

NW London Branch Newsletter Summer 2024

Message from Co-Chairs

Welcome to our summer newsletter. We have planned a number of events this summer, which are detailed below in the newsletter. We hope to see you at one of these events. Attached are support group dates and contacts. We would also like to draw to your attention the following items:

Campaign - #MNDGuarantee: We need to do all we can to ensure we go into the next Parliament with as much support from future MPs as possible. We are asking that you write to your local candidates to encourage them to sign the #MNDGuarantee. For further information: <https://www.mndassociation.org/get-involved/campaigning/take-action/mnd-guarantee>

MND Matters: Sometimes emotional, sometimes humorous, always honest – MND Matters gives people affected by MND the chance to share their stories. The podcast, brought to you by the MND Association, tackles a host of subjects with the aim of sharing experiences, offering informal advice and support, and raising awareness. <https://www.mndassociation.org/get-involved/campaigning/take-action/mnd-guarantee>

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 addressed ASAP. Please contact wheelchairqueries@mndassociation.org

Volunteering Opportunities: The NW London branch is run entirely by volunteers and we are always looking for new volunteers to join us. Various roles are available subject to your time and skills. Please let us know if you'd like to discuss volunteering opportunities.

Cheryl & Sarah

May 2024

Summer Branch Events

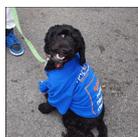


Summer Garden Party 2024

Sunday 23 June from 3pm

Mo's Garden, 2 Prestwood Close, Kenton, Harrow, HA3 8JY

We are delighted to invite you to our annual garden party. This is a perfect opportunity to meet your branch and catch up with one other in a safe, friendly environment. Mo's garden is unusually large and very beautiful. The garden is fully accessible and will be weather-proofed with a marquee. We will provide home-made food and hot/cold drinks will be available. There is no charge to attend, but donations are encouraged and we will host a raffle and a bring & buy cake stall. There are no restrictions on numbers, so do bring along your family, friends and children. There will be a treasure hunt and pond dipping for children. Please let us know how many are coming so we can cater accordingly. There are no restrictions on parking on the street. **RSVP:** Mo: 07876 793012 / modunning@btinternet.com



Wheels & Walkies / Walk 2 D'Feet MND

Sunday, 15 September at 2.30pm

Location: Hendon Park Cafe, Queens Road, NW4 2TG

We will be strolling through Hendon Park to raise funds for the branch. The park is wheelchair accessible and dog friendly. Parking is available at the park and nearby. Join us with or without a dog. After a loop of the park we will finish with an ice cream for the humans and dog treats for our furry friends. We are asking for a donation of £10, which will include refreshments. You can register on the day or in advance on www.justgiving.com/page/mnda-nwlondon-wheelswalkies2024 **RSVP:** keiron_henderson@yahoo.com



Canalboat Trip

Sunday, 29 September 2024 at 1pm

Departure Point: Nash Mills Recreation Centre, Hemel Hempstead, HP3 9TE

This is one of our most popular events and a true family-favourite. We travel along a beautiful stretch of the Grand Union Canal in a traditional canalboat. The boat is fully accessible and covered. Places are limited, so please register ASAP. The trip is open to people with MND, their carers and family. Children are welcome - they enjoy the trip too and love to help with the locks. Please let us know if you require assistance with transport. Please **Contact** Mo for joining instructions: Mo: 07876 793012 / modunning@btinternet.com

BRANCH CONTACTS

NW London Co-Chair	Sarah Ezekiel	sarah.ezekiel@mndassociation.org	
NW London Co-Chair	Cheryl Stroud	cheryl.stroud@mndassociation.org	07855 750812
Area Support Coordinator	Abigail Igbokwe	abigail.igbokwe@mndassociation.org	01604 816573

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 | Tel: 0808 802 6262