

FABULOUS LOCAL SUPPORT FOR KEVIN SINFIELD



Nov 18th **Kirsty Hudson** very early in the morning. Kirsty has lost 5 family members to MND.



Lorraine Towler and friends, including a dinosaur!



Nov 19th **Jenn Scribbins & Tracy Sanderson**
 Banging the drum at Bradford City



Leanda Cox was with her mum **June**, her friend **Angie Skinner** and her little girl.

"We cheered Kev from the Bottomleys Arms on Halifax Road and walked or jogged down to the

Stonechair roundabout.. Mainly as my mum was so emotional she wanted to carry on watching him and my friends little girl wanted to run along too it was fantastic, the atmosphere and crowds were great."



Lillian, Gillian and Dave Hardwick, 7.45am at Wibsey Park Ave, on the last day .



BARKISLAND CRICKET CLUB

During November, **Barkisland Cricket Club** raised a massive £1,000 for Branch funds. Many thanks to all involved! In conjunction with the Griffin Inn in Barkisland, they helped to run a quiz night which raised £300. Thanks to landlord **Andy Lineham** and the quizzers.

A superb Bucks fizz breakfast, prepared by members **Chris Gregory** and **Simon Finch**, raised £310. A generous donation of £300 was received from **Adrian Westbrook**. A bottle of whisky, donated by **Peter Haigh** was raffled and raised another £90.

The cheque was presented to **Mike Bridgman**, a West Yorkshire Branch member



L-R **Simon Finch, Chris Gregory, Robert Wood, Peter Haigh, Mike Bridgman, Adrian Westbrook, Andy Lineham.**

ANDY DURANT TO RUN THE 2023 LONDON MARATHON



This year the race is on April 23rd. Andy says, "In 2015 **Eric Frank** was diagnosed with MND, he went from being an active, working man to not being able to walk, talk, eat or do anything for himself. He continues to fight everyday but requires 24hr support from family and carers. He is without doubt the bravest man

I've had the privilege of meeting. I've witnessed first-hand the strength and bravery of the Frank family and I have been given the opportunity to run the London marathon in 2023, to raise valuable funds to help support people in need. This will help to fund vital research to fight the disease and hopefully one day provide a cure. **Micaela, Izzy and Pat** have supported me on many running adventures. Despite what they are going through they have stood and cheered me on come rain or shine. I understand that we are living in a tough time financially but it would mean the world to me and the MND Association community if you could donate whatever possible. There is no cure for MND so every penny you can give takes us closer to finding one. Please dig deep and help Eric and families up and down the country."

https://www.justgiving.com/fundraising/andrew-durant1?utm_source=facebook&utm_medium=fundraising&utm_content=andrew-durant1&utm_campaign=pfp-share&utm_term=d40ca8769a1d4e17aa1d03c46f0bd16e&fbclid=IwAR3itSYByvms4go6Sfil3iQS291jlanq8Ju46nOJ2iwHY7MvdB3R2Qh0cNAWORK

PUMPKIN PICKING



three days, £350 was collected. **Tracy Sanderson** says thanks to **Colin Hey, Mike Bridgeman and Rachel Brooke** for their help.

Thanks to **Farmer Copleys** for allowing the Branch to collect money at their pumpkin festival. Despite the very muddy conditions over the



DALE BUSY AGAIN



Dale Moorhouse is busy raising funds for MND. He wishes to thank everyone who entered the football card draw, raising £75. His walk or ride (Dale in his powerchair), from John Smith's Stadium in Huddersfield to Odsal Stadium in Bradford, 9 miles, had to be rearranged due to the frosty weather. Over £500 raised so far.

WORKHOUSE FITNESS GYM

Back in November, at the same time as **Kevin Sinfield** was running his 7 Ultra Marathons, Workhouse Fitness in Farsley held a 7 day walking or running challenge in the gym. £219.68 was raised by the gym members and some gave directly to Kev's online fundraising page.

VILLAGE VOICES BILDON

On December 14th, the Village Voices Choir held their Christmas Concert and raised an incredible £700 for MND. One of the members lost her husband to MND a few years ago. Thank you to everyone who sang and who donated.

ORIGINAL FISH SHOP BRAMLEY



Donna Smith was very sad to learn about **Rob Burrow's** diagnosis of MND, she hadn't heard of the condition before.

She says, "I have been a slow but steady runner for 7yrs but never been interested in running a full marathon." However, for her 50th birthday, February last year, her three cousins bought her the entry to the Rob Burrow Marathon as a surprise! Hoping to raise as much money as possible, she has a poster displayed in the fish shop. Customers have been so very generous, with their donations and she has sold lots of tickets for a raffle. "I really hope that any funds raised can help to find a cure for this terrible disease", says Donna. Thank you very much for all the effort you are putting in to raise and thank you to your customers for giving you such great support.

VERY MUCH ALIVE



In 2017, entrepreneur and family man **Paul Jameson** (BEM) was diagnosed with Motor Neurone Disease and told he may have only two years left to live. In his own words that was ‘the start of his life and not the end.’ He vowed to make each day count from then on. His first

book, *Very Much Alive*, chronicles the adventures and successes he has notched up with the love and support of his wife Jess and their three grown children. *Very Much Alive* is an inspirational memoir combining personal experience with an intellectual exploration of facing a terminal diagnosis with amazing positivity. All profits from the sale of the book will be donated to the MND Association. <https://www.amazon.co.uk/Very-Much-Alive-terminal-adventure/dp/B0BCSB1KBM>

ARMLEY ARTIST



Brent Sheldon has raised a fantastic £25,000 from his 7 paintings which have been auctioned via his social media pages or at MND fundraising events plus prints that he has sold. He says, “I’m a lifelong Leeds fan and watched Rob

throughout his rugby career so I was inspired to do something to try and raise money following the news of his diagnosis and one painting then led to another and it's been an incredibly worthwhile and rewarding journey producing these artworks for this wonderful charity.” Top picture, **The Big Smile**, raised £7,777 at a Leigh Rugby League Club fundraiser event. Thank you Brent.



BOXING DAY RAFFLE



Josey Shaw and Shaun Keating run the popular Brown Horse pub situated in Coley near Halifax HX3 7SD Every year they support a different charity and last year they chose MND. All their suppliers donated a large number of

raffle prizes and tickets were priced at £3 each to regulars and diners alike. The first prize was a large hamper containing a wide range of quality produce and other prizes included champagnes and rare gins. The raffle was drawn on



Boxing Day 2022 and raised a massive £2180.00 for the West Yorkshire branch

Mike Brigeman received the cheque and says “Many heartfelt thanks to Josey, Shaun, their customers and suppliers

for raising such a superb amount of money.

FUNDS RAISED—WHAT IS THE MONEY USED FOR?

At the beginning of 2022, the My Name’s Doddie Foundation donated an incredible £100,000 towards the Association’s financial grants programme to support people living with and affected by MND. These funds, along with generous financial support from our branches and central funds from the Association, have helped the Association award grants to 330 people living with MND and 70 carers. In fact, the Association’s 2022 figure year-to-date is a huge £1.3 million contributed towards grants. We are also grateful for the continued support for our grants programme from the Darby Rimmer MND Foundation and ChallengingMND.

Together, we have funded riser/recliner armchairs, home adaptations, home and garden improvements, ramps, stairlifts and support for carers, young carers and post-bereaved carers. Funds raised in West Yorkshire are contributing to these grants for our people with MND in the county.



Zoom Support Group

Meet up with other people living with or affected by PLS or PMA. We meet on the second Monday of the month at 5 pm (UK time). The dates are: 9th January, 13th February, 13th March, April TBC, 8th May, 12th June, 10th July, 14th August, 11th September, 9th October, 13th November, 11th December.

For more information or to receive the zoom link please contact:
Alli Anthony, Area Support Co-ordinator
alli.anthony@mndassociation.org

[mndassociation](https://www.facebook.com/mndassociation)
[@emndassoc](https://twitter.com/emndassoc)
www.mndassociation.org

MND Tracheostomy Carers Group

Are you caring for someone living with MND and a tracheostomy?

Join other carers at our zoom support group on Tuesday 10th January at 7pm to share ideas and experiences with other carers. It is an informal group for peer support.

If you would like to join please email:
alli.anthony@mndassociation.org
 or
lisa.bumard@mndassociation.org

[mndassociation](https://www.facebook.com/mndassociation)
[@emndassoc](https://twitter.com/emndassoc)
www.mndassociation.org
MND Association, Pontefract, 5, Kettlewell Road, Pontefract, WF7 5AF
 Registered Charity No. 285542, Charities in England No. 285542, 193421

PLS/PMA support group facilitated by a person with PMA (Jean Waters, ex chair of the Association) which meets on the second Monday of each month at 5pm. It's a lively group which is very welcoming to new members and occasionally has frank comments from participants about the challenges of life with a long term disability. Some group members use the chat function which is read out.

HAPPY FACES AT THE HEADINGLEY, DECEMBER GET-TOGETHER



ENJOYING A CHAT AT THE JANUARY 2023 GET-TOGETHER



Trying a new venue at **Skelton Lakes Services**, M1 J45, Leeds, approximately 2 miles east of Leeds city centre.



March 8th The Moo Café at Farmer Copleys
 Ravensknowle Farm, Pontefract Road, Pontefract
 WF7 5AF 1.30-3.30pm

Get-Togethers are held on the second Wednesday of the month. These gatherings are very informal and open to all those affected by MND. Time for a chat and a cuppa. MND Association staff & MND volunteers there to help.

HAPPY BIRTHDAY

Gary Hiley reached 70 and a reason to celebrate. Instead of presents, he asked for donations to MND and raised a fabulous £253.64. Thank you Gary and we hope you had a memorable birthday.



**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.

Carers only. First and third Wednesday of the month.

First Wednesday - Holiday Inn, Ossett WF5 9BE, from 10am-12 noon, facilitated by Michelle Malouf.

Third Wednesday - Cedar Court Hotel, Ainley Top, Huddersfield, from 2 pm-4 pm, facilitated by Juliet MacDonald.

JILL MARTIN



I would like to take the opportunity to publicly thank **Jill Martin** who has facilitated the Carer's Group before and after Covid. Jill has made a big impact with carers in West

Yorkshire providing support, advice, friendship and a listening ear. You will be much missed Jill. Thank you so very much and we all wish you well in your next venture. **Michelle Malouf Area Support Co-ordinator**

PRIORITY SERVICES REGISTER – Get help from your supplier.

Power cuts will affect equipment such as Non-Invasive Ventilators, stair lifts, bath hoists and adjustable beds. Make sure that any essential medical equipment has a battery back-up. This means you can keep using it, even if the power is out. If you have a stair lift, check it has a manual release handle, you can use this to return the lift to the ground floor if you have a power cut. The register is open to people with a disability or chronic health condition, as well as the over-60s and pregnant women or parents with children under five. About 6 million people in Great Britain are on priority service registers, according to Ofgem. <https://www.ofgem.gov.uk/information-consumers/energy-advice-households/getting-extra-help-priority-services-register>

WELCOME TO OUR NEW VOLUNTEERS

Hello, I would like to welcome and introduce you to our newest branch volunteers.

Our new Association Visitors are, **Margaret Bridgman** - Halifax, **Jeremy Slack** - Bradford, **Emma Smith** - Leeds and **Alex Shann** - Huddersfield. As you can see, this gives us wide coverage across West Yorkshire. Association Visitors undergo training to equip them to offer support to people living with MND, their families and friends. This might be in the form of a visit, phone call, email or text message.

Our new fundraising volunteers are, **Jonathan Griffiths**, **Rachel Brooke**, **Linzi Benson**, **Colin Hey** and **Brenda Hulme**. The fundraising team have been involved in lots of events this year including tombolas, raffles, awareness raising, supporting fundraising events, bucket collections and cheque presentations.

Becca Strangeway has joined us as our Social Media guru. We have our own Facebook page and we are also on Twitter and Instagram.

Thanks to all our volunteers who give their time willingly to support the MND community in West Yorkshire.

The MND Association has funded a 15-hour post for a Family Support Worker based at the Leeds Care Centre. **Sam Oakes** is now in post and we extend a very warm welcome to her and look forward to working with her in the future.

If anyone is inspired to join our branch volunteers, please do get in touch, see contact details page 6.

TRY BEFORE YOU BUY



The team of Occupational Therapists offer impartial, professional advice and carry out assessments with a wide range of disability equipment. Always discuss with your own OT before you buy, she may be able to provide the equipment.

Find them at Aire House 100 Town Street, Rodley, Leeds LS13 1HP
Tel: 0113 350 8989
Email: info@wmdlc.org

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

LOOKING FOR ACCESSIBLE HOLIDAY PROPERTIES?

Try this Facebook page, ask your question. Accessible Holidays and Day Trips. [https://www.facebook.com/groups/807465622675204/?hoisted_section_header_type=recently seen&multi_permaLinks=5802482166506833](https://www.facebook.com/groups/807465622675204/?hoisted_section_header_type=recently_seen&multi_permaLinks=5802482166506833)

The booklet **GETTING AROUND**, from the MND Association is packed with advice for all forms of travel.

<https://www.mndassociation.org/app/uploads/2022/06/Getting-around.pdf>

PREMIER OF THE UL7RA DOCUMENTARY

A behind the scenes view of Kevin Sinfield's challenge in November.



With Michelle Malouf, Colin Hey and Tanya Arnold, our Branch Patron.

GILLIAN HARDWICK ON HER CHRISTASSY SCOOTER



SUE STARKEY, SECRETARY & TREASURER and MICHELLE MALOUF our AREA SUPPORT CO-ORDINATOR.



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West Yorkshire Branch Motor Neurone Disease Association



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