

# South and West Somerset Branch

Newsletter - January 2026

## Mel Harris - 31 Miles in January

Mel began her challenge on January 1st to run a mile every day of January to fight for a world free of MND.

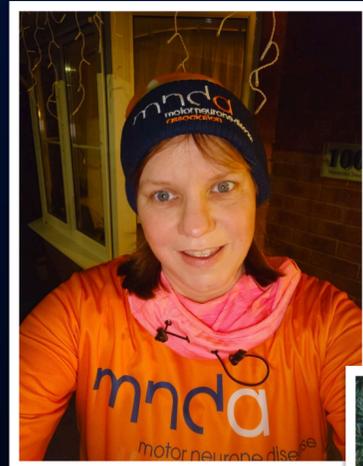
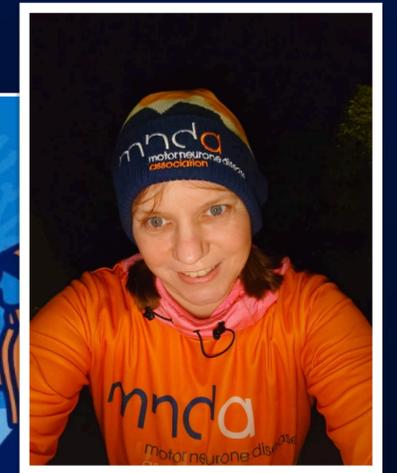
Mel is super mum of the 3 Harris Boys who have embarked on a few challenges of their own that the branch are very familiar and grateful for.

Its been Mels turn in January as she has run a mile every day in all weathers to support this amazing cause. She has currently raised £425 and surpassed her goal of £150. With 2 days remaining at time of publish Mel has battled injury throughout the month and would not be stopped.

A huge congratulations Mel, an amazing effort. Enjoy the montage of pictures Mel has been posting of her progress joined along the way by some supporters

To support Mel please see the below link for her fundraising

<https://www.facebook.com/donate/1598997801116428/10172445879870478/>





**MNDA** motor neurone disease association  
**MNDA CHARITY FILM AT THE RITZ CINEMA**

IMELDA STAUNTON TIMOTHY SPALL CELIA IMRIE DAVID HAYMAN JOHN SESSIONS JOHN SESSIONS JOANNA LUMLEY

## FINDING YOUR FEET

**Monday 19th January 2026 at 2pm**  
(doors open at 1.30pm)

Join us for an enjoyable afternoon of **fundraising and raffle** for MNDA S&W Somerset Branch.

**Tickets £5 per person**

Please contact **Jenny** on **01278 325 759**

**Tickets will also be available** at the Ritz Cinema after **January 1st 2026**

Cash will be required, card payments only for any cinema refreshments.

**mnda** motor neurone disease association  
Charity Number 294354

## CAPACITY AUDIENCE AT RITZ CINEMA AT BURNHAM ON SEA

Monday 19th January 2026 at 2pm.

The Annual Film show in aid of the S&W Branch of MNDA was watched by an appreciative audience, who thoroughly enjoyed “Finding Your Feet,” a Comedy with well-known actors. As well as the three staff at the reception of the cinema, a volunteer presence sold tickets for the raffle after the film.

This was attended by the Mayor of Burnham and Highbridge Town Council, Cllr. Mike Facey, who said a few words about the disease, and thanked Pat Scott for the loan of the two Screens without charge. The chairman of the branch thanked all who had helped, and those who had come to watch, making it, as always, a well enjoyed event, and worthwhile fund raiser, the grand total being £1,235:00.

She also thanked the owner of the cinema Mr. Pat Scott, who waived the cost of renting the Screens as a donation to us; and he also added £111:55 to bring the raffle total to £500.

<https://www.burnham-on-sea.com/news/burnham-on-sea-cinema-film-screening-raises-over-1235-for-local-charity/>

## Next Open Meeting

Thursday 26th February  
2pm-4pm

West Monkton Village Hall  
Monkton Heathfield, TA2 8NE

This meeting is run by experienced Volunteers for people suspected or living with Motor Neurone Disease and for anybody affected by MND in South and West Somerset. As usual there will be cake and refreshments for people with MND, carers, family, and friends and an opportunity to meet up with old and new friends. Everyone welcome

For more Information visit;

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

Jenny Golding Tel no: 01278 325759





## So we're changing.

Today is the day we unveil the MND Association you need now, and into the future. A brand that will drive us faster and further in realising our vision: a world free from MND.

## Because you told us we must.

More than 5,500 people shared their thoughts about us: people affected by MND, supporters, volunteers and people who didn't know us at all — yet. We listened. And we heard our old brand was holding us back, like driving with the handbrake on. To reach our goals — finding life-changing treatments through research, giving everyone with MND choice and control, and influencing positive change — we need a brand that matches our ambition.

## About Motor Neurone Disease

Today, six people



will be told they have MND and six people will die from the disease.

People with MND may lose their voice and movement.



And ultimately their ability to breathe.

A third of people will die within a year of diagnosis.



More than half will die within two years.

MND is a fatal rapidly progressing disease.



It affects the brain and spinal cord.

MND doesn't discriminate.



It affects people from all backgrounds and at all ages.



There is no cure for MND. Together we can change that. Your support matters.



## MND Matters - Podcast

<https://www.mndassociation.org/>

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

<https://www.instagram.com/mndassoc/>

<https://x.com/mndassoc>