MND Association | West London

2026 Annual Roundup

Welcome

Welcome to this Annual Roundup. As well as sharing our latest news, including details of the forthcoming WLQP Pride Walk, we provide important background information about our activities, information resources, key dates and contact details, for reference.

We will keep you updated about upcoming events in our regular Roundups, our branch website and social media posts.
We hope you find this Roundup useful. Do let us have any questions or other feedback.

Our New Brand

You will no doubt have seen by now the new brand for the Association.

MND Association

This strong new visual identity includes a redesigned logo and a fresh brand colour. The fingerprint imagery reflects the individuality of every person's experience of MND. You can read more about the new brand and the values it represents here:

https://www.mndassociation.org/media/latest-news/making-every-day-matter

Our New Brand

We will be featuring the new brand in our future communications and at any local events. So, for those of you who have any leaflets, t-shirts, banners or other items featuring the old brand, don’t forget to swap them for the new version. Do get in touch if you need help.

Although the new brand is very impactful, we are sorry to say goodbye to the wonderful design and layout of our past Newsletters and Roundups. We’d like to take this opportunity to thank James Haslam for doing such a great job on this, despite now living in New Zealand, being in a very busy job and having a young family. Thank you James!

Our Next Event

WLQP Pride Walk on Saturday 20 June

The 2025 Walk was a great success - both for raising funds and providing lots of fun.

We are delighted to be once again teaming up with West London Queer Project for a fundraising walk to both celebrate Pride Month and help raise awareness and funds to fight Motor Neurone Disease.

It’s a gentle, scenic 10k walk along the River Thames, which will take about 2 hours. This will be followed by an afternoon of truly fun entertainment.

Setting Off

The walk will be held on 20 June, setting off from Town Square, King Street W6. This is part of the new Hammersmith and Fulham ‘Civic Campus’. Town Square is outside the new Town Hall.
Walkers should aim to arrive before 1030. After welcoming words and a fun warm-up, the walk will get going at 1100.

Our Next Event

WLQP Pride Walk

The Route
From Town Square, we will make our way down to the River Thames and then cross Hammersmith Bridge. We will follow the Thames Path along the south side of the river, passing by Barnes and Mortlake before crossing over Chiswick Bridge back to the north side of the river. The home stretch will take us along the Thames Path through Dukes Meadows and Chiswick Mall, ending at the Black Lion Pub. The route will be clearly marked, maps will be available, and marshals will be on duty along the entire walk.

The Celebration
After the walk you'll be treated to an afternoon of camp entertainment, and a whole lot of fun at the Black Lion Pub in Hammersmith! The great line-up includes Tom Heath, Lola Lasagne, Adam All and YsHee Black.

Food and drinks will also be available.

Tickets
To find out more, and book tickets, check out the WLQP website here:
https://www.wlqp.org/event-details/pride-month-10k-walk-celebration-in-aid-of-mnd
We hope you will be able to use the walk as an opportunity to raise funds for our branch. We'll be setting up a Just Giving page and will send the link and other details about the walk in our next Roundup. The link will also be on the WLQP website.

Huge Thanks

Some of our key volunteers are stepping down this year and we owe them HUGE thanks.

Committee Members for 30+ Years.

Anne Hamerton and Nick Edwards are stepping down from our Branch Committee in the next few months. Here Nick looks back on coming up to 31 years as a volunteer.

"In 1995, Anne Hamerton and I were co-founders of the West London and Middlesex Branch of the MNDA, along with Janis Parks (who very sadly died in 2019) and Juliette Atkins. Juliette moved away after a couple of years. The other three of us shared the main committee jobs between us. In later years Janis was chair.

I remember a time of excellent co-operation between the three of us, sharing a desire to get to know the people living with MND in our area and to welcome them to our meetings. In the early years, we were rewarded with good attendances and the pleasure of seeing people making firm friendships with other plwMND. The fundraising highlight of the year was the Annual Walk in Bushy Park, which generally raised between £6,000 and £12,000. We provided a picnic lunch that was much appreciated by the walkers.

Committee members were often invited to events to give talks about MND to all sorts of organisations. Sadly, today branches have nothing like the same degree of responsibility. PlwMND can get the information they need without leaving their house. That makes things so much easier for them, but it means we are less involved. Even so, we have many happy memories and are proud to have been of service."

Nick Edwards

Branch Chair, Kapish Narda adds: "Nick and Anne have been at the heart of the branch since it began nearly 31 years ago. Their contribution has been fantastic, and they will be very much missed. Thank you so much to both of you for everything you have done for the branch and people living with MND."

Huge Thanks

Social Media Managers

Emma Wilson and her mum, Lynn, have done a great job running our social media platforms. They too reflect:

“We have both been involved with the branch since around 2013, when our friend Modupe was diagnosed with MND. I started doing the social media stuff (Facebook and Twitter, before we recently deleted it) in around 2017 because I moved abroad and it was a great way to keep in touch with the branch from afar. Then, I roped my mum in to do the Instagram because she takes really good photos and I thought it would be good for the branch to have an Instagram presence.”
Emma Wilson

“It has been good to be part of the team and share photos etc on Instagram, it has enabled me to keep in touch with things that have been happening elsewhere in regards to Motor Neurone Disease over the years and participate in some of the activities that we have been tagged in, for instance, the annual walk with the West London Queer Project and the run in Richmond Park alongside Kevin Sinfield - both of which were a pleasure to be part of. And of course, not forgetting the sharing of photos of the West London Branch and their various activities.”
Lynn Wilson

Many thanks to you all.

Volunteers Needed

We would very much welcome some new volunteers, whether it’s managing our social media platforms, helping to raise funds, offering care and support to people living with MND, campaigning, or supporting an event.

If you’d like to explore more about volunteer opportunities check out the Association website pages here:

https://www.mndassociation.org/get-involved/volunteering/become-a-volunteer/ways-to-volunteer

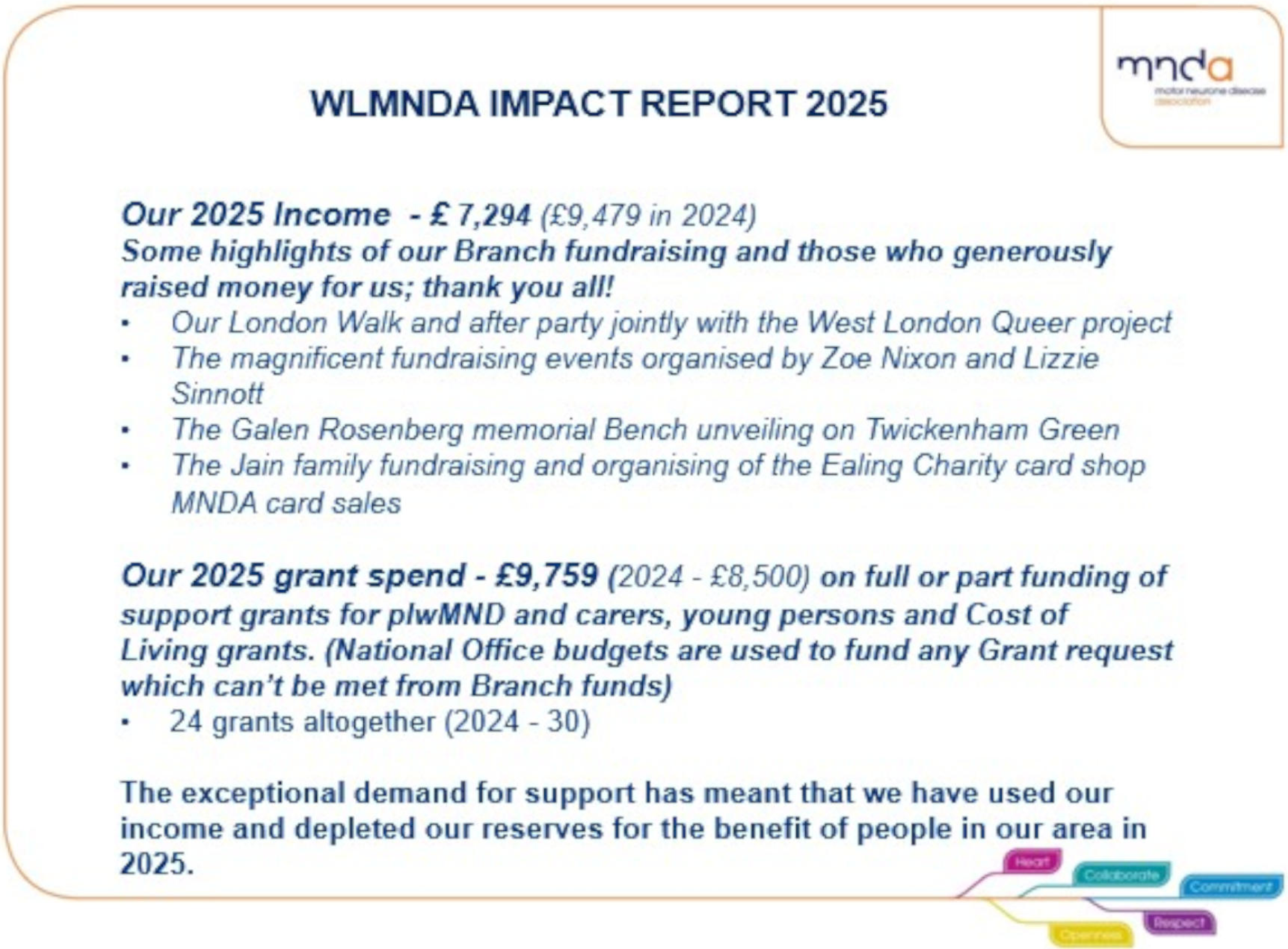
Whatever your skills and however much time you can spare, we’d love to have you on board. If you are interested, please get in touch with Abigail.

Fundraising

In November this Memorial bench was inaugurated at Twickenham Green in memory of Galen Rosenberg, who passed away from MND, and his parents - all of whom had been very active in their local community. Funds collected in memoriam were donated to our Association.

Impact Report

Thanks to our Treasurer, Naomi for our Annual Impact Report.



WLMNDA IMPACT REPORT 2025

Our 2025 Income - £ 7,294 *(£9,479 in 2024)*
Some highlights of our Branch fundraising and those who generously raised money for us; thank you all!

- *Our London Walk and after party jointly with the West London Queer project*
- *The magnificent fundraising events organised by Zoe Nixon and Lizzie Sinnott*
- *The Galen Rosenberg memorial Bench unveiling on Twickenham Green*
- *The Jain family fundraising and organising of the Ealing Charity card shop MNDA card sales*

Our 2025 grant spend - £9,759 *(2024 - £8,500)* ***on full or part funding of support grants for plwMND and carers, young persons and Cost of Living grants. (National Office budgets are used to fund any Grant request which can't be met from Branch funds)***

- 24 grants altogether (2024 - 30)

The exceptional demand for support has meant that we have used our income and depleted our reserves for the benefit of people in our area in 2025.

Fundraising

We Can Help

There are lots of different ways to raise funds, from joining an existing Fundraising Event such as a walk or a run, or creating your own event to Fundraise Your Way. Find out more here:

https://www.mndassociation.org/get-involved/fundraising

As a branch we can help too. We can promote your event on social media and through our other communications. If available, one of our members might be able to attend your event and say a few words about MND and why fundraising is so important.
If you'd like to discuss an idea, ask questions or seek support do get in touch with Alisha. alisha.pathania@mndassociation.org

If you'd like to help out at fundraising events organised by others, do let us know too. All help is very welcome.

Guidelines for Online Fundraising

If you are raising money for the branch through Just Giving or another online site, there are a few simple rules to follow, such as making it clear that it is our branch that you are raising money for. Do check them out here:

https://www.mndassociation.org/support-and-information/local-support/west-london-and-middlesex-branch/guidelines-for-fundraising

Or you can contact Naomi who will answer your questions:
naomi.neville@mndassociation.org

Easy Fundraising

You can also raise money for the branch without holding a fundraiser or giving a personal donation. This clever concept is called Easy Fundraising. It's an online platform that enables you to raise money for the branch when shopping online. It doesn't cost you anything – the money is given as commission by the participating brands when you make a purchase. Find out more here:

https://www.easyfundraising.org.uk/causes/mnda-west-london/?utm_campaign=raise-more&utm_medium=clipboard&utm_content=rm

Care and Support

Support Groups

There are some excellent online Support Groups for those living with MND and their carers. They are held both during the day and in the evening, often monthly. They offer the chance to share thoughts, have a friendly chat and seek support.

Here are the 2026 dates for some of the key groups in our area:

Online Group for Carers (AM)

A virtual cuppa and friendly chat with other carers of people living with MND.
Takes place on the **first Tuesday** of the month from **11am-Noon.**
Dates: 5 May, 2 June, 7 July, 4 Aug, 1 Sept, 6 Oct, 3 Nov, 1 Dec. For more information contact Lisa Burnard or Kathryn Parkin.

Online London Support Group

A support group to ensure that those affected by MND have a dedicated space to connect, share experiences, and support one another. Open to people living with MND and people affected by MND.
Takes place on the **first Wednesday** of the month from **11am-Noon**.
Dates: 6 May, 3 June, 1 July, 5 Aug, 2 Sept, 7 Oct, 4 Nov and 2 Dec.
For more information contact Abigail Igbokwe.

Peer to Peer Support Group

An informal peer-to-peer support group offering an opportunity to share ideas and meet others living with and affected by MND.
Takes place on the **third Tuesday** of the month from **11am-12.30pm.**
Dates: 19 May, 16 June, 21 July, 18 Aug, 15 Sept, 20 Oct, 17 Nov, 15 Dec.
For more information contact Liz Cooper or Dawn Pond.

Recently Diagnosed Group

Open discussion for people recently diagnosed with MND and their loved ones
Takes place on the **third Friday** of the month from **2-3pm**
Dates: 15 May, 19 June, 17 July, 21 Aug, 18 Sept, 16 Oct, 20 Nov. (No meeting in Dec.)
For more information contact Lisa Burnard .

In addition, there are national groups open to all. These include the **Evening Online Group for Carers, Working with MND Peer Support Group and Let's Talk Continuing Healthcare (CHC)**. There are also specialist groups for those with PMA-PLS, those having tracheostomies, those who are service veterans, and more. Check out the full list here:

www.mndassociation.org/support-and-information/local-support/online-support-groups

The listed contacts are always happy to answer any questions, so do get in touch.

Care and Support

Branch Contact

Abigail Igbokwe, our Branch Contact, welcomes enquiries from people living with MND, their family and friends. She can tell you all about our branch activities and the local support available, as well as introduce you to the MND Association and the wide range of information and support it provides. You can contact Abigail by email: abigail.igbokwe@mndassociation.org or phone: 01604 816573

Further Support Available

MND Connect provides information and support for people living with MND, those affected by MND, carers and health and social care professionals. Whether you have a specific question, or just want someone to listen, the team is here to help. MND Connect is available Monday to Friday between 9am to 4pm. Call 0808 802 6262 or email mndconnect@mndassociation.org
Find out more here:
https://www.mndassociation.org/support-and-information/our-services/mnd-connect

Financial Support from the Branch - Our fundraising efforts mean we can offer financial support to those who qualify. This includes cost-of-living support to help with upcoming household bills and food shopping; funding equipment, technology and services needed by plwMND; and funding to support the wellbeing of a plwMND and their family (non paid carers and children/young people living with someone with MND)
What we can fund, and how much we can give, is subject to MND Association guidelines. You can see those here:
https://www.mndassociation.org/support-and-information/our-services/financial-support-information-for-people-with-mnd

MND Association Benefits Advice Service – can also help you find out what benefits you are entitled to and how to claim them. Call 0808 801 0620 or visit
https://www.mndassociation.org/support-and-information/our-services/benefits-advice

Local Support Services - There are also many local services available offering counselling, speech and language therapy, and many other types of care and support. Check out more here and do discuss with MND Connect or your local branch contact to learn more:
https://www.mndassociation.org/support-and-information/local-support/west-london-and-middlesex-branch/local-services/borough-of-hounslow

https://www.mndassociation.org/support-and-information/local-support/west-london-and-middlesex-branch/local-services/borough-of-richmond-upon-thames

Find Out More

Website

There's a huge amount of information about the MND Association and its activities available online. Research updates, advice on fundraising, and lots more can be found here: **https://www.mndassociation.org**

A section of the site is dedicated to our branch. As well as receiving email Roundups of our news and future events, you can stay informed and involved by checking online here:
https://www.mndassociation.org/support-and-information/local-support/branches/west-london-and-middlesex-branch

Social Media

We are currently active on Facebook:
https://www.facebook.com/WestLondonandMiddlesexMND
and Instagram:
https://www.instagram.com/mnd_wlandmiddx

Do help to spread the word by sharing our posts with your followers.

Thumb Print

The Association's quarterly members' magazine Thumb Print is another great source of information. It covers the latest MND care, research and campaigning news, plus inspirational stories, interesting articles, fundraising ideas and more. Members of the Association receive printed copies, and it is also available online here:
https://www.mndassociation.org/media/thumb-print

Getting in Touch

It's great to get information online but sometimes you simply can't beat 1-2-1 connections. Please do reach out if there's anything you want to ask or share.

Branch Contacts

Branch Chair: **Kapish Narda** - kapish.narda@mndassociation.org
Branch Contact: **Abigail Igbokwe** - abigail.igbokwe@mndassociation.org
Branch Secretary: **Ross Marshall** - ross.marshall@mndassociation.org
Treasurer: **Naomi Neville** –naomi.neville@mndassociation.org
Fundraising: **Alisha Pathania** – alisha.pathania@mndassociation.org
Communications: **Allison Hill** – allison.hill@mndassociation.org
Web Pages: **Alexandra Harris** - Alexandra.harris@mndassociation.org

Getting in Touch

Local Association Contacts

Community Support Coordinator: Abigail Igbokwe
Email: abigail.igbokwe@mndassociation.org
Phone: 01604 816573

Regional Fundraiser - London and Thames Valley: Deborah Armantrading
Email: deborah.armantrading@mndassociation.org
Phone: 07872 161672

Head of Regional Care Partnerships: Claire Bickley
Email: claire.bickley@mndassociation.org
Phone: 01604 800654

Receiving this Roundup

If you would like to:

- Receive our Roundups and emails on a regular basis (and have not yet subscribed)
- Receive a printed copy of this Roundup by post (if you can’t access it on a device)
- Unsubscribe from these communications

Please email Ross: ross.marshall@mndassociation.org with your request and giving your full name.