

**mnda**  
 motor neurone disease  
 association



# Skydiving

Sunday 25th August 2024, Sibson Airfield

Fundraising for Cambridgeshire Branch  
 MND Association



The Cambridgeshire Branch of the MND Association is holding a skydiving event at Sibson Airfield

Tick this off your bucket list and raise funds to help people and their families living with MND in the Cambridgeshire area.

For more information please email Simon Croke at [simon.croke@mndassociation.org](mailto:simon.croke@mndassociation.org)



Registered with  
**FUNDRAISING  
 REGULATOR**  
 CAMBRIDGESHIRE  
 BRANCH  
 Charity No. 294354

Cambridgeshire MND Branch Page



**Cambridgeshire branch AGM**

Invitations have been sent out for this year's AGM which will take place at Hemingford Abbots Village Hall on 3 April 2024 at 12.30 pm.

We are very lucky that our CEO, Tanya Curry, will be attending to give us a talk about her first year in office and plans for 2024. I'm sure it is going to be really interesting for everyone.

Advance notice of attendance is required, see contact details below:

Mrs Maire Collins,

52 Lambs Lane,

Cottenham,

Cambridge CB24 8TA,

Tel: 01954 200873,

Email: [secretarycambsmnda@gmail.com](mailto:secretarycambsmnda@gmail.com)

**Liz Cooper – Area Support Co-Ordinator**

Liz left the Association in 2023 for a six-month secondment and I am now pleased to let you know she has returned to her Area Support Co-Ordinator role. As well as Cambridgeshire she covers the whole of East Anglia.

Some of you may have already spoken with her on the telephone or when she joined us at the November Hemingford Abbots social afternoon.

Welcome back Liz, you were missed.

**Cynthia George**

## Fundraising

Fundraising for the branch is in full 'go' mode and we thank all of our fundraisers for the great job they are doing. It's been my privilege to meet so many lovely people from around the county who have been touched by this horrible disease.

Here are the events that have been going on (see pictures on pages 4 and 5):

The ladies of the Monday and Wednesday quilting and patchworking group who meet at All Saints Church in Peterborough chose us as their charity and raised a fantastic £1,000 for the branch. **Pic1**

This was then topped up by the Monday quilting group who raffled off a lovely quilt and raised another £850. Thank you, ladies, and the quilt was beautiful. **Pic2&3**

I was also invited to Sutton to meet the lovely people of the Nellies community café. They operate twice monthly and have chosen us as one of their charities after losing a valued member of the team to MND. It was great to meet them and we wish them all the best in their fundraising. **Pic4**

We also manned a few stalls over the Christmas period selling cards made by the Cottenham Fundraising Group and this not only raised funds for the branch but also got awareness out about what we as a branch and charity do. We had stalls at Serpentine Green shopping centre, Arkenstall village fete and Cambourne fete. We are planning more stalls at various places throughout the year so keep an eye out on our Facebook page. **Pic5**

The Guildenburgh Choir from Fenland raised £53.80 by not sending out Christmas cards but donating money to us.

Cynthia and Veronica Angus were pleased to be invited by the St Ives Rotary Club to an evening event to receive a cheque for £1,000. This was from a fundraising evening which Veronica joined at Hemingford Abbots Village Hall. **Pic6**

Cynthia also went along to the Cambridge Meridian Golf Club to receive a cheque for £2,086.20. Lynn Streets, the Seniors Captain, nominated the branch as one of his two charities to receive 50% of his fundraising. **Pic7**

Peter Talbot, the Seniors Captain, at Cambridgeshire Golf Club at Bar Hill, nominated us. Our thanks to him for supporting the branch.

The Walk and Talk 4 Men from St Neots walked over a thousand miles in a week around St Neots in the freezing cold 24 hours a day for 7 days in relay. So far they have raised over £3,000 for the branch. They intended to walk the equivalent of Lands End to John O'Groats but smashed that distance and just carried on in true Forrest Gump Fashion. I was honoured to be on Black Cat Radio with the lead of the men's Walk and Talk, Steve Whitney, again getting recognition for the branch and charity. **Pic8**

A big thanks to Ann Graham for her two artwork sales of her lovely mum Janet Stockley's artwork at two events held at Over community Centre. She raised a magnificent £620 for the branch. **Pic9**

Our member and former Association Visitor, Carol Deytrikh-White and her husband, John, are continuing their massive walk around the mainland coastline. They set off from Milford Haven and walked for ten days arriving at Fishguard in January and continued their walk in March. We wish you both all the best for the rest of this massive journey. **Pic10**

Alistair Henderson is involved with The Reliability Ride 2024 for MND and an event took place on Sunday 3<sup>rd</sup> March. Well done to these riders and thanks to them for nominating the branch as its charity to receive the money raised.

This year's events are Ely to Peterborough Cathedral along the Hereward Wake walkway. This is over the bank holiday weekend 25<sup>th</sup>/26<sup>th</sup> May 2024. **Pic11**

We also have our Tandem Skydive event at Sibson Airfield on Sunday 25<sup>th</sup> August. See front page for more details, and our annual Walk to D'feet around Grafham Water on Sunday 22<sup>nd</sup> September.

If you would like any information on these events or would like to sign up for them, please email me at [simon.crooke@mndassociation.org](mailto:simon.crooke@mndassociation.org).

If you're organising an event please email me on the above email and I am more than willing to help you in any way I can.

Thanks to all our fundraisers, its due to you that we can continue helping people and families living with MND in Cambridgeshire. Please put in your promotional adverts and on your fundraising pages that you are raising funds for the Cambridgeshire Branch and this way your money will go directly to people living with MND in the county.

Simon Crooke, Branch Fundraising Co-Ordinator



Pic1



Pic2



Pic3



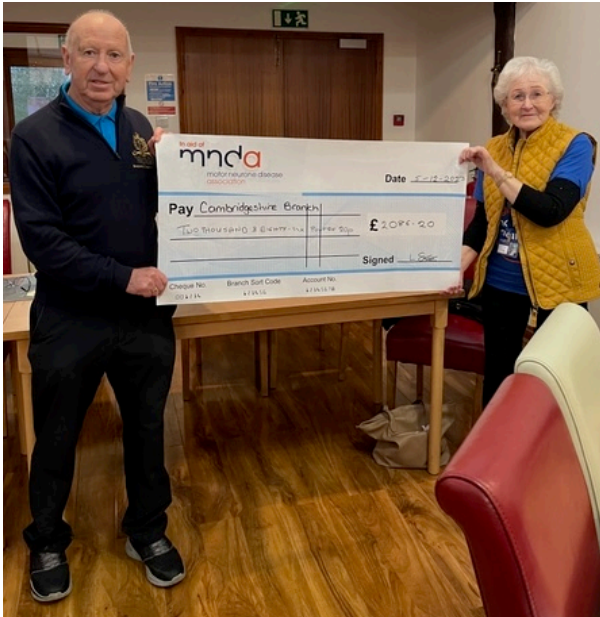
Pic4



Pic5



Pic6



Pic7



Pic8



Pic9



Pic10

## How to Donate to your local Cambridgeshire Branch

If you would like to help your local branch by making a donation there are various ways to do this:

Cambridgeshire Branch Justgiving Page

Text To Donate

BACS payment

Via a cheque made payable to MND Association Cambridgeshire Branch

All funds raised locally go directly towards helping our members and family living with MND

For further details please contact

Brian Smith, Branch Treasurer  
brian.smith@mndassociation.org  
07711 206452

Or

Cynthia George, Branch Chair  
c.i.george@icloud.com  
01954 202095/07515 534430

## The MND Association Financial Support Grants

Financial support grants are offered to anyone living with MND and their close family. All grants need to have an application form completed and supporting documentation provided as appropriate. Any grant funding needs to meet certain criteria and there is a maximum amount for each grant.

**MND Support (Care) Grant:** This is available to anyone with MND. This grant may help towards home adaptations and equipment not available from statutory funding but is unlikely to be for the full cost.

**Quality of Life Grant:** Applications may be considered to purchase equipment, services or facilities which help maintain independence, dignity, comfort and social connections or to promote the well being of the person with MND and immediate family.

### Carer's and Young Carer's Grant

Supports the main unpaid carer (aged 16+) for someone with MND to allow them to take a break from caring duties and/or promote the well being of the carer or young carer and can be applied for up to twelve months post-bereavement.

### Children and Young Person's Grant

Must be age 18 or under and reside with the person living with MND or their parent/guardian has MND. A grant may be considered towards anything that helps the young person in their day-to-day life and can be applied for up to twelve months post-bereavement.

### Cost of Living Support Fund

This grant is available to a person living with MND who needs support towards household bills, food shopping, energy bills etc.

Grant application forms may be completed by any family member, Association Visitor, Health or Social Care professional on behalf of the person living with MND **except** the Support (Care) Grant which **must** be completed by a relevant Health or Social Care Professional.

**For full details and application forms, please visit**

<https://www.mndassociation.org/support-and-information/our-services/financial-support-information-for-people-with-mnd> or contact Maire Collins, Branch Financial Support Coordinator at, [secretarycambsmnda@gmail.com](mailto:secretarycambsmnda@gmail.com).

Forms can be downloaded from the website or are available by email or post.

Support Care Grant and Cost of Living Support Fund applications should be emailed to [support.services@mndassociation.org](mailto:support.services@mndassociation.org) or sent by post to Motor Neurone Disease Association, Francis Crick House, 6 Summerhouse Road, Moulton Park, Northampton, NN3 6BJ.

Other grant applications may be sent to the branch as above.

## Social Afternoon Gatherings

The Cambridgeshire branch aims to involve members from all parts of the region. Since the county is so widespread this means maintaining a network of locations in order to reach out to everyone through our monthly social afternoons.

Our aim is to create a calm, relaxing, friendly and informal atmosphere in which to exchange ideas and chat in a light-hearted and uplifting manner about almost anything. These are the ideal afternoons for members to come and catch up with friends. Branch committee members and other volunteers are always on hand to talk and ensure a warm welcome is provided.

We ended last year with our usual festive afternoon in December. Those joining us enjoyed Christmas goodies including warm non-alcoholic mulled punch, mince pies and chocolate gâteau.

A few pics below give a glimpse inside some of our afternoons including when Gil Boyd, a member living with MND, entertained us.



A full programme has been drawn up for 2024. All dates and venues can be found on the back page of this newsletter.

This year has already seen us at Hemingford Abbots and Histon & Impington Royal British Legion Hall. Later in the year we will be back at our other locations – David Rayner Centre at Great Shelford, the Methodist Church Hall at Ely and the Community Room, Serpentine Shopping Centre, Peterborough (a new location for 2024). Various online zoom meetings – originally prompted by the Covid outbreak - continue to be held and are hosted by members of the Association staff.

### South East Regional Online Groups

Daytime group for carers led by Lisa Burnard (Area Support Co-Ordinator)

First Tuesday of the month, 11am-12noon. “A virtual cuppa and friendly chat with other carers in the South East”. Contact: [lisa.burnard@mndassociation.org](mailto:lisa.burnard@mndassociation.org)

PMA-PLS support group led by Jo Cunnah and Ellen Murdoch held on the second Monday each month, 5pm-6pm.

“Meet up with other people living with or affected by PLS or PMA”. Contact: [mndconnect@mndassociation.org](mailto:mndconnect@mndassociation.org)

Support group for all affected by MND led by Dawn Pond (ASC)

Third Tuesday monthly, 11am-12.30pm.

“Regional group, the opportunity to meet others with MND across the region”. Contact: [dawn.pond@mndassociation.org](mailto:dawn.pond@mndassociation.org) or [Liz.cooper@mndassociation.org](mailto:Liz.cooper@mndassociation.org)

MND Veterans group led by Dawn Pond (ASC)

Fourth Wednesday monthly, 2.30pm-3.30pm.

“A different type of support for veterans, not just about MND but about you, your background, and common interests”.

Contact: [dawn.pond@mndassociation.org](mailto:dawn.pond@mndassociation.org)

Evening support group for carers led by Justine Cox (ASC)

Last Wednesday monthly, 6.30pm-7.30pm.

“Looking after you. An evening chat with other carers in the South East”.

**Cynthia George**





## **Future Copies of the Branch Newsletter**

With ever rising costs, particularly postage, and thinking about the impact on the environment it is now more than ever appropriate to rethink about how we communicate with our members/friends. It is the branch committee's responsibility and aim to keep general expenditure to a minimum. The priority is to use our fundraisers' money and all donations received as far as possible to support our members living with MND through the MND Association's financial support grants.

To achieve this, where we hold an email address for a member/friend, future copies of our branch newsletter will be sent electronically.

We do hope everyone will accept this but if exceptionally you feel you need to receive a printed copy then please email our branch secretary, Maire Collins, [secretarycambsmnda@gmail.com](mailto:secretarycambsmnda@gmail.com).

## **Volunteering**

Can you help? If you feel you could volunteer for the branch to help in any way we would be very pleased to hear from you. The amount of time you need to give to volunteering is up to you. The branch needs help in many ways, as a branch committee member, admin/secretarial, newsletter editor, deputy chair, general help in many ways, i.e., organising events helping on the fundraising front to name but a few. Another way would be to train as an Association Visitor.

The branch has been very fortunate over many years to have volunteers who overall have willingly given up many hours of their time. We now need to move forward and plan ahead so the branch can continue on its successful path.

If you feel you have the appropriate skills to help us please do get in touch.

**Cynthia George**  
**Branch Chair**

# MND Fundraising Weekend 25th-26th May 2024

For Cambridgeshire Branch MND Association Charity No. 294354



## Ultra Marathon

Saturday 25th May 2024



A sponsored ultra marathon along the Hereward Wake Way from Ely Cathedral to Peterborough Cathedral

8am start time at Ely. Entry £15 or free if £100 or more is raised.



A walk over two days with a camping night at March on Saturday.

9am start time at Ely. Entry £15 or free if £100 or more is raised.



## Walk to D'Feet MND

Saturday 25th - Sunday 26th May 2024

For more information on both events please email Simon Crooke at [simon.crooke@mndassociation.org](mailto:simon.crooke@mndassociation.org) for an entry form or call 07551 575752

Cambridgeshire MND Branch Page



"Hope is being able to  
see that there is light  
despite all the  
darkness."

Desmond Tutu

## Cambridgeshire Branch

### Contacts

#### Branch Chair and Branch Contact

Cynthia George

01954 202095

07515 534430

c.i.george@icloud.com

#### Branch Secretary and Financial Support Coordinator

Maire Collins

01954 200873

secretarycambsmnda@gmail.com

52 Lambs Lane

Cottenham

Cambridge

CB24 8TA

#### Branch Newsletter Editor

Position Vacant

#### Fundraising Coordinator

Simon Crooke

07751 575752

Simon.crooke@aol.com

#### To find out more about the Cambridgeshire Branch visit

[www.mndassociation.org/cambridgeshire](http://www.mndassociation.org/cambridgeshire)

[www.facebook.com/CambsMNDBranch](https://www.facebook.com/CambsMNDBranch)

[twitter.com/cambsmndbranch](https://twitter.com/cambsmndbranch)

#### MND Connect

0808 8026262

[mndconnect@mndassociation.org](mailto:mndconnect@mndassociation.org)

#### MND National Office

01604 250505

[enquiries@mndassociation.org](mailto:enquiries@mndassociation.org)

[www.mndassociation.org](http://www.mndassociation.org)

Registered charity number 294354

### Dates of Get-Togethers in 2024

Thurs 2nd May Cambridge David Raynor Centre

Mon 3rd June Peterborough Serpentine Centre

Weds 7th August Hemingford Abbots Village Hall

Thurs 5th Sept Cambridge David Raynor Centre

Weds 2nd Oct Histon & Impington Royal British Legion

Weds 6th November Hemingford Abbots Village Hall

Thurs 5th Dec Cambridge David Raynor Centre