

Oxfordshire Branch Newsletter



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Branch Summer Event

Guest speaker focus: Current developments in support and care for people with MND and their families

Thanks so much to those of you who were able to join us at our Summer Event in Abingdon on Saturday 17th May. We were delighted to welcome Colin Capper, who is the MND Association's Senior Head of Integrated Support & Delivery, and gave us a thorough overview of current developments in support and care for people with MND and their families.

Colin started by reminding us all about the MND Association's five promises:



- MND is treatable and ultimately curable.
- Everyone gets the care they need when they need it.
- Every day with MND counts.
- You are heard.
- No one faces MND alone.

Everything that the MND Association does over the next five years will be built around these promises.

Colin went on to take us through, in more detail, the four key priorities underpinning these promises. They focus on the following:

Providing information and support tailored to each person's needs. Essentially, personalised support for people with MND, their carers and loved ones, enabling access to the right services from diagnosis, through to end of life.

Through the Association's own services or in partnership with others, ensuring that everyone affected by MND has access to emotional and psychological support, from the moment of diagnosis.

Giving practical and financial help when it's needed. While the Government should meet the financial needs of people with MND, too often it falls short. Until this changes, the Association will continue to provide vital financial and practical support, directly and through partners, to ensure that people access the services and assistance they need and at the right time.

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...continued - Branch Summer Event

Ensuring that there is an even more joined-up support experience, by integrating and streamlining our services to ensure that everyone, whether supported by staff or our incredible volunteer network, has a consistent, accessible experience.

It was encouraging to hear that, over the last 5 years the Association has doubled its income. This has made a huge difference but there is still more scope to grow this across many of its existing income streams. This is a fantastic achievement and very few charities have managed to achieve this. It really does demonstrate the power of awareness and profile of the MND Association.

Colin's talk was packed with information, covering areas such as the results from the MIROCALS trial. The trial tested whether low doses of a drug called interleukin-2 can reduce the speed at which MND progresses. He shared some personal stories, which clearly demonstrated how MND affects people in different ways and consequently, having differing needs.

There's plenty to be proud of too! In 2024 6,784 support activities for people with MND were delivered by volunteers and there are 135 support groups in local communities for people with MND.

As always, a delicious lunch with an array of cakes, baked by our branch volunteers, was served. This made for plenty of lively conversation! Thank you for freeing up your valuable time to be with us, Colin.



Fundraising & Awareness

Let us know what's happening!

We'd love to hear about your fundraising or awareness activities and include your stories in the next newsletter. Please email details and attach photographs, if you have them, to: Keith Bird, Oxfordshire Newsletter Editor keith.bird@mndassociation.org

Oxfordshire Branch Committee Contacts

Chair: Sue Butler - sue.butler@mndassociation.org
Treasurer: Roger Payne - roger.payne@mndassociation.org
Secretary: Cathy Burch - cathy.burch@mndassociation.org

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Newsletter/Social Media: Keith Bird - keith.bird@mndassociation.org
Committee members: Safina Akhatar - safinaakhatar@hotmail.com

The MND Association Oxfordshire

Branch – about us

For nearly 40 years, the volunteers of the Oxfordshire branch have been supporting local people with MND, as well as their families, whose lives are seriously affected by this devastating condition. Fundraising and awareness raising is an important part of our work.

As well as providing contact for support, the branch has five volunteers who are trained by the Association who keep in touch with people with MND and their families on an individual basis, through visits, email or phone calls, as requested. We also we organise friendly support meetings throughout the year for, people living with MND and their families and friends, where they can share experiences and emotional support with others and those who have knowledge of MND. This newsletter, for example, is published three times a year, with branch news and invitations to key events, such us our annual fundraising Branch Walk at Blenheim Palace Park in October.

Financial contributions are made through various grants for things like equipment, complementary therapies, taxis to enable people to come to events, vehicle and home adaptations or short breaks when needed.

We contribute much of our funds annually, to the work of the National MND Association for the important work it does for care and support of people living with the disease, commissioning all important research into MND and campaigning.

All this branch activity is funded entirely by donations, large and small, for which we are truly grateful. Can you help us?

How our funds are raised:

- The popular annual Branch Walk in Blenheim Palace Park
- Workplace and other organisations who nominate the branch for charitable fundraising
- Rotary Club donations
- Donations in memory of loved ones or to celebrate special events like weddings and birthdays
- Sponsored runs and walks, including those registered through the MND Association and Just Giving pages, nominating the Oxfordshire Branch specifically, plus other donations to the branch from sponsored personal efforts
- Stalls at fairs, fetes, sales, coffee mornings and other events
- Tribute funds set up by the Association but specifically nominating the Oxfordshire Branch
- Adding Gift Aid to donations.



How can donations be made?

Please see social media and website links in the page footer or for our branch account details for paying in directly and for Gift Aid, please email Roger Payne roger.payne@mndassociation.org

Oxfordshire Branch Contact and Links:



Lesley Ogden - 01235 850372



lesley.ogden@mndassociation.org



[@mnda_oxfordshire](https://www.facebook.com/mnda_oxfordshire)



[mnda_oxfordshire](https://www.instagram.com/mnda_oxfordshire)



[Link: MND Association/Oxfordshire-Branch](https://www.mndassociation.org/Oxfordshire-Branch)



Fundraising

A heartwarming fundraising story

Running and walking in France and England

In April this year, Stephanie Prevost and family wanted to raise money for MND Association to support their friend Tim, his family and all the people with MND in France and England with their difficult daily lives. This was an amazing joint effort, across the Barilly/Huard families of Annecy and the Prevost family of Marly le Roi (from France) and Thame (GB).

Six of them walked 9 kilometres, ran a half-marathon and also the Lake Annecy Marathon, in France on April 26th and 27th. The rest of the French family were there to cheer them on, across all of the routes. As always, donations were the greatest reward and totalled more than £1,000 and around £800, specifically for the Oxfordshire MND Association Branch.

Stephanie said,

"I am delighted to confirm that, as a family, we all completed our respective walks and runs! We were extremely proud of our achievement and overwhelmed by all the support, messages from friends and relatives from France and UK, along with the generous donations on both of our French and UK web pages".

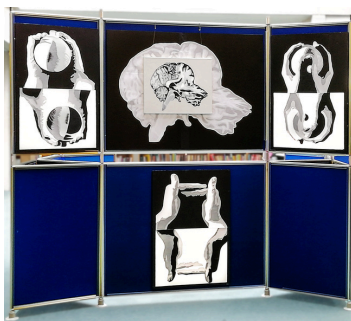
Huge congratulations and a big thank from us all at the MND Association.



Ellen & Graham's Oxford Exhibition

You may remember that we featured Ellen Wang in our previous newsletter, who is living with MND. We were excited to hear that Ellen and her partner, Graham opened a new exhibition at the Westgate Library in Oxford, from 2nd to 25th June. Once again, the exhibition was in support of the MND Association, Oxfordshire.

Ellen displayed more of her wonderful colour photo collages and Graham showed black & white images of his hands, created using plastic sheeting and grey papers. Beautiful work and we all look forward to seeing more, in due course.



Fundraising & Awareness

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Keith Bird - Newsletter Editor - keith.bird@mndassociation.org

Branch Walk at Blenheim is nearly upon us!

It's that time of year again when we start to get excited for the annual MND Oxfordshire Walk 2 d'feet MND event. This annual event will take place on the Saturday 4th October at Blenheim Palace Park and it brings families and friends together to help raise funds to support people with MND locally and contribute funds to the MND Association for the services it provides and for the valuable research it commissions, into understanding the disease.

We welcome one and all on a 2 mile walk which is wheelchair accessible. Dogs are welcome on a short lead, and we welcome children too. Please note that due to additional activities we are unable to undertake the 5 mile walk this year. We hope to reinstate this next year.



[Link: Walk Registration](#)



[Link: Walk Just Giving](#)

We have tried something a little different this year with a 'Google Form' to help keep track of the registrations for the walk. I can't guarantee that it won't still be manic on the day but it may help! Please have a look and if you have any trouble, do let me know. Feel free to forward onto your family and friends to ask them to support as well. If, however, you would like an old-fashioned form I can send one over.



Any issues or problems, please let me know. Please feel free to get in touch if you would like any further information about the walk or other fundraising events. My email address is Jill.Garner@mndassociation.org.

Each registration for the walk will cost £12 per adult (children are free), payable via this Just Giving page (preferred method however you can also pay via cheque/ card or cash on the day) - please simply note your name on the Just Giving reference so we can check you off the list. The registration fee provides you with access to the walk on the day and an MND Association T-Shirt.

If you're reading the printed version of this newsletter, please scan the QR codes above or if you have the electronic version, please click the link underneath. These will take you to the the registration form and also the Just Giving page, where you can pay your registration fee for the walk or make a donation.

We welcome any additional donations or sponsorship that you may wish to raise, and this can also be paid via this Just Giving page or can be made in cash/cheque on the day.

This walk is a wonderful, social and family-orientated event and everyone who wishes to support MND Oxfordshire on the day, will be most welcome. We are looking forward to seeing you on the day, so please pray for good weather and spread the word

Jill Garner

Family & Friends Support Groups

We continue to meet up in Abingdon and Banbury on alternate months and although numbers fluctuate, a warm welcome is always found over cake and something to drink, while sharing experiences and information with those who understand.



On a hot sunny July day, we enjoyed our annual garden centre visit, this time to Millets Farm and Garden Centre and then met up in the Webbs cafe for tea. Regulars and volunteers were delighted to meet three new people attending for the first time. We soon all found that there was much in common to talk about and learn. The staff at the cafe were very accommodating and gave us a comfortable designated area, providing delicious cakes and various drinks, dealing patiently with an order for 14 people and then taking this photo of us all!

Next dates for the diary:

- Tuesday 23rd September the Lounge room, ChristChurch, Abingdon 2-4pm. This will include a talk about REMAP, an organisation who provide a free service providing custom -made equipment for people with disabilities.
- A meeting of the Banbury group will be held again in October. Contact lesley.ogden@mndassociation.org for details.

Maureen's Walk for Elizabeth - tracking her amazing progress

As we reported in our previous newsletter, Maureen Sears' daughter, Elizabeth, sadly died from MND. As a tribute to her life, Maureen is walking the Thames Path from the Barrier to the source, accompanied by friends along the way. Maureen had already surpassed her £3,000 fundraising target for MND Association Oxfordshire. In fact, as we write, her total raised stands at £4,419. Fantastic! Well done, we're rooting for you Maureen, and are very grateful for the funds you are raising.

In her most recent blog entry, Maureen writes:

Blog No 21, Sandford to Osney Bridge, Oxfordshire. Saturday 16th August '25. 5.5 miles.

"Hooray, today it was cloudy and cool, a fine day to walk. I set off over to the path and through the gate to the first meadow which continued for quite a way before leading through a gate and onto a path sheltered by trees on both sides. On this walk for the entire stretch there were people about and so less lonely and I think less time for introspection. I think walking on my own with my own thoughts is so different when walking with friends or indeed my son"

You can follow Maureen's progress on her blog, here:

<https://maureen-thames-walk-for-mnd.blogspot.com>





**MND Association Oxfordshire
Branch Walk,
Saturday 4th October 2025
1 pm,
Blenheim Palace Park, Woodstock.**

2 mile Wheelchair Friendly Route

Come along from 11:30am with your Friends & Family for a Fantastic Day and Help to Raise Money and Awareness for MND Association Oxfordshire Branch.

Please arrive for a 1pm prompt start.

£12 Adult including T Shirt! (Children Free)
To help and prevent delays on the day,
please Register and Provide Payment before the event!

Registration:	Pay/Donate:	Contact:
MND Association Branch Walk 2025 Registration 	MND Association Branch Walk 2025 Just Giving Page 	<p>Email: Jill.Garner@mndassociation.org or Call: 07749499759</p>

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