



north wiltshire group
newsletter



Welcome to the January issue of our Newsletter

Welcome to our January newsletter.

At this time of year, we review our progress against our action plan, consider our achievements, and detail our aims and actions for the year ahead.

We are very happy to share our Impact Statement for 2021 and share some of the highlights and those who have supported us. As a small group, we are all passionate and dedicated to do all we can to support and improve the quality of life for those affected by MND in our area and this, together with changing circumstances of the Covid pandemic and services available, shapes our actions.

In this issue, we include some of the events we have been involved in, highlights from our last 33 years and looking forward, our redesigned web site.

If reading about our work inspires you, we are always looking for new team members and would love to hear from you at info@mndnorthwiltshire.org.uk

Enjoy reading!

With very best wishes,

Alison Aviss
Group Chair

Local support for local people

Fundraising

Devizes Young Farmers support MNDA

Funds raised at Devizes Young Farmers Christmas Tractor Event being presented at Wiltshire Air Ambulance HQ. Pictured on the helipad, Alison Aviss, Helen Mackie and Anita Creamer accept the **£8000 cheque** for

MNDA North Wiltshire Group from members of Devizes Young Farmers, together with Wiltshire Air Ambulance staff and crew members who also received £8,000.



Halloween at Tadpole Garden Village

Many thanks to our friends at Tadpole Garden Village Open Plot for their amazing donation of £570.15. Lara kindly set up a tombola stall at their recent Halloween event displaying a variety of prizes suitable for children and adults which had been donated to raise funds for the North Wiltshire Group. An auction for a golf day, which had also been donated, boosted the money raised on the day.



Smile with Amazon

Here is a painless way to raise money for the Motor Neurone Disease Association. The National Association recently received a quarterly donation of £3,224.86 from AmazonSmile, thanks to customers shopping at smile.amazon.co.uk or with the AmazonSmile app turned on. To date, Amazon has donated a total of over £25,800 to the MNDA. Why not give it a go?

3,000 squats in November

Congratulations to Julia who completed the challenge to do 3,000 squats in November and raised £3,000 for the Association. She was inspired by the Rob Burrows story and vowed to do something to help support people like her mother living with MND. She is pictured here with some friends of all ages who encouraged her on the final push on 30th November.



Sassi Gift event

Helen (one of our Visitors) joined with friends to hold a Christmas shopping event at The Royal George pub in Purton. A great time was had by all who attended, and the raffle went down very well. The event raised £600 for the Group. The team are so very grateful for those who supported them over the two evenings.



Mrs Scrumps Christmas Fayre

We were delighted to again take part in and be the nominated beneficiary from Mrs Scrumps Christmas Fayre, organised by our long-term supporter Susannah Dibben, and held on 30th November at the fabulous Dauntsey Park House, Dauntsey, near Malmesbury. This beautifully restored manor house was the perfect setting for a wide range of artisan craft stalls, selling everything from preserves, pickles, scented candles, antiques, crafted home wear and Christmas wreaths. Pictured, ready for the many customers is our stall, stocked with MND Christmas cards, homemade lavender hearts and knitted stockings. We are so very grateful for the owners of the house, Emma and Gio for hosting the event and for providing refreshments throughout the day. The event **raised £2,885.84** for North Wiltshire Group.

Our sincere thanks go to Susannah, Emma and Gio and all the lovely customers who supported the day and gave generously. You can check out this beautiful setting and learn more about the house here:

<https://www.dauntseyparkhouse.co.uk>



Don't forget, the North Wiltshire Group can now accept donations by text.

Text **MNDWILTS** to
70085
to donate **£5**
to support MND North Wiltshire Group
helping local people with MND

Texts cost £5 plus one standard rate message

mnda
motor neurone disease
association

Registered Charity no. 214354

IT'S A WIN-WIN SITUATION!

Boost Our Fundraising & Win A £1,000 Shopping Voucher

Sainsbury's
£1,000
Gift Card



Have fun, help our fundraising!

- Please help give our fundraising a boost
- Tickets cost just £1 a week
- Cash prize winner every week
- You could win up to £25,000!



PLAY NOW:

Go to www.swindonlottery.co.uk
and search for: **Motor Neurone**



Supporters must be 16 years of age or older. See website for Terms & conditions. Enter by 26th Feb 2022.

Win-Win

Your fun on the Swindon Community Lottery helps to give the Group a regular income which we can invest in local people lwMND. Thank you.

Group News

North Wiltshire Group – Our Impact in 2021

As a Group, we are very proud and committed to represent the Motor Neurone Disease Association and assist in delivering its aims in our local area. To help us to do this effectively, we develop our own action plan to help us focus our activities, assist in maximizing our resources and skills, and to provide a mechanism to identify and celebrate our successes. **The continuing Covid 19 pandemic required us to continue with revised plan to reflect lockdown restrictions, the need for social distancing and the cancellation of some events.**

The 2021 action plan focused on our 5 key areas:

Support for people with Motor Neurone Disease

- ◆ Awareness Raising
- ◆ Fundraising
- ◆ Campaigning and Influencing
- ◆ Group Organisation

How did we do?

- ◆ The 2021 action plan detailed 29 individual actions
- ◆ 28 actions have been successfully completed
- ◆ This result equates to a 96.5% achievement rate
- ◆ Collectively, our group volunteers have embraced a new way of working, adapting our approach to reflect the changing circumstance of a pandemic

Here are some examples of our achievements:

- We supported over 40 local families affected by MND with regular telephone and video calls during lockdown periods and reintroduced home visits as lockdown restrictions were eased
- We worked closely with all health and social care providers to ensure a coordinated approach to care, and our Visitors are actively involved in Multi-Disciplinary Team meetings throughout the area
- We held regular Zoom Support Groups for all those affected by MND and continued with Carer Support Group Meetings, run by Natasha and colleagues from the Southwest region
- We are proud to have provided **£8,100** in financial assistance to **11** local families towards the cost of home adaptations, specialist equipment and quality of life improvement grants. In addition, we are pleased to have contributed **£6,000** to the Association towards the cost of Healthcare Research programmes

(continued)

- During the year we were pleased to welcome Helen Box as an Association Visitor and Umesh Kathirvel as webmaster. Sally Smith joins the team in January as Association Visitor

Our very grateful thanks go to all who have raised money and awareness for our work during 2021. All donations help us to assist local families with much needed support grants. We would like to give special mention to:

- ◆ Devizes Young Farmers
- ◆ Tadpole Garden Village Allotments Community
- ◆ Masonic Charitable Fund
- ◆ Mrs Scrumps Christmas Fayre

These achievements have only been possible due to the dedication and commitment of the volunteers that make up the North Wiltshire Group team, who share a common goal to make a real and positive difference to all those affected by MND in our area.

Thank you all so much for your continued support.

If you would like to help us with this important work we would love to hear from you. Please contact us at info@mndnorthwiltshire.co.uk or call us on 08457 626262.

Our 33rd Anniversary

2021 the Group was 33 years old. To mark this we posted 33 lesser known facts about us on social media. Here is a selection:

- ⇒ Formed in 1988 by a local family who still work with us
- ⇒ We are all passionate about improving the lives of those affected by MND
- ⇒ During lockdown, Heather completed a virtual climb of Mount Everest – hard on the stair carpet!
- ⇒ The money we raise funds support grants for local families
- ⇒ In May, Alison, Heather and Tash took the 3 ‘4’ 33 Challenge. Together they walked 463 miles in 33 days!
- ⇒ We hold formal meetings each month and make decisions collectively
- ⇒ We like to have a laugh together
- ⇒ We campaign to improve local services – we will ALWAYS fight for better services for those affected by MND
- ⇒ We are not afraid of a challenge and don’t give up

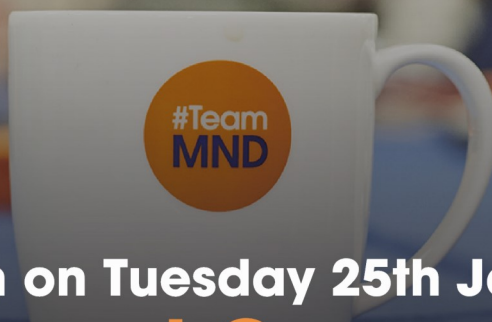
Our very special thanks and appreciation go to Anne Collison, who, as part of the founding family, is still consistently raising funds for the group whenever she can. Her enduring passion and support for all those with MND is amazing and we are so lucky to have her as part of our team.

Support Groups

Support Group Meeting, 25th January

The next Support Group Meeting sadly has to be on Zoom in order to keep us all safe. But don't let that spoil a great chance to meet and talk to friends and your Visitors.

See the year's programme on the back page for a full list of dates. We will notify you nearer the time about whether future Support Groups can be face to face or will need to be on Zoom.



Join us at 3pm on Tuesday 25th January
Zoom Support Group Meeting

We hope you will join us for our virtual meeting, a chat with a cup of tea and to see some friendly faces. Just click on the Zoom link we have e mailed to you and we look forward to seeing you.

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Carer Support Group

You are all warmly invited to the next Carers Support Group on Wednesday **19th January at 7pm via Zoom**. This session will be on 'Talking to children and Young People about MND'. Laura Willix, specialist in support for children and young adults at the MND Association, will be leading the session.

We are inviting people living with MND as well as carers to this session as many people affected by MND might be interested in this topic. We will send a Zoom link nearer the time. If you are not on our contact list please contact Tash at carersupport@mndnorthwiltshire.org.uk



19 January - Support Group - 7pm via Zoom Talking to Children

Guidance on communicating with and supporting Children and Young People affected by MND

We hope you can come to the next session, 'Talking to Children and Young People', led by Laura Willix, specialist in support for Children and Young People at the MND Association. It can be challenging for families to know how to communicate with and support children and young people who are affected by MND. Laura will provide an overview of understanding and behaviours at different ages, suggest approaches and signpost to resources that will guide talking to and supporting children and young people. There will be an opportunity to ask questions in a supportive environment. A Zoom link will be sent later.

Liz Attwood
lizattwoodmnd@outlook.com 07753 346799
Tash Flintoff

 MND Association Carer Support Glos

www.mndassociation.org

MND Association Francis Crick House, 6 Summerhouse Road, Northampton, NN3 6BJ | Registered charity no. 294354 | Created in RightMarket - 6/1/2022 - 10:54:27



Things to Know

Useful Contacts

N Wilts Group website
www.mndnorthwiltshire.org.uk

N Wilts Group contact
info@mndnorthwiltshire.org.uk
or phone MND Connect

Facebook <http://www.facebook.com/MNDNorthWiltshire>

Twitter @MNDNorthWilts

Letters will be forwarded from:
**North Wiltshire Group, c/o MNDA,
PO Box 246, Northampton NN1 2PR**

MND Connect 0808 802 6262

MNDA national website
www.mndassociation.org

MNDA Volunteering Team
01604 611681

MND Benefits Advice Service
0808 8010620

Prospect Hospice 01793 813355
Dorothy House 01225 722988

Support Meetings

We hope to re-introducing face-to-face Support Meetings at The Lawns Community Centre, Guildford Avenue, Swindon. However, the next one from 2pm-4pm on Tuesday **25th January will be on Zoom**, and we will advise about others nearer the time. (See below for full programme.) All are welcome to join us for a friendly chat, a catch up with friends, and to see your Visitor.

Meanwhile, you can still **contact your AVs at**
alisonaviss@mndnorthwiltshire.org.uk
and
anitacreamer@mndnorthwiltshire.org.uk

Don't forget that you can still find information and advice at the numbers and addresses on the left.

For the Carer Support Group see the separate notice in this issue.

Swindon Support Groups, diary dates for 2022

The following dates for next year have provisionally been booked at Lawns Community Centre, Swindon, all 2pm to 4pm (Covid permitting):

25th January NB on ZOOM	26th July
22nd March	27th September
17th May	29th November

Vacancies

The North Wiltshire Group has vacancies for volunteers, including:

- ♦ **Social Media Officer** to take responsibility for our Twitter and Facebook presence
- ♦ **Fundraiser** to encourage local organisations to raise funds in aid of the Group

If either of these — or anything else! — might be you, email Alison for a chat at alisonaviss@mndnorthwiltshire.org.uk

Contact the editor

The deadline for submission for the next issue of the newsletter will be **2nd April 2022**. The editor would love to receive your news, comment and photos for inclusion: please email him on info@mndnorthwiltshire.org.uk
To **unsubscribe** from this newsletter email your name and 'unsubscribe' to secretary@mndnorthwiltshire.org.uk