

# South East Wales Branch Newsletter

Winter 2025/2026



**Check out this exciting edition of our newsletter. Be inspired by the incredible efforts of our fundraisers! Inside this edition, meet some of the amazing people making a difference and find out how YOU can become involved.**

## Message from the Editor

Welcome to the Winter 2025/2026 issue of our Newsletter. We hope that you enjoy this edition of our newsletter. We had another busy year in 2025, with our supporters and fundraisers going from strength to strength. The Branch would like to extend a heartfelt thank you to each and every one of our supporters.

If you would like to be added to our email circulation list for the newsletter, or you have any feedback or comments, please get in touch. If you have any stories, articles or fundraising activities you would like to see in a future edition, please submit them to our editor, Sharon Harford, via email: [sharon.harford@mndassociation.org](mailto:sharon.harford@mndassociation.org)



[www.facebook.com/mnda\\_south\\_east\\_wales](https://www.facebook.com/mnda_south_east_wales)



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**MN** Association | South East Wales

Registered Charity no. 294354

**FR** Registered with FUNDRAISING REGULATOR

# Call for Fundraisers



The SE Wales branch are seeking 100 fantastic fundraisers, who are willing to become a bronze, silver, gold or platinum fundraiser for us in 2026!

## PLEDGE YOUR SUPPORT

Decide how much you're going to raise -

- Bronze - £50
- Silver - £100
- Gold - £250
- Platinum - £500

## IDEAS

- Donate a small monthly amount
- Hold a bake sale
- Guess the score at a sport event
- Name the bear
- Sponsored walk/run/silence etc
- Sell on Vinted/marketplace etc

Remember the branch can help and support you with any ideas



## SIGN UP

Via messenger or email  
Tannwen.saunders@mndassociation.org

## Make a difference by being an MND fundraiser

We are so grateful to everyone who has donated to our Branch during 2025. Your continued fundraising, donations and support mean such a lot to us. We cannot thank you enough for your help.

Your donations enable us to provide a number of Financial Support Grants that have been used **towards** the purchase of a range of items and activities. In 2025, these included a Young Person's Grant used towards a drum kit, Quality of Life Grants towards holidays, a stairlift and Carers' Grants used towards a laptop and a spa.

If you want to pledge your support and become a bronze, silver, gold or platinum fundraiser for us in 2026, get more details by emailing:

[tannwen.saunders@mndassociation.org](mailto:tannwen.saunders@mndassociation.org)

## Bobby's Coffee for MND

**Bobby's Coffee** is a bespoke blend of coffee, hand roasted in the South Wales Valleys by Big Dog. The coffee is available in 250g bags of whole bean or ground, and is just £10 per bag.

An ideal present for coffee lovers, whilst raising awareness of MND and fundraising for the South East Wales Branch. To order:

- DM Bobby's Coffee on Instagram: [bobbys\\_coffee4MND](https://www.instagram.com/bobbys_coffee4MND)
- or email: [bobbyscoffeeco@gmail.com](mailto:bobbyscoffeeco@gmail.com)

**Bobby's Coffee**

Hand roasted, specialty coffee roasted in the South Wales Valleys by Big Dog Coffee, with profits going to the MND Association

We have whole bean or ground coffee (for a cafetière) available in 250g bags, for just £10.00 per bag.

Since starting Bobby's Coffee in May 2023, we have donated £1,300 to the MND Association.

Email: [bobbyscoffeeco@gmail.com](mailto:bobbyscoffeeco@gmail.com)  
Instagram: [bobbys\\_coffee4mnd](https://www.instagram.com/bobbys_coffee4mnd)

£10 a bag - drop us an email to order!

## Couple's Charity Bash Raises Money for MND



Big shout out to Chris and Terry Boggis, for hosting an epic charity event at their Monmouthshire Caravan Park. They have raised an incredible £1,250 for our Branch. They are also regular supporters at our bucket collections.

Thank you so much.

# Amser i MND Launch at Insole Court



In February, the MND Association launched its Manifesto for Wales - **Amser i MND** (Time for MND) at Insole Court, Cardiff, an event which brought together people affected by MND, Senedd candidates and existing Members of the Senedd.

We asked 2026 Senedd election candidates to take our pledge and make **Amser i MND** (Make Time for MND). The election on 7th May presents a pivotal opportunity for the MNDA's political work in Wales, with the number of Senedd Members increasing from 60 to 96, and a new government forming. We are asking candidates to sign the pledge now, committing to make a difference to people affected by MND if they're elected.

The Manifesto for Wales outlines 5 practical changes we need the next Senedd to deliver:

1. **Equitable service provision** - this must come from multi-disciplinary care and support in the community
2. **Accessible housing** - so people can live with dignity and independence
3. **Support for MND carers** - when carers step in for statutory services they must be supported
4. **Champion MND research** - currently, not everyone with MND in Wales can access clinical trials – this must change
5. **The wider political landscape** - a joined up approach to MND service provision across Wales. This includes a reconsideration of the funding settlement for Wales based on what's needed, and the exploration of the devolution of welfare benefits.

## Ask your local councillors to fast track accessible housing for people with MND

Most people with MND need major changes to their homes - things like ramps, or a wet room. There is funding available from local councils to adapt homes – called the Disabled Facilities Grant (DFG), **but the DFG process takes far too long. It takes an average of around one year to get vital adaptations funded.**

**With a third of people dying within a year of diagnosis, this is unacceptable.** That's why we're calling on every council to commit to completing all approved large adaptations within four and a half months.

Visit the MNDA website and fill out the form to [Ask your local councillors to fast-track accessible housing for people with MND](#)

## Blown Away by BTM Brass Band

What a wonderful afternoon we had at the end of January! The BTM Brass Band performed at St Michael and all Angels Church, Lower Machen, to fundraise for families affected by MND in the South East Wales area, and raised an amazing **£1,050**. Thank you!

The audience was welcomed to the church by the church warden, before being treated to a variety of music, from rousing bass band anthems, foot tapping tunes such as 'Singing in the Rain', to moving melodies performed by soloists. There was something for everyone, from the youngest to the oldest member of the audience.

Jeff Hutcherson, the musical director, provided us with an insight into the choice of music for the concert.

At the end of the concert the wonderful church members provided refreshments including home made cakes, which were delicious.

We would like to say a huge thank you to everyone who attended, the church members and the talented Band members.

If you missed this wonderful afternoon of music, don't worry! Jeff and the BTM Band will be performing again in St Michael and all Angels Church next January!



## Bowled over by incredible fundraising!



We were absolutely bowled over by the amazing donation of **£4,357** from Beaufort Bows Club. Their dedication and teamwork will make a real difference to those affected by MND in our area.

Two of our volunteers, Jennifer and Andrew, attended Beaufort Bows Club before Christmas to collect the cheque.

Treasurer Peter Williams told us, "This year, as President of the Monmouthshire Bowling Association, I have chosen MNDA as my charity and the fundraising has gone very well. I have been supported by many people, like Julia Williams (President of Penyglyn Ladies' County Bowling Association, Darren O'Callaghan (President of West Mon Bowling Association) and my sister in law, Paula Denby, who is a long time supporter of the MNDA. One of our club members is suffering from MND and Paula refers to her as our MNDA warrior."



Paula has been nominated by the MNDA as one of the top fundraisers across the UK for MND. Thank you all so much for raising a fantastic amount of money.

## Massive Cheers for Abergavenny Pantomime Company

Huge thanks to Abergavenny Pantomime Company for being showstoppers! They have recently donated **£200** to our Branch - brilliant support for MND fundraising. Thank you so much.



## Pink Barbie Event Stole the Show

In November, our Barbie themed awareness raising event at Market Hall Cinema, Brynmawr, was a hit. We watched the film, raised awareness of MND and rocked some awesome Barbie costumes!



## Forthcoming Events



### Cuppa and Catch Up

Please join us for casual, social time with others in your local area who are affected by motor neurone disease.

Our next three catch ups are at the Holiday Inn, Coldra, Newport, between 11 am and 1 pm, on the following dates:

Saturday, 28<sup>th</sup> February  
Monday, 23<sup>rd</sup> March  
Saturday, 25<sup>th</sup> April



Refreshments available. If you would like to come along, please contact Mel Snowden, 01604 800615



Registered Charity no. 294354



Join us for an informal get together to connect with others in your area who understand what it's like to live with MND. These get togethers are a chance to share experiences, make friends, and find support in a relaxed setting.

The next two **Cuppa and Catch Up** sessions are at the Holiday Inn, Coldra, Newport, between 11.00 am and 1.00 pm, on **23rd March and 25th April**

**MND Awareness Day - 21st June**

**Father's Day Tractor and 4x4 Road Run Event in aid of MND- 21st June**, 10.30 am start from Chainbridge Inn, Usk

**Walk to D'Feet** - venue and date to be arranged

**Scale the Millennium** - date and further details to follow

## Cardiff Half Marathon- 4th October 2026

There are two ways you can join the team to raise money for our Branch. You can either register for one of the charity places, or join the team with your own place, via the following link:

<https://fundraising.mndassociation.org/event/cardiff-half/#register>

Then name us as your charity - **MNDA South East Wales Branch.**

Below are pictured some of our runners and supporters from last year.

