

### A successful and enjoyable garden visit and Support Meetings are back to normal!

#### A successful visit to Chenies Manor Gardens



Many thanks to those of you who joined us at Chenies Manor Gardens on Wednesday 14<sup>th</sup> September. The weather had not been good over the previous few days, but on the day itself the sun was shining and the gardens looked superb.

The Gardens include a sunken garden, herbaceous borders, topiary, a fountain court and a physic garden, in addition to which Chenies propagate 1,500 plus dahlias each year. They are at their best in September and they certainly looked wonderful that day.

Our army of cake makers had done their usual sterling job – and many thanks to all of them for doing so – and that helped us raise almost £2,000 on the day . . . a very welcome addition to our Branch funds.

#### ‘Walk for Webby’

When Kevin Webb was diagnosed with MND, his friends and colleagues at the company where he had worked for over 34 years wanted to raise awareness and money for the Association. They did that by organising a ‘Walk for Webby’, which was done using Strava so that people could record the miles they had walked. The aim was to walk the same distance as the circumference of the Earth, which is 24,901 miles and the target was smashed thanks to people from many different countries taking part on foot and on bikes – and they raised just over £11,500 – a fantastic achievement!



## Support Meetings

After too many months of being constrained by the pandemic, we are now able at last to get back to holding Support Meetings on a face-to-face basis. The first one was on Monday 26<sup>th</sup> September at Cedar Barn, Barn Lane, Hazlemere HP15 7BQ and it was enjoyed by all those who attended. People living with MND, their carers and family members are all very welcome, so do please join us – light refreshments are provided and they are always very informal.

## Please support a Marathon runner

Joann Simon is running the New York Marathon on 6<sup>th</sup> November in support of her friend Graham, who was diagnosed with MND in September last year, and she is aiming to raise funds for the Branch – please support her. She has a JustGiving page at:

<https://www.justgiving.com/fundraising/joann-simon4>



## A chance to do some early Christmas shopping!

CAWC International will be running their 35<sup>th</sup> annual charity Christmas Bazaar on Sunday 13<sup>th</sup> November from 10am to 4pm at the Crowne Plaza, Gerrards Cross HP9 2XE. There will be an amazing array of wonderful vendors, selling beautiful and original items, together with a huge selection of magnificent gift baskets, each beautifully designed and hand wrapped by their members, which make perfect Christmas gifts. All of the money raised will go to the Motor Neurone Disease Breathing Support Project, which is being delivered by members of the Palliative Care Service based at Florence Nightingale Hospice, part of Buckinghamshire NHS Trust, and this can provide significant benefits to local people living with MND, and the Branch is fully supportive of and grateful to CAWC.

## easyfundraising

A reminder that we are now registered with easyfundraising, so whenever you buy anything online – from your weekly shop to your annual holiday – you could be raising free donations for the Branch. There are over 6,000 shops and sites ready to make a donation – including B&Q, John Lewis, Waterstones, Booking.com, M&S and Waitrose – and it won't cost you a penny extra to help us raise funds.

All you need to do is to go to the easyfundraising website where you can join for free:

[https://www.easyfundraising.org.uk/causes/motorneuronediseaseassociation-chilternbranch/?utm\\_campaign=raise-more](https://www.easyfundraising.org.uk/causes/motorneuronediseaseassociation-chilternbranch/?utm_campaign=raise-more). Every time you shop online, you can go to easyfundraising to find the shop or site, or go direct to the site you want and your browser will show if a donation is available – then just start shopping. After you've checked out, the retailer will make a donation to the Branch at no cost to you and there are no catches or hidden charges.

### **Emergency grant extended**

As you know, the Branch is able to award financial grants to cover, for example, the cost of equipment or to assist in various ways in helping maintain quality of life. An additional grant was introduced initially at the beginning of the COVID pandemic to make funds available should families experience emergencies of any sort. The Association recognises, with the increases in energy costs and the cost of living in general that we are all experiencing, that some families may benefit from financial support, and availability of this grant has been extended until the end of the year. If you would like to make an application for such a grant, please contact your AV in the first instance, or email the Branch at [chiltern@mndassociation.org](mailto:chiltern@mndassociation.org).

### **Fundraising maestro needed!**

Do you have experience as a fundraiser and would you like to join us to use that experience to help the Branch raise the funds we need to enable us to support people living with MND? You wouldn't need to join the Committee, but you would work alongside the Committee to help organise fundraising events, as well as encouraging local companies and organisations to raise funds on behalf of the Branch, and you would be supported by our Regional Fundraiser. If you would like to get involved, or would just like more information please contact the Branch by email at [chiltern@mndassociation.org](mailto:chiltern@mndassociation.org) or by phone on 07716 667582.

### **Could you provide input to our Newsletters?**

If you would like to see your input in future editions of our Newsletters, we would be delighted to hear from you - maybe about your experiences or plans or just thoughts about any aspect of life. Not too long please as we try to keep the Newsletters to a reasonable size, and the easiest way will be for you to email anything to [chiltern@mndassociation.org](mailto:chiltern@mndassociation.org).

### **Donations to the Branch**

Everything we do as a Branch is funded entirely by donations and we are always very grateful for donations however small or large – in particular, donations help us provide support to those people living with MND within the Branch area. If you wish to make a donation, you can do so at our JustGiving page: <https://www.justgiving.com/fundraising/chiltern-branch-mnda>

### **Local and national contacts**

You can contact the Branch by email at [chiltern@mndassociation.org](mailto:chiltern@mndassociation.org) or by phone on 07716 667582.

The National Office phone number is 01604 250505, and MND Connect, which is a helpline for those with MND, their families, carers and friends, as well as a source of information for Health and Social Care professionals is at [mndconnect@mndassociation.org](mailto:mndconnect@mndassociation.org) or by phone 0808 8026262.

***If you no longer wish to receive our Newsletters,  
please either call us on 07716 667582 or email us at  
[chiltern@mndassociation.org](mailto:chiltern@mndassociation.org)***