

NEWSLETTER

Motor Neurone Disease Association South Yorkshire Branch

WINTER 2023



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SMH Group

Welcome to the Winter Edition of the South Yorkshire Branch Newsletter

As we approach the end of 2023 it gives the Branch Committee an opportunity to thank all those generous people whose efforts holding fundraising events, large or small and in whatever capacity over the past year have enabled us to meet all the varied requests we have had for support. Despite the current financial situation so many are facing, people have dug deep. Thank you to all of you who have supported us.

You will see from the Grants article in this newsletter the number of grants awarded in 2022 and 2023 and I'm sure you will agree how important fundraising is so that we can continue to help as many people affected by MND as possible.

The Branch Newsletter cannot, unfortunately, include every event in its issues, but if you do wish to contribute an item that you feel would be of interest to our readers, please do send them to me, along with photos if possible. Thanks go to all members of the fund-raising committee, and particularly to Trevor Peacock and his lovely wife Doreen who so generously give of their time to organise as

many enjoyable events to help raise the much-needed funds. Please remember, we are here to help in any way we can, so please do speak with your Association Visitor or contact Brian Jackson if you need help.

Whilst the newsletter attempts to include positive items such as the latest developments in research, or the inspirational people living with MND, we do sometimes have to impart sad news.

As some of you will know, the Branch Committee lost a member in the recent passing of Geoff Bland and we include a tribute to him in this edition; Geoff was a tireless volunteer for the MND Association and will be greatly missed.

Once again, a huge thank you to everyone who has supported the Branch. Amongst those thanks are John & Jill Hill, Mensa Printers for the professional production of the newsletter and to Sutton McGrath Hartley for their ongoing funding of it. Last, but not least, thanks to the Health Care professionals who work tirelessly not just to support people living with MND but in their work towards finding a cure for this disease.

On behalf of the Branch Committee, have a very Merry Christmas and every good wish for 2024.

Christine

Vice Chair's Report

A very warm welcome to all our members and volunteers in the South Yorkshire Branch of the MNDA. This is the Winter edition of our newsletter and our last publication in 2023. Our Chairman, Dr Andrew Gibson, is taking a much-deserved break down under, so it gives me this chance to reflect on my first 12 months as Vice Chair of the branch.

The first thing to say is I can't believe my first year in this role is almost up and what a year it's been - it's been so busy, but everybody has been so welcoming and supportive!

We have a wonderful team of branch volunteers working to support people living with MND and their families. I have been amazed at the dedication shown by every single volunteer in the

branch. The number of hours they devote to fundraising, running awareness-raising events, manning support groups and undertaking home visits is remarkable. I also wanted to mention our salaried Area Support Coordinator, Jayne Thompson, who patiently and stoically steers us in the right direction, well for the most part that is!

It has been a privilege to witness the countless acts of giving across all our activities, but more than anything, I have been humbled by the strength and dignity shown by those facing this dreadful disease.

With all best wishes for a very Happy Christmas and may 2024 bring us all good health and happiness.

Julie

Change of Branch Contact Details

Please note the change to Branch Contact details. Ann Quinn and I are currently sharing this role.

Please contact me, (Christine Naylor) by **telephoning 0114 2653774**

Contact Ann by **e-mail** via mndvisitor@gmail.com

Treasurer's Report

I am pleased to report that our finances continue to improve. For the quarter to 30th September, our income was a massive £27,780. This was mainly due to three golf days held in August and September, with £2,500 being contributed by the Dronfield 41 Club, £2,150 from the Dore & Totley golf day and a massive £7,055 from the golf day held by SMH Chartered Accountants. We thank all involved for this tremendous support.

Some even better news recently received is that Lloyds Bank have agreed to match fund the Dore & Totley event, and some of our other events, to the tune of £3,931.

We also wish to thank the Sheffield Town Trust who have contributed £3,000 to our cause. This was as a result of the good work of our Grants and Trusts Team of Vanessa, Siobhan, Esme and Daisy, with more funding to come. Well done ladies!

In October, Jill Hill's quiz was the most successful ever, raising £1,698. Trevor also organised concerts in October and November to raise more funds. Income during the winter period will be well down, but the above means we will have

sufficient funds to make any grants that we will need to meet. In the September quarter, we made grants of £18,150 with a further £4,830 since. As at 30th September, we had available funds to spend of £14,730.

If you wish to donate, cheques should be made payable to 'MND Association South Yorkshire' and sent to Mr P Hebblethwaite at 55 Newfield Lane, Sheffield S17 3DD or you can pay directly to our account 02972378, sort code 30-96-09. You can call me on 07729 118 590 or email me - treasurer.mndasy@gmail.com.

Paul

Grants Report Update

So far this year, the MNDA has made £61,958.05 available to people affected by MND. Of this, the South Yorkshire Branch has contributed £47,007.05. As you can see, this is well over half of the total amount. Also, to give some idea of the number of grants given, in 2022 there were 109 grants in the whole year and so far this year, 149 grants have been made.

Memories of Geoff Bland



Geoff joined the South Yorkshire Branch in 2014 after the loss of his wife Joan to MND. From the start it was very clear that Geoff was a force to be bargained with. He threw himself into fund-raising and raising awareness from the outset and at the same time trained to be an Association Visitor in order to be able to visit people living with MND in their own homes. In this role he proved to be a sympathetic, supportive listening ear to those he visited. There was nothing that he wouldn't do to raise funds or awareness and to some extent, doing just that became a focus in his life.

Since the sad news of Geoff's passing people have shared their individual memories of Geoff, some of which are outlined below:-

"Geoff enjoyed any opportunity

to dress up – he wasn't fazed by wearing his underwear outside his clothes to raise funds at Doncaster Lakeside events"

"I remember the great night organised by Geoff in celebration of the Branch's 20th Birthday. This was a 1920s themed night at which Geoff turned up as Al Kaseltzer, as he was sure he would need some the morning after the night before"

"Who can forget his skills as an auctioneer at the many band concerts – I'm sure he could sell snow to an Inuit. His double act with Doreen Peacock had the whole place in stitches of laughter"

"And what about the time he turned up as Mr Mainwaring at a 40's Night event – whilst doing the rounds of the room checking that people were having a good time, he could be heard to say, as he moved from table to table, "Stupid Boy" so realistically you'd almost believe the real Mr Mainwaring was there. To some extent he was Mr Mainwaring – a no-nonsense man"

"Geoff was the first person I spoke to on attending my first Open Meeting. Before long we were chatting away and he had persuaded me to volunteer for the Branch. He could be quite

persuasive! But such was his enthusiasm about helping people living with MND he convinced me to join.”

Geoff was a true Yorkshireman always calling a spade a spade and sometimes even a more earthy epithet. Whatever you asked him to do, the answer was always “Not a problem.”

In 2020 during Covid Geoff organised a weekly Tuesday night zoom quiz to ensure that the Branch could keep in touch with each other, and those it supported - he proved that he had a wide range of knowledge and was an excellent quiz master to boot. Geoff became not only a colleague on the committee, but a friend as well.

Geoff was a true Yorkshire man. A Barnsley man through and



through and proud of it. He said it as it was or is. He was tireless and utterly reliable in his pursuit of the MND cause. He was astonishingly brave throughout his long illness, sadly passing away on September 5th this year. For all these characteristics, he will be fondly remembered, respected and sorely missed.

CSMH Group raises over £7,000 for MNDA in third annual charity golf day

SMH Group, the Yorkshire and Derbyshire based firm of chartered accountants and business advisers, have raised over £7,000 for their charity of the year, the South Yorkshire branch of the Motor Neurone Disease Association (MNDA), at their annual charity golf day, which took place at Chesterfield Golf Club in September 2023.

The tournament, expanded to 29 teams for its third year, included teams of four from local businesses, all competing for a range of prizes on the day, with the team from Freeman Bennett Jewellers coming out on top claiming first place

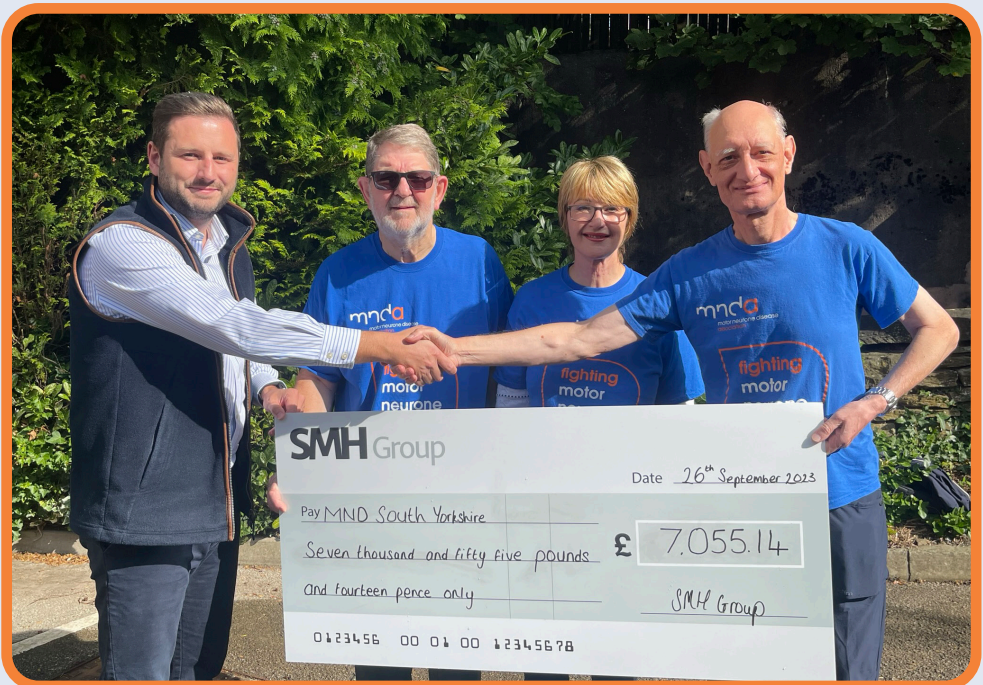
Organised by Ross Jordan, Partner of SMH Bullock Woodburn, who form part of

the SMH Group, the day gave clients and close contacts of the firm a great opportunity to take up some in-person networking, as well as being the catalyst to raise funds for a very deserving local charity.

The MNDa is a charity close to many people at the SMH Group, as it supports individuals and families battling the devastating impact of Motor Neurone Disease (MND). With no known cure, the MNDa plays a pivotal role in providing essential care, support, and research funding to improve the lives of those affected by MND.

Ross Jordan, Partner at SMH Group comments: "As a progressive company by nature, we wanted to make this year's charity golf day bigger and better than ever. After the success of our first two events, we had a big target to aim at and we're absolutely thrilled to have smashed it, raising more than three times the amount we did last year.

"This was achieved by opening the event up to more sponsors, who we can't thank enough for their kind donations of tee sponsorship, competition sponsorship, raffle and auction



From left to right: Ross Jordan, Partner at SMH Group, Trevor Peacock, Julie Ward (Vice Chair) and Paul Hebblethwaite of MNDa.

prize donations, as well as all 29 teams who donated to take part – we couldn't have done this without you!

"We had a lot of keen, and competitive, golfers take part, which made for a very entertaining day with the individual on course competitions, as well the overall team competition for first, second and third place.



The winning team from Freeman Bennett Jewellers'

"A big well done to the team from Freeman Bennett Jewellers who finished in first place, along with Ben Conlan of Graywoods and Cath Lake of Services Design Associates who won the longest drive competitions, Andrew Sharman of Services Design Associates and Paul Trudgill of Virgin Money who won the closest to the pin competitions, and Shaun Smith of Sheffield Steelers who won the simulator closest to the pin competition on hole 7 at the iconic Pebble Beach course."

Ross concludes with messages of thanks: "SMH Group have been supporting our local branch of MNDA for a number of years, so it's a pleasure to be able to hold this event again and raise a great sum of money for the charity. We'd like to extend our thanks to the MNDA charity team who helped out on the day with the raffle, our marketing team who helped make sure the day ran smoothly, as well as some fantastic local organisations who donated raffle and auction prizes, who we have publicly thanked via our social media channels.

"We're looking forward to making next year's event bigger and better already!"

Paul Hebblethwaite of MNDA South Yorkshire Branch adds: "The raffle, together with the other fundraising taking place across the day raised over £7,000 thanks to the generosity of SMH Group and the golfers. Thank you for choosing to support the MNDA charity and in doing so, enabling us to continue to help people living with MND in the South Yorkshire area."

The South Yorkshire branch of the Motor Neurone Disease Society can be contacted on

0114 265 3774 or by visiting: <https://www.mndassociation.org/support-and-information/local-support/branches/south-yorkshire-branch/>

Bare Legs Brian's 2023 Challenge London to Paris Cycle Ride

Diary September 12th to 17th 2003

Tuesday: Set off for London by train, not by bike, to spend night at hotel from where we would start.

Wednesday: 6.30 start with a briefing: 98 cyclists of which I may have been the only solo one. 7.00 set off for Dover 86 miles away, some of it on the South Downs. Event of the day – getting lost! But I wasn't the only one. Had to be picked up, missed lunch. No spare battery for the bike, meaning I had to have another ride into Dover. It also meant that I missed 25 miles of the day's cycling. Ferry to Calais arriving in the dark which meant a further mile cycling with the novel experience of riding on the right.

Thursday: What joy! A late start – 7.30 for the ride to Arras. Lovely day's ride. Made sure I didn't get lost this time. Temperature in the mid-20s as was the rest of the week. Remembered to put sunblock on including my head under my helmet but forgot my nose.

Friday: Arras to Compiègne. Day of the war cemeteries. We must have passed six ourselves and many others signposted. I was adopted by a group supporting St John's Hospice in Lancashire. They were a super friendly and supportive set. Really enjoyed cycling with them. It was fun but bone shaking to ride over the cobbles in many of the villages.

Saturday: Final cycling day. Another great day, including even actually stopping for a coffee in one of the villages. Beautiful scenery including a wooded valley with a chateau amongst the trees. Day finished in Paris which was a bit of a nightmare for cyclists, but we all survived.

Sunday: Travelling back to London in style via Eurostar. Nearly suffered the embarrassment of my shorts coming down in customs at Gare du Nord after I had removed my belt which had a metal buckle.

Travelling from London St Pancras to Sheffield was a bit of a nightmare as the journey had to be terminated at Kettering because of a lightning strike at Trent Junction which knocked out the whole of the eastern rail network. My eldest son (and, it transpired, his family and my youngest son) was in Sheffield to welcome me back and so had to drive down to Kettering to rescue me. I eventually arrived back home on Monday after stopping overnight in Long Eaton.

My cycling distance: 295 miles Whole distance: 320 miles. Was it worth it? Most certainly yes, especially when I realised I had raised £6,305.00 (so far)

Quiz Night

On Friday 20th October Jill & John Hill once again held a quiz night in aid of the Branch.

It was an atrocious night weather-wise, with torrential rain having battered the city for most of the day and into the evening, but nevertheless, many people turned out to support the event. The Branch entered a team of 7 players and came second with a score of 68 points, being narrowly beaten by a score of 70 points. A home-made pea & pie supper was enjoyed by all and was delicious as usual. Jill & John have held

this quiz for the past 12 years and raised in excess of £10,000 for the Branch. Paul Hebblethwaite, Branch Treasurer concluded the evening by thanking everyone who had taken part in the quiz, thanked Jill & John for their fundraising support over the years and presented Jill with a bouquet of flowers and a card as a token of our appreciation. The event raised £1,698.00 for the Branch.

Jill announced that the quiz in 2024 would be on Friday 11th October, so please make a note of that in your diary and come along to what is a very enjoyable way to help raise funds.

Well Done Biscuit

The Association has a challenge for every month of the year and October was Dog Walking. 75 miles with your four-legged friend. You raise money for MND and get a branded bandana and collar medal, for the doggie of course!

Graham Lord took on the challenge and walked with Biscuit, the beloved dog of his son in law David Cawkwell who died of MND in 2017. The Cawkwell family have been raising funds for the South Yorkshire branch in memory of David for many years and in October Graham added a



whopping £560 to that total. Many thanks Graham and Biscuit does look very smart in his bandana. It's a lovely way to raise money so put a note in your diary for next year.

Fashion Show

Having Fun and Raising Funds for MND

A big thank you to everybody at Companions Court, Wickersley who raised £350 for the South Yorkshire Branch of the Association. The Fashion Show was held in memory of the much-loved Margaret who recently passed away following her battle with the disease.

Our Vice-chair, Julie Ward, represented the Branch at the Fashion Show and later in the week attended a Coffee Morning to offer thanks and to talk about Motor Neurone Disease and the work of the Branch in South Yorkshire



Inner Wheel Doncaster Nominates South Yorkshire MND as its Charity of the Year

Our Vice-chair Julie Ward and Grants Administrator Brian Jackson (aka our very own Bare Legs Brian) attended a dinner held at Wheatley Golf Course at the request of Judy Haste, the incoming President of the Doncaster St Leger Inner Wheel

Judy has a friend with MND, which influenced her decision to choose MND South Yorkshire as their charity for the coming year.

Julie and Brian were warmly welcomed by Inner Wheel members. Everybody enjoyed a delicious meal, which was followed by a talk on the impact of MND, then by Brian giving an insight into his newly completed London to Paris Bike Ride.



Can YOU spare some time please? Volunteer with us

The Branch would benefit from more people to help with all the tasks it undertakes to support people and families affected by MND in our area. Let us know if you would like to volunteer in any way. You do not need to become a committee member. We're an informal and friendly group but we are a dedicated team of people who would welcome any help you can give in the time you may have available to give to volunteering with us. Volunteering might

include: Baking cakes or selling raffle tickets at fundraising events
Helping out at events - meet and greet or set up and take down stalls or photography Fundraising.
General administrative tasks

Please contact our Branch Secretary for an informal chat if you feel you can help in any way. Her contact details are christine.naylor@mindassociation.org or Chris222@sky.com or 0114 2653774

Introducing Rosie Bamber

Specialist Neuro Occupational Therapist, Neuromuscular Clinic, Royal Hallamshire Hospital

NIHR Doctoral Fellow - Division of Neuroscience, University of Sheffield

My Occupational Therapy roots and interest in MND developed when volunteering and working as an Occupational Therapy Assistant at LOROS Hospice, Leicestershire. Whilst at LOROS, I was inspired by the holism and person-centred care provided to people living with MND and their families. I also observed the distinct and often different needs of those living with the condition and their loved ones. These early experiences inspired my undergraduate thesis entitled 'MND and the Carer Perspective'.

Since qualifying in 2017, I have primarily worked in the acute neurological setting at King's College Hospital, London. Additionally, I completed a Master's Degree in Clinical Neuroscience in August 2023, which further deepened my interest in the assessment and treatment of neurological symptoms in conditions such as MND. I am particularly interested in cognitive and behavioural change in MND and the impact such symptoms have on those living with the condition and their carers.

I have recently relocated from London to Sheffield to embark on an exciting new academic and clinical position within Professor McDermott's research team at the University of Sheffield. My central research focus is the health-related quality of life of carers in MND, aligning closely with my previous clinical and academic experiences. The MNDA has been a vital resource for my patients, their carers and for myself professionally, and I very much look forward to volunteering and fundraising within the South Yorkshire MNDA branch.



Research News

34th International Symposium on ALS/MND

The key to defeating MND lies in fostering strong collaboration between leading researchers around the world and sharing new understanding of the disease as rapidly as possible. This was the MND Association's rationale behind the creation of the International Symposium on ALS/MND.

Each year, the Symposium attracts over 1,000 delegates, representing the energy and dynamism of the global MND research community. It is the largest medical and scientific conference specific to MND/ALS and is the premier event in the MND research calendar for discussion on the latest advances in research and clinical management.

The MND Association are returning to an in-person event for the 34th International Symposium on ALS/MND in Basel, Switzerland. One of the advantages of holding the Symposium online is the ability for those unable to attend in person (particularly people living with ALS/MND) to participate in the event. This year they are offering an "online" option, where delegates will be able to view select live-streamed sessions and then have access to all sessions on-demand after the event. Full details at www.mndassociation.org/research

Virtual MND Research Institute UK MNDRI

Launched on November 3rd, this institute brings together a virtual network of MND labs, clinical

centres and researchers carrying out research across the UK to find out how and why MND happens and to accelerate the search for a cure.

It is co-directed by Professor Ammar Al-Chalabi at Kings College London and Professor Chris McDermott at the University of Sheffield.

The Institute was born out of the #Unite2End MND campaign started in 2021 which called on the UK government to commit £50million of new investment in MND research. It is driven by patients and has been brought together by collaboration. More information is available on the MND website or on www.ukmndri.org

SITraN 2

Sheffield Institute of Translational Neuroscience was opened on November 18th 2010 by Her Majesty the Queen. Thirteen years later and plans are underway for SITraN2. Research into MND, Parkinson's Disease and Dementia has moved on but there is still so much to be achieved. Partly funded by the University of Sheffield but with a lot of money to be raised too, the new building will be constructed alongside the ever-expanding original site. Rapid growth has meant that staff numbers have tripled since 2010 and there are now over 3000 dedicated researchers and support staff there. It's an ambitious project and we'll follow its progress with hope and interest.www.sitran.org

Aurora Doncaster . Home based support for MND patients and their carers

When the MND Association first asked us about providing a home based package of support for people who are impacted by MND we had no idea just how positively it would be received or how much of a privilege it is to give.

Let me introduce ourselves...



Lynne has a background in nursing care and is one of the co-founders of Aurora Wellbeing, a well-known local cancer support charity. With many years of supporting people through difficult times, she has a natural ability to put people at ease so that any issues they may be experiencing can be discussed and possible solutions explored. Sometimes having a confidential friendly listening ear outside the family is a big comfort, especially if people need to 'just get something off their chest'.



After a career in education, Debbie went on to qualify as a Complementary Therapist having experienced just how supportive these therapies were to her at a difficult point in life. As well as MeTime Holistics (her own therapy business), she also works with Lynne at Aurora Wellbeing providing the home based package of support for local people living with the impact of MND.

Complementary therapies

Complementary therapies work holistically in that they help to support the whole person...their body, mind and mood. By relaxing the body, any tension or agitation held in the systems can be released. This helps to calm the body systems and ease a racing mind which in turn can uplift the mood. Reflexology is a perfect choice of complementary therapy as it is done on the feet (or hands) which are easily accessible for both patient and carer, who experience it as a truly relaxing foot massage.

Powerful teamwork

The package that Lynne and I provide means that both patient and carer receive some TLC. Carers are often unable to leave the person they care for and may not be able to access support outside their home, our home based support package solves this issue.

It's powerful teamwork when talk and touch therapies support the patient and carer team; and it's a true privilege to do this.

Here's what some of the people we visit have told us

Debbie and Lynne's visits make a big difference. Not only is the foot massage beneficial and relaxing, it's good to have people to talk to. We really look forward to them coming. Pat

I care for my husband and we both look forward to our reflexology. I am surprised my husband enjoys it so much because he has never liked his feet being touched! It's especially good for me because I have to sit down, put my feet up and relax. It forces me to stop and have an hour to myself. The treatment is really relaxing and we both have a much better night's sleep after Debbie's been. Carole

The offer of emotional support from Lynne together with reflexology from Debbie came as a very welcome surprise and has proved invaluable. Both these ladies 'know their stuff' and we have both benefited from their help, physically and emotionally. It's been an absolute pleasure to spend time with them and I would like to say a big 'Thank You'. Maureen

For further information and to book an appointment please call 07591 954601 or emailsupport@aurorawellbeing.org .uk

Cavendish Care Centre Sheffield

Have you had a recent diagnosis of Motor Neurone Disease and are struggling to come to terms with this? Have you been living with MND for some time but finding it particularly difficult to cope at present?

Are you caring for someone with MND, and looking for emotional support at this time?

Cavendish Cancer Care is a local Sheffield charity that has been offering free supportive care to people with cancer for many years. The South Yorkshire Branch of the MND Association works in partnership with the Cavendish to provide the same service to people with Motor Neurone Disease, their main Carer and children if appropriate. The skilled practitioners aim to provide tailored support to your individual needs and they have had training on the

various aspects of living with MND.

The service is funded by the Branch and offered to anyone living with MND in South Yorkshire. The support is provided at the Tim Pryor Centre on Wilkinson Street, Sheffield which is wheelchair accessible. If you live within 10 miles of the centre you could be offered the service at home.

The team can offer Counselling & Complementary Therapies including, acupuncture, aromatherapy, reflexology, massage and shiatsu.

If you would like one of the Cavendish team to contact you to discuss what support is available, please email info@cavcare.org.uk, or call 0114 278 4600 and leave a message with your details so they can call you back.

You can find out more about the centre from their website <http://www.cavcare.org.uk>

Charity Ceili

On Sunday 26th November a ceili was held at Featherstone Community Centre in conjunction with Pontefract Folk Club to raise funds for the MND South Yorkshire Branch. Music was provided by The Hoolimen & Friends who performed free of charge. Some 100 dancers attended, whose enthusiasm soon became apparent with the number of people on the dance floor for every reel. It was obvious that some were more accomplished than others, but that added to the fun of the evening. There was also a demonstration of Irish Step Dancing which was highly entertaining. The Branch were welcomed warmly and the dancers were good fun, very generous and keen to know more about MND. The four members of the Branch who attended were sorry they had not decided to take paddles with them, as on Strictly Come Dancing, because they entered the spirit of



the evening by awarding “7” or “10” to the nearest relevant bunch of dancers, who took it all in good humour. The Vice Chair gave a brief speech highlighting the work of the Branch and the way that MND affects people living with MND and their families. The event raised over £1,000 for the Branch and thanks go to Chris Dyson for organising the event and all the dancers who contributed so generously.



Events

Support Group Meeting Dates

- 1 In Sheffield** – Peer Support Cafe meetings are held on the **last Wednesday of the month** from **2 00 pm until 3 30 pm** at Greenhill Methodist Church, School Lane, Greenhill, Sheffield S8 7RL
- 2 In Barnsley** – Peer Support Group meetings are held on the **first Friday of the month** from **1 30 pm until 3 30 pm** at Emmanuel Church, Huddersfield Road, Barnsley S75 1DT
****Please note the change of day and time for this meeting****
- 3 In Doncaster** – Peer Support Group meetings are held on the **first Tuesday of the month** from **11 00 am– 12 30 pm commencing on Tuesday 6th February 2024 at the Linney Community Care Centre, Weston Road, Balby, Doncaster DN48NF**
****Please note the change of venue for this meeting****
- 4 Rotherham** – Herringthorpe Reform Church, Wickersley Road, S60 4JN - held **every six weeks** on **Thursdays** at **2 00 pm until 4 00pm**. Next meeting date is **25th January 2024**.

All people across South Yorkshire who are affected by MND are welcome at any of our support meetings.

DATES FOR YOUR DIARY FOR PLANNED EVENTS 2024

Stannington Band Concert	24th March 2024 @ Niagara Conference Centre
Castleford Salvation Army Band	23th June 2024 Niagara Conference & Events Centre
Quiz Night Movie Music	11th October 2024 Niagara Conference & Events Centre

Please do come along and join us.

The Motor Neurone Disease Association

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