all over England and Wales, with some coming from as far afield as Yorkshire.

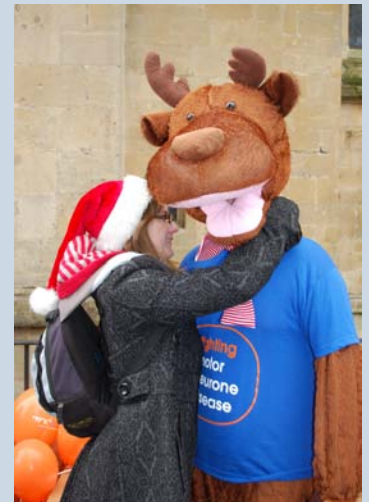


Our branch member Sue Paulley (left) with Fundraising Manager Sarah Hampton from National Office.

If you or someone you know would like to get involved with the MNDA, we currently have a space on our group to help with fundraising. Contact our Chairman, Andrew, on [akgandajg@live.com](mailto:akgandajg@live.com) for more details.

The objectives for the day were to **raise awareness** of MND and to **raise funds** to support people with MND. As part of the fundraising we ran a Tombola, and a number of local shops and stores very kindly donated handsome prizes that made it a success, namely: Bath Aqua Glass, House of Bears, Vom Fass, Lakeland, Occitane, Pia, Miles Mann, Topping Booksellers, Bath Compact Disc, Shannon, Melanie Giles, Raisin Fine Wines, Great Western Wines, Prior Park Garden Centre, M&S, Sainsbury's, plus lots of private donations. In addition, we sold various items including MND Christmas puddings, and some beautiful hand painted Christmas cards donated by an art club known to Olive of Winsley support group.

BBWW Branch member Gareth Weaver pictured entering into the spirit as Rudolph, much to the delight of passers-by! His presence heard our bucket jingle with even more coins!



Many volunteers worked on the stall in shifts to make it a success, from the opening at 10.00 until close at 21.00 that night, and it was busy from start to finish. The organisers of the market commented that it was the best looking charity stand of the year! **Everyone deserves a big thank you** but in particular we have to highlight Lucy Etheridge and Sarah Hampton from National Office who gave up part of their weekend to travel down and help out. Thank you very much!

All in all, an excellent day, helping to raise awareness of MND, and raising funds of **just over £1,300** (and £601 alone was in £1 coins and hand delivered to the bank – and that was one heavy bag!).

Thanks again to all the helpers, and we are already looking forward to next year.



## Contacts

If you would like to talk with someone about MND please contact our MND Connect team on 08457 626262 or email [mndconnect@mndassociation.org](mailto:mndconnect@mndassociation.org).

You can also visit our forum online at <http://forum.mndassociation.org>

And many details are on our website at [www.mndassociation.org](http://www.mndassociation.org)

## The BBWW Team

Chair <b>Andrew Grundy</b> @ <a href="mailto:akgandajg@live.com">akgandajg@live.com</a>	Regional Care Development Advisor <b>Hilary Fairfield</b> ☎ 01373 826289 @ <a href="mailto:hilary.fairfield@mndassociation.org">hilary.fairfield@mndassociation.org</a>
Secretary <b>Sue Paulley</b> 45 Charlton Road, Keynsham, NE Somerset, BS31 2JG ☎ 0117 9376050 / 0117 7987233 @ <a href="mailto:sue@chartax.biz">sue@chartax.biz</a>	Volunteering Development Co-Ordinator (South West) <b>Lucy Etheridge</b> ☎ 0845 3731839 / 07831 098365 @ <a href="mailto:lucy.etheridge@mndassociation.org">lucy.etheridge@mndassociation.org</a>
Treasurer <b>Heidi Frydman</b> 4 Brayne Court, Longwell Green, Bristol, BS30 7DS @ <a href="mailto:hadm@hd990605.wanadoo.co.uk">hadm@hd990605.wanadoo.co.uk</a>	Bristol and Weston Support Meeting Co-Ordinator <b>Ray Hulbert MBE</b> 21 Eden Grove, Bristol, BS7 0PQ ☎ 0117 9755492 @ <a href="mailto:ray.hulbert@yahoo.co.uk">ray.hulbert@yahoo.co.uk</a>
Newsletter Co-ordinator <b>Elane Retford</b> @ <a href="mailto:laney_laner@yahoo.co.uk">laney_laner@yahoo.co.uk</a>	Winsley Group Organiser/AV Co-Ordinator <b>Daphne Cox</b>
Digital Media Officer <b>Gareth Weaver</b> @ <a href="mailto:geeweaver@gmail.com">geeweaver@gmail.com</a>	Bede House, 175b Ashley Lane, Winsley, Bradford-on-Avon, BA15 2HR ☎ 01225 868224 @ <a href="mailto:daphne@daffers.org.uk">daphne@daffers.org.uk</a>

If you can help a little,  
we can change a lot.

Sign up to the MND Association Campaign Network for details about our campaigns and how you can get involved. For more details log onto:-

[www.mndcampaigns.org/  
campaign\\_network](http://www.mndcampaigns.org/campaign_network)

or if you haven't got a computer, contact **Raj Johal** on **020 8551 2152**.

A huge thank you to Zurich Insurance plc for kindly printing off this newsletter for our BBWW group members. Your generosity is very much appreciated.

We would like to keep in contact with you about the important work we do. If you do not wish to receive further information please contact [sue@chartax.biz](mailto:sue@chartax.biz) or write to Bath, Bristol, Weston and Winsley Group, c/o MND Association, PO Box 246, Northampton, NN1 2PR.

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