

January

Upcoming Events

8 February
Support Group
14.00 – 16.00
Aylesbury RFC
HP22 5RN

18 February
Snowdrop Sunday
West Wycombe
Park, HP14 3AB

19 February
Support Group
14.00 – 16.00
Cedar Barn,
HP15 7DW.

In this Issue

Happy New Year

Aylesbury RFC

Fundraising

The Extra Mile

Sad News

Local and national

Contact

Happy New Year and welcome of our first 2024 Chiltern Branch Newsletter

We hope you had a relaxing time over the holidays with friends and family and we look forward to seeing you at one of our upcoming meetings in either Cedar Barn or Aylesbury Rugby Football Club – or both!

Aylesbury Rugby Football Club – New Meeting

We held our first Support Meeting at Aylesbury RFC on Thursday 11th January and were very pleased to welcome families from the North of the county who have found it a bit of a long haul to get to Cedar Barn. The meeting is open to all and we look forward to welcoming more families at future meetings. We're looking forward to being able to hold these meetings on the patio weather permitting.

A quote from one attendee *"We liked the venue, easy parking & plenty of it. Also it will be nice when the weather is warmer to be able to sit outside on the nice patio area."*

Fundraising

Snowdrop Sunday

West Wycombe Park - Sunday 18th February 2024
HP14 3AJ

Join us from 11am to 4pm (last entry 3pm)

Tea/coffee and homemade cakes will be available from the nearby Village Hall in High Street West Wycombe HP14 3AB

Discounted tickets are available in advance from Eventbrite
£3/£2 adult/child (search Snowdrop Sunday)

or purchase on the day - £5/£3 adult/child (cash payments preferred).

Free to people with MND/carers and its only partially wheelchair accessible.

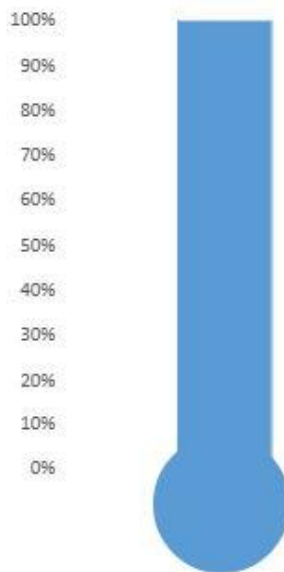
Please note that the park admits assistance dogs only

email: chiltern@mndassociation.org

As you will know we set a target for 2023 to raise £30,000 for our Branch – a tall order! Thanks to the support of many local organisations and our own Branch events, as well as individual fundraisers we have not only met that – but exceeded it with a grand total of £33,407.88

Month	income
Jan	5,939.54
Feb	6,318.78
Mar	1,256.54
Apr	390.00
May	1,862.75
Jun	3,760.49
Jul	785.00
Aug	919.48
Sep	2,641.58
Oct	1,356.00
Nov	1,266.75
Dec	6,910.97
Total	33,407.88
Target	30,000.00

Achieved %	111%
Target %	100



We’ve thanked many of the fundraisers throughout the year in previous Newsletters, but it was the efforts of the Princes Risborough Golf Club (Ladies) who helped us over the line with a massive £5,500 received in December by our Treasurer, David Alexander. The outgoing Ladies Captain, Jill Peppett commented “it was great to support such a truly worthy charity”. We are so very grateful for their support and the good news is that the new Ladies Captain, Sue has also nominated us a charity of the year.



David Alexander accepting the £5,500 cheque from Jill Peppett, on the left, who raised the money and on the right this year’s Caption Sue Pomeroy.

In our 2023 IMPACT REPORT, which will be issued in April 2024, we will share how we spent the income received throughout the year.

Due to the success of 2023, we have set the same challenging target of £30k for 2024. Harewood Downs Golf Club have confirmed us as their Charity of the Year with effect from October 2023 and Martin Goodwill, our new Fundraising Lead will be working with them. If you or anyone you know have ideas or suggestions for other fundraising activities or have already planned some then please do let us know. We have a branch JustGiving page, just search "MNDACHiltern", which you could use to collect donations (QR code available from the page). We can also help promote fundraising efforts including on our social media accounts.

We'd love to hear your fundraising stories and photos are always welcome.

Christmas Tree Event

Alison Rimmer said *"It was lovely to see friends at the Festival of Christmas Trees at St Paul's West Wycombe and we enjoyed tea, cake and Christmas carols! The Festival was open for five days with fifteen trees decorated by individuals and village organisations, all celebrating the 100 years of Disney. There was also a 'prayer' tree with messages for those in need and a Wishing Tree based on 'When you wish upon a star' and the messages left by visitors were very touching. And now we look forward to Springtime and snowdrops!"*



The Extra Mile

Our Chair Carmel says *"December 7th 2023 is a date that I'll remember for a very long time. This was the date of Kevin Sinfield's final Marathon in his 'seven ultra marathons, in seven cities, in seven days with an extra mile each day with London being the last.' The Chiltern Branch were asked to participate and the opportunity to see and hear from Kevin Sinfield was just too good an opportunity to miss."*

Carmel was joined by Branch Contact, Cyndy Mephram, Nikki Banks our therapist for Support meetings, Ian and June Campbell and Kim and Adam Woolford. To date this challenge has raised £1,113,666.00 for MND charities including the MND Association.

Arise Sir Kevin?



"After getting an invitation to do the extra mile with Kevin Sinfield we arrived at Richmond Park and were greeted by Charlotte Hawkins. What a brilliant atmosphere, we lined up and waited for Kevin to arrive, he is such an amazing inspirational man. He found the time to have a quick word with all of us in our assortment of 'wheels' then talked to the larger MND family. He certainly is a great ambassador for all those living with MND. Then off he ran with the rest of us trying to keep up with him for the mile. It really was a wonderful experience being there with other MND families... the "MND Community".

Thanks to Cyndy, Carmel and my lovely wife June for getting me there and back safely." Ian Campbell

Christmas Meeting

We had our final Cedar Barn meeting of 2023 on 18th December with the usual Christmas soundtrack, Christmas jumpers, mulled wine and the ubiquitous Christmas Quiz written by Mal Keenan with Charlie as Quizmaster. It was lovely to be joined at the meeting by our four-legged friends Scout and Django Smith who enjoyed the mini sausages supplied by Lesley.



Sad News

It is with deep sadness that we must let you know that Olga Hepburn sadly passed away just before Christmas. Olga was known to many of you as she attended our Cedar Barn meetings regularly. She was a joy to spend time with and always so positive and uplifting. She will be very sorely missed at these meetings and we send our condolences to Olga's husband Alan, her daughter Stephanie who accompanied Olga to meetings and her son Stuart and his wife Sara, and to all Olga's family and friends.

Local and national contacts

You can contact the Branch by email at chiltern@mndassociation.org or by phone on 07716 667582.

*If you no longer wish to receive our Newsletters,
please either call us on 07716 667582 or
email us at chiltern@mndassociation.org*