

IMPACT STATEMENT - CHILTERN BRANCH - 2023

This report summarises the work of the Chiltern Branch of the MND Association for the year ended 31 December 2023. It includes financial information – the income generated and how it was spent -some highlights of our fundraising efforts and the work of the Association Visitor team who support families living with MND locally.

The year started sadly with the sudden death of Richard Coleman, our Branch Chair. Richard joined us in 2005 shortly after his wife was diagnosed with MND. Following her death in 2006, he became Chair of the Branch. He was a Trustee of the Association and elected Chair of the Board of Trustees for 4 years. His death in January left a huge gap and our goal for 2023 was to honour his memory by continuing to deliver the good work that he steadfastly maintained for over 17 years.

I hope that you find this report interesting and informative. If you have any questions or feedback, please contact us at: chiltern@mndassociation.org



We were successful in achieving our goal of raising £30,000 in 2023 thanks to the hard work and support from many volunteers and donors. Highlights include:

Branch fundraising events

- **Snowdrop Sunday** - the sun shone brightly on 19 February in West Wycombe Park for Snowdrop Sunday. We raised the enormous sum of £4,971. Thanks to all who attended and to the generosity of the Dashwood Estate for allowing us to use the Park and Village Hall for the day.
- **Bledlow Manor** - on 16 June we were again blessed with great weather at the Carrington Estate gardens in Bledlow. We were able to make use of the newly converted tea rooms. We raised £2,270. Thanks to all who attended and to Lord and Lady Carrington.

- **Chenies Manor** - Sadly, the weather gods didn't make it three in a row when we visited Chenies Manor Gardens on 20 September. We had torrential rain but still managed to raise £656. Thanks to the stalwarts who braved the weather and to Mr & Mrs McCleod Matthews who continue to support us by allowing exclusive use of the gardens and tea rooms for fundraising.

Fundraising efforts by our supporters – our special thanks go to:

- **Adam Woolford** joined the Branch team in London for Kevin Sinfield's national 7in7 fundraising event and raised well over £3000 for us. Fantastic amount!
- **41 Club** - Early in the year we received good news that the 41 Club in Great Missenden had adopted our branch as their chosen charity for 2022 and had raised £1,500. They generously invited Carmel Grant (Chair) and Vicki Walduck (Secretary) to join their annual dinner and accept the cheque.
- **Tribute event** - A tribute event for Chris Bielby, who had MND, was held in London in February and our branch were represented. The evening raised over £500, supported the family and raised awareness of the disease.
- **Beaconsfield Rugby Club** - The club invited us to join the Mini's Festival in October. Our information stand attracted donations exceeding £170.
- **White Lion pub** - the pub in Cryers Hill continued their support over the year raising over £2,700 through well attended quiz nights. Sadly, the manager, Sarah Newlin, has now left the pub but we are very grateful for all her fundraising on our behalf for the last 5 years.
- **Live music in Widmer End** - In September Barbara Pearman organised an evening of live music with refreshments at Widmer End Village Hall raising the fantastic amount of £1,100 for us.
- **Princes Risborough Golf Club** – the Ladies Captain, Jill Peppett, adopted us as her charity of the year and presented our Treasurer with a cheque for £5,500 with a pledge to raise even more in 2024!

Generous donations were also received from:

Nikki Banks	Judith Blofield
John Jefkins	Joanne Simon
Chepping Wycombe Trefoil Guild	Little Kimble Church
Nottingham Students Union	Slough Spiritualist Church
Trinity United Reform Church	West Wycombe Chamber Choir
Vehicle Rental Services - Beaconsfield	

Finally, our entrepreneurial Branch Fundraiser and Association Visitor, **David Alexander**, continued his personal fundraising challenge and raised nearly £1,800 in 2023 making his grand total since 2020 a massive £16,500.

Expenditure

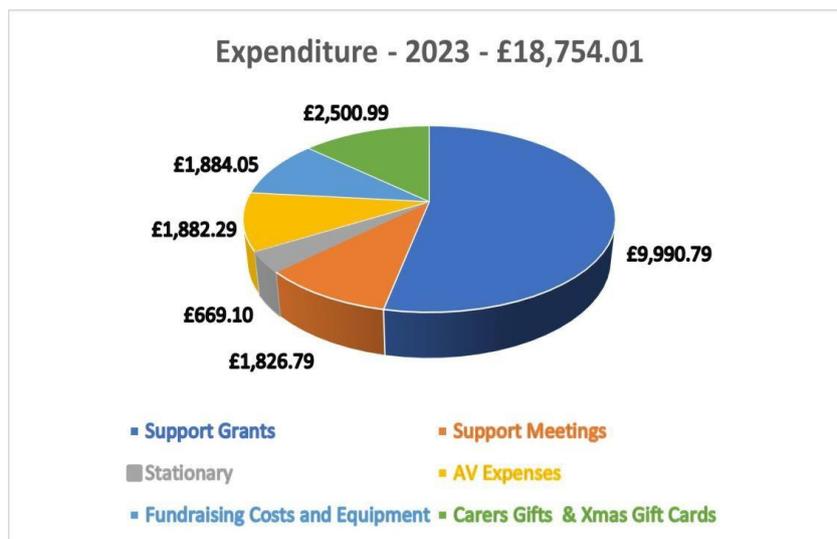
We fundraise primarily to be able to provide financial support to families living with MND in the Chiltern area. We were able to support those families during the year with: 24 Quality of Life Grants, 4 Carer's Grants, 1 Care Support Grant and 1 Young Persons Grant. This is in addition to 13 Cost of Living Grants paid direct from National Office.

- One family impacted by MND were very proud of their garden but were unable to

keep up the maintenance as the disease progressed. We provided a grant for them to hire a gardener so that they could once again enjoy their outside space.

- A grant to the young son of a patient with MND to partially fund his school ski trip - *“Thanks to the kind contribution from the MND Association Chiltern Branch I was able to go on a ski trip to Italy for a week with my school. I was able to learn new activities and I had a fun time. Thank you”* Jake Stephenson.
- We regularly provide grants for massage therapy for patients and carers - one patient felt the massage had virtually eliminated his constant shoulder pain.

We were also able to donate £9,000 to the annual CEO Appeal from our National Office, divided between projects for Children’s Counselling and Non-invasive Intervention.



Support Meetings

The support Meetings at Cedar Barn in Hazlemere were well attended in 2023 and we invited several guest speakers involved in the care of families living with MND to talk about their roles and answer questions. Thanks to Elspeth Wolfenden and the Multi-Disciplinary Team at Amersham Hospital for giving up their time.

We were delighted to welcome Les and Nigel from REMAP to our April Support Meeting. REMAP exists to improve the quality of life for people who experience short or long term disability. They do this by making and adapting equipment at no cost to the patient. At the meeting, Les and Nigel shared videos and examples of the many adaptations they have made to make life easier. They answered questions from people with MND and their carers. Follow up were arranged with a number of patients and continue to provide ongoing support. We are delighted that they have agreed to further meeting later in 2024.

Always popular was the annual BBQ at Winchmore Hill Cricket Club was well attended and our Branch chef - David Alexander - ensured the burgers and sausages were perfectly cooked. An attendee with MND said:

“Thank you for the invite to the BBQ. My friend and I enjoyed it immensely”

Association Visitor update

The AV team comprised 5 volunteers during 2023 supporting 25 families and making over 260 visits. Our AV Charlie says: *“I see the AV role as being that everyday person who is like a buddy and gives a little bit of normality to both the person with MND and their family”*

Members of the AV team are available at Dr Jackson's MND clinic in Amersham Hospital to provide information and support to those attending – some of whom have been newly diagnosed. Our branch Chair and AV Carmel represents the team at the regular Multi-Disciplinary Team Meetings ensuring Health and Social Care professionals are aware of the support we can provide for patients and carers.

We also remember those who died in 2023 and the families they have left behind – we remain in contact with many carers and family members and continue to support them after bereavement.

Other 2023 highlights

Carmel, our branch Chair, attended an event at Boughton Hall in June where the MND Association showcased the Support Grant programme. The event was attended by our Royal Patron, HRH Princess Anne.

The Chiltern Branch fielded a team to participate in the Kevin Sinfield 7in7in7 event in Richmond Park. Branch Chair Carmel, Branch Contact Cyndy and Nikki Banks (committee member and massage therapist) were joined by Ian and June Campbell and Adam and Kim Woolford who we support.

2024 Fundraising Plans

Thanks to the efforts of Phil Murray, David Alexander and Martin Goodwill, we are already in a strong position to be able to achieve our target of £30,000 in 2024 with recorded income to 30th April 2024 of over £12,600. A special thanks to the Captains of Harewood Downs Golf Course and the Ladies Captain at Princes Risborough Golf Course for choosing us as their charity of the year.

2024 Dates for the Diary

- Bledlow Manor gardens - Friday 14 June from 2pm to 5pm
- An unique Evening with Anita Harris in Greenacres Chiltern in Beaconsfield – Sunday 23rd June from 6pm to 8.30pm
- Chenies Manor gardens - Wednesday 18 September from 2pm to 5pm

Closing Statement

The Branch Committee and all our volunteers are committed to supporting local families impacted by MND in 2024. We will continue our efforts to raise awareness of this devastating disease and to provide families with support through our Association Visitor team and our financial support grants.

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