

Chiltern Branch

Newsletter 2023

February

Upcoming events

**Bledlow Manor –
16 June 2023**

**Support Group –
20 March 2023
14.00 – 16.00
Cedar Barn,
Hazlemere,
HP15 7DW.**

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This may be a tad late but the Chiltern Volunteer team would like to send our warmest wishes for a Happy 2023 and look forward to seeing you at meetings and events in 2023.

Your Volunteer Team Needs your Help!

We are really keen to achieve our fundraising target of £30,000 by the end of this year and are already working hard on events and activities to make this happen. The money we raise enables us to support families living with MND in the Chiltern area.

All ideas - big and small will be gratefully received and you can either:

- speak to your Association Visitor
- call us on 07716 667582
- email us at chiltern@mndassociation.org

The funds we raise make a real difference and here are just some of the responses we've had from families who benefited from our efforts in 2022.

"Thank you so much for the Quality of Life support grant. Mum has smiled so much this week for the first time in a very long time. I will arrange her pamper treatments and she is so excited"

"Thank you so much for my Carers Grant - please convey my sincere gratitude and thanks to the Committee"

"Thank you for being there when I need an answer"

Many thanks for taking the time to read this - put your thinking caps on!

Fundraising So Far 2023

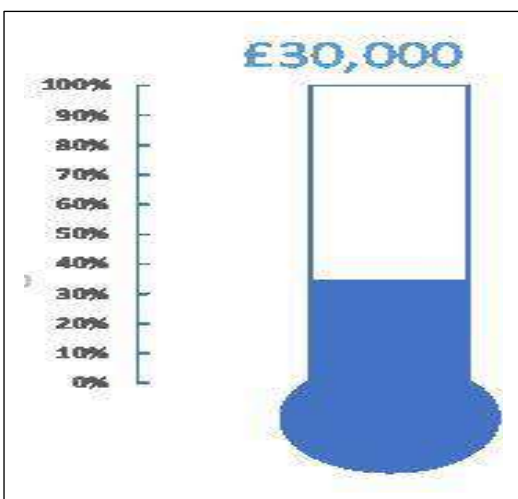
Thanks to the efforts of our fundraising events and those of our supporters we raised a total of £25,000 in 2022. Despite the increased cost of living challenges, we all face, the Committee have set a fundraising target of £30,000 for 2023 and are already working hard on events and activities to make this happen. The money we raise enables us to support families living with MND in the Chiltern area and to contribute towards research towards a cure.

Money reached our account at the end of December by Dee and her team at The Body Workshop who ran in the Marlow Santa Dash for our Branch giving us £675. In January we received a cheque for £1,300 from Lizzie Smith who organised a quiz in honour of her late husband - John - here she is with her two best friends handing over the cheque to volunteers Carmel and Cyndy



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We held our first big event on Sunday 19th February - The Snowdrop Walk at West Wycombe Park and early indications are that we will have raised a minimum of £4,500. We have a couple of other events planned for 2023 and these together with the Quiz nights at the White Lion Pub and David Alexander's selling activities will continue to add to the coffers. **But** we need more ideas and inspiration and so we're reaching out to you - the Chiltern MND Community - to ask for ideas from you, your friends and family to ensure we reach and hopefully **SMASH THE TARGET!**



Cost of Living Grant

As you know, the Branch is able to award financial support grants to cover for example, the cost of equipment or to assist in various ways in helping maintain quality of life. The Association recognises that with the current increases in energy costs and the cost of living in general, that some families may benefit from additional financial support. The Cost of Living grant is in place until the end of March 2023. If you would like to make an application for this grant please contact your Association Visitor or email the Branch at chiltern@mndassociation.org.

Support Meetings

After too many months of being constrained by the pandemic, we are now thankfully able to get back to holding our Support Meetings face to face at Cedar Barn and the first two of these have been a great success with friends old and new joining us. We were really pleased to be joined by Chris Bennett, Head of Regional Care Partnership – Central and West as well as Matthew Hollis, Area Support Co-ordinator at our February meeting. Chris commented "It's a lovely venue with such a warm welcoming atmosphere. It's clear how much people get out of talking to each other". People living with MND and their family members are all very welcome and the meetings are very informal - we provide light refreshments and are always on the lookout for home bakers!

Could you provide input to our Newsletters?

We're keen to hear from our Newsletter Readers – so if you're a budding writer and have a story to share, we would be delighted to hear from you. Email chiltern@mndassociation.org .

Living with Motor Neurone Disease MY Dad by Richard Kyson

Richard Kyson whose Dad Colin had MND has written a book about the families experience of MND. The family live in Aylesbury so this is very much a local story. Richard and the family are very kindly donating the profits from sales of the book 50/50 between the MND Association and the My Name's Doddie Foundation. Books can be purchased directly from Richard at richardkyson@hotmail.com .

Donations to the Branch

Everything we do as a Branch is funded entirely by the money we raise at events and by donations and we are always very grateful for any donations - however large or small. If you wish to make a donation you can do so on the Chiltern Branch of the MND Webpage or using this quick link www.justgiving.com/fundraising/chiltern-branch-mnda .

Richard Coleman

As you will all know by now, Richard Coleman our Chiltern Branch Chairman sadly died in January. Our thoughts and prayers are with Richard's family and friends at this very sad time. Richard will be sorely missed by all the volunteers in Chiltern Branch - his contribution to our Branch and the lives of people impacted by MND locally was immense.

RIP Richard



Local and national contacts

You can contact the Branch by email at 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 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***

MND Connect is available 9am to 5pm and
7pm to 10.30pm Mondays to Fridays.

0808 802 6262