

**RACE NIGHT & bake it!**



**Lindsey Benson** raised a whopping £2,000 at the Mill Tavern in the Lido Leisure Park, Knaresborough. She baked two cakes and the rest were donated by family and friends from the caravan site. Her Mum, **Linda McDonnell**, passed away with MND and was well known by other caravan holders. If you fancy doing the same, register here for your **bake it!** Pack. <https://www.mndassociation.org/get-involved/fundraising/doyourownthing/bakeit/>

The family seen here in July with tombola and face-painting activities. **Husband Andy & Lindsey with Nya, Erica, Ayla and Thomas.**

**HALF IRONMAN CHALLENGE**



On Sunday 14<sup>th</sup> of August, one of the hottest days of the summer, **Helen & David Wilson** took on a mighty, Half Ironman Challenge. Helen swam one mile, cycled 56 and ran 14miles. Just to make it even harder, while cycling, she towed husband David on a recumbent cycle. Despite having MND, David was able to help with the pedalling, especially up the hills – proof is in a video. They even made it onto Look North TV. Daughter **Kelly Wilson**, thanked the whole team of supporters, including those



who had stalls along the route. The money raised is to be split between MND & another charity, Empowered People who supplied the recumbent cycle. A massive £7.034 raised.

**KIRSTY HUDSON ADDING TO TOTAL RAISED**



**CAR BOOT SALE**, Wetherby. £95 raised. Total raised since January 2021 is a whopping £5,914.40

**LOTTO BONUS BALL COMPETITION**

£2 per number. £50 to the winner. £68 to MND Association. Success! All sold, nearly reached £6,000 this year. Well done Kirsty.



**PHIL TAKES ON SWINSTY RESERVOIR & MND**



You will all be pleased to know that **Phil Ward** completed the Water Aid 10k around Swinsty Reservoir, raising money for Water Aid, The Salvation Army and MND. Phil has enjoyed a 40-year career with Yorkshire Water and took part in the event alongside colleagues from across the business. Phil says, "Completed the walk

eventually- the support from everyone has been exceptional. Thank you." Almost £1,700 raised. Harrogate Informer News.

## #MISSION 5000



**Jeffrey Long** MBE began his Mission 5000 miles on September 1<sup>st</sup>, raising funds for the West Yorkshire Branch and MND Research. He began on September 4<sup>th</sup> in Centenary Square, with a mighty Civic send off

from the Mayor of Bradford, Martin Love. At the beginning of September, Jeffrey was at Headingley presenting the match ball. On Saturday 24<sup>th</sup> September, Bradford FC hosted a



bucket collection and thanks to the generous City supporters raised a fabulous £853. The result was a 2-2 draw against Wimbledon. Thanks to Colin Hey and Tracy Sanderson for their support.

## WEST YORKSHIRE BRANCH AT ODSAL STADIUM



In August the Bradford Bulls invited us to the Physical Disability Rugby League Festival at the great stadium. A huge well done to everyone who played in such hot

weather and thank you everyone who had a go on the tombola or gave a donation. A special thank you to Tracy, Colin and Trevor and to all those who



gave prizes for the tombola. The Branch raised £142.25. The prize cupboard is now empty, so if anyone would like to give for the next tombola, please get in touch – see contacts on page 4.

## WALK FROM OLD TRAFFORD TO ANFIELD

In the early hours of Saturday July 30<sup>th</sup>, **Chris Shaw, Tom Dyson, Brook Smith and Dale Liversedge** set out to walk 32 miles from Old Trafford to Anfield. You may remember from an earlier edition of the newsletter that **Selina Shaw**, his sister, walked from Goldcar to Old Trafford, raising funds for the West Yorkshire Branch. Their father, **Vic**, passed away from MND just over 5yrs ago. £1,446 raised.

## GEORGEFEST 2022 CASTLEFORD



The Branch was made to feel very welcome at the George V Fest at Castleford on a very hot July day. The event was organised by the George V Working Men's Club in support of Rob Burrow. The Branch had a well-stocked tombola, gifts kindly donated by good friends and sold T-shirts, badges & wrist bands. A fabulous £250 was raised. Thanks to volunteers **Colin Hey, Trevor Franks, Jenn Scribbins, Emily Boyce, Lindsey Benson and her family**. Apparently, **Tracy Sanderson** even spoke on the mic to thank the crowd for their support.



**Jenn Scribbins**, our Regional Fundraiser, seen here in the photo with Emily, wants to say, "A huge thank you to George V WMC for raising a total of £4,450 with various fundraising activities

including the George Fest, gigs by the Phil Lloyd Trio and more recently an Elton John Tribute night, where the committee presented our branch volunteer Tracy, with this incredible amount!"

## MND CONNECT HELPLINE

MND Connect is available Monday to Friday between 9am - 5pm and 7pm - 10:30pm. Calls to this number are free from landlines and mobile phones within the UK and do not appear on itemised bills.

Call: 0808 802 6262

Email: [mndconnect@mndassociation.org](mailto:mndconnect@mndassociation.org)

**TOTAL WARRIORS**



**Abi Fairbrother** and cousin **Lauren Cannan** took part in Total Warrior towards the end of June, held at Bramham Park, Leeds. Abi says, "The West Yorkshire Branch helped us so much last year, we'd have been lost without their support. Our Auntie was diagnosed with MND in July and passed away in November:

during that time, we had constant support from MND & the West Yorkshire Branch. Although her condition progressed quickly, **Auntie Karen** was determined to be as independent as possible. She stayed in her own home, sleeping in her own bed because of a stairlift. The stairlift was funded by the West Yorkshire Branch, it helped her every day and we couldn't have managed without it. We raised a total of £2,509.00 at the Total Warrior which has been donated to the West Yorkshire MND Branch so they can carry on with their vital help!" Good to hear your story about how the stairlift helped your Auntie. Now you have raised a large sum which will help more people. Thank you.

**AFTERNOON TEA, A POSH DO**



**Brenda Holliday** organised an afternoon tea at Idle Working Men's Club on July 2<sup>nd</sup>. This was in memory of two of her friends, one who died from MND and the other from a brain tumour. Looks like a wonderful celebration of their lives. A great idea which raised £1,500 for each charity. **Tracy Sanderson** went along to collect the cheque from Brenda.

**HUNSLET TENANTS & RESIDENTS ASSOCIATION FUNDAY**



At the end of August, Jonathan, Louise and Mike raised £90 for the West Yorkshire Branch MND Association at the TARA event at Hunslet. A huge thank you to everyone who supported the Branch at the Hunslet Tenants and Residents Association Funday.

**ACCELERATE CAR SHOW**



Thanks to all at Accelerate Car Show on Sept 18<sup>th</sup>, at Farmer Copley's, Pontefract, for making branch members **Tracy and Lorraine** very welcome. Special thanks to **Christina and Rich** from Northern Monkey Tuning. Between our raffle and the auction of signed rugby hoodies and boots we raised £723. The one minute "REV" for Rob Burrow – **very noisy!**

**TRIATHLON IMPOSSIBLE!**

After completing 7 Half Ironman's in 7 days in 2021. #7for704  
Martyn throws down the gauntlet for a final time, surely this is Impossible?....

**June 2023: Inspired by Rob Burrow MBE**

**Swim Leg:** Frankfurt, Germany - 4.34 miles

**Cycle Leg:** Frankfurt, Germany to Leeds, UK via Wembley Stadium, Leicester Tigers to Leeds Rhinos.  
"The final 101 mile bike leg honouring the Kevin Sinfield 'Extra Mile' run route - 730 miles

**Run Leg:** Leeds Rhinos to Leigh Sports Village, Greater Manchester: 61 miles 'ultra'

@clarkemartyn1 #triathlonimpossible2023

"In a world full of adversity, we must dare to dream" Rob Burrow 7



## Current carer for a person with MND? **MND Carers Group**

If so, you are welcome to come along to our Carer's Group on the 1st and 3rd Wednesday of the month.

**1<sup>st</sup> Wednesday** at Holiday Inn, Queen's Drive, Ossett WF5 9BE 10am – 12noon

**3<sup>rd</sup> Wednesday** at Cedar Court Hotel, Ainley Top, Huddersfield, 2pm – 4pm.

All current carers very welcome. Please contact Jill Martin for more details.



## West Yorkshire Branch **Support Group Meeting**

All welcome for a cuppa and a friendly chat.

**Nov Wed 9<sup>th</sup>** Legends Café, John Smith's Stadium, Stadium Way, Huddersfield HD1 6PG 1.30 - 3.30

**Dec Wed 14<sup>th</sup>** Carnegie Café, Headingley Stadium, St Michael's Road, Leeds LS6 3BR 1.30 – 3.30

Please contact Sue Starkey for more details.



West Yorkshire Branch Motor Neurone Disease Association



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



@mnd\_west\_yorkshire

## **WILD BOAR CHALLENGE**



On Oct 2nd The Three Fat Lads took part in the Wild Boar Challenge, a circular 65km off road cycle ride, starting and finishing at Skelton Lake services. A

circular 65km (or 50km) off road cycle ride, starting and finishing at Skelton Lake M1 service station. The route goes through Rothwell Country Park and follows canal tow paths, disused railway lines, bridle paths and some minor roads. It passes through Parlington Park, the Temple Newsam Estate and skirts Lotherton Hall before returning to the start/finish area. The three, not so slim lads Simon Parkin, Vince McCarry and Myles Dobson wanted to lose some weight and raise money for Wakefield Hospice and the MND Association £1946 raised to be split between the two charities.

## **A MASSIVE THANK YOU**



**Michelle Malouf**, our Area Support Co-ordinator wants to say, "A huge thank you from me for the monumental fundraising efforts of the last few months. It seems volunteers and members of our community have been busy every week doing one amazing thing after another! I don't want to

pin point any person or event specifically because every single penny and pound raised is used to benefit people living with and affected by MND. When you raise funds for the Branch all of it is returned to our region. Grants have increased this last quarter and we would like to see this increase further. A MASSIVE thank you from me and Jenn our Regional Fundraiser is bursting with pride at the efforts of West Yorkshire."

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