



motor neurone disease  
association

## NW London Canal Boat Trip

Sunday 29th September 2024. Departure Point: Nash Mills Recreation Centre, Hemel Hempstead, HP3 9TE.

This is an annual family favourite event, travelling along the Grand Union canal. The boat is wheelchair accessible, includes toilets and is covered, with panoramic windows suitable for all kinds of weather.

Please arrive at 1pm and meet in the large car park, for departure at 1.30pm. Please look out for the entrance which is on the immediate right as you turn into Red Lion Lane. The trip lasts 3 hours and is organised by Waterways Experiences.

People with MND, their families, carers and children are all welcome. Children love helping with opening the locks! The trip is free of charge and refreshments are included on board. Please book ASAP to reserve places for this wonderful event.

**RSVP: Mo Dunning 07876 793012**  
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 <https://www.facebook.com/groups/mndnwLondon>  @mndassoc

**www.mndassociation.org**

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