

# NW London Branch Newsletter - Winter 2023

## Message from Co-Chairs

It's that time again and this is our final newsletter of the year. It's been a good year for fundraising not only for the Association but for the branch too. Looking back over the year, we have been involved in corporate fundraising as well as collecting at tube stations and supermarkets. Thanks to everyone who helped out at these collections. We have enjoyed meeting branch members at various events and we hope you will join us on Sunday 3 December for our festive gathering (details below).

**The 7 in 7 in 7 Challenge and Extra Mile.** As you may have seen, our patron and hero Kevin Sinfield will run 7 marathons across 7 cities with a special extra mile in each location to run with the MND Community. You are invited to join him for this mile, whether running, walking or wheeling. The London leg will take place in Richmond Park on 7 December 12-1pm. Please note that there is limited capacity at each location, so please register your interest by 16 November- <https://www.mndassociation.org/form/7-in-7-extra-mile>

**New Booklet - Types of Care** - We are delighted to announce the launch of this new booklet, the aim of which is to help people with MND or Kennedy's disease access support. This booklet can be ordered through MND Connect - [mndconnect@mndassociation.org](mailto:mndconnect@mndassociation.org)

**Creative communication with Mind's Eye.** People living with MND can now create bespoke digital artwork thanks to innovative artificial intelligence (AI) art platform, Mind's Eye. Budding artists can quickly create and share bespoke artwork with just a few clicks. Further information can be found here. [www.mndassociation.org/media/latest-news/unleashing-artistic-creativity-with-new-ai-art-platform?dm\\_i=40VS,1LBB0,8FYXN6,60060,1](http://www.mndassociation.org/media/latest-news/unleashing-artistic-creativity-with-new-ai-art-platform?dm_i=40VS,1LBB0,8FYXN6,60060,1)

**Wheelchair Support** Please let us know if you are experiencing any delays or issues with your wheelchair that are affecting your quality of life. We are here to support you and ensure any problems you are facing can be evidenced and addressed as soon as possible. Please contact Anne Buchanan at: [wheelchairqueries@mndassociation.org](mailto:wheelchairqueries@mndassociation.org)

With best wishes

*Cheryl & Sarah*

## BRANCH CONTACTS

NW London Co-Chair	Sarah Ezekiel	<a href="mailto:sarah.ezekiel@mndassociation.org">sarah.ezekiel@mndassociation.org</a>	
NW London Co-Chair	Cheryl Stroud	<a href="mailto:cheryl.stroud@mndassociation.org">cheryl.stroud@mndassociation.org</a>	07855 750812
Area Support Coordinator	Kathryn Parkin	<a href="mailto:kathryn.parkin@mndassociation.org">kathryn.parkin@mndassociation.org</a>	01604 800658

## MND CONNECT HELPLINE

MND Connect helpline is available to anyone seeking information and support about motor neurone disease, linking you to a trained team within the MNDA. The hotline is live between 9am-5pm & 7pm-10.30pm and calls are free from landlines/mobile phones.

Contact: [mndconnect@mndassociation.org](mailto:mndconnect@mndassociation.org) | Tel: 0808 802 6262

## Future Events



### Festive Gathering

**Sunday, 3 December from 3-5pm**

St John's Hospice, c/o St John & Elizabeth Hospital  
60 Grove End Rd,  
London NW8 9NH

We hope you will join us at our Christmas event next month. It is a perfect opportunity to meet your branch whilst enjoying festive food and drink, some music and a quiz. Please note that the Day Room at the Hospice is fully accessible and there is parking nearby. We look forward to seeing you then. Please RSVP to [cheryl.stroud@mndassociation.org](mailto:cheryl.stroud@mndassociation.org)

## Online Support Meetings

### Recently Diagnosed Group

**Next meeting: Friday, 17 November at 2pm**

If you, or a loved one, have been recently diagnosed with MND, you are welcome to join our friendly online group.

It is an opportunity to meet others in the same position, ask questions and find out about available support. These meetings are held monthly via Zoom on the 3rd Friday of the month at 2pm. **Future dates: 15 December**

For more information and joining details, please contact [lisa.burnard@mndassociation.org](mailto:lisa.burnard@mndassociation.org)

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### Carers' Support group

**Next morning session - Tuesday, 5 December at 11am / Next evening session - Wednesday, 29 November at 6.30pm**

**Online Group for carers of people living with MND**

Are you caring for someone living with MND? If so, you may wish to join this online meeting for a friendly supportive chat with other carers based in the South East. These small group meetings are run by our Area Support Coordinators

**Morning:** The morning support meetings take place on the first Tuesday of each month at 11am

if you would like more information on joining this group please contact [lisa.burnard@mndassociation.org](mailto:lisa.burnard@mndassociation.org)

**Evening:** The evening support meetings take place on the last Wednesday of the month at 6.30 pm

**Future dates: 20 December**

For more information on joining this group, please contact [alli.anthony@mndassociation.org](mailto:alli.anthony@mndassociation.org) / [justine.cox@mndassociation.org](mailto:justine.cox@mndassociation.org)

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### PMA/PLS Support Group

**Next meeting: Monday, 11 December at 5pm**

Online meeting for people living with or affected by PLS or PMA on the 2nd Monday of the month at 5pm.

**Future dates: 11 December**

For more information or to receive the zoom link, please contact Alli Anthony [alli.anthony@mndassociation.org](mailto:alli.anthony@mndassociation.org)

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### First Wednesday Support Group

**Next meeting: Wednesday, 6 December @ 11 am**

Group for people living with MND and their families and carers. Join us for a virtual cuppa and friendly & supportive chat.

**Future dates: 6 December / 2024 - 3 January**

For more information on the group and joining details please contact [kathryn.parkin@mndassociation.org](mailto:kathryn.parkin@mndassociation.org)

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### SE Region Support Group

**Next Meeting: Tuesday 21 November @ 11am**

An informal group to share your story, ideas and meet others living with and affected by MND on 3rd Tuesday at 11am

**Future dates: 19 December**

For further details, please contact: [liz.Cooper@mndassociation.org](mailto:liz.Cooper@mndassociation.org) / [dawn.Pond@mndassociation.org](mailto:dawn.Pond@mndassociation.org)

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### MND Army Veterans Support Group

**Next meeting: Wednesday, 17 November**

We would like to welcome all army veterans to join us for a different type of support group. These meetings are held monthly.

**Future dates: 15 December**

For more information on the group and joining details please contact: [dawn.pond@mndassociation.org](mailto:dawn.pond@mndassociation.org)

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### Let's talk CHC

**Next meeting: Monday, 27 November**

Join our peer support group for people with and affected by MND wanting to understand more about the process of obtaining Continuing Health Care (CHC) funding, or who are facing problems with an existing care package.

The group is facilitated by our CHC Peer Support volunteers, and is open to people with MND and their families.

**2024 Dates: 8 January, 19 February, 1 April**

For more information and joining details please contact [anne.anderson@mndassociation.org](mailto:anne.anderson@mndassociation.org). Tel: 01604 611893