

7 IN 7 ON 7



Richard Benny Shaw, Craig Lee & Ryan Whitaker began their tremendous challenge on 18th August, at the Big Box Gym in Huddersfield.

Day 1 Row a Marathon

Day 2 Run a Marathon

Day 3 Ski a Marathon

Day 4 A Marathon on a Treadmill

Day 5 Peaks Marathon

Day 6 Cycle a Marathon

Day 7 Walk a Marathon, when they were joined by Stacey Kirkpatrick, our very own Relationship Fundraiser.

They raised a tremendous £10,500!



Amazing support. Thank you guys, and everyone who donated. Also, thanks to Big Box Gym for allowing us to hold a tombola on the last day.



NATWEST STAFF TAKE ON THE 3 PEAKS



On the 17th June at 7:05, 31 colleagues set off on the Yorkshire Three Peaks challenge. They were prepared with some last-minute information and an emotional message of luck and thanks from a person with MND, which is our chosen charity to support. The early start was daunting and the weather forecast was grim but this didn't change the smiles and positivity. I, with the support team, moved on to the first check point and hunkered down for a few hours wait; the first of the rain clouds showed. This first assault was mild by Yorkshire Dales standard and the three staff in the support bus crossed our fingers that that would be the worst of it. After a few hours, the first of our team arrived at the Ribbleshead Viaduct, damp but in good spirits. At this point there were a few clothing swaps for warmer choices and a few jelly babies handed out. Despite being a little before noon many lunches were eaten which I think can be expected given the start time and the calories already burned.

Despite 31 leaving at the start 34 arrived at the first check point as our back walker had rescued 3 teenagers who were lost on the top of Pen-y-Ghent having been left behind by their teacher with no idea which way to go. Having ensured the teenagers were safely on their way back to their campsite and fuelled up on jelly babies, 28 set off on the second leg of the walk, heading up Whernside.

As our determined number headed up peak two, the rain clouds gathered in impressive numbers, rain battered down and significant winds blew. In the support vehicles we looked out with sympathy as we waited at check point two. The first four back gave us warnings that the conditions and grip underfoot were extremely poor; as the second group came in, I was asked how my plaster of paris skills were for any inevitable injuries! As the groups came in safe, I can report that spirits and socks were dampened, having been battered with

sideways winds on their way down. Once more



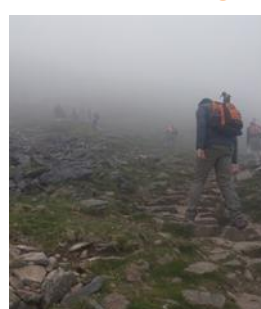
one group had to assist another teenager on the climb giving electrolytes and snacks on their way to the summit of Whernside; as they peaked, they found the lads teacher sitting tucking in to his sandwiches. As the final group came in to the support stop, they were

looking significantly worse for wear, soaked to the bone and cold from the conditions. One walker's boot sadly had less stamina than his body, falling apart on him entirely, thankfully close to the second support stop. One member of the group had taken an unfortunate tumble as he missed his footing, completed a roly-poly and crashed into a mound of grass. Following a quick check over and assessment for breaks, he returned to his feet to see, with shock, that had the mound not broken his fall he'd have kept rolling for some time. A close call, avoiding significant injury.

Upon arriving at the support stop they'd reached their wall and were escorted back to the car park. I assured them all that had the weather been better I would have expected the majority of them to make it but continuing would result in more damp, more cold and a finish at nearly 9pm. If my count is right, 19 took on the third peak after some changed socks and some changed t-shirts. The first sign of completion was a call from one of the lead pairs (who had ignored my explicit instructions to stay in groups of a minimum of three) had descended Ingleborough on the wrong route and were in a neighbouring village. I headed out to find them and return them to the start / finish car park. Upon returning with this pair I was shocked to find the other lead pair hadn't returned despite more than 30 minutes having elapsed, the anxiety this brought may have aged me a year! Frantic phone calls which went unanswered, didn't reassure me or the group of walkers who had made it back without passing them. After what felt like an age, but was likely 10 minutes, we were able to get in touch with them to learn they'd also taken a wrong turn but had thankfully doubled back and met another group of our walkers heading to the finish. By 6pm everyone was counted back in. I could breathe and several people had decanted to the pub. I headed home exhausted despite having stayed mostly dry so I dread to think how those who had completed the 24 miles in pouring rain felt. Those that braved the office the next day had an unusual walk but a well-earned sense of pride.

Charlie Lovatt

VICKIE MARRIOTT'S ACCOUNT



We reached the summit of Penyghent, in around 2 hours. On the descent, after about 5 miles, the weather turned truly awful. We had driving rain, blustery winds and temperatures of 7-8 degrees and at the top of the mountains, it was cold. By this time, the 31 of us had

spilt up into a considerable number of smaller groups. Going up the second mountain, Whernside, three of us helped a lone boy of about 17, who was really struggling with the awful conditions. He'd got separated from his friends and was feeling sick plus his walking was unstable. We gave him food and electrolytes and made sure he got to the top of the mountain... where we found his teacher happily having his lunch. We later learned our colleague, a mountain guide 45 mins behind us, came across 3 of his friends on the way down Whernside. They were all struggling and needing help. He guided the 2 boys and 1 girl, safely off the mountain. They were driven back to their base by our colleagues who were supporting us. Next came Ingleborough, those steps are a killer! Having done the 3 peaks twice before, I knew what to expect, they never get any easier though. At the summit we could barely see 10 -15 metres in front of us, visibility was so poor. We managed to navigate to the way point, to find a man who asked us the way to Penyghent. He didn't have a clue which direction to go in. We suggested he return to Horton in Ribblesdale so he could follow us but he decided to go down Ingleborough the way we'd come up; I hope he made it. The path we needed to find was completely obscured due to the awful conditions and we needed our compass to navigate in the right direction. What felt like 5 hours later, we successfully landed back at our starting point. Job done. Every piece of clothing (and I had layered up), waterproof or not, was soaking, every part of my body was wet, wringing my socks out was quite funny. What a day, what a team and what an achievement.... Well done to every single person who took part, a special shout out to our guide Simon Watson and support team.

SECOND ROB BURROW SCOOTER RIDEOUT

On 6th July 2025 the second Rob Burrow Scooter Rideout took place from The White Swan and Yeadon Cricket Ground, where all the scooters and motorbikes gathered before making their way, via Headingley Stadium, to the Ings Pub in Guiseley. Stacey Kirkpatrick, Relationship Fundraiser for the West Yorkshire Branch, said "Events like this are "absolutely vital" for the charity. The scooter community came together with the MND community to remember Rob and everyone who lives with and is affected by the condition." Since the Rideout, the Yorkshire Scooter Alliance have continued to fundraise and the total is now more than £4,000! Thank you Axle, Mandy and family so much for organising such a memorable event and for raising such a large amount of money.



MIRFIELD ORIGINALS SCOOTER CLUB



As last year and as we do every year, Mirfield Originals Scooter club held our annual multi meet on July 12th, at our base, The Shoulder of Mutton Pub in Mirfield. We, together with the pub wanted to raise money again for our local MND group as we have in the past. This time, in memory of Phil Long, one of our long-standing members who you knew and supported and who sadly passed away last year. We had an afternoon and evening of music from the Band Modness and our resident DJ and of course one or two drinks were consumed. We had a great day and night. The event managed to raise £360 through donations from the scooter club members, the pub, attendees of the event and selling a few football cards. Thank you all.

PAULA HOYLE

On Saturday 12th July, with 3 friends, Paula challenged herself to climb the Yorkshire Three Peaks. Along with 60% of the group, they only managed to climb two as this was one of the hottest days of the year. Paula says, "Nevertheless, we are still proud of ourselves & I am sure my husband Peter, who we walked in memory of, would be too. We raised an incredible £2,565 for the West Yorkshire Branch of the Motor Neurone Disease Association." Thank you Paula and friends, that's an amazing amount.

MUSIC FESTIVAL



A great big THANK YOU to Old Mason's Arms, Oulton, who raised £1025.06 for our branch with their recent 2 day Music Festival.

BRADFORD GRAMMAR SCHOOL



Throughout the summer, students and staff at the school, organised various fundraising events to raise funds for the Branch. One of their teachers was living with MND at the time, sadly losing her fight recently. The school raised £1440.40. A grateful thank you to you all.

NICK KITCHEN 15,000 STEPS A DAY IN AUGUST



That's a total of 465,000 steps. But actually, Nick managed a fabulous 730,085! Which is at least 365miles.

He was inspired to do this challenge, particularly by Stephen Darby but also Rob Burrow. Donations he received online will go to the MND Association and any offline to the West Yorkshire Branch. Thank you Nick, an amazing effort.

CYCLING TEAM EK12 – RB7, REMEMBERING EDDIE KERNOGHAN & ROB BURROW



On the 6th & 7th of September a team of 5 from Harrogate Pythons RUFC, cycled the Leeds Liverpool canal from Anfield to Headingley then on to their rugby club, Harrogate Pythons RUFC at the Jim Saynor Ground, Station View in Starbeck. "This is in honour of the club member and friend, Eddie Kernoghan, who sadly passed away in June after a short battle with MND, also in memory of Rob Burrow, both taken far too early from us." Thank you to Jon 'Wiggo' Wiggins, Mike Ruthen, Kelly Grove, Tom Everingham & Dan Scott. £5,797 raised.

RIDE FOR LEE & YORKSHIRE MND



On 23rd August 2025, West Yorkshire Branch's Paul Fowler and #TeamLenny took on the Ride for Lee & Yorkshire MND, kindly sponsored by the Wetherby Whaler. Their challenge began at the Guiseley Wetherby Whaler, cycling on to the Whalers in Pudsey, Denby Dale, Outwood,



Tadcaster, York, and Wetherby before finishing back at Guiseley; a distance of approximately 100 miles.

70% of all donations, including those raised by the Wetherby Whaler, go to Lee - Lee (Lenny) Brannan who was diagnosed with MND, in January 2025. 30% to be split between the MND Association's West Yorkshire Branch, Yorkshire Dales Branch and York Group (these are the groups with a Wetherby Whaler restaurant). A total of £3,015 raised. Thanks to Paul and team and all the Wetherby Whaler restaurants.

HONLEY CRICKET CLUB



On August Bank Holiday Monday, Huddersfield Giants Supporters Association held a Family Fun Day at Honley Cricket Club. Thanks to Micaela, Karen, Tracy & Big G for helping out on the tombola. The weather was brilliant and the turnout excellent.

DARRINGTON GOLF CLUB



Thanks to Darrington Golf Club for hosting the annual Craigo tournament on Saturday August 30th. Karen and Tracy were there as supporters of the Branch, selling the raffle tickets. £1,311 raised for the Branch. Thank you to all.

BEV'S MARATHON



Bev decided she wanted to give back to the MND Association, as a little thank you for all their care and commitment. She decided to do a sponsored wheelchair marathon over 10 days, the last day coinciding with the annual rugby club cricket knockout. Bev and husband Mike, completed all of the event at Newsome Panthers rugby field under the iconic Huddersfield landmark. The Victoria Tower, known as Castle Hill, was the backdrop to all the team photos. They had regular visitors, including West Yorkshire Branch volunteers, Mike and Margaret Bridgeman. On the final day Stacey Kirkpatrick, Relationship Fundraiser, went along to walk the final distance alongside Bev. Mike says, "Bev actually did it in 8 days and it took its toll on her back and body. She averaged just over 3 miles a day,



needing to do just over 1 mile on the final day. Around 100 people joined Bev, myself and our trusty pug Tango, to walk the final half mile around the cricket field. It was quite an emotional ending seeing all those people escorting her round." Bev raised a fabulous £700 for the West Yorkshire Branch. Thank you Bev & Mike Newton and Tango.

GREAT NORTH RUN



On Sunday September 7th Kellie-Jo Jeffery challenged herself to take on the Great North Run in Newcastle, her very first half marathon. She raised a huge £1,070. She wants to thank all her sponsors and the spectators along the route. Seen in the photo are Olivia, Kellie-Jo and Karen Jeffery. Fantastic effort Kellie-Jo.

WELCOME STACEY KIRKPATRICK



My name is Stacey Kirkpatrick and I am the new Relationship Fundraiser for the fabulous West Yorkshire Branch and surrounding areas. Whilst relatively new to role, I am not new to The MND Association, sadly I'm not new to MND and I'm certainly not new to fundraising! Having lost my mum to MND, I decided to give back and support other families and individuals living with and affected by MND and began my journey with the Association as a volunteer in 2015.

It is my role to support YOU as much as possible if you would like to fundraise for the Motor Neurone Disease Association and ensure that your fundraising is safe, enjoyable and makes an impact on those living with and affected by MND locally.

I have over 10 years' experience in both volunteering and fundraising and whilst I have lots of ideas, I would LOVE To hear yours so please get in touch by emailing stacey.kirkpatrick@mndassociation.org or by calling 07484491557. I can support individual events or activities, companies and organisations looking to make a difference and community groups looking for ways to get involved.

I look forward to supporting you with your fundraising and creating a world free from MND together.

NEW GROUP

Working with MND Peer Support Group





Do you continue to work after your MND diagnosis?

This online peer support group enables people living with MND who continue to work to come together to share experiences in a safe and supportive way. Tom who attends the group says "These meetings provide a safe space where we can share information about how MND affects work (or vice versa); the various challenges faced, solutions and workarounds found. It's also nice simply to be able to talk with and listen to other people in similar situations to my own. The conversations can be very wide-ranging (today we even talked about trees), the atmosphere is very relaxed and welcoming, and there's no pressure to contribute anything unless you feel like it on the day. More often than not, a genuine mood lifter!! Why not give it a try? "

For more information please contact Jo Cunnah Community Support Coordinator jo.cunnah@mndassociation.org

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MND Friendship Group - Keighley





Saturday 10-12noon (second Sat of month)

New Keith Thompson Centre, Coronation Mount, Braithwaite, Keighley, BD22 6HE

Accessible parking and toilets. Tea and coffee provided.

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 [mnd_yorkshiredales](https://www.facebook.com/mnd_yorkshiredales) or West Yorkshire Branch
  [@MNDA_WestYorks](https://twitter.com/MNDA_WestYorks) or @MND_Dales

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MND Carers Group





Current carer for a person with MND?

If so, you're welcome to join us on the 1st Wednesday of the month. Meet others in the same situation in a friendly, supportive and gentle environment.

Where: The Holiday Inn, Queens Drive, Ossett WF5 9BE
Time: 10-12noon

For more information contact:
michelle.malouf@mndassociation.org 07876 575032
Sam: samanthaooakes@nhs.net 07717 701229

 [mndassociation](https://www.facebook.com/mndassociation)
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West Yorkshire Branch

Support Group Meeting

Get-Togethers 2nd Wed in the month, 1.00 - 3.00pm.

November Fri 14th AMT Cafe St Michaels Lane, Headingley LS6 3BR **NB Change of day**
 Some West Yorks MPS have agreed to attend.

December 10th Skelton Lakes Services M1 J45, Leeds LS9 0AS

DR EMMA BISHOP PRINCIPAL CLINICAL PSYCHOLOGIST



I have had the great privilege of setting up a Psychology service for people living with and affected by MND in three West Yorkshire NHS Trusts over the past 14 months – Bradford, Mid-Yorks, Calderdale

and Huddersfield. This was generously supported by the West Yorkshire Branch and seeks to improve access to psychological care in the community.

The first task was to map out all the community services, as these teams all work slightly differently and include around 80 clinicians in total. We listened to people living with and affected by MND, local clinicians, and learned from other psychologists working in MND. It has been particularly important to build links with psychologists at Leeds and Sheffield, so that we can work in a joined up way wherever possible. Our pilot service model offers the following:

- An optional one-off psychology assessment session following an MND diagnosis, to talk about the emotional impact of receiving a diagnosis and consider how the person can best take care of themselves; also, how the team can best support the person living with MND and their family
- Psychology sessions for people living with MND or adult carers, to support managing emotional distress
- Support with understanding and managing the impacts of cognition and behaviour change, which we know affects up to 50% of people living with MND and increases to 80% towards the end of a person's MND journey

I also work closely with the MND multi-disciplinary teams, attending regular meetings where we discuss care needs, offering supervision and running reflective practice and teaching sessions. We have also been working on our pathway for screening and supporting people who are affected by cognition and behaviour change. Many of the Occupational Therapists in these services are now trained to deliver screening, raising awareness

about these kinds of changes and the support available.

Working with such compassionate and skilled colleagues has been a highlight of this role, and I was delighted (and surprised!) to be shortlisted for an award in Calderdale and Huddersfield Trust which reflects how working together in MND is essential to effective and compassionate care.

As this is a two-year pilot, we are now in the process of trying to secure funding so that this service can continue. If you would like to share a testimonial about your experience of the service, or indeed share your views about why this service matters, please get in touch by email clinicalhealthpsychologysecretaries@cht.nhs.uk.

We hope that pilots such as this will help demonstrate the need for MND Psychology, so that it can be rolled out to other local services.

By Dr Emma Bishop (Principal Clinical Psychologist) Seen in the photo with Rachel Dodds on the right, (Clinical Psychologist at Leeds MND Care Centre)

DATES FOR YOUR DIARIES

Carers Groups 1st Wed in the month, Holiday Inn, Ossett WF59BE 10am - 12 noon

Get-Togethers 2nd Wed in the month, 1.00 - 3.00pm.

November Fri 14th AMT Cafe St Michaels Lane, Headingley LS6 3BR **NB Change of day.**

December 10th Skelton Lakes Services M1 J45, Leeds LS9 0AS

Cornflower Past Carers Group Last Wed in the month, Skelton Lake Services, M1 Junction 45, 1.00-3.00pm

Friendship Group Second Saturday in the month, New Keith Thompson, Coronation Mount, Braithwaite BD22 6HE 10-12noon

PMA PLS Support Group on Zoom 2nd Mon in the month 5pm

Tracheostomy Group on Zoom 3rd Tues, either 2pm or 6.30pm

Continuing Health Care on Zoom every 6 weeks

Veterans Group on Zoom 3rd Thursday 1.30-3.30pm

Black Indigenous People of Colour Support Group 12noon - 1pm 3rd Tues in the month

Evening Online Carers Group 6.30pm last Thursday in the month

<https://www.mndassociation.org/online-support-group>

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Website

<https://www.mndassociation.org/support-and-information/local-support/branches/west-yorkshire-branch>

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West Yorkshire Branch Motor Neurone Disease Association



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LATE NEWS

HEADINGLEY GOLF CLUB



Stacey Kirkpatrick reports a fabulous day on Thursday 2nd October, at Headingley Golf Club, supporting Ritchie and friends. Twenty one teams played in the tournament, raising over £15,000 for our Branch. This is the second golf day Ritchie has organised in memory of his great friend Rob Burrow and there's to be another one next year! Thank you to everyone at the golf club as well as our amazing volunteers.

FEATHERSTONE MALE VOICE CHOIR



The Featherstone Male Voice Choir recently held their second charity concert for our branch at St Giles Church, Pontefract and raised a fabulous £1545.70. The concert was organised by choir member Richard and included sets by both Featherstone and guest choir, The Chanterelles. A great evening was had by all and we are very grateful to the gents at Featherstone for their continued support.

MANCHESTER HALF MARATHON



Sunday 12th October. Thank you to all our supporters who took part; including Andrew & Debbie in support of Andrew's Dad, Rob Smitten.

Alisa, in memory of her Dad,

David Wilson
and Tim Gates in memory of

his wife Angela. A thank you also to Skye who ran in the London half marathon in September, also in memory of Dad, David Wilson.

