

Note from the Chair

I hope that you enjoy reading our latest newsletter. You'll see that there have been many fundraising events, and many more are planned over the coming weeks. In particular, I would like to draw your attention to the 'Bake it' initiative, which, owing to its success, has become an annual event – please take a look, ask for more information if needed, and see how you could contribute.

In addition, please make every effort to visit our MND Summer Festival on Saturday 21 June. Ray has planning well in hand and sees this as an important opportunity to raise awareness about MND, as well as raising funds while having a great time. If transport is an issue for someone with MND to attend, please get in touch, as we will be making a big effort to ensure that transport solutions are found for those wishing to attend. I hope you had a good Easter, and that we are in for some good weather in the coming weeks. **Andrew Grundy**

MNDA Summer Festival

Saturday 21 June

11 am – 3 pm

Eden Grove, Horfield, Bristol



Music from the
Croft End Silver
Band, Filtones
Choir and Welsh
Wizard Organ

Join us for a fun-filled, fabulous day out for the whole family at our sublime Summer Festival!

Raise
awareness of
motor
neurone
disease



❖ Face painting



❖ Battle
re-enactment



❖ Cupcake decorating



❖ Beat the goalie



❖ Name the Teddy Bear



❖ Static displays from the Police

As part of the MND awareness month, we would like to invite you to our MND Summer Festival on Saturday 21 June 2014.

Join us from 11 am to 3 pm at Eden Grove Church, Horfield, Bristol BS7 0PQ.

Our very own Ray is hard at work organising the festival extravaganza, which will feature a static display from the Police, classic cars, North Bristol Radio Club, a battle re-enactment. PLUS stalls, side shows, a children's corner, face painting, a raffle and plenty of refreshments.

There'll be plenty going on for the whole family and we look forward to seeing you all there. **Please contact Ray with any questions, on 01179 755 492 or ray@mnd-bbww.org.**

We need your help!

MNDa Summer Festival

Saturday 21 June

11 am – 3 pm
Eden Grove, Horfield, Bristol



Please help us to make this festival a success by donating any of the goods below to sell on stalls or to use as prizes at the festival.

- ❖ Jewellery
- ❖ Bric-a-brac
- ❖ Raffle or tombola prizes
- ❖ Children's toys



- ❖ Tins of fruit, veg or meat
- ❖ Bottles
- ❖ Packets of food

Please bring any donations along to our support group meetings or contact Ray (Event Organiser) on 0117 9755492, ray.hulbert@yahoo.co.uk

Thank you!

bake it!
and help make MND history

their annual 'bake it' appeal to raise awareness and funds for MND.

The MNDa have launched

Bakers are encouraged to take part by holding a local cake stall, coffee morning or afternoon tea party during the month of June.

If you are unable to hold an event but would still like to support this fundraising initiative, please text:

CAKE00 £5 to 70070

Support group news

New Chairs for Winsley Group

At our Winsley Support Group in early March, I was very pleased to hand over a cheque from the local Friends of Bradford on Avon Community Health Care. They wanted to help someone or persons in the Bradford and Winsley locality and placed a letter in the 'letters' page of the local paper. I answered their letter and much to my delight received an award of **£1000** from the League to make a difference in our Winsley Support Group.



At our support group, we had the most uncomfortable chairs and they were too low and had no arms. We had permission from our Chairman, Andrew Grundy, to use the funds to purchase new chairs to improve that situation.

I would like to acknowledge here our grateful thanks to the Bradford on Avon League of Friends for their generous gift.

Daphne Cox

(Association Visitor/Coordinator)

If you are reading this online, you can read an article about the funding in the [Wiltshire Times](#).

Local Mayor visits Bristol Group

On Saturday 29 March 2014 at the MNDa meeting at St, Peter's Hospice, Brentry, chaired by Ray Hulbert, Darryl Collins Mayor of Filton Town Council came along to give us a talk on the role of the Filton Town Mayor.

Captured on camera below are (L to R) Martyn Brummell, Carole Brummell, Darryl Collins and Pamela Collins.



Congratulations Martyn!

Martyn Brummell, who attends the Bristol support group, has won the match play



singles at his local bowling club (Woodspring). Martyn is pictured with Ray Dunston, the Club

President, who presented him with the trophy.

Renault Kangoo for sale: £3,500

Renault Kangoo Expression WAV 1'2 16 valve. It is blue, has done 43,500 miles, has recent tyres, battery, nearside fog lamp, heater fan control switch and cam belt replaced. It's taxed until August 2014 and MOT June 2014. Portable aluminium wheelchair ramps free with car.

Interested? Please contact Graham Strong on 0117 9372119 (no offers will be accepted).

Thank you to the organisers of Bleadon Sugarcraft Show for donating an extra £500 to the BBWW branch of the MNDa. We were honoured to be chosen as their charity of the year for their Show in December 2013 and are very grateful for the funds raised as a result.

Support group days

There are two support groups that people living with MND and their carers can attend each month in the Bristol, Bath, Weston & Winsley area.

Bath and Winsley area

1st Friday of the month at
Winsley Church Hall, BA15 2LH
1.30-3.30 pm
2 May
6 June
4 July

Contact: Daphne Cox
01225 868224
daphne@daffers.org.uk

Bristol and Weston area

Last Saturday of the month at St
Peter's Hospice, Brentry, Bristol, BS10
6NL
2-4pm
31 May
28 June
26 July

Contact: Ray Hulbert
0117 9755492
ray@mnd-bbww.org

The BBWW Group is very grateful for donations received from friends and family of Chris Roscoe via our Just Giving page. Chris was living with motor neurone disease and passed away on 7 February 2014. We would like to extend our thanks to all those

who have donated funds in her memory; our thoughts are with you.

Donation from Waitrose Community Matters scheme

We were delighted to receive a cheque for £550 from Waitrose Westbury Park (Bristol), which was raised through their Community Matters scheme. Pam and Monica went to Waitrose Westbury Park on 23 January 2014 to pick up the cheque for MNDa BBWW, for which we are truly grateful.



Left to Right: Helen Beard (Waitrose), Monica Dower, Pam Collins, Mandy Draper (Waitrose) and Darren Bradford (Waitrose Community Matters).

Bath Waitrose Community Matters scheme:

For the month of April, the Bath branch of Waitrose has also chosen the MNDa BBWW group as one of their charities for the Community Matters scheme. Please help us by shopping there and posting the tokens you receive at the checkout into our charity's box. The more tokens we get, the bigger the donation we receive.

Thank you Waitrose!



<https://twitter.com/mndbbww>

Like us on Facebook



<https://www.facebook.com/mndassociation.bbww>

The view from 10,000 feet!

Congratulations and a big thank you goes to Karl for raising hundreds of pounds for the MNDA by jumping out of a plane at 10,000 ft! Karl, a 30-year old Police Community Support Officer from Bristol, took the plunge on 15 March 2014 in Swindon in memory of Brenda Watkins, the sister of a family friend. Brenda was the first person with motor neurone disease to use the services of St Peter's Hospice in Brentry back in 1997.

Great effort Karl and thank you from us all! Karl's sponsorship page is:
<http://www.justgiving.com/karl-bowers>



7 × 7 × 7!

A group of runners from Weston-super-Mare, led by Jason Smith, are running **seven marathons in seven days for seven charities** - their 7 × 7 × 7 challenge!

Completing a marathon a day for a week the team hope to cover over 180 miles from Monday 26 May through until 1 June. Each marathon is dedicated to a local charity and on Wednesday 28 May, the MND Association has the honour and the spotlight.

Resident BBWW Group runner, Gareth hopes to run with the 7 × 7 × 7 team from

Bath to Glastonbury Tor promoting awareness of the group alongside completing the MND marathon.

More information can be found at:
<http://jasonsmith.me.uk/challenges/7-marathons-in-7-days>

Barn Dance for MND

Are you ready to let your hair down for some lively dancing?! Kewstoke village hall (just outside Weston-super-Mare) will be transformed on Saturday 17 May 2014 to receive energetic folk ready to get jigging to the music of the Jellied Reels from 7.30 - late.

Tickets are just £12 each, with all proceeds going to the MNDA. The cost of your ticket includes entrance and a Ploughman's supper and there will be a raffle and bar available.

Call 07967 390595 to secure your ticket. Please spread the word about this fantastic charity event sure to raise heart rates as well as funds for the MNDA.

Ladies take on the 3 peaks challenge for MND

My friend Gill, sister Sarah and myself are taking part in the 3 peaks challenge on 4 July this year for the MNDA. Gill lost a close friend to MND and my sister and I lost our Dad 10 years ago to MND.

For those of you who are unfamiliar, this gruelling challenge involves walking the highest mountains in Scotland, England and Wales within 24 hours!

If anyone would like to sponsor us, please go to www.justgiving.com/Sonia-Fox1, where you can also find out more about our story and the challenge.

Sonia Fox

BBWW group contact details

Please use the contact details below to get in touch with your local Bristol, Bath, Weston and Winsley MNDA team.

Chair: Andrew Grundy andrew@mnd-bbww.org
Regional Care Development Advisor: Hilary Fairfield Tel: 01373 826289; email: hilary.fairfield@mndassociation.org
Secretary: VACANCY - Can you help? Email Andrew andrew@mnd-bbww.org
Volunteering Development Coordinator (South West): Lucy Etheridge Tel: 0845 3731839/07831 098365; email: lucy.etheridge@mndassociation.org
Treasurer: Heidi Frydman 4 Brayne Court, Longwell Green, Bristol, BS30 7DS Email: treasurer@mnd-bbww.org
Fundraising: Agnes Williamson agnes@mnd-bbww.org
Fundraising: Maria Baker maria@mnd-bbww.org
Publicity Officer: Jon Wellington jon@mnd-bbww.org
Newsletter Editor: Becca Ramsden becca@mnd-bbww.org
Digital Media Officer: Gareth Weaver gareth@mnd-bbww.org
Bristol and Weston Support Meeting Coordinator: Ray Hulbert MBE 21 Eden Grove, Bristol, BS7 0PQ. Tel: 0117 9755492; email: ray@mnd-bbww.org
MND Care Coordinator: Helen Madden North Bristol NHS Trust, c/o Ward 18, Frenchay Hospital, Bristol, BS16 1LE Tel: 0117 3402287; email: Helen.Madden@nbt.nhs.uk
Winsley Group Organiser/AV Coordinator: Daphne Cox Bede House, 175b Ashley Lane, Winsley, Bradford-on-Avon, BA15 2HR Tel: 01225 868224; email: daphne@daffers.org.uk
Association Visitor Helpline (BBWW Group) 07516 023675

If you would like to talk with someone about motor neurone disease please contact our MND Connect team on **08457 626262** or email mndconnect@mndassociation.org.

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

A special thank you to our friends at Zurich Insurance plc for printing this newsletter for us, free of charge



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 or write to Bath, Bristol, Weston and Winsley Group, c/o MND Association, PO Box 246, Northampton, NN1 2PR.

Disclaimer: The views expressed in this newsletter are not necessarily those of the MND Association. The products and services mentioned or promoted should not be taken as recommendations by the Association, who cannot be held responsible should any complaint arise.