

GET TOGETHER AT HEADINGLEY STADIUM



In November, the Get-Together was held at Headingley Stadium where 5 MPs were welcomed, Keir Mathers MP, Mark Sewards MP, Kim Leadbeater MP, Fabian Hamilton MP & Iqbal Mohamed MP.

They can be seen in the photo with our Tracy VIP. Our Campaigns Team has been working closely with Kim Leadbeater MP to raise awareness of the challenges of living with MND. The MPs spoke with our members and



learned about the disparities in accessing home adaptations across West Yorkshire, as well as just how devastating MND can be. They, along with some of our members, were treated to a visit to the Rhinos Tunnel, escorted by Jamie Jones-Buchanan and our patron, Tanya Arnold. Our thanks go to our



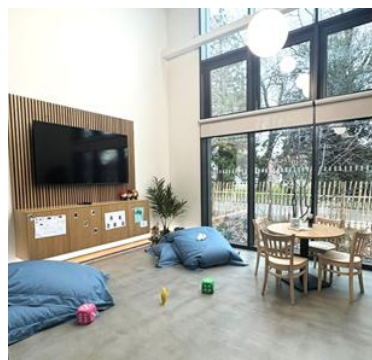
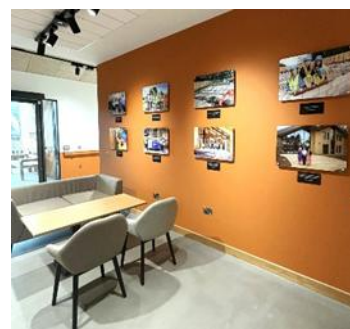
volunteers Susan Lodge, Michael Bridgman and Cath Walton, as well as Alex Charilou from the MND Association, for their hard work in making this happen. We also thank Leeds Rhinos for hosting the event.

VISIT TO ROB BURROW CENTRE SEACROFT



I had the honour of visiting the Rob Burrow Centre in Leeds today with some incredible volunteers from local MND Association branches. It is a fantastic space, offering a calm, welcoming

atmosphere with a non-clinical feel, alongside exceptional facilities. It is the newest of 22 care centres supported by the MND Association across England and Wales, providing bespoke, specialist care for people affected by Motor Neurone Disease. Twenty-one years after losing my mum to MND, I can proudly say that care and support provision has improved enormously, thanks to collaboration between charities and statutory services. While we do not yet have the cure we so desperately need, we are learning more and more about this devastating disease — and that progress is thanks to you: fundraising, donating, and supporting this vital work.



Everyone from all charities and organisations involved in delivering this remarkable project should feel incredibly proud to see it completed and already making a difference to those who need it most. Stacey Kirkpatrick, Fundraising Whizz.

CHRISTMAS CAME EARLY



Huge thanks to the brilliant Wharfemeadow Bowling Club, Otley, who organised and hosted a Christmas themed match in September, which raised £3316 for our branch. Now an annual event, the John Tomkinson Cup will take place every September. A great day had by all! Merry Christmas.



SPOOKY GOINGS ON



A great big thank you to the Spangled Bull who, on Fri 31st October, for Halloween, raised £1245, plus gift aid, with their magnificent Marching Mummies event. Monies raised are for the branch to support those living with & affected by MND. Special thanks to Craig Taylor-Green & Nickie Cliff for organising. Wooooo.....!



AILSAS FUNDRAISING TO RUN THE LONDON MARATHON FOR TEAM MND



Hi everyone, I'm Ailsa. I'm a 25 year old girl just trying to do her best to raise funds for the MND Association, in memory of my dad,

David Wilson. In 2022, just a month after a 2 year battle with lymphatic cancer, my dad was tragically diagnosed with Motor Neurone Disease. MND throws new changes and challenges at you every day, with no warning. These are often exceptionally hard to adapt to and can feel like your entire world is crumbling in front of you. As a family, we tried to live every day to the fullest and to see the good where we could. However, as we tried to maintain this positive outlook on life, it often got



overlooked by how much the physical and emotional toll this disease takes on the family. The MND Association understands this in a way most people will not.

They helped us to provide a better quality of life for dad with essential, life-saving equipment, as well as emotional support and grief counselling. Their work they do is incredible, and it's so important for us to fund their work and their research.

On Saturday 22nd November, Hebden Bridge Picture House held a charity screening of Chariots of Fire in memory of my dad. £250 was raised on the raffle with a promise of a further £250 from the box office profits.



On Sunday 7th Dec, in the foyer of Gordon Riggs Garden Centre, Todmorden, Ailsa raised a further £500 towards the £3,000 for her MND place in the London Marathon

next April. She tells us that one gentleman scanned Ailsa's QR code and donated £50 straight onto her fundraising page.

BILDON GOLF CLUB



Many thanks to Baildon Golf Club for raising £13,227 for the Branch. Thanks go to Joh Brear for organising and dog walking in November, Mr President, Mark Jones, and Mr Captain, Steve Cowley, for adding what was raised on their golf days to the total and Jack and Evie for their sponsored sky dive. What a difference this fantastic amount will make.

WALKING WITH BEN MOORHOUSE



In January, Ben and his friends took on two fundraising walks to raise money for MND, in support of his dad, Dale. On Saturday 10th January, they walked through the night from the Accu Stadium in Huddersfield to Edgeley Park in Stockport — a distance of 27 miles. Then, on the 24th, they completed a second walk



from Valley Parade back to the Accu Stadium, arriving in time for kick-off. The weather for the first walk was freezing cold! So far they have raised a massive £4,300. Thank you guys that will be a big help.



SCOOTER ALLIANCE TOTAL RAISED 2025



Axle Foley presenting a cheque for £5,180. The Scooter Alliance have raised this throughout 2025 with a series of events,

including a Rideout from Yeadon to Headingley Stadium, several pub nights, raffles and an auction.

8IN8 FOR A M8TE



BigBox member Adriano Picano is taking on an incredible challenge. This April, he'll run eight marathons in eight days (12th–19th) before representing our MND community at the London Marathon on 26th April, all in support of the MND Association. This is his 8in8 for a m8te challenge

— fuelled by determination, resilience, and a desire to support those affected by Motor Neurone Disease. After completing 15 marathons in 15 weeks in 2025, Adriano is raising the bar once again.

HOLMFIRTH CEILIDH

EURO CEILIDH

Music and Dances from Europe, the British Isles & Beyond

For this special event Le Vendredi Danse and Penistone Folk Ensemble are coming together for a unique collaboration playing music for French and Celtic dances. **THIS WILL BE A GREAT FUN FILLED EVENING - COME ALONG**

Holmfirth Civic Hall
Saturday 7th February 2026
7.00 PM - 10.30 PM (Doors open 6.30PM)

Tickets £12.00 in advance through Ticket Tailor (including booking fee)
£15.00 on the Door
(12 and under - FREE - must be accompanied by an adult)

Bar available Ticket Tailor QR Code

This is a Charity and Fund Raising event for
MND & Holmfirth Festival of Folk

By: Le Vendredi Danse email: levendredidance7@gmail.com
By: Penistone Folk Ensemble web: chrismcshane.co.uk

On Feb 7th, Le Vendredi Danse and Penistone Folk Ensemble are joining together to raise funds for MND, and to support Holmfirth Festival of Folk. There will be a good variety of dances from French Breton to traditional Ceilidh. Live music by Les Habitues, Le Vendredi Danse Big Band and Chris

McShane's group, Penistone Folk Ensemble.



West Yorkshire Branch

For anyone affected by MND, join us at one of our monthly 'Get-togethers'

A welcoming and informal 'cuppa and chat'. Held on the 2nd Wednesday of every month, 1pm - 3pm. Contact us to confirm the location of our next meeting.

Jackie Johnson: jacqueline.johnson@mndassociation.org or **Alun Owen, Community Support Coordinator:** 01604 800619 or alun.owen@mndassociation.org

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February 11th - Big Box Gym, Tandem Industrial Estate, Wakefield Rd HD5 0AL 1.00 - 3.00pm.
March 11th - Trinity Stadium, Doncaster Road, Wakefield WF1 5EY 1.00 - 3.00pm.



Cornflower Group

Past Carers Support
 Last Wednesday of every month 1pm - 3pm
 The Rob Burrow Centre for MND, Seacroft Hospital, LS14 6UH

Have you been a carer for someone with MND? If so, you are welcome to come along to this informal bereavement support group.
 This is not counselling but is support offered in a friendly, gentle and kind environment.

For information: Alun Owen, MND Association Community Support Coordinator: alun.owen@mndassociation.org or 01604 800619 or **Sam Oakes, Family Support Worker:** samanthaoakes@nhs.net / 07717 701229

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PLEASE NOTE NEW VENUE!



MND Friendship Group - Keighley

Every second Saturday of the month - 10am - 12 midday

Keith Thompson Centre, Coronation Mount, Keighley, BD22 6HE
 Tea, coffee, biscuits and chat!

For further information, please contact: Ziggi O'Connor 07380 192376 or Alun Owen 07711 308441 / alun.owen@mndassociation.org

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MND Carers Group

Are you a current carer for someone with MND?

If so, you're welcome to join us on the 1st Wednesday of every month 10am - 12midday. Meet others in the same situation in a friendly, supportive and relaxed environment.

Where? Lounge area of the Holiday Inn, Queens Drive, Ossett, WF5 9BE. For more information, contact: alun.owen@mndassociation.org 01604 800619 or samanthaoakes@nhs.net 07717 701229

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ALUN OWEN COMMUNITY SUPPORT COORDINATOR



"Hello everyone, my name is Alun Owen and I am the new Community Support Coordinator for the Yorkshire Dales and West Yorkshire branches. My previous career has been 20+ years working in education, mainly

supporting young people with additional needs and behavioural issues and, more recently, 6 years as Executive Corporate Director of a hospice in St Helens. Although I am new to this job, I am not new to the MND Association. I have been a volunteer for the last 24 years, based in the Northwest, as Chair of the Merseyside branch, an AV and a Connect helpline volunteer amongst other roles. This helps me to understand the drive and motivation that all our volunteers have and now as an employee for the MND Association, it will be the perfect opportunity to build on our shared goal of maximising the help and support for everyone affected by MND.

My role at the Association is to work alongside the Health and Social Care professionals and our volunteers to ensure we can implement best practice in care for our patients. This includes understanding the needs of our patients across the locality, knowing how the various services work across West Yorkshire and the recruitment, training and development of new volunteers alongside developing and supporting our existing volunteers. I will also be focusing on identifying opportunities for the West Yorkshire and Yorkshire Dales branches to ensure their growth and long-term sustainability, whilst keeping everyone affected by MND at the heart of everything we do. It has been a long-held dream of mine to work for the Association and even after just over three months in post, I still can't quite believe it!

I look forward to getting to know you all in our shared MND community over the coming weeks and months but if you would like to get in touch, I can be contacted via email at alun.owen@mndassociation.org or via the phone on 01604 800619".

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.

February 11th - Big Box Gym, Tandem Industrial Estate, Wakefield Rd HD5 0AL

March 11th - Trinity Stadium, Doncaster Road, Wakefield WF1 5EY

Cornflower Past Carers Group Last Wed in the month, Rob Burrow MND Centre, Seacroft Hospital York Rd Leeds, LS14 6UH 1.00-3.00pm

Friendship Group Second Saturday in the month, Keith Thompson centre, 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

Evening Online Carers Group 6.30pm last Thursday in the month

Online Peer Led Bereavement Support Group (Last Wednesday) 11am - 12.30pm.

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

MND Association - Holiday Ideas/Reviews Yorkshire and Beyond



Thinking about holidays yet? Lots of ideas on this page. Sourced from MND members. This Group is for those living with or

affected by MND to share ideas about places to go on holiday and leave reviews about places they have been. We know that finding suitable places can often be difficult and hearing from others can be extremely helpful.

Disclaimer: Please note that the MND Association does not endorse any holidays or the places suggested/mentioned and is a tool for people to share ideas and experiences only.

<https://www.facebook.com/groups/1140328413425016>

BRANCH CONTACTS

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Treasurer: Sue Starkey

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West Yorkshire Branch Website Web Master:

Katy Carter

katy.carter@mndassociation.org

Website

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



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https://www.instagram.com/mnd_west_yorkshire/



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SMILING FACES AT RECENT GET-TOGETHERS



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Online Peer Led Bereavement Support Group

Meetings held on:
2nd Wednesday of every month 7pm-8pm, to register attendance and receive meeting invite, please contact angela.richards@mndassociation.org
4th Wednesday of every month, 11am to 12.30midday, to register attendance and receive meeting invite please contact sarah.lowther@mndassociation.org

This group provides a safe, supportive, and confidential online space for adults who have experienced bereavement as a result of MND. This is a peer-led group, not a counselling or therapy service.

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2025 Britain's MND Veterans Group Needs You

Please join us on the 3rd Thursday of each month 3 - 4 pm

We would like to welcome all veterans to join us for a different type of support. A safe place to meet other ex-military people and to enjoy the comradery. Please let me know if you would like to join us and we will send you a Zoom link to join. This is a drop in so please don't feel you have to stay for the whole group.

For more information please contact:
Dawn.pond@mndassociation.org
Grace.Kay@mndassociation.org


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Working with MND Peer Support Group

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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 Cunna Community Support Coordinator jo.cunna@mndassociation.org


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EVERY SIX WEEKS

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Let's talk CHC

Peer Support CHC Group

Monday 5th January, 11am via Zoom

Join our peer support group for people with and affected by MND, Volunteers with the MND Association and Health and Social Care Professionals wanting to understand more about the process of obtaining Continuing Health Care (CHC) funding, or who are facing problems with an existing care package. The group is facilitated by our CHC Peer Support volunteers, and is open to people with MND and their family members across England. The group runs every 6 weeks, future dates are 16th Feb, 30th March, 11th May

For more information and joining details please email chc@mndassociation.org

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