

Summer 2025 Newsletter

- Our new look newsletter
- Fundraising Highlights
- Welcome to the team
- Bledlow Manor Open Gardens
- Get involved
- Upcoming events
- Support Group meeting dates

Welcome to our new look Chiltern Branch newsletter

We have had a little tidy up and tinker to make this newsletter as easy to read and user friendly as possible. This is a bumper edition as we catch up on all activities since December. This newsletter is for you, our readers and MND supporters. We'd love to hear your stories or receive contributions to the newsletters which we aim to issue quarterly in July, October, January and April. If you have any suggestions please email [Kelly Mance](#)

Important Dates for your diary:

Support Meetings for the remainder of 2025:

There are no support meetings in August

Cedar Barn

15 September
20 October
17 November
15 December

Aylesbury RFC

No meeting in September
9 October
13 November
11 December

Upcoming events

Wednesday 24th September – Chenies Manor Open Garden

Chiltern Branch Committee Contacts

Chair: Martin Goodwill
Vice Chair/AV: Carmel Grant
Treasurer: Vicki Warduck
Secretary: Jeannette Fundell

Publicity: Kelly Mance
Branch Contact: Natalie Cheshire
Social Media/Website: Laura White
Committee Member: Phil Murray

To contact us email: Chiltern@mndassociation.org

Fundraising highlights:

Our amazing Branch members and supporters have been working really hard to raise valuable funds to support people with MND, below is a summary of their amazing efforts;

Gavin Cousins - running the Leeds Marathon

A Golf Club Pro at Hazlemere Golf Club, ran the Rob Burrow Leeds Marathon for MNDA Chiltern Branch on 11th May 2025. He raised £2770.60 plus £677.65 Gift Aid, a grand total of £3448.25.



Roy & Caz's Quiz Night

We are delighted to share that Roy and Caz Pascal's Quiz Night on 12th April 2025 raised a whopping £3,578.85. In total, that means they have contributed £12,590.34 to Branch funds so far.

Gail Goodwill - £1500

Gail Goodwill (wife of Chair, Martin) reached a milestone Birthday this year but, instead of receiving gifts from friends and family, asked them if they could make a small donation to MNDA Chiltern Branch. Those small donations raised £1500 (including Gift Aid) for Branch Funds.

Bucks, Berks & Oxon Big Band

On 27th February 2025 the BBO Big Band played their annual concert for MNDA Children Branch raising £500 for the Branch.

Hannah's Marathon

On 27th April 2025 Hannah ran the London Marathon and raised £1755 for our Branch.

Snowdrop Sunday

Our annual event took place on 16th February 2025, there were 81 advance tickets sales, overall the event was incredibly successful raising £3919 in total. A big thank you to Lord and Lady Dashwood for their support.

Thank you!

We could not provide the much needed support to people with MND in Bucks without all of this amazing work – well done everyone!



motor neurone disease
association

Chiltern Branch

Bledlow Manor Open Garden 2025

Once again we were able to use the gardens of Lord and Lady Carrington as an opportunity to raise money for our Branch. The sun shone, the tea was flowing and everyone had a great afternoon. We thank those who came and supported the event, everyone involved in planning, baking, checking tickets and clearing up. With ticket sales, refreshments, tombola and donations we raised nearly £1700!



Fundraising to end June 2025

We are pleased to share that everyone's hard work in fundraising has raised £21,640.05 in the first half of the year – we are progressing very well towards our target of £30,000 which is excellent news!

Supportive local businesses and organisations

We'd like to say a big thank you to companies which support our fundraising efforts, be that a contribution to a tombola, making us their charity of the year or hosting events – all contributions matter, huge thanks to;

- Burnham Beeches Golf Club
- David Lloyd, Beaconsfield
- Hazlemere Tennis Association (Ladies Section)
- J&D Vehicle Repairs, Saunderton
- Laithwaites, Beaconsfield
- Majestic Wines, High Wycombe
- Marks & Spencers, Beaconsfield
- Peterley Manor Farm
- Sainsburys, Beaconsfield
- Tesco, Loudwater
- Waitrose, Beaconsfield
- White Cross Line Dancing
- Whiteleaf Golf Club
- Wycombe Heights Golf Club (Ladies Team)

Raising awareness

To help us raise awareness for our Branch and fundraising events we'd really appreciate if it you could send in any photos or stories to [Kelly Mance](#)

Supporting people with MND

As most of you will already be aware, there are some planned changes within the Multi-Disciplinary Team of Bucks NHS which will affect the support provided to people with MND living in the South of the County.



Elspeth Wolfenden the MND Specialist Nurse has retired with effect from 30 June after over 20 years of supporting patients with MND and MS. She will continue to support on a very limited basis for a further few weeks before her retirement starts in earnest.

Elspeth says " I have always enjoyed working with the local Branch of the MND Association and with MND patients and their families. It has been a privilege to help support people at a very difficult and challenging time in their lives and hopefully to have made a difference in some way"

Sue Eddy - Clinical Specialist Physiotherapist in Palliative MND and Complex Respiratory Care Has also partially retired with effect from 30 June. Again, she will offer as much support as she can with very limited hours for the next few months pending recruitment of a replacement.

Sue says " Thank you so much for my beautiful gifts and so much friendship and inspiration. I have absolutely loved working with so many living with MND and their amazing loved ones. It has been an absolute privilege to walk alongside these families in their journey. I will continue to offer as much support as I can in my reduced hours after partial retirement"



We wish both Elspeth and Sue a long, happy and healthy retirement.

In the meantime, representatives from the Motor Neurone Disease Association nationally and locally are working closely with Bucks Health Trust to ensure patients and families will continue to be supported through the planned changes.

We have invited the Service Development Manager from the MND Association and a representative from Bucks Health Trust to the September Support meeting at Cedar Barn to share plans and answer questions.

If you would like to speak to someone about MND,
please contact our MND Connect Helpline on 0808
802 6262 or email mndconnect@mndassociation.org
Office hours are Monday to Friday 9am to 4pm

Volunteering Team Updates:

We are very pleased to welcome new people to our volunteering army!

- **Carolyn Dowle** – “I'm Carolyn. I am really pleased to be starting soon with my MNDA role as an AV. I have been single for some time and have two 'children' and two grown up granddaughters. My son lives in California and is visiting this week which is lovely. My daughter lives in Wycombe but is looking to move to Devon next year. I retired as a Physio two years ago having done some NHS physio until I was 27 and then ran my own sole practitioner private practice until 2023. I helped to set up the South Bucks Hospice and then worked a few hours a week as a volunteer physio for five years in tandem with my practice.

I specialised in neurological conditions, mainly brain injuries for a while after I qualified and have always liked to work with people with neurological disorders..”

- **Natalie Cheshire** – “Hello everyone, I'm delighted to be the new Branch Contact for the Chiltern Branch! My personal connection to this incredible charity stems from supporting my mum, who lived with motor neurone disease and passed away last November. Through that experience, I witnessed firsthand the vital support offered by this community.

Now, I'm eager to give back and help ensure others receive the same invaluable assistance my mum and I did. Alongside volunteering and working full-time, I love spending time with my family and friends. In my spare time, you'll often find me running and walking my dog. I'm really looking forward to being part of this important work and contributing to raising both awareness and much-needed funds for the Branch.

- **Kelly Mance** – “Hello all, I am really pleased to be volunteering for the Chiltern MND Branch and providing valuable support to people with MND in the county. I live in Bucks, I am married to Ian and have two children; Josh is 17 and Zoe is 20, plus 2 dogs Murphy & Otis. My Mum sadly passed away from MND when I was 18 and back then there was very little help/information for families so I am really keen to raise awareness about MND and the help available from our Branch.

I hope I can achieve this by being the Publicity volunteer and providing any other support I can”.

www.mndassociation.org

MND Association, Francis Crick House, 6 Summerhouse
Road, Northampton, NN3 6BJ
Registered Charity no. 294354

Your top tips/hacks

A recommendation for truly Accessible Accommodation in the Yorkshire Dales/Cumbria.

Ian and June Campbell have spent many hours and weeks trying to find genuinely accessible Holiday Accommodation and thanks to their tenacity they found something which they highly recommend.

June says “ Ian and I have just come back from a break which was truly ‘accessible’ and has only recently become available. We were ‘Guinea pigs’ as such. This is a beautiful place which makes you feel at home and gives a sense of calmness as there is so much equipment hoists, profiling beds, wet room (with wash/dry toilet) roll in shower chair etc. Recliner/standing chair etc and to top it all it has wonderful views from every room - and doesn’t feel ‘clinical’.

The owner of this property has given me permission to share it with our MND group. The link is below if anyone is interested and I’m more than happy to speak to anyone who is interested and wants to know more.

The lady who has made this available truly cares about people with various disabilities and their partners/carers etc. We will definitely be going back there.”



For more information their website is <https://acrewoodbarn.co.uk/>

Thank you for reading our newsletter
If you have any feedback or suggestions about
this newsletter please share them with
Kelly.Mance@MNDAssociation.org