

BE A VOLUNTEER WITH THE WEST YORKSHIRE BRANCH



My name is Tracy Sanderson and I'm a volunteer for the Motor Neurone Disease Association.

In 2015 my husband, David, was diagnosed with MND. He had the bulbar form of the disease and, in his case, it progressed rapidly causing his needs to change rapidly too.

I volunteered with the Association about 18 months after he died,

thinking I could use my personal experience of living and caring for someone with MND to help others who were going through the same thing. After several chats with people at the Association, it was agreed that, after the relevant training I could become an Association Visitor. I went to one of the Garden Centre get togethers run by the West Yorkshire Branch to meet some of the members and other people living with MND.

Apart from David, I hadn't met anyone else with the disease so wasn't sure how I would react. I needn't have worried as everyone was so welcoming and friendly.

I went on the Association Visitors weekend training soon after, where I learnt a lot and was able to chat with the others on the course about their experiences.

Soon I became a Clinic Volunteer for my local MND Clinic. This happens once a month at the local hospice where I meet and greet people coming to the clinic and their families, carers or friends. I can chat with them prior to their appointment, get to know them and hopefully answer any questions they may have. I also give them information about the Association and what it can do for them. I tell them about my background and experience with MND and the majority of people find it comforting to talk to someone who has been through what they are going through.

I liaise closely with the clinic co-ordinator who will ask the person living with MND or their family members if they would like someone to talk to. She

will then refer them to me, and I will contact them to see if they want me to visit them at home, or on neutral ground, or even if they just want to chat over the phone, by text or email.

I find my role extremely satisfying and rewarding, being able to answer questions or find out the information for people. To me, it feels that what I went through with my husband is being put to some use as well as what I have learned from the training course and the information put out by the Association. Also, I have picked up many tips from being around people who have either been through or are going through a similar situation to me.

The staff at the MND Association are extremely supportive, I have named people I can contact should the need arise. Also, the staff manning MND Connect are extremely helpful too. I do feel valued.

VOLUNTEERING ROLES

Become a support volunteer, a fundraiser, a campaigner or a committee member. During the Covid crisis we are supporting all our branch members with MND and their carers by contacting them via telephone, text, Messenger or email. Would you like to help support our members in some way?

We are particularly short of someone to campaign in the Leeds and Bradford areas. We need someone who is passionate about improving the lives of local people with MND, to raise awareness with local councils and MPs to encourage them to support our members and provide assistance in a timely way.

For more information contact:-

Contact Michelle Malouf by email michelle.malouf@mndassociation.org or Tel 07876575032

If you are interested in fundraising then contact Jenn Dodd by email Jenn.dodd@mndassociation.org or Tel 07918745245

CHAIRPERSON NEEDED IN NEIGHBOURING BRANCH

If you live in the **Yorkshire Dales** catchment area, N. Yorks & Craven you may be interested in becoming their Chairperson. Contact Michelle Malouf, see above.

BIG STEPS OF HOPE

Want to earn one of these?



Tim Gates, to earn his medal he completed 463,995 steps in June, that's 302 miles! He's still training despite the Great North Run being cancelled.

VICKY AND EWAN EVENT ORGANISERS.



Big Steps of Hope is an annual event to remember all the loved ones, friends and colleagues lost to Motor Neurone Disease (MND), and an opportunity to fight back and unite, to bring us closer to finding a cure for this cruel

disease. Last year, Big Steps of Hope raised over £3,500 in aid of the MND Association. Every step makes a difference and will bring us closer to finding a cure. Whether you are walking in memory of a loved one or in support of someone fighting this cruel disease, you are helping to ensure no one faces MND alone. This year, we invite you to join us for a special Virtual Walk to d'feet MND – a challenge you can set and complete yourself which helps us to raise vital funds to support people living with MND, their families and carers, at a time when they need it the most. Together, let's take steps to d'feet MND!



Mike Bridgman has completed his Big Steps of Hope challenge. In 31 days he walked 396,463 steps, a daily average of 12,789. He deserves that medal!

BETH SHAW'S BIG STEPS OF HOPE



Over the last 3 years Beth has raised nearly £1,000 for the Motor Neurone Disease Association and wanting to pass beyond the 1,000 mark she signed up for a Big Steps of Hope Challenge, to walk the length of Hadrian's Wall which is 84 miles. As she couldn't travel to Hadrian's Wall, she walked the

84 miles locally.

She sadly lost her Grandma, Muriel Lippitt, 32 years ago to MND and feels strongly that still, all these years later, there is no quick way of making a diagnosis. She hopes her fundraising will go some way to helping find a diagnostic test. "I know things are hard financially at the moment due to Covid-19 but any amount you can donate would be truly appreciated."

https://www.justgiving.com/fundraising/elizabeth-harding2?fbclid=IwAR0Hm860f0M7QLpiqU88C20pq3OtEmUqrN3Yk7sLjr8hlu84jXr5zhrYwAI&utm_i d=124

GREETINGS CARDS



Available from artist and MND supporter, Matty Evans. mattyevans3@virginmedia.com

ANGELA & LEANDA'S HALF MARATHON



Leanda Cox's Dad, Graham Cox, is suffering from motor neurone disease. Leander says, "I was meant to be running the Great North Run and doing the Tough Mudder this year but they are all cancelled so I'm just pleased I can still do something to raise vital funds and awareness for MND." So instead Leanda Cox & Angela Skinner ran 10k on May 8th (socially distancing of course). £657 raised so far.

PUT IN A BID FOR A NEW LAWNMOWER

In aid of **mnda**
motor neurone disease
association

**In memory of Anne Walker
Auction & Fishing Quiz**

Virtual event to support the West Yorkshire Branch

Due to the cancellation of the Anne Walker Memorial Fishing Shield 2020 we are putting on this virtual event. Michael Readman Lawnmower Services donated a Mountfield S421R PD 41cm Self-Propelled Rear Roller Lawnmower for auction. Dr Bruno Broughton, the well known angling expert and longstanding supporter of this event has set a quiz - just for fun, no prizes and don't use google!

Go to www.justgiving.com/fundraising/Anne-Walker-Memorial-Shield-Fishing-Match and make a donation (any amount). Do NOT add gift aid. After you have donated call me on 07957 818534 or email gbw@grahamwalker.org with your bid and I will send you the quiz.

The highest bidder will receive the lawnmower with delivery anywhere in Yorkshire. Closing date 31st August 2020.

FR Registered with FUNDRAISING REGULATORY

Supported by
Michael Readman Lawnmower Services Ltd

www.mndassociation.org
MND Association Francis Clerk House, 6 Summerhouse Road, Northampton, NN3 6BJ | Registered charity no. 294354 | Created in RightMarket - 18/06/2020 - 173443

Proceeds to the West Yorkshire Branch.

HAPPY BIRTHDAYS
OUR CHAIRWOMAN HAS A SPECIAL BIRTHDAY



Karen Merrey's 60th birthday was on the 5th of July, she decided to raise some funds for the West Yorkshire MND Branch rather than receive presents, so she set up a just giving page hoping to raise £250. Instead, she was delighted to raise a fantastic £870! Over £1,000 with gift aid. If you would like to raise money in lieu of birthday or anniversary gifts, here are the guidelines for setting up a just giving page - <https://help.justgiving.com/hc/en-us/articles/200669491-Setting-up-your-Fundraising-Page-for-a-charity>

RICHARD AND MARIAN CELEBRATE SON'S BIRTHDAY

Emergency Appeal for your local branch

Your local branch needs your help to continue to be there for people with MND in your area during this time.

On behalf of the West Yorkshire Branch of the Motor Neurone Disease Association we would like to thank Richard & Marian for donating £40

(+ £10 gift aid) to the Branch's Emergency Appeal. This donation was on behalf of their son, who asked they make a donation to charity in lieu of buying him a gift. All donations to the branch go directly to help and support people and their carers living with MND in the local area. Thank you so much.

SARAH LEE 1,000,000 STEPS IN 3 MONTHS



Sarah Lee's uncle, Bill Ferguson, sadly passed away from MND in October, 15 years ago. He was previously a healthy and active man who enjoyed playing

table tennis, football and swimming and he was the office manager at a garage, also a part time youth worker. Sarah says. 'Uncle Bill was diagnosed with MND in January 2004, first of all his speech was affected, then his feet and the rest of his body until he was unable to walk. He then became unable to swallow so had to be given nutrients through a tube, despite his body deteriorating, his brain function wasn't affected. He sadly passed away on 23rd October 2005, 21 months after being diagnosed at the age of 54. Uncle Bill was married to my Auntie Cynthia and father to my 3 cousins James, Richard and Christopher, in July the year he was diagnosed they became grandparents to Jess which brought him a lot of joy, he always had a smile on his face throughout his suffering, especially when Jess was around. Thank you for reading and for your donations so far, I've already reached my target amount which is amazing but I'm hoping to raise much more 😊'

CYNTHIA'S TEA COLLECTION



Cynthia (aka Auntie Cynthia, see above) shared her fundraising idea which is collecting the money she would have spent on cups of tea going out & about and instead putting the

money in a jar. It's in three figures already! I'm just thinking, all those cups of tea & coffee not bought by West Yorkshire Branch members at Garden Centre Get-togethers. Don't forget to include those Cynthia.

BENEFITS ADVICE SERVICE

"Our qualified advisers will help you identify the benefits you may be able to claim and work out the best way of claiming them."
<https://www.mndassociation.org/support-and-information/our-services/benefits-advice/>

WEST YORKSHIRE BRANCH CAMPAIGNER GETS RESULT MND CO-ORDINATOR FOR CALDERDALE AND HUDDERSFIELD



NICK SMITH

This all began with the West Yorkshire Branch Campaigns Contact, Michael Martin, speaking to Andy Nelson, a non-executive member of the Hospital Trust board.

Despite the committed efforts of the many healthcare professionals in Calderdale and Huddersfield, it has been felt that care is not coordinated or supportive. Nick Smith was diagnosed with MND and just months after he died the Nick Smith Foundation was created. One of the main aims, to improve the care and support for those diagnosed with MND. With the generosity of fundraisers, Nick's Foundation was able to make available funds towards the provision of a dedicated MND Co-ordinator for the Calderdale and Huddersfield areas. Calderdale and Huddersfield NHS Charity will co-fund the post to provide a co-ordinator for 2 days per week, initially in place for two years to assess the impact. Within a few months, patients diagnosed with MND in Calderdale and Huddersfield will receive more support from a dedicated MND Co-ordinator, employed by the NHS Trust. A MND Services Steering Group will monitor the impact of the role which will meet every quarter with the MND Co-ordinator. "Nick is missed by so many people every day. But this role - in his memory and in his name - will ensure those who are diagnosed with MND receive more support



West Yorkshire Branch Motor
Neurone Disease Association



https://twitter.com/mnda_westyorks



On Saturday 30 May the 25 riders started their 30-hour challenge pedalling on static bikes set up in garages, gardens and spare rooms. They were attempting to break a world cycling record without

leaving their homes, the Guinness World Record for the longest group static cycle. They cycled together virtually using Zwift urging each other on, online via Zoom. The challenge is the brainchild of Josh Taylor, Ewan Doves, Sam Taylor and Paul Verity who are taking on this challenge as a way of raising vital funds to support the Motor Neurone Disease (MND) Association, inspired by the diagnosis of Leeds Rhinos legend Rob Burrow. They had initially planned a 900-mile five-day ride from Headingley Stadium in Leeds to Toulouse in France. Josh said: "Obviously we had to cancel our original plans but giving up or postponing wasn't an option. For people living with MND, like Rob, there isn't any other option but to carry on and live with this terrible disease. So, we set about finding a new challenge." A massive £15,596 raised.

THE ROAD TO SANTIAGO - Peter Kay



Signed copies of Peter's book are available from Peter for £14.50 plus postage and packing. Purchasing directly from Peter generates more profit for MND - peterkay255@yahoo.co.uk Amazon Review ***** 'Just finished this lovely book. A great antidote to lockdown to travel with good companions through the countryside of

Spain and imagine the trials and tribulations of long-distance walking'.



Welcome Michelle Malouf, new regional member of staff, Area Support Co-ordinator flown in from Australia. michelle.malouf@mndassociation.org or Tel 07876575032

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