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Imagine an hour... a

day... a week without speech – this is the reality for many people living with MND. The



MND Association are looking for lots of supporters to take on the challenge and sign up for this year's 'Silence Speaks' in October.

Silence Speaks is more than just a sponsored silence, it's about finding other ways to communicate. Whether you are taking on the challenge on your own, getting your workplace involved or taking part with friends and family, we have all the tools and information you need to help you.

To get involved and take part in Silence Speaks simply register at www.mndassociation.org/silencespeaks or contact your Regional Fundraiser Roger Widdecombe on

01908 508398

roger.widdecombe@mndassociation.org.

If you prefer to fundraise for the Cambridgeshire Branch please state this when you register.

You can also visit the Volunteer Zone at www.mndassociation.org to get lots of hints and tips to help with your fundraising.

We know that more than 80% of people living with MND experience communication difficulties, and for many it can be the hardest part of the disease. So, why not sign up today and 'lose your voice to help others be heard'.

We also have a NEW teacher and youth leader pack for 2016 with lots of ideas and useful resources to engage young people in the event which we would be happy to send to any schools, colleges, universities or youth groups you may have contact with.

Thanks for sharing the silence.

Fundraising report

Way of the Roses

Over the last May bank holiday 11 brave souls ventured north to Morecombe to start a 170-mile cycle ride over to Bridlington. All 11 were very cheerful as they started off on the Saturday morning from the Eric Morecombe statue on the seafront. We started off in lovely sunshine and a good pace was made by all.



This lasted until the afternoon when thunder, hail and heavy rain set in. Despite this everyone made it to the overnight stop. On the Sunday we had lovely weather and again made it to the overnight stop point. On the Monday it was a very different day again with all cyclists making it to the east coast at Bridlington; however, the sea mist had set in meaning Flambrough Head was not visible.

Well done to them all and in raising just over £5k for the branch.

Thanks go to Sarah Tim and Katie Bates, Daniel Crooke, Laura Whitwell, Katie Marshall, Miles and Helen Barker, who did it on a tandem, Micheal Fletcher Leanne Lenton and John Hinchcliffe.

Also, a huge thanks to Mick Huber for driving the minibus and trailer.

Rugby match

On Friday 5th May at Cambridge University Rugby Club, two teams of amateur rugby players came together to play a game and to raise money for MND. The sides made up of one from the Constructors and one from the Contractors, played their third charity match. It was a close game with some great rugby played (and some funny rugby too!), but a great day was had by all. In total just under £6k was raised and thanks go to Mott McDonald and SDC for organising and sponsoring the event.

Zumba

A group of Ladies came together on Saturday 8th July to do a Zumba session at Shirley School in Cambridge. It was a hot day and the ladies did fantastically well to make it through the tough session. I think however the offer of cake and tea afterwards spurred a lot on. There was also a raffle and so the total raised on the morning was £386.



Thanks go to Sophie Lucia and Donna West for organising the event.

Open garden

Sunday 2nd July saw Pam Wilkie open her garden for the branch for the second year. Again, the afternoon was well attended and those that came had lovely scones cream and strawberries.



They were then entertained by the Hilton Ukulele band. The afternoon raised over £650 and thanks go to Pam and her husband for opening up their beautiful garden.

June Awareness Month

As normal during the awareness month we did our railway station collections. We started at Peterborough then visited Huntingdon, St Neots, Cambridge and Ely the following weeks.

It was nice to see the campaign posters at Ely and the generosity of people in the county again was superb donating £2,265 to the branch.

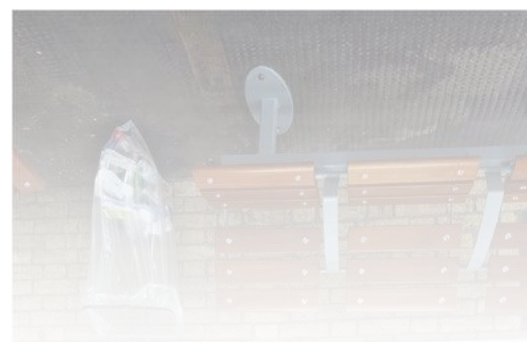
Upcoming fundraising

So now that the Way of the Roses is over and our Awareness Month has finished, thoughts change to next year's challenge. And it's a good one, the national three peaks Ben Nevis, Scafell Pike and Snowdon - three mountains in under 24 hrs. If you're interested in doing this event please contact our fundraising co-ordinator simoncrooke@aol.com for details.

If you have a fundraising event that you are organising or would like to do and need advise again please contact simon.

Many thanks to everyone that has fundraised for the Branch no matter how much is raised ever little helps.

Simon Crooke Fundraising Coordinator



Peterborough Mayor's Cheque Presentation

As you may be aware from various articles over the last year, the Cambridgeshire Branch was lucky to be nominated as one of the three mayoral charities by David Sanders, Mayor of Peterborough, for the 2016-2017 mayoral year.

An event was held at the beginning of August to hand over the cheques to the three charities which Simon Crooke, our Branch Fundraising Co-Ordinator, and I attended. The final sum raised from all the events held was £46,636 with a cheque presented for Cambridgeshire Branch of £15,525. The other charities were the Royal Air Force Association and the Peterborough Salvation Army Good Neighbours Scheme. The Mayor's Office has requested all funds be used within the county.

Simon devoted an enormous amount of his time, along with the other charities, to help the Mayor's Office put on an enormous array of fundraising events – a traditional Sausage Supper, Afternoon Teas, Street Collections and other activities. The highlight events of the fundraising year they feel were the Halloween Ball, Valentines Dinner, Last Night of the Proms Concert held in Peterborough Cathedral, Eggstravaganza Quiz, Boxing at RAF Wittering, the

Farewell Ball, which raised a record sum, and the 'Strictly' evening, also held in Peterborough Cathedral.

Simon must be singled out for a special thank you. He worked so hard through this time not only to help raise funds for the branch but to raise our profile in the Peterborough area. A magnificent effort, Simon, resulting in an excellent result.

Thanks must also go to the Branch Committee members who helped out at events when needed.

Cynthia George
Branch Chair



Strawberry Tea

On a glorious day in July, the Branch held its second Strawberry Tea in the garden of The Old Post Office, Hail Weston.



The Committee all pulled together to get everything organised, with the gazebo supplied by Chris and Geoff Glover, and many chairs and tables brought in by members of the committee and village.

We were well supported by villagers, friends of MND and relatives of the musical performers. We were entertained by the Hilton Ukulele Band led by Joy Gingell and the singing duo Sue and John, who all made the afternoon so unique and joyful.

There was a generous raffle which added to the excitement of the afternoon.

Thanks must go to the Committee and family members who worked tirelessly, and to name but a few, Cynthia and Maire in the tea barn, Simon for his tireless efforts, especially on the raffle, David for picking and donating the strawberries, Geoff sitting at the gate for the entire afternoon, Cynthia and Maire for their pre-afternoon baking and Marion selling Cambridgeshire Branch Cards.

It was a most successful and enjoyable afternoon, all helping to raise the terrific sum of £676, half of which will go to the Branch and half to the MND Association John Ross Tribute Fund.

Pam Wilkie

Afternoon Get Togethers

Wednesday 17th May – Huntingdon MS Therapy Centre

We welcomed a few of our members to this afternoon at this very convenient and excellent venue which is very wheelchair-friendly and easily accessible to all with plenty of onsite parking in a light and airy building.

The chatter soon started with everyone mingling together with many subjects of conversation being aired. The usual cups of tea and other goodies were on offer and all in all although small in number the atmosphere was very convivial.

Thursday 15th June – Cambridge, David Rayner Building, Scotdales Garden Centre

The idea of visiting the garden centre brings many of you out for our afternoons at the David Rayner Building. This is such a pleasant site with a varied range of products on sale not forgetting the enticing restaurant.

We welcomed several new members and some of our “regulars” played “musical chairs” so to speak so they could mingle with members old and new.

This is always a busy afternoon with teas and coffees served along with other refreshments on offer on the tables.

Forthcoming Get Togethers

Huntingdon – Wednesday 13th September

Look forward to welcoming as many of you as can make it to our next social afternoon which, as usual, will be held at Huntingdon MS Therapy Centre.

Cambridge, David Rayner Building, Scotdales Garden Centre - Thursday 19th October

Advance notice for you that at this afternoon we will be joined by the Association’s Chief Executive, Sally Light. She will give a talk and then mingle and chat with you. A chance to hear first-hand what is happening at National Office and the way the Association is moving forward.

It would be good to see a large attendance and an opportunity to show we are a thriving and active branch at a local level where our work is appreciated, helps promote fund-raising and gives support whenever and wherever needed.

Cynthia George

Association Visitor Co-Ordinator Role

It is sad to report that in July Ann Porter decided to give up this role and will no longer be a volunteer for the Association. She did not take this decision lightly but feels she would like to give her time on a much more local level within her own community.

As some of you may know, Ann was one of our first Care Service Navigators in the region when the project was piloted some four years ago. Her contribution has been outstanding and her knowledge, passion and organisational skills have been a great asset to you our members in Cambridgeshire and we will miss her being a part of our local team.

At present the role remains vacant. Efforts are now being made to recruit to fill this position. In the interim anyone who would have contacted the AVC on care issues should for the foreseeable future get in touch with the Regional Care Development Advisers or myself.

Cynthia George
Branch Chair

MNDA Parliamentary Reception – Tuesday 17th October 2017

The annual MNDA Parliamentary Reception will be held on Tuesday 17th October in the Queen Elizabeth II Centre, Westminster. Each branch may nominate three people to attend, priority being given to those living with MND (carer's may accompany the person).

All Members of Parliament will be invited to attend the Reception which will start at 12 noon. Lunch will be provided with MPs being asked to attend from 12.30pm to 2pm. The branch will reimburse travel expenses.

Anyone interested in attending please get in touch with me. The deadline for giving names to National Office is 1st October.

Cynthia George
Branch Chair

Cambridgeshire branch contacts

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Northampton

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Registered charity number 294354

Find out more about the Cambridgeshire Branch visit www.mndassociation.org/cambridgeshire where you can discover more about what we do and the support available. There's information on meetings, fundraising, contacts and the latest news about what's happening in our county.

Future Get-Togethers...

Dates of Get-Togethers in 2017

Sept 13	Huntingdon
Oct 19	Great Shelford
Nov 15	Peterborough
Dec 7	Great Shelford