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mnda motor neurone disease association

Reading and West Berkshire

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News Letter

Ray of Hope shines brightly to help fight MND

The massive success of the Ray of Hope MND Family Fun Day was down to one ever-smiling man and the love of his amazing group of friends.

Their incredible hard work and dedication has resulted in a whopping £12,242 boost to branch funds. And this will make a big difference to our vital work supporting local families affected by motor neurone disease.

Ray of Hope's inspirational Ray Dalfsen aged 61, from Tilehurst was determined to lead at the start and powered himself across the finishing line of the 5k walk which kicked off the June event.

The rousing welcome meant the world to Ray who always manages to smile despite the turmoil he and his family are going through due to MND. You can see a video of Ray crossing the finishing line at **https://tinyurl.com/ffdroh**.

Ray told his army of friends afterwards: "You people are amazing; words cannot explain how emotional I'm feeling.

"The hard work and dedication you've all put in has paid off. And just to think you only used my name! What an amazing journey we have had together. I thank you all from the bottom of my heart, and to the generosity of the sponsors and the public.

"This will make a difference to people and families living with MND. I love you all."

The organisers are over the moon with the success of the family fun day which was sponsored by Willmott's Plastic Building Products and held at Westwood Club in Tilehurst on June 17th.

As well as a fete, BBQ and disco it featured both a silent and live auction with incredible prizes donated by local companies and friends.

"To say we are delighted is an understatement", said the committee. "We set a target of £2.5K, after a while we moved it to £5k, but to more than double that is beyond belief."

Ray's neighbour Chris Millard first came up with the idea of a fun day to support his childhood friend whom he fondly remembers from footballing days. Other friends quickly brought their skills to the team including Andy Findlay, who lost his beloved dad Malcolm to MND a few years ago.





Two of the organisers Andy Findlay and Gary Baynham with Ollie Denny, son of the late Micky Denny

Continued on page 2

Ray of Hope (continued from Page 1)

Andy and Chris both praised Ray's positive attitude and described him as "massively inspirational". They also dedicated their fundraiser to the memory of Micky Denny, a popular footballer and golfer from Earley, who died of MND last year.

Ray remembered working with Micky's mother and it was an emotional moment when her grandson Ollie walked alongside Ray to cross the finishing line together.

The organisers have already begun preparing for next year's Ray of Hope event and a provisional date has been fixed for July 6th.

If you would like to get involved, provide sponsorship and/or prizes, they would love to hear from you via our branch Events Co-ordinator Mary Dodds.

Now Ray, his family and friends have inspired the Watkins brothers – Martin, Dave, Steve and Kevin – to take on the gruelling Thames Path 100k Ultra Challenge on September 9th and 10th.

They have just two months to get maximum funds for their "undoubted pain ridden" trek and want to see MND confined to history.

You can pledge your support here:

https://www.justgiving.com/fundraising/kevin-watkins4

Jane Gilbert



Mei Tan with three of our wonderful Association Visitors Liz Haworth, Jan Gryglaszewska and Wendy Gouldthorpe



There are more pictures on the next page



Chas Burden helping on the tombola



Dave Robins playing skittles with Bobby, aged 8



Ray's grandchildren Emily, Thomas and Freddie with the Sea of Money for MND

Katie and the Dream Team kept their cool

Well done to Katie Cooper, pictured front left, and her dream team (pictured L to R) Carol Coker, Mei Tan, Margaret Moss, Mary Davidson, Jan Gryglasewska, Linda Green and Kim Facer (kneeling).



Katie said: "Our wonderful volunteers baked a lovely array of cakes that went down very well!

"It was quieter than usual, possibly down to the heat, but, nonetheless, we had a very successful morning raising a total of £228.60 for branch funds.

"A massive thank you to those who helped on the day and to our talented bakers."

We'll be back at the Art Café, from 10.30-12.30, at The Old Rectory Stables, High Street, Whitchurch-on-Thames, RG8 7DF, on August 26th. Come and taste the cakes!

New rose for Rob Burrow



A rose named in honour of our patron Rob Burrow MBE has been debuted at Hampton Court Flower Show.

Philip Harkness, Chairman of the Harkness Rose Company, has personally delivered a plant to Rob and his family for their garden. Rob's children Macy, Maya and Jackson donned their gardening gloves and got stuck in, helping to plant the first Rob Burrow MND Rose in a UK garden.

The rose is available to buy online and will soon be coming to shops across the UK, with £2.50 donated to the Association for every rose sold.

See **https://www.roses.co.uk/product/540250/rose-rob-burrows-mnd-bare-root** for more information about the rose.

More pictures from the Ray of Hope Family Fun Day



Chef Andrew Lenaghan slaving over a hot BBQ



Mike Foster with daughter Sarah (left) and wife Lin

Debbie's pedal power in memory of pal Jane

Fun loving Association Visitor Debbie Webb fondly remembers happy, carefree days with her friend Jane Griffin who was sadly taken far too early by MND.

Now Debbie, from Emmbrook, Wokingham, has raised more than £1,500 in honour of 'Janey' who would have been celebrating her 60th birthday this year.

We're super proud of her and all our branch AVs who provide vital help and support to families affected by this cruel disease.

Here Debbie shares her memories of the tough Ride London-Essex 100 event for a cause close to her heart on May 28th:

"It felt like I was taking on a big challenge. I had completed a 100 miles bike event in 2019 - but that was now four years ago. Would I still be fit enough?

My good friend, Angela Jebson, from Finchampstead, who had also lost a close friend to MND, and I were cycling together so that gave me some comfort.

Sadly, I lost my very good friend Jane Griffin to MND four-and-a-half years ago. She would have been 60 this year and it felt right to try and raise some funds for the branch in what would have been her diamond year.

I had set an ambitious target of £2,000 to raise and by the time of the ride I'd raised more than £1,000. This was so important to help me focus on the challenge and to do it for Jane and everyone that had so kindly donated and supported me.

I travelled up the day before and met a fellow rider on the train and we chatted all the way up there. Angela and her husband Dave joined me for the necessary pasta meal the night before.

We were up at 5am the next day to fuel and cycle to the start - thank goodness it was a dry, warm day, possibly warmer than ideal - but I'd take that any day over wind and rain!

The start was busy and crowded but we hit away on time and had a fabulous ride passing through the east end of London and beautiful Essex villages and countryside. It felt like we were forever climbing slightly uphill as we travelled through Epping Forest.

Along the route I met a few other fellow riders cycling for the MND Association and there was real camaraderie as we shared experiences.

My knee started complaining at 50 miles, but Angela had come well prepared with Ibuprofen that saw me through to 80 miles and then we were nearly home. Anyhow, how can you complain about a knee that hurts when we daily see the suffering of those living with MND?

We finished in just over seven hours passing the finish line after Tower Bridge having completed 103 miles – that was sneaky!

How lovely to have finished; I was tired but elated and really pleased to see the MND Association team at the pub just over the finishing line. Refreshment was sorely needed!

I'm overwhelmed by the amount I managed to raise - £1,300 with a further £223.75 in Gift Aid. It wasn't quite the ambitious target I'd set – but it still felt good knowing a nice sum of money had been raised to help our local branch to continue to offer support to those living with MND and their families."



Jane (left) and Debbie back in the day

Angela (left) and Debbie cross the line together



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

Flower fest blossomed with spring windfall



Mary Dodds and Jane Gilbert are pictured with Pangbourne College Chaplain ,the Revd. Neil Jeffers, and BBO organisers Sally Hardy, Shirley Sexton, Alison Vacher and Alison Mount

The dazzling flower festival at Pangbourne College last year brought a wonderful spring windfall to help fight MND – a whopping £3,150!

Organisers, Berks, Bucks and Oxon Flowers, presented equal shares to both charities, the MND Association and the Falkland Islands Memorial Chapel Trust.

Branch Events lead Mary Dodds and Publicity Officer Jane Gilbert are pictured with the organisers by The Cairn in the chapel garden in the college grounds. It was created by stones collected from the Falklands by veterans and relatives of the fallen during the conflict.

Jane thanked the organisers and the 36 flower clubs involved in the spectacular two-day festive Deck the Halls display.

She said: "This event really put MND in the spotlight and the generous donation will make a big difference to our support for local families affected by this cruel disease."

Jane Gilbert

Pride of Reading nomination for our hero Lin

Congratulations to our hero Branch Fundraiser Lin Jenkins who has been nominated for a Pride of Reading award in the Volunteer of the Year category.

Nominations close on August 4th and Lin, from Tilehurst, will hear in September if she has been shortlisted by the judges.

We're thrilled that she has been put forward by an anonymous supporter as she well deserves public recognition for her tireless fundraising and MND awareness work.

Lin is pictured in her garden where she set up a famous community stall during the Covid pandemic selling donated goods to raise funds for the branch.

She can now be seen out and about most weekends at a host of local fetes, car boot sales and will be back again next month salvaging in the grime after Reading Festival.

There are stories on pages 6 and 7 about a few of the things that Lin has been up to in recent weeks.

Good luck Lin!

Jane Gilbert



About that last night together. . .

The third night of fun, fashion and fantastic fund-raising for two very good causes has taken a final bow.

Afterwards Branch fundraiser Lin Jenkins and co-organiser Jeannie Briant, a volunteer for Sue Ryder, Duchess of Kent Hospice in Reading, were delighted to be able to share £732 between the two charities.

Lin said: "The event on May 25th was immensely entertaining and the scenes in the changing room had to be seen to be believed!"

The fashion show at Tilehurst Methodist Church was compered by flamboyant stage performer and singing coach Derry Pembroke Tallett and Danielle Jenkins. They also took to the catwalk with models Linda Green, the Association's Helen Mackie, Molly Denton and Lin.

It was a new venue and this time the audience was entertained by Tilehurst Age Concern Choir, to which both Lin and Jeannie belong.

Attractions included stalls selling jewellery, Avon and Body Shop items, cards and refreshments as well as a raffle and tombola.

Lin added: "I would like to thank our small army of helpers who made the evening such a success."

Jane Gilbert



Helen Mackie, Derry Pembroke Tallett and Lin Jenkins

It was windy at Yattendon – so Lin went topless!

The Spring Bank Holiday Monday saw another bright sunny and windy day for Yattendon and Frilsham Fete.

This is a rather unique event as the road through the village is closed and much of the day's events take place in the street and in The Square, as well as down past the village hall, Yattendon And Frilsham Social Club and into the back meadow.

This is where I can always be found; neatly placed, halfway between the coconut shy and Christmas tree throwing!

Although lovely and sunny, it was rather windy, so I decided to go topless! That is, I did not put the top canvass on my gazebo. This fete is always well attended, but this year it must have been a record attendance. I have never been so busy. My washing line game was virtually sold out within one and half hours, and I had to start re using my numbers, and transferring items from the For Sale section to keep the stall going. It certainly didn't take that long to pack away, as there was very little left.

As my husband Paul and his brother Alec Jenkins grew up in Yattendon, this is an event that is always top of my list. An exhausting, and very exhilarating day.

Lin Jenkins

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@mndrwb.org

A scorching and a soaking for Lin at the steam rally

Fundraiser Lin Jenkins got a soaking as well as a scorching at this year's 40th Stoke Row Steam Rally at Whitchurch Hill, near Reading.

Vintage machinery lovers flocked to the popular two-day event where Lin is a regular stallholder selling a vast array of donated goods at knock down prices.

She raised £542 to help fight MND during the scorching weekend of June 10th and 11th. And even managed to sell a fur coat!

A delighted Lin said: "People just love my old-fashioned Retro stall and are thrilled when they see I am there.

"They come to me as soon as they arrive, make their purchases, and go straight back to their cars, before re-entering for the rest of the day. Many re-visit during the day, and on the way out. One family left an elderly relative with me, sitting in the shade, as it was too hot for him. He spent over an hour with me, and said it was the best part of the whole day!

"Another family brought over their dogs to sit in my shade, provided by the steam trailer from next door. We managed to provide them with some water. Also, a lady who was nearly passing out with the heat came and laid in my shade and we sprinkled her with water until she recovered."

But, says Lin, there was a downside. She and her friends were hit by a massive thunderstorm and torrential rain as they started to pack up at the end of the event.

"We were throwing everything into the nearest boxes and loading everything into one of the cars before returning for the tents, tables and remaining stock which all had to be dried out before re-packing.

"Many boxes fell apart, a bit of stock was damaged but, boy, it was still a great weekend."

Thanks to all the volunteers behind the scenes who helped transport carloads of stock from storage at Reading to the steam rally site.

Jane Gilbert



Karen Fountaine, Lin Jenkins, Linda and Graham Green

With a little help from our friends The Oddfellows

Hurrah! The local Oddfellows friendly society has chosen the MND Association's Reading and West Berkshire Branch as its charity of the year.

Volunteer fundraiser Lin Jenkins went along to meet the big-hearted group in Reading on June 6th and thanked everyone for supporting our work.

Lin said: "It was a lovely, friendly atmosphere and they were all ready with lots of questions after I gave a brief talk on MND, how I became involved and the work of the branch.

"I was lucky enough to know several of them and they already knew of my activities. We followed up with cups of tea and a general chat."

Jane Gilbert



FaTHoM Event in Oxford

Go on, you have to read further to find out what FaTHoM means!

The research team at John Radcliffe Hospital, Oxford are planning another event for people living with MND and they have asked us to help them promote the event to our community.

The event has been run previously (before covid) and is called Families for the Treatment of Hereditary MND (FaTHoM). It aims to bring together the community of families affected by inherited (genetic) forms of MND.

The event is due to take place at the University of Oxford from 9.30am to 5.00pm on Wednesday, 27th September 2023. There are 60 spaces available, and they are looking for anyone living with MND that has been linked by DNA testing to a specific genetic change and close relatives of such individuals. They have set a maximum of 4 people per family, and all must be aged over 18. Attendance is free and lunch is included.

They have shared a link to their webpage for more information: www.ndcn.ox.ac.uk/research/oxford-motor-neuron-disease-centre/research-projects/fathom

To register for the event: https://www.ndcn.ox.ac.uk/forms/fathom-day-2023

Please contact Eleanor Green the Research Information Coordinator at National Office for more information - phone 01604 611769 or email eleanor.green@mndassociation.org.

Last post for Jill's stamps



Fundraiser Jill Gaisford is no longer able to collect used postage stamps in aid of the branch after her buyer, an elderly man in his 90s, has sadly died.

Jill, from Thatcham, said: "He was very good over many years buying the stamps from me and it's a shame - the end of an era.

"The sale of used postage stamps brought in a little money over the years and, I have collected many 'cars full' of items for Lin to sell!"

The branch is very grateful for all Jill's sterling volunteering work over the years and to all our supporters who sent her bag loads of postage stamps.

So can anyone else help?

Do you know somebody who might buy used postage stamps from us? That is our first and probably biggest challenge so if you know of somebody please pass the information on.

We would also need somebody to take on the role that Jill has performed so admirably over many years. Could that be you?

It would be a shame to lose this source of income for the branch.

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 (AVs) 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: contact@mndrwb.org Tel: 07760 854975

Gust our luck, says daredevil Sam

Tilehurst mum Sam Howard and her friend Steve Smith are hoping for third time lucky after their tandem para jump was twice cancelled due to high winds.

Here they are pictured still smiling and waiting for the go ahead to jump 13,000 feet out of a plane on July 30th.

"It's gust our luck" joked Sam after the second attempt was called off on July 9th. This time she and Steve were expecting another delay and decided not to drive to the London Parachute School near Salisbury as they did for the first attempt on June 25th.

The plucky pair are covering the cost of their jumps and Sam has already raised £687, including Gift Aid, for the Association's Reading and West Berkshire Branch.

Sam, who works as a business support administrator in Theale, is determined to prove she is still nifty at 50.

She wanted to take part in a challenge after her beloved mum Sandra was diagnosed with the heart-breaking condition six years ago.

Sam said: "She was told she had 18 months to live. She made two-and-a-half years due to being determined to see as much as possible of her youngest grandson, my son.

"On the day of diagnosis the stopwatch was pressed and, like a mission against time, the family was thrown into the bewilderment of researching on Google and trying to find any kind of miracle cure, magic potion and possible remedy to have some hope of better quality and extension of life. Forty-four years on, after the MND Association was founded, there is still no cure."

Sam will appreciate your support – and a push – if you feel her 'crazy' action of jumping out of a plane is worth a donation, no matter how big or small.

https://localgiving.org/fundraising/sam-jumps-for-MND/

Jane Gilbert





Welcome to Tomas, our new Association Visitor

Tomas is very excited to be joining the Reading & West Berkshire Branch of the MND Association as an Association Visitor. He has lived in Reading for nearly six years and has long been a champion for inclusivity and accessibility for everyone. Tomas is looking forward to being able to make a positive impact on his local community and being a comforting presence to those living with and affected by MND.

Our visit to Oxford University

When my partner Steve lost his father, aged 97, in October 2020 following a stroke a few years previously, he decided that he would like to use part of his legacy to fund some research into MND in memory of his father.

Knowing what a good reputation The University of Oxford has with MND research and because of its close proximity to Reading, he decided that this was most likely the institution he would like to support. He therefore contacted Professor Kevin Talbot, Head of Department at The University of Oxford Nuffield Department of Clinical Neurosciences, and arranged a meeting with him in March 2022. Professor Talbot talked about their on-going research into MND and as a result of this meeting Steve made his donation to support the work of Dr Lucy Farrimond who he was able to visit and see at work in her laboratory. He has just received a short summary of her work over the past year and it is really nice to hear how the money has helped to progress her studies - something you don't normally get to hear about.

Inspired by this approach to supporting people affected by MND, I too decided to use some of the money I am inheriting from a friend to support more research into MND at The University of Oxford. My father died from MND in December 1995 on his 80th birthday so this is a cause close to my heart. I have been in contact with Professor Talbot and once the estate is settled I hope to meet with him again to see what the next step might be.

About a month ago we received an invitation to attend a 'Behind the Scenes Tour' at The William Dunn School of Pathology, followed by afternoon tea at Mansfield College Chapel on June 27th. This event was hosted to celebrate the legacy of the University of Oxford's scientific research and to thank those who have left or are considering leaving a legacy gift to Oxford in their will. It was the first such event and I am sure there will be more in the pipeline. There were about 20 visitors and lots of University staff to ensure that everyone was well looked after and made to feel valued.





During the introductory talk one point that really hit home with me was the enormous number of bright young people who apply to study and carry out research at Oxford who have to be rejected because of lack of funding. What a waste of talent!

They also indicated that as many traditional sources of funding are becoming more difficult to obtain, additional financing from legacies and the like are becoming an increasingly more significant part of their research budget.

As part of the tour we were told about the work of Howard Florey and Ernst Boris Chain to isolate a purified penicillin compound in the room where they carried out this work during the early war years. After that we met with three post graduate students who explained their work on overcoming the effects of antibiotic resistance.

Over afternoon tea we had a chance to talk to other visitors and they too seemed to feel, as we do, that donating money in this way is extremely rewarding and we think the staff from the university were delighted that we felt this way.

I think I will be talking to my solicitor sometime soon!

Mary Davidson, Newsletter Editor and Steve Baugh



Let's talk CHC

Starting on Monday 24th July at 11am via Zoom, and every 6 weeks thereafter

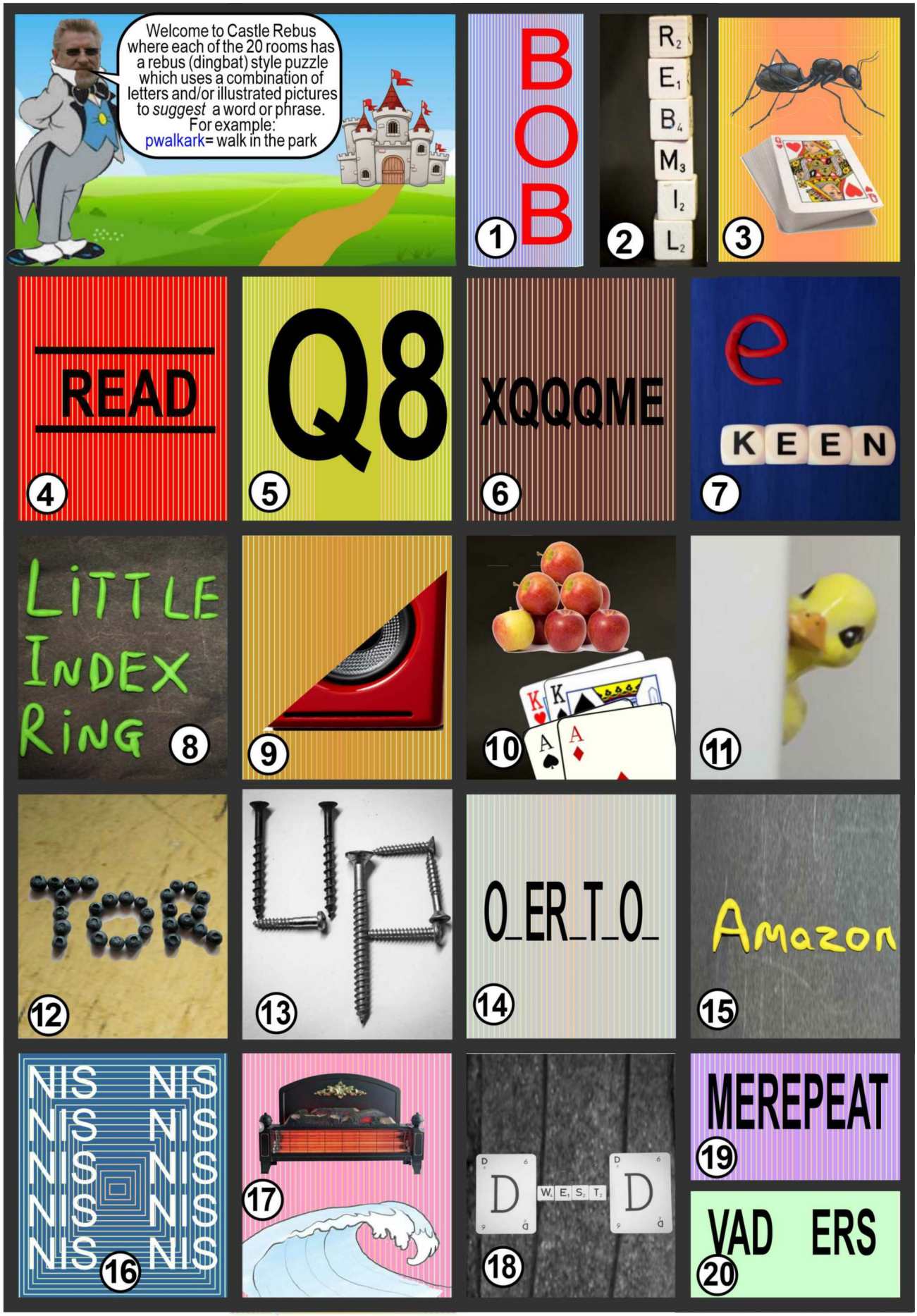
Join our peer support group for people with and affected by MND wanting to understand more about the process of obtaining Continuing Health Care (CHC) funding, or who are facing problems with an existing care package.
The group is facilitated by our CHC Peer Support volunteers , and is open to people with MND and their famiy members across England.
Meetings take place via Zoom, every 6 weeks starting on 24th July at 10.30am. Following meeting dates are 04/09, 16/10, 27/11, 08/01, 19/02, 1/4.

For more information and joining details please contact Anne Anderson anne.anderson@mndassociation.org/01604 611893

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Thanks to Alec Jenkins for providing us with another fantastic quiz. Answers on back page

Ex-jockey Steve faces his toughest challenge yet – living with MND

Former National Hunt jockey Steve Jobar is facing his toughest challenge yet. Time is not on his side, and he has positive plans to make a big difference to other families affected by MND.

Steve, aged 74, is determined to enjoy all the things he loves including flying a glider at competition level despite having problems with his speech and swallowing.

He says: "I'm not sure where this journey is taking me but I'm very lucky to have my mobility which enables me to continue to do all the things I want to do."

While telephone calls and conversation are not on his 'favourite things to do', gliding solo is top of his list.

"I don't need to speak to anyone as the clouds don't ask any questions," says Steve, who lives near Newbury with the love of his life Dottie Channing-Williams.

He and Dottie are picured when they married last year having been together for 44 years. An earlier diagnosis of MND played a part in that decision and the couple are working hard together to raise funds and awareness of the disease.

A multitude of Steve's friends from the racing world quickly rallied to support the Cheltenham Festival-winning jockey. And, with the help of their family and close friend, racing author Jonathan Powell, he and Dottie are organising a fundraising afternoon at Newbury Racecourse on Friday, March 22nd, next year. They are planning a lunch for more than 400 people during which there will be an auction by former champion jump jockey and broadcaster John Francome. The table bookings are already nearly full; amazing live and silent auction lots have been generously donated.

A hurdle race will also be run in Steve's name and every penny raised at the fundraiser will be split between the Association's Reading and West Berkshire Branch and MND research. Already nearly £4,000 has been pledged online via **www.justgiving.com/page/stevejobarmnd** on top of very generous donations from friends to help cover the costs of the afternoon and maximise the profit.

Steve and Dottie are equally determined to help raise awareness of the disease and have bravely given interviews on the Racing TV channel and in Racing Post.

Dottie told Racing TV: "I just cannot thank the MND Association enough and don't know where I would be without them. They are simply amazing. . . so helpful. . . they always have an answer . . .if you need something, they are there to say 'what can we do for you'. I think it is so important to help them."

While gliding might be Steve's happy place, he also loves walking his dogs every day, helping friends with building projects and is managing to fit in a two-week road trip to Athens this summer with Dottie's son Nicholas.



While he accepts his speech has got much worse over the last two months and eating is always an issue as he struggles to swallow food, Steve remains cheerful, and he and Dottie laugh a lot.

"I try to look at it more positively than not" he said, adding that the disease pushed you to give into it and you have to fight back hard.

Racing TV has kindly allowed the family to share their interview which is normally available only on subscription.

Their edited story can be watched on YouTube here:

https://www.youtube.com/watch?v=t96ZE-U-9dY

Jane Gilbert





An open invitation

You are warmly invited to a Drop-in Meeting

Tuesday 1st August, 12.30 pm to 2.30 pm

The Calcot Centre, 3 Highview, Calcot, Reading RG31 4XD

Please note we have a new location!

Please join us at our next drop-in meeting.
This will be an opportunity for you to share experiences and thoughts, meet with friends who understand. We would be very pleased to see you. Please feel free to bring a relative or friend - all are welcome.

RSVP to secretary@mndrwb.org or call 07760 854957.

A selection of sandwiches will be available.

The venue has wheelchair access, toilets and car parking on site.

From junction 12 of the M4 head on the Bath Road (A4) towards Reading. You will pass Sainsbury's/IKEA on your left and in a few hundred yards at the next roundabout take the first exit onto Royal Avenue. Take the 4th road on your left, Highview, and the centre is on the left (signposted).

Memorial Golf Day

The second Micky Denny Memorial Golf Day will be held on Thursday, September 28th at De Vere Wokefield Estate Golf Course, near Reading, RG7 3AE.

Players will be remembering their good friend Micky, who died of MND in July last year, aged 63, and aiming to raise lots of money to support the work of the branch.

The golf format is an individual Stableford competition with prizes for the top five players as well as nearest and furthest from the pin awards to be followed by a meal and raffle.

A few places are still available for the fun day which costs £30 (club members) or £40 (non-members) and can be booked by emailing John Mann: johnmann141@hotmail.co.uk.

ANSWERS

1: BOB UP AND DOWN 2: LIMBER UP 3: ANT AND DEC 4: READ BETWEEN THE LINES 5: KUWAIT 6: EXCUSE ME 7: READY AND WILLING
8: GREEN FINGERS 9: SPEAKERS CORNER 10: APPLES AND PEARS 11: PEKING DUCK 12: BLUEBERRY HILL 13: SCREW UP
14: PAINLESS OPERATION 15: YELLOW RIVER 16: TENNIS 17: HEAT WAVE 18: WEST INDIES 19: REPEAT AFTER ME 20: SPACE INVADERS

Branch Contacts

Chair-Vacant
Please help!

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