Issue 103
November 2021

motor neurone disease association

Reading and West Berkshire

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News Letter

Government's £50m pledge for MND research



We are thrilled by the news that the #United2EndMND campaign – started by two people living with MND and including the MND Association, MND Scotland, My Name'5 Doddie Foundation, people with MND and leading neurologists – has successfully secured a Government investment of £50 million over five years into targeted MND research.

We know this success was brought about by the hard work, dedication and determination of our whole community. Thank you for the part you have played in making this campaign such a success.

Branch chair Jane Westwell said: " We know only too well the devastating impact that MND has on people's lives and are delighted that the Government has recognised the importance of increasing the research effort into finding meaningful treatments for the disease.

"We look forward with great anticipation to the outcome of five years of targeted research and we very much hope that it takes us closer to a cure for MND."

Work has started immediately on seeking meetings with ministers to confirm when and how the funds will be made available and the most effective way to target the investment. The Association will continue to keep you updated as this important work progresses.

You can follow this and other news on Facebook - MND Association Reading & West Berkshire – or MND Association; as well as on Twitter @MND_RWB.

Jane Gilbert

Our hero Lin is the gift that keeps on giving

Our amazing fundraiser Lin Jenkins smashed her £7k target this year and now there's no stopping her in the run-up to Christmas.

The hard-working and dedicated grandma certainly never misses an opportunity to raise funds for the branch.

She moved house recently and had a house clearance sale at her old address as well as a garden party in her new home nearby in Tilehurst.

Over the weekend of November 5th - 7th, Lin had thousands of big and small items up for grabs which had either been kindly donated or that she no longer wanted.

She said: "Some of the furniture was from my old home, which did not fit in the bungalow, some were items left in the bungalow that we did not want. Other items have come in from family and friends. On top of this I had my entire "general" car boot items on display." She also has her large retro stock which she plans to take to vintage events next year.

For Lin it was a bid to not only raise money for the branch, but to reduce the levels of her stock which naturally rose during lockdown when people had time to sort out all their cupboards and no charity shops were open.

"So everything came this way," she said. "I eventually had to close my own doors as well. Obviously there have been reduced events due to Covid at which to sell my items and the net result was rather a lot of stock."

As if this wasn't enough, Lin was also kept busy cleaning, sorting and bagging up all the items she had salvaged from the Reading Festival site this summer. She also makes regular visits to a local scrap metal yard to trade goods.



Now, if you see Lin's stall at the various Christmas fairs and car boot sales around Reading and West Berkshire, do stop by for a chat with her and help support the vital work of the MND Association.

We are all so proud of our A-mazing Lin Jenkins!

Jane Gilbert

Newsletters

If you would like to change the way you receive newsletters (post or email) or if you do not currently receive your own copy and would like to be added to our mailing list (post or email)

please contact Kerrie Newton:
secretary_rwbmnda@yahoo.com

Lisa nails the Great North Run

Mum-of-two Lisa Langton has nailed the Great North Run, in memory of her beloved dad who was a former England middle distance runner.

Lisa is glad to have been one of the 57,000 runners and says she raised more money for the MND Association than she ever dreamed of – a whopping £2,497.

The cash will be shared equally between the Association for research and the Reading and West Berkshire branch which supported her dad Roy d'Archambaud for three years until his death ten years ago.

Lisa promised herself then that she'd 'do something' in his memory and her family could not be prouder of her achievement.

She said of her fantastic day in Newcastle on September 12th: "The hills were quite a struggle but I was definitely motivated by the crowds. There were 57,000 runners and I'm so proud to have been one of them.

"I won't be hanging up my trainers but I'm not sure I'll be undertaking another 'big one'. I'm glad I did it though. I didn't walk and I didn't get overtaken by the pantomime horse!"

She said her dad Roy d'Archambaud, from Henley, was a fit and healthy man in his early 70s when he was struck by MND.

"Back in the day he was an extremely accomplished middle-distance runner who represented England numerous times in the 1950s and early 1960s so I thought he might approve of my efforts. In fact, he attended the first Great North Run in 1981 – not as a runner but as a director of one of the first major sponsors of this iconic event."

We are very grateful to Lisa for her wonderful support and to all her friends and family who donated so generously to the work of the Association.

Her online fundraising page is still open at:

www.justgiving.com/fundraising/lisa-langton6

Jane Gilbert





Another spruce boost from Glenvale Nurseries

Our friends at Glenvale Nurseries in Bradfield Southend, near Reading, are supporting the branch again this year in a charity raffle at their Christmas tree shop.

We are very grateful to Helen and Duncan Varley who are selling tickets to win hampers as customers order their festive greenery. There are no time slots this year and trees can be collected from November 30th, 10-4, Tuesday-Sunday after ordering online **https://www.glenvalenurseries.com/christmas-trees**.

Raffle ticket proceeds are being shared between the MND Association Reading and West Berkshire branch, the MS Society, Parkinson's Uk and Diabetes UK.

Tea-time in style

It was tea-time in style at stately Englefield House for our first get together in two years due to the pandemic.

We were thrilled to lay on a sumptuous spread for sixty guests in the magnificent Long Gallery at Englefield House, home of our patron Lord Benyon and his family.

We were also able to applaud our amazing supporters who had raised more than £40,000 between them despite the cancellation of so many events.

Former chair Margaret Moss said: "It's wonderful to be together again and to applaud our brilliant Team MND volunteers who have come up with innovative ways to raise funds for us.

"How lucky we are to be celebrating here because of our connection with the Benyon family.

"The cash raised in big and small ways will ensure we can continue our support with care and research work because we do believe that there will be a world free of MND."

Among the guests were Sue Rich, from Thatcham, and her sister Ann Cox of Reading (pictured below left) whose late mother Joyce Iles was one of the founders of the branch after her husband died 40 years ago.

West Berkshire Council Chair Councillor Clive Hooker also attended the event in August and was interested to hear about recent developments in areas such as voice banking for people living with MND who are robbed of their speech.

A raffle of prizes by Katie Cooper raised nearly £300 to help boost funds.

We are very grateful to the Benyon family for so generously providing us with such a special venue and to Peter Carson, the Events Manager at Englefield House, for all his help.

Jane Gilbert



Fundraiser Andrew Lenaghan and his wife Caroline



L to R: Terry Richardson, Publicity Officer Jane Gilbert, John Forrester, co-founder of Forresters hair salon group, and Marian Hall



Association Area Support Co-ordinator Adele Petcher and West Berkshire Council Chair Councillor Clive Hooker



Jacqui's plant sale went like hot cakes!

Two days before her autumn plant sale dedicated fundraiser Jacqui Warbey decided to include some tasty treats.

That last minute decision in September proved to be a winner and they sold like the proverbial hot cakes.

Jacqui, from Woodley, raised £259 for branch funds and hopes that her employer, Vodafone, will once again match the amount.

Initially, she had planned a small-scale sale of plants on her drive with an honesty box for donations. But as the day grew closer, she realised that there would be less interest for plants in September compared to her successful Spring event.

"I would have been lucky to have raised £50 so two days before I decided to make it a plant and cake sale," she explained. "Sadly, there was no time to get any of my friends to bake so as soon as I finished work on the Friday I started baking. As soon as the first cake came out of the oven, I rushed out to the local park to pick some blackberries before it got dark."

By the day of the sale Jacqui had nine different cakes to sell and set up tables and chairs on her drive for people to sit and enjoy a cuppa. She had one blackboard advertising that the event was in aid of the MND Association with another showing the range of cakes and dietary requirements. Of course, Goldie Bear, beloved by her husband Richard, who died four years ago of MND, aged 56, was there wearing his Association T-shirt to help raise awareness.

Jacqui added: "One couple were happy to buy cakes and contribute having lost a good friend to MND. In total I raised £259.15 and will be looking for my employer, Vodafone to match that amount."

Jane Gilbert



☆text MND4RWB to 70085 to donate £5 to the Reading & West Berkshire branch

A warm welcome back at our first drop-in

We were delighted to be able to host our first in person drop-in session since before the pandemic at our regular venue in St Luke's Church Hall, Theale, near Reading.

Several carers of people living with MND went along on October 26th and were able to chat with our Association Visitors over a relaxing sandwich lunch about the difficulties they faced.

Thanks to all the branch team involved in arranging this worthwhile get-together.

We hope to see some of you with friends or family at our next event in the New year.

The jury's out after Margaret's brush with the law



Grandma Margaret Bowman, who is living with MND, had to smile when she discovered she was needed for two week's jury service at Reading Crown Court.

From the moment the letter arrived wrongly addressed to her 19-year-old grand-daughter Melissa Rideout it was clear her bid to excuse herself would not go smoothly.

Luckily, 73-year-old Margaret's daughter Ajay was on hand to clear up the mix-up and to deal with the online form filling which included her mother's medical history.

Ajay said: "To our astonishment I then got a letter confirming the date and time mum would need to attend the crown court."

The family worked out that Margaret, who has been living with MND since 2007, would need to get up at 5am to catch a 6am bus to Reading from Newbury as she finds it difficult to get on a train. She would also need to get a taxi from the bus stop to get her to the court in time.

They also had to work out a rota of different people who could travel every day with Margaret but would not be allowed into the court building with her due to Covid restrictions.

Ajay, who is Margaret's carer, said: "I fired off an email saying mum would need extra time for toilet breaks and going to get her lunch and drinks."

Eventually, Margaret was told jurors could not be helped physically due to restrictions and a judge would be asked to excuse her on this occasion.

To her great relief a letter finally arrived saying she was not required this time although she could be called again within the next two years.

Margaret said: "I was worried about getting there but I did think it was funny. Five years ago I might have been able to do it – now it would definitely have been a struggle."

The good news is that due to Margaret being excused from jury service she was able to attend the Association's special get-together at Englefield House in August and had a great time.

Jane Gilbert

Surprise donation

Following Alec Jenkins' excellent article in the last newsletter where he shared his holiday experiences at Tudor Lodges in Morval, Cornwall, Michael Tudor, the owner of the accommodation, got in touch with Alec to offer the branch a fundraising boost.

Michael is donating a free one week low-season holiday during 2022 for the branch to use in its fundraising efforts. Needless to say, we are incredibly grateful to receive this fantastic opportunity and are giving our consideration to how to make the most of it – watch this space!

Well done Alec!

Tributes pour in for much-loved author



Tributes have been pouring in for popular Reading author Kit Berry who lost her short battle with motor neurone disease, aged 64.

Fans tuned in online for the service to celebrate her life and have pledged nearly £3,000 to support the work of the Association.

Kit, whose real name was Kirsten Espensen, was diagnosed with MND last December and was well known for her Stonewylde series of five novels set in Dorset about love, life and natural magic.

Her husband Martin Beake, whom her fans knew as Mr B, wrote on an online giving page he set up in her memory: "She finally succumbed to this wretched disease in October 2021 after a roller coaster ride of decline. MND is a dreadful disease eroding a person's capabilities in every area. It's a hard thing to watch."

Martin, who organised a wonderful celebration of Kit's life at Reading Crematorium on November 19th, praised the Association and its Reading and West Berkshire branch for generously supporting Kit during her illness. Tributes also poured into Kit Berry's Facebook page.

One fan, who has now lost three people she cared about to MND, wrote: "You had a huge impact on a lot of lives, brought a whole community together to mirror your books in so many ways." She urged other fans to donate cash in her memory to help 'a very worthwhile but hugely underfunded cause'.

Another wrote: "Kit and her creation of Stonewylde touched the lives of so many people across the world joining us all together as The Clan of the Hare, her Stonewylde tribe."

Kit, who had three sons and was 'Owl Granny' to her five grandchildren, started to write short stories while working as a teacher. One of them became the acorn of the Stonewylde series and she wrote the first three books in a white heat between 2003/4.

"It just poured out of her," she had said. In 2005 she met Martin and together they published the first book of the series with the other two quickly following on behind picking up a loyal fanbase along the way.

They married in 2007 and settled down in Tilehurst with two dogs where Kit wrote the last two books.

During the last few years of her life Kit pursued her dream of bringing the series to the small screen, wrote a few unpublished children's books and had started to write an historical novel.

Martin added: "Sadly, MND took away her opportunity to further explore her passion for writing but we have been left a wonderful legacy in the five book Stonewylde series but, more importantly, an incalculable legacy has been left for those who have been touched by her radiance, love and support. She will not be forgotten in a hurry."

Donations to the MND Association can be made in Kit's memory here:

https://www.justgiving.com/fundraising/Mr-B1

Jane Gilbert

Get in touch with MND Connect on 0808 802 6262

MND Connect is available Monday to Friday between 9am - 5pm and 7pm - 10:30pm.
Calls to this number are free from landlines and mobile phones within the UK and do not appear on itemised bills. You can also email mndconnect@mndassociation.org

Our dynamic duo boost Christmas card sales

There's nothing like meeting up with a dear friend on a cold, damp, Wednesday afternoon in November and visiting a fabulous old church in Pangbourne.

Saint James the Less was built in 1866 and, once inside the lovely old doors, it was warm and cosy. The main reason for our visit was to raise awareness of the MND Association's Reading and West Berkshire branch and to sell its Christmas cards. We had a two-hour window with a few other charities to do this, and, I'm delighted to say we were well supported by everyone.

My thanks to fellow committee member Paddy Lunn for her continued support and for that sneaky cuppa and a piece of cake too, it was delicious. Our colleague, Publicity officer Jane Gilbert, dropped in to see us and took this photo. Jane, too, succumbed to a cuppa and slice of yummy lemon drizzle cake!

We are grateful to Jill Palfrey, the organiser, who invited us along thanks to our former branch Association Visitor Joanna Knott who had a special hand in this despite having moved from Pangbourne to Devon.

Mary Dodds





A huge thank you to Joanna Knott for her continued support to our branch and for the very generous gift of 2nd class postage stamps received recently.

We can help in so many ways . . .

We are the Reading and West Berkshire branch of the Motor Neurone Disease Association, and we are your local point of contact. You might be surprised at how we can help you and people living with MND, their families and carers. We do a lot more than just providing voice banking, fundraising and organising the social events you read about in this newsletter.

We are all volunteers and most of us have had a close connection with MND. We work with professional health care providers to try and ensure people living with MND get the best possible care and advice. We also have a few hard working trained volunteer Association Visitors who can offer guidance and support.

Don't be shy, use the contact details so we can discuss with you how we might be able to help.

Email: ReadingMND@hotmail.com Tel: 07760 854975

£10k gift to help fight MND

The Reading and West Berkshire Branch is delighted to be able to give an extra £10k this year to help fight MND. And it's all thanks to YOU - our very generous and hard-working fundraisers and donors.

We are supporting four projects in the annual appeal from the Association's Chief Executive Officer Sally Light by giving £5k and are setting aside the same amount to spend on extra therapies for local people living with MND.

This comes after a long and very difficult period during Covid restrictions when the branch was not able to offer any face-to-face contact with Association Visitors, therapists or counsellors.

The projects are:

- The Lady Edith Wolfson non-clinical Fellowship, a research programme which helps young, talented researchers to take the next step and lead their own project under the mentorship of some of the UK's leading MND researchers;
- Voice banking and communication aid training for health and social care professionals to ensure that people can continue to use their own voice and use the right type of equipment for their individual needs;
- Healthcare Research project, an online peer to peer support programme for family care givers; and
- #United2EndMND, the successful campaign urging the Government to invest £50m in research work over the next five years.

Locally, the branch is increasingly aware of the benefits from therapies and counselling which are very much appreciated by families affected by MND.

If you are looking after someone who is living with MND and would like to receive a course of therapy treatments, the branch can provide funding for up to six sessions for you. These can be organised for you to enjoy at home, or you can source your own if you prefer.

The branch can also provide grants for carers to take a break from their caring role, up to the value of £500 (annually). This can be used to provide a short break, enjoy a spa experience, theatre trip or something else more suited to each person. You can also use the grant to contribute towards a family outing, or a weekend away with the person you're caring for. For more information contact your Association Visitor or email: ReadingMND@hotmail.com

Grants for people living with MND are also available:

https://www.mndassociation.org/support-and-information/our-services/financial-support-information-for-people-with-mnd/

Jane Gilbert

One man living with MND has told how the branch support with a Quality of Life Grant has made a difference to him.

"It enables me to continue to see my massage practitioner, as he now comes to my home fortnightly, and this is much more expensive than visiting him.

"Even at this stage, the massage provides great relief and helps reduce fluid retention.

"MND is an unpleasant condition and it is truly uplifting to receive personal care of this kind."

Caversham rocks again to raise £4k for MND funds

It was so good to be going out and about again this summer and I was delighted to attend my first ever Caversham Rock 'n' Ale festival on September 4th. This event has been running for several years and is an important date in the branch calendar both as an awareness raising opportunity and as a source of much appreciated funds.

Fellow committee members had previously told me how much they enjoyed the festival so it was with great anticipation that I arrived with some of my family to help Paddy Lunn and Margaret Moss on the tombola stall that the organisers had kindly agreed to us setting-up. To be honest, I had got there after the hard work was done earlier in the day by Kerrie Newton, Margaret Moss, Paddy Lunn and Sandra Wilkinson who meticulously set up the prizes in numerical order so that we could find them during the evening.

Things got off to a bit of a slow start as people arrived and patiently queued in front of us to buy their drinks but all that waiting time gave them a chance to see our fabulous prizes and, before long, families started to head our way. After starting at 6.30pm with a table groaning beneath the weight of about 100 prizes we closed the empty stall at about 9.30pm, in the dark, with not a single item left. Job done!

It is funny how luck pans out on a tombola. One person might win three prizes from five tickets and the next person can walk away with nothing having bought 20 tickets. However, I don't think I have ever seen a little boy quite as lucky as Max who had the most amazing winning streak that lasted all evening.

He was at Rock 'n' Ale with his parents and baby brother and he won almost more prizes than they could manage to carry between them! Max's parents very generously bought a few sets of tickets over the evening and each visit to the tombola yielded several prizes. We had never seen anything like it.

Max's luck held out until the very end of the evening when he was allowed one last go on the tombola before going home and for the first time there was no ticket ending in a '5' or a '0'. It might have been a slightly disappointing end to an exciting evening for him, but he and his family were delighted to have had such amazing luck and were happy to share their story.



Tombola super winner Max with Cara, Albie and Tiku

It is fair to say that my family really enjoyed our first Rock 'n' Ale. The food was tasty, the beer was good (my husband tells me!), the tombola was fun and the music was fantastic. From my point of view, it was great to be doing something in person with fellow committee members. We got a chance to catch up with branch supporters, meet new people, raise awareness and have a very nice evening whilst doing so.

We are very grateful to Mike Ryan and his fellow organisers for their continued support. The event resulted in a wonderful £4,043.94 donation to the branch which included £150 in raffle prizes that were generously donated by two of the winners. As for me - I'm looking forward to the 2022 event but next time I'll take a torch to read those all-important ticket numbers!

Jane Westwell

Stamps for the MND Association

Jill Gaisford, has buyers for used postage stamps and so raises funds for the branch. If you would like to help please remove the stamp from the envelope with about 1cm around it taking care not to damage the stamp.

Jill collects ALL stamps - contact her on 01635 868 834 or by email to jmg1520@gmail.com

Back at the Art Café

It was so good to be back serving coffee and cakes at the Art Café at Whitchurch not having been there since December 2019 because of Covid restrictions.

On Saturday 30th October Mary Dodds gathered her Team MND to prepare the café ready for what we hoped would be a rush of customers for coffee and homemade cakes, a raffle and a morning's worth of chatter – and we were not disappointed! The café was soon buzzing with a steady stream of customers, cakes were being enjoyed and second cups of coffee being requested.



Some of our wonderful supporters who attended: Michelle Weal, Tony Weal, Kerrie Newton, Brenda Rayner, Jan Gryglaszewska, Paul Jay, Natalie Toms and James Keen. Seated are Stephen Butler and Judy Butler.

Needless to say there was plenty of washing up back in the kitchen, and Mei Tan did sterling work at the kitchen sink on her first time helping with Team MND!

Also attending for the first time was our new events co-ordinator, Sandra Wilkinson, who soon became expert at serving the delicious cakes.

At the end of the morning, we had taken £125.50 on the raffle, £180.10 on coffee and cakes, £82.90 on MND Christmas Cards and £175.00 in donations, a grand total of £563.50.

Do come along when we return to The Art Café on

Saturday 18th December
10.30–12.30

Paddy Lunn

CALLING ALL OUR STAR BAKERS – we need your help!

Could you donate a home baked cake for our fundraising coffee morning at the Art Café on Saturday 18th December? We will be serving tea and coffee from 10.30am – 12.30pm and there will also be a raffle.

Drop in for a chat, a cuppa and a yummy slice of cake, you will be helping us raise funds to support families affected by MND.

We will be at **The Old Rectory Stables, High Street, Whitchurch-on-Thames near Reading, RG8 7DF**

If you can help, please contact Mary on – **promotions@mndrwb.org**

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Sign up to AmazonSmile and you can support the MND Association as you shop, at no extra cost to yourself.

The Association is excited to partner with AmazonSmile. By signing up to shop via AmazonSmile, you'll still be able to enjoy the same range of products and prices just like you can with a regular Amazon account.

However, you'll now be able to select the Association as your chosen charity – which means that 0.5 percent of the price of every eligible product that you buy will be donated to the association. This will have no effect on the price that you pay.

Shop and support the MND Association today:

Sign up for AmazonSmile via smile.amazon.co.uk

Search for the 'Motor Neurone Disease Association' via the charity lookup

Select us as your AmazonSmile charity of choice

Look out for products which are marked as "AmazonSmile eligible"

Enjoy your shopping!

Molly's 3,000 squats inspired by her mum



A massive well done to Molly Swann who took the 3000 squats in November Challenge in support of her mum Maz, who is living with MND.

Molly, aged 22, from Earley, near Reading, is studying to be a teacher and wants to raise money to find a cure as well as help families affected by "this awful disease".

Long before the end of the month she had smashed her fundraising target and had raised nearly £1,000 when the Newsletter went to press. She was working hard towards her goal and had 700 more squats to go.

You can support Molly's fundraiser here:

https://www.facebook.com/donate/1537042796668769/?fundraiser_source=external_url

Jane Gilbert

Well done to marathon man Luke

Congratulations to Luke McEnhill who ran the London Marathon on October 3rd and raised a fantastic £2,530 for the MND Association.

Luke was inspired by his uncle Jonathan Edwards from Compton, near Newbury, who was supported by one of our branch's Association Visitors and sadly died from MND in 2019, aged 47.

He says the charity was a huge help to Jonathan while he was battling the disease and any donations or shares of his online fundraising page are massively appreciated:

https://www.justgiving.com/fundraising/running4jonathan?fbclid=IwAR2uRplJcjCqdT002qwDMpFZx3hxoCE45E8l0fHOR4gFJaPwDU0Zsbnynpg

Are you raising funds for the branch?

If you decide to fund-raise for the Reading & West Berkshire Branch, please get in touch with us at the start of your plan. We will help with publicity and materials to help you achieve your aim. To help fund-raisers pay money direct to the Branch we have a page on Localgiving https://localgiving.org/charity/rwbmnda/. If you prefer to have your own page for your event then we can help you set up your own localgiving page.

If you prefer to use a national site such as JustGiving, please make sure that your story mentions that you are fundraising for the Reading & West Berkshire Branch. We hate to ask this so directly but if you want funds to come to us, and don't say so on the fundraising site, we can't receive the money because it would breach the fundraising code of practice. This can be very frustrating for the fund-raiser, or worse, they never know that the money didn't get to us. It also means that we aren't able to express our appreciation for the donation because we don't know about it.

Paddy's glad to be back inside

This time last year, with Covid restrictions in force, I held my annual cakes and cards sale from a table in my garage.

It proved successful but it was good to be back inside on November 26th, and able to invite people for tea and cake in the warmth of my home at Sonning Common, near Reading.

The room was soon full of people chatting and enjoying a chance on the raffle, choosing some cards illustrated by my husband Rod, who died of MND, or some cakes, as well as stocking up with marmalade and chutney.

Hugo my Labrador, dressed in his MND Association T-shirt, wandered from chair to chair enjoying the company and clearing up the crumbs.

It was another successful afternoon, resulting in a total raised of £566.60 for branch funds.

My thanks to all who generously supported the afternoon's fundraising.

Paddy Lunn



Paddy serves tea to her sister Sue Lunn

For further information and support contact our MND Connect helpline mndconnect 0808 802 6262





Star baker Samantha's showstoppers

One of our star bakers, Samantha Howard (née Morgan), has donated two fabulous cakes for events this Christmas supporting the MND Association.

Her snowman will be a showstopper at Deanwood Park Golf Club, Stockcross, near Newbury, which is holding its grand draw on 22nd December. All cash raised will go to the Captain's Charity Fund in aid of the MND Association Reading & West Berkshire branch.

Samantha's second stunner, a Christmas Pudding, will feature in the raffle being held at our Art Café coffee morning at Whitchurch-on-Thames, near Pangbourne on December 18th.

Many thanks to Samantha for her continued support and a huge CONGRATULATIONS to her and Russell on their very recent marriage from all of us on 'Team MND'.

Mary Dodds



Could you become an Association Visitor?



Our branch currently has four specially trained Association Visitors (AVs) - Carol, Debbie, Jan and Wendy. They are all based locally and offer emotional support, advice and helpful information to people living with MND and their families with contact by phone, via email and/or home visits.

The AVs cover a wide area from Hungerford to parts of East Berkshire and South Oxfordshire and would welcome more volunteers to join their fantastic team.

Do you enjoy listening to and helping people? Are you looking for a volunteering role where you can do just that to fit in around your family, studies or other commitments? By becoming an Association Visitor and donating your time, energy and skills, you can make a real difference to the lives of people affected by MND. If you are interested in knowing more about becoming an Association Visitor please visit our website: Association Visitors | MND Association

If you are living with MND and would like to be supported by an AV, please contact our information and support team, **MND Connect** on 0808 802 6262 or via email **mndconnect@mndassociation.org**

Ride of a lifetime



Here's a classic way to raise funds for the MND Association Reading and West Berkshire Branch.

Janet Martin-Kerr and her husband Graham were the successful bidders for a ride in this gleaming 1935 Alvis Speed 20.

They kindly donated £300 in an auction at the fabulous summer garden party event organised by the Forresters group of hair salons and the Old Boot Inn at Stanford Dingley.

Janet, who is Forresters head office accountant, and Graham, had a sparkling day thanks to Peter Webb who generously drove them around the Berkshire countryside in his beautiful car before toasting them with a glass of bubbly.

Cheers to them all for supporting our work.

Jane Gilbert

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