

## Vicky's 200k, Silence Speaks and more..



Vicky Paeschel has run 133k already this year as part of her "200k for MNDA", and that doesn't include training.

Having lost her Mum to MND some years ago, Vicky realised last year that she was now ready to challenge herself by taking up running, and by setting a massive fundraising target of £10,000.

This has included cake sales, concerts and she has also been supporting #SilenceSpeaks since June this year. Raising awareness of people affected by MND, she has created a fantastic display and takes it along to libraries and public places in South Yorkshire to highlight the speech difficulties more than 80% of people living with MND face. She's also pledged to stay silent and wear a Silence Speaks t-shirt during all her running events in October to spread the silence. Vicky has worked with the branch and encouraged many others along the way. The branch is delighted that she is also going to be joining the South Yorkshire Branch committee to hopefully continue her fantastic work for some years to come.