

### ST. PATRICK'S DAY IN LEEDS



What a wonderful day we had at the Leeds St. Patrick's Day Parade on March 13th, running a tombola and enjoying great music and Irish dancing. When we arrived we had lots of help from the stewards to get set up, also they kept checking if we needed anything throughout the day. We had many tombola prizes which had been donated, as well as knitted Leeds Rhinos & Leicester Tigers mascots that were passed to Jenn Dodd during the Kevin Sinfield OBE, Extra Mile Walk. Thanks go to Debbie Bradley for her clever knitting. We were introduced to the attending dignitaries, who were all extremely interested in what the Branch does. From left to right, Sean Fleming, Government of Ireland Minister of State at the Department of Finance, Baron Jonathan Caine, Parliamentary Under Secretary of State for Northern Ireland, Councillor Asghar Khan, Lord Mayor of Leeds, Canon Eugene McGillycuddy, Parish Priest at St. Patrick's R.C. Church, Leeds, along with myself, Tracy Sanderson and Courtney James.

Thanks go to Trevor Frank, Rachel Brooke, Angelina and Tyler James, and girls Courtney, Amelia and Ella, for their help running the stall, Nicola and Michael Porter for getting me there, helping to get set up and blowing up the balloons. Special thanks go to Jonathan Griffiths for his skills with the collection tin. In all we raised £493.29, a fantastic amount. **Tracy Sanderson.**



### HORBURY YOUTH PROJECT



**Gary Bentley** has a mission, which is to give young people the opportunity to gain amazing memories that will stay with them for a lifetime. In Horbury, a team of youth workers and volunteers bring a range of skills, gifts, and personalities which will make a lasting difference to young people's lives. On the 25th February the Legacy Group, which included young people from Horbury Breakthrough Youth Project and Horbury Academy, organised and ran a Ceilidh to raise funds for the MND Association in West Yorkshire. It was funded by a #IWill grant through the Leeds Community Foundation and hosted by Horbury Working Members Club. Gary says, "Local residents had a great night dancing to the music of FiddlersWreck Ceilidh Band. The young people raised an amazing £531.58, Tracy Sanderson is pictured receiving the cheque.

### 10yr OLD DYLAN RAISING MONEY FOR MND



bamboo socks. Dylan and his helpers raised a fantastic £600. Thank you **Dylan.**

Sarah Brooke's Mum and Dylan's Granny is living with MND and so for the Horbury Street Fair they opened Horbury Foot Clinic for two days at the weekend. Dylan organised and ran the raffle on both days. The prizes consisted of a treatment voucher, a Neal's Yard gift set, some foot care and

## A SWANKY DOO WITH MARTYN CLARKE



A Swanky Doo was hosted at Leigh Sports Village, through myself and Gill Wood, Director at Leigh Centurions, this was a celebration of 7for7IM – 7 Half

Ironman's in 7 days in December '21 inspired by Rob Burrow MBE for the MND Association. The event saw Rob, Lindsey and family attend, along with Leeds teammate Jamie Jones Buchanan, Derek Beaumont, owner of Leigh Centurions who cycled and swam with myself during 7for7IM, along with 150 other guests. A fabulous evening of music, food, a sporting auction, raised over £14,000 on the night. This included a painting from Brent Sheldon, who travelled over from Leeds, Which alone raised £7,777 on the night!



Many Thanks to everyone who attended, Cris Hoskin (South Lincs Chair) sending her own video message from

holiday, watching the event on the big screen. This event was a major success and resulted in my 7for7IM totalling £38,763 from my original plan of raising £500 back in August 2021! Just shows that anything is possible and Rob, his family and the MND community are a shining light, for whom many people are driven to fundraise in order to make a difference. Watch out for 2023. **Triathlon Impossible**, 7 days from France to Leeds Rhinos and onwards to Leigh Sports Village, the toughest challenge seen to-date....

Martyn Clarke

## EASTER RAFFLE



Proceeds towards Aimee Moreton's trek to Kilimanjaro. The raffle was posted on our Facebook Page, £2 a ticket or 3 for £5. Great prizes. Payment was made to her online account and then uploaded to her just-giving page.

## PRIMARK AT THE WHITE ROSE CENTRE



Jamie Sutcliffe, Department Manager at the White Rose Primark store says. 'We are so pleased to have raised funds for the MND Association. Throughout the

whole of February we held events and raffles with prizes such as 2 tickets for a Rhinos game & T-shirts plus a Bake It sale. We have many Rhinos supporters within the store and some who have been directly affected by MND. We thank you for helping with the fundraising materials. It was lovely liaising with the team at MND. We appreciate all that you do and hope we can continue to raise awareness within the store. £750 raised.' And thank you to all at Primark for your hard work and the fantastic amount raised.

Rachel Brooke is seen collecting the cheque.

## YORKSHIRE CHOICE AWARDS 2022



Sally Hastings, Michelle Malouf & Jenn Scribbins



The Yorkshire Choice Awards recognise individuals, businesses and organisations who are an inspiration in their field. Congratulations to all those nominated with a link to West Yorkshire MND Branch and

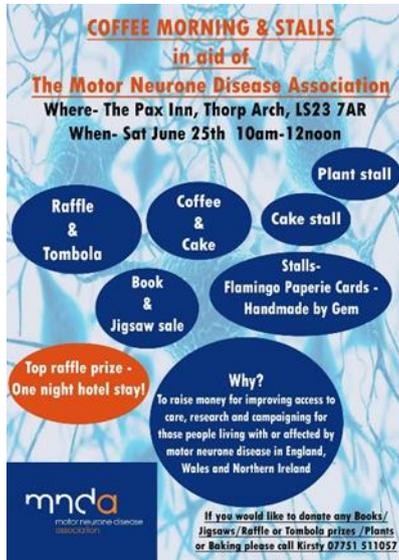
especially to those who reached the final. The winners were announced at a Gala Dinner on May 6th. Here are pictures of some of our glamorous representatives.

Lorraine Towler & friends, Rob & Lindsay



**KIRSTY HUDSON'S FUNDRAISING**

£50 raised on a Grand National Sweepstake



£800 ++ raised from the Coffee Morning. Leeds Half Marathon to come. Good luck for the running **Kirsty**.

**KIRKLEES COLLEGE RAISES FUNDS FOR MND**



Health and Social Care students together with Childcare students, and department staff, raised a massive £2,653.22 for people in West Yorkshire with MND. After completing their research, the students organised cake stalls and savoury snack stalls in both Dewsbury and Huddersfield. In addition, they planned and carried out a number of sponsored walks, some of which included members of the Huddersfield Giants. What a great effort, thank you all.

**AIMEE'S KILIMANJARO CHARITY TREK**



She says "One of the Best and possibly worst experience I've ever had, but we made it! I've met some amazing people along the way, that have honestly made this trip and helped me get to the top! I

struggled with awful altitude sickness the first two days and on the summit night but still pushed through and got myself to that welcome sign! I've cried, I've laughed but I wouldn't change a thing about this trip! Kilimanjaro, it's been a pleasure but I never want to walk you again after the past 7 days!" **Aimee Moreton**.

**Should you wish to take part yourself and join #TEAMMND .....**

This is a tough trek in the world of charity challenge events, which follows the beautiful Machame Route, approaching Kilimanjaro from the south. The route has been designed to allow gradual acclimatisation to the altitude, this gives the best platform for summit success.

The trek goes through dense tropical rainforest, moorland, and scree until you reach Uhuru Peak, the highest point.

This is one of the most challenging charity treks at altitude, climbing one of the most impressive mountains in the world.

With exceptional support and care combined with highly trained leaders and medics, you will achieve and conquer the toughest of treks. On reaching the summit you will feel a sense of overwhelming achievement – a truly unforgettable charity challenge. For more information:- [Kilimanjaro Trek | MND Association](#)



## A BIT OF A CELEBRATION



**Helen Wilson** writes, "In March, David and I hosted a "Bit of a Celebration", to bring together a number of key events in our family that had happened over the previous 2 years, and that we hadn't been able to celebrate at the time because of the

restrictions surrounding the pandemic. These events included: my retirement from secondary school teaching (August 2020); our daughter Ailsa's 21st Birthday (Oct 2020), David's retirement from university lecturing (Dec 2020); our daughter Skye's Masters Degree +++(January 2021); and our Silver Wedding Anniversary (March 2021). We held the celebration in a local venue, with hot food, and with one friend providing live music, and another friend providing the DJ support. In addition, we put up a display to raise awareness of MND and another for a local disability cycling charity that has massively supported David to keep on 'getting out there'. The displays raised a lot of interest and guests generously bought raffle tickets, the proceeds of which were split between the two charities. In addition, our DJ (whose mother passed away with MND several years ago) asked that we donate his fee to the MND Association. In total we were able to donate £280 to the West Yorkshire MND Branch. The £80 was raised by members of the Achille Ratte Climbing Hut who did a whip round to pay for a meal - and decided all the monies should actually come to add to our total. How lovely was that "

Thank you so much to **Helen & David Wilson** and all their family and friends.

## 493 HOLES OF GOLF IN 7 DAYS

**MARTIN HEGGIE**, is hoping to raise £10,000 for the Motor Neurone Disease (MND) Association by playing 493 holes in 7 days. Moortown Golf Club Professional Martin Heggie will play nearly 500 holes at each of the clubs in the Leeds & District Union of Golf Clubs. Starting at 4.30 a.m. he will be walking approximately 20+ miles each day to complete the demanding schedule.

"The motivation came simply from just how tragic Rob's situation is and how he is with his own kids and also by Kevin Sinfield and what lengths a pal will go to for another pal," explained Heggie.

"I am very aware that it is a mammoth task, but I stay pretty fit. I do hot yoga three times a week and walk at least six miles every day with the dog. I did a flexibility course earlier this year which was

good, and I learnt a lot about breathing so hopefully that will get me through the tough days in the middle of the week."

And the result? "He smashed it", reports our Regional Fundraising Rep, Jenn Scribbins, raising an amazing £15,541.

## 35 MILES IN 7 DAYS



What a great idea **Dale Moorhouse**. Dale has wanted to do a fundraiser for some time and came up with the idea to use his powerchair. He and his wife Michelle celebrated their 35th wedding anniversary on June 20th, when he began his challenge.

## HEADINGLY GOLF CLUB

**Tony Cavanagh**, Captain at Headingley Golf Club, supported us as his charity of the year raising over £9,651. We are very grateful to you and all the golfers who have contributed to your choice of charity of the year.



## Zoom Support Group

Meet up with other people living with or affected by PLS or PMA. Our next group is on on Monday 18th July at 5 pm (UK time).

**For more information or to receive the zoom link please contact:**

**Alli Anthony, Area Support Co-ordinator**  
[alli.anthony@mndassociation.org](mailto:alli.anthony@mndassociation.org)

[www.mndassociation.org](https://www.mndassociation.org) [mndassociation](https://www.facebook.com/mndassociation) [@mndassoc](https://www.instagram.com/mndassoc)

MND Association Francis Crick House, 6 Summerhouse Road, Northampton, NN3 6BJ  
Registered charity no. 294354 | Created in RightMarket - 16/6/2022 - 09:53:59





All welcome for a cuppa and a friendly chat.  
**July Tues 12th** at Cedar Court Bradford, Mayo Avenue off Rooley Lane BD5 8HW 2 – 4pm  
**Aug 10th** Carnegie Café, Headingley Stadium, St Michael's Road, Leeds LS6 3BR 1.30-3.30pm  
**Sept 14th** Legends Café, John Smith's Café, Stadium Way, Huddersfield HD1 6PG 1.30-3.30  
**Oct 12th** Holiday Inn, 40, Queens Dr, Ossett WF5 9BE 2-4pm  
 Contact Sue Starkey for more details.



**1st Wednesday** at the Holiday Inn, Queen's Drive, Ossett WF5 9BE 10am – 12noon  
**3rd Wednesday** at Cedar Court Hotel, Ainley Top, Huddersfield, from 2 pm-4 pm.

**EMILY RUNNING LONDON MARATHON 2023**



Emily says, "Eight years ago my family and I lost my dad, Ian Senior, to Motor Neurone Disease. Losing a parent in your teens is unbelievably hard, and if you lose them to something like

MND, the years leading up to this point are even harder. I looked up to my dad a lot, for his incredible golf ability, his commitment to the success of me and my siblings and for what I now know to be an impeccable music taste. Unfortunately, there were knock backs during my dad's illness, such as not being able to get the eye gaze technology that would have allowed us



to communicate with him before he passed away. Which is why I'd like to raise money in the hope that things like this don't happen to others in our position. Just after my dad's 9th anniversary next year I'll be running the London Marathon to raise

money for the Motor Neurone Disease Association. This could be used to provide technology to help those diagnosed with MND to be able to have a conversation with their family when they are no longer able to physically speak. I need to raise an initial £3,500 to run with the MNDA team, however, considering who I'm running for, I'm obviously aiming for more! Any donations, any ideas on how we can raise as much money as possible, any tips on how to run a marathon without crying are ALL welcome."  
<https://www.justgiving.com/fundraising/Emily-Senior6?fbclid=IwAR2nhhJb0GnU1nQqOm6l9yZTPmX141eE-NhKqfoqShfWSc06GcneiSBUZjw>  
 £1,568 raised so far.

## ARE YOU AWARE OF THE FOLLOWING?

### MND Association Grants

The Association offers several Support Grants for people affected by MND. Details of grants available from the Branch, MND Connect or the MND Website.

### Council Tax Reduction (Disabilities Reduction Scheme)

You may be able to get a reduction in your council tax if someone in the property is 'substantially and permanently disabled'. Apply to your local council.

### Electric Supply Discount

This varies according to suppliers. May be available if you are on disability benefit and need to use essential medical equipment.

### Water Supplier Discount

Suppliers can offer capped water bills if you are on benefits, have a water meter and have a medical condition that means you use a lot of extra water (incontinence/washing sheets etc).

### Prescription Exemption

If you have 'a continuing physical disability which means you cannot go out without the help of another person' you may be medically exempt from paying for prescriptions.

### VAT Relief/Reduction of VAT for over 60s

People with a disability do not need to pay VAT on most equipment or adaptations made to equipment for their use. The supplier will ask you to sign a declaration form. Over 60 you can buy mobility aids for your home for a reduced VAT rate of 5%. See

[www.HNRC.gov.uk](http://www.HNRC.gov.uk)

### Discounted Computers

[www.getonlineathome.org](http://www.getonlineathome.org) Discounted prices from £99 for desktops to people on certain benefits. Laptops and tablets also available

## MND REGISTER



Every single person with motor neurone disease can help the global effort to find causes, treatments and ultimately a cure for MND. By allowing us to collect your data your details will become part of the big picture, helping researchers focus their knowledge and expertise in the right areas.

<https://www.mndassociation.org/research/get-involved-in-research/mnd-register/>

## SCROLL TO HELP PEOPLE WITH MND

### Join #TeamMNDWY

The Branch needs a **Social Media Volunteer** to oversee the West Yorkshire Branch Social Media Accounts. Do you have the skills to help? Not too time consuming, our previous Social Media Volunteer suggests 1-2 hours per week, doing as much as you want, when you can. You will be using social media to help our Branch members and our wider group of social media followers. We have an active 973 Facebook members. Twitter 864 followers 1247 following. Instagram 146 followers 103 following.

## JUNE SUPPORT MEETING AT HEADINGLEY



### A LOVELY TEXT MESSAGE FROM CHARLES

*"At last the lift has gone, I've just got to make good the floor, it's been a long time getting it done, thanks for your help. All the MND people who helped Irene and myself over the last 2 years, I thank you. I don't know how we would have coped without the help."*



West Yorkshire Branch Motor Neurone Disease Association



[https://twitter.com/mnda\\_westyorks](https://twitter.com/mnda_westyorks)



@mnd\_west\_yorkshire

**Vice Chair:** Tracy Sanderson  
sanderson1@hotmail.com 07837485436

**Secretary & Treasurer:** Sue Starkey  
sstarkey1@sky.com 07704245632

**Branch Contact & Newsletter:** Jackie Johnson  
keynote10@virginmedia.com 07889523793

**Carers Group Jill Martin**  
jill@hotmail.com 01484 681586