Issue 111
November 2023

motor neurone disease association

Reading and West Berkshire

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News Letter

What an amazing year – thank you everyone!



Mary Dodds presents the MND Association's Certificate of Appreciation to Ray Dalfsen and all The Ray of Hope team - one of several fantastic fundraising events

It's been a summer of phenomenal fundraising and massive awareness of MND thanks to our dedicated volunteers and amazing supporters.

This has enabled the branch to provide a host of generous therapies, respite breaks, counselling sessions, cost of living grants and support groups for families and unpaid carers.

The Committee has also decided to give the MND Association an extra £7,000 this year to fund research work and to help families in other less well provided areas.

This donation includes £5k towards support grants and £2k for the biomedical research project: Mapping neuropathological signatures of rare MND genes.

The Association's Tanya Curry thanked the branch for its generous response to her 2023 Chief Executive's Appeal for extra funding. This is in addition to the requirement for branches to donate fifty per cent of their unspent general funds at the end of the financial year.

She said: "Our volunteers are the heart and soul of our organisation and with your continued support, we will do all we can to find a cure, improve access to care and campaign to meet the needs of people living with or affected by MND.

Continued on page 2

What an amazing year - cont

Here are some of the big events and the whopping amounts raised which together with all the smaller, much appreciated donations, are helping to make a difference. Every little helps!

- Ray of Hope MND Family Fun Day **£12,242**
- Watkins Brothers' Thames Path Challenge **£10,688**
- Lin Jenkins' fundraising year **£9,464**
- Micky Denny memorial Golf Day **£9,000**
- Steve Jobar's JustGiving page **£4,852**
- Chris Millard and friends' epic cycle **£2,500**
- Caversham Rock 'n 'Ale Festival **£2,274**

Area Support Co-ordinator Matthew Hollis praised the Reading and West Berkshire Branch volunteers who have managed to generate this enormous amount of fundraising in 2023, thanks to their hard work and generous donations from so many people and organisations.

He said: "Their efforts mean that the support for people with MND and their families in the area can be there, whether that be by providing support grants, voice banking advice and practical help, regular friendly drop-in meetings, Association Visitor support, or working to raise awareness.

"Thank you to the Branch and all our volunteers for their hard work this year and thank you to you also for supporting our volunteers."

Branch fundraiser Lin Jenkins announced her impressive fundraising total of £9,464 after the final car boot sale of her financial year on September 30th.

She thanked all those who had helped or donated items for her to sell at the many fetes, fairs, and car boot sales pledging: "I will keep plugging away at awareness and the need to raise money for research to help the wonderful researchers in the progress they are making.

"It is an exciting time to be involved with this charity as they are making such giant strides in the research laboratories. Keep on fighting everyone!"

Jane Gilbert

This information is taken from a recent MND Association Volunteer News and may be of interest to some of our readers.

We hit our first target of 500 emails to MPs this week! Thank you to everyone who took action to help us reach it.

We're getting closer to reaching our target of 800 emails sent to MPs – only 158 left to go at the time of writing - urging them to act and stop energy prices going ***Through The Roof*** for people living with MND. We're also inviting MPs to our All Party Parliamentary Group on 15 November and have actively promoted this new campaign recently at both the Labour and Conservative Party conferences.

Can you help us reach our target and contact your MP today? Click on the link below or if you are reading this on hardcopy then you will need to enter the long link - https://www.mndassociation.org/get-involved/campaigning/take-action/through-the-roof?dm_i=40VS,1LBB0,2S9FOP,60060,1

Write to your MP

We're also looking for people with, or affected by MND, to share their story about how the Cost of Living crisis has impacted them. If you, or someone you know, is interested, please email our communications team on communications@mndassociation.org. We would love to hear from you.

True grit from this awesome band of brothers

Congratulations to the awesome Watkins brothers who nailed a gruelling 100k trek in sweltering conditions on the hottest weekend of the year.

Martin, Dave, Steve and Kevin took on the Thames Path Ultra Challenge determined to raise as much money as they could to support the work of the Motor Neurone Disease Association.

Inspired by their friend Ray Dalfsen, the spearhead of the Ray of Hope for MND campaign, they powered through the relentless 33C heat to cross the finishing line at Henley on September 10th having raised a whopping £10,688.

Afterwards an elated but exhausted Kevin declared: "Mission accomplished on Sunday evening, 100k completed, 150,000 steps."

When the brothers set off from Putney on September 9th they pledged to support their much-loved friend Ray, from Reading, and other people diagnosed with 'this dreadful disease'.

They said: "We, along with many others want to see MND confined to history, which will only be achieved through top quality research coming up with new treatments and ultimately a cure.

"That will only happen with the appropriate financial resource being invested."

The foursome worked tirelessly to get sponsorship and were fuelled on their gruelling journey by all the outstanding generosity. As well as heat, they braved rain and thunderstorms towards the end of the trek and one of them defied medical advice to pull out halfway.

The Association's regional fundraiser Helen Mackie praised the brothers for their bravery in beating the heat as well as the distance to cross the finishing line together. She also thanked everyone who had donated to their online fundraising page.

"We are blown away by what you have achieved, "she told them. "It has made an incredible difference. Watkins brothers, you are amazing. Well done from everyone at the MND Association and in the MND community. Thank you to you and all your sponsors."

Check out the Watkins brothers' online fundraising page here:

www.justgiving.com/fundraising/kevin-watkins4

Jane Gilbert







Pictures show

Top **The Watkins brothers smiling and good to go**

Middle **Hiding in the shade after 37k – 13 more very hot kilometres before a short rest at the halfway point**

Bottom **Job done - the heroes returned**

The Dream Team bake it happen



Katie (front) with her fabulous team of volunteers Paddy Lunn, Mary Dodds, Jan Gryglaszewska, Carol Coker, Mei Tan and Jacqui Warbey, not forgetting Goldie, her MND awareness bear with his eyes on the cakes!

The Dream Team ran another successful event at the popular Art Café in Whitchurch-on-Thames, near Reading.

Organiser Katie Cooper said: "We had a wonderful morning on August 26th. A fantastic array of cakes was made by our volunteers, and they were soon devoured by the locals.

"It was a busy morning; we saw many regular faces popping in and a few new ones. I'm delighted to say we raised a whopping £262.50."

There will be more chances to enjoy coffee and cake at The Old Rectory Stables, High Street, RG8 7DF, on November 18th and December 9th. Katie and the team will be serving up a warm welcome from 10.30-12.30 on both days.

Jane Gilbert

Caravanners' rally to help fight MND

Caravanners Gwen and Michael Higginson from Woodley have been busy raising funds to fight MND in memory of their friend Christine Giles, who sadly died from "this horrible disease".

The couple were involved in a national bank holiday caravan rally where fellow enthusiasts generously supported a raffle and a tombola which resulted in a £510 donation.

Gwen said the MND Association was unanimously chosen as it was widely known among the group that Christine, from North Hampshire, had endured bulbar motor neurone disease.

She also explained that The Sprite Sterling Swift Caravan Owners' Club has a charity limit of £500 but one person's roofer heard where they were going to stay while he did their roof and gave them £10 – hence the £510!"

Margaret Moss



Gwen is pictured with Christine's husband Brian Giles presenting the cheque to Reading and West Berkshire Branch stalwart Margaret Moss

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

Reuben gets his reward

Ten-year-old Reuben was well chuffed to receive a framed Certificate of Appreciation for his brilliant help at recent MND Association Drop-in meetings.

He and his proud grandma, Committee Member Kim Facer, were both taken by surprise when Events Co-ordinator Mary Dodds presented the token of thanks on behalf of the branch.

Mary said: "We were all astonished at how much help this delightful young man gave us."

Reuben first handed round the sandwiches and cakes in August and was back again to help on October 24th during his school half term.

Editor Mary Davidson adds: "He oozes with confidence and is regularly seen pulling up a chair to sit and chat with our visitors. Everyone loves him."

Well done Reuben!

Jane Gilbert



Kim spreads the word about MND



Well done to Committee member Kim Facer who spoke from the heart when she gave a recent talk about the brutal effects of MND.

Here she is pictured at the Reading District Oddfellows' dinner dance held in Midgham at the Mercure Newbury West Grange Hotel on September 9th.

Kim lost her best friend Maz Swann to MND and was able to explain how the disease affects people who are diagnosed and all their loved ones.

She said: "I was made to feel so welcome and Fiona Vince, provincial grand master, explained why she chose our charity for the year of fundraising after doing some research. She was very impressed that money raised for us is helping the local community".

A raffle was also held during the evening in aid of the MND Association's Reading and West Berkshire Branch.

Jane Gilbert

The Three Tuns' Race Night was a winner for MND



The Three Tuns team at our service (Left to Right) Manager Ross Melinn, Josh Mulberry and Melissa Wiegold

Generous punters at a Reading pub's race night have raised a winning £452 to help fight MND.

It was under starter's orders at The Three Tuns in Wokingham Road, Earley, to support pub regular Ray Hayhurst and his wife Deborah, who is living with MND.

Manager Ross Melinn and his team organised an evening of races in July with a betting tote, horse auction and a raffle as well as collecting buckets for all the loose change.

He said afterwards: "It was a lot of fun and we would love to do another fundraiser in six months or so."

Jane Gilbert

The Dream Team on Broadway

At 8am on Saturday, October 14th, Katie Cooper, Mary Davidson, Mary Dodds and Kerrie Newton were busy setting up our lovely MND stall at The Broadway Green for The Thatcham Leisure and Craft Fair.

On display was an array of soft toys and beautiful handmade items donated by some of our supporters as well as MND Christmas cards and wrapping paper. The sale of these items raised £264.

There was a steady flow of people throughout the day, some faces from the past, some new and some just wanting to stop and ask about MND. We also had a visit from the town's Mayor Councillor Mark Lillycrop who stopped for a chat. It was great to see how much interest there is in MND and how awareness has increased in recent years.

Towards the end of the day Mary Dodds and I were joined by Kerrie Newton and Jacqui Warbey who helped us pack everything away and load it into our cars in record time.

Thank you to everyone for your help and support.

Mary Davidson



Picture shows former Association Visitor Carol Allen with her husband Cliff

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

Finally done! . . . .at the fifth attempt



Steve Smith and Sam Howard with their buddies



Sam looks like she is enjoying herself - or is she screaming?

Congratulations to Sam Howard and her friend Steve Smith who finally completed their sponsored tandem para jump – fifth time lucky!

The plucky pair had their hopes dashed on four weekends between June and August due to high winds at the airbase near Salisbury.

Now they're flying high after their brave leap from a plane at 13,500 feet which has raised £982 to help fight MND.

A jubilant Sam said afterwards: "Finally done! Woo hoo! It wasn't as scary as I thought it was going to be. It's unreal now!"

Sam, from Tilehurst, had been determined to prove she is still nifty at fifty and wanted to take part in a challenge in memory of her late mum Sandra who was diagnosed with MND six years ago.

The daredevil mum, who works as a business support administrator in Theale, admitted to being a lousy runner with limited cycling options and opted for the 'crazy' action of jumping out of a plane.

We admire her steely determination after so many thwarted nerve-wracking attempts.

Well done from all the Dream Team!

Jane Gilbert

Rotary
Rotary Club of Reading

Rotary Club learns about MND

Margaret Moss and Jan Gryglaszewska accepted an invitation by Reading Rotary Club to attend its meeting on September 5th to talk about the work of the branch and explain how it supports local people living with and affected by the disease.

After an enjoyable lunch at the Pepe Sale restaurant in Reading, the pair gave a brief and honest overview of the practical and emotional help available to the MND community. This prompted some excellent questions from the audience which demonstrated their engagement and certainly gave us some 'food for thought'.

It was a pleasure to share with this lovely group the amazing work that the branch and its supporters do to improve the lives of people living with MND.

Association Visitor Jan Gryglaszewska

Congratulations to our Pride of Reading nominees



Panda pictured with her mother Linda Wells



Lin pictured at one of her many garden gate sales

We're super proud of Panda Phelan and Lin Jenkins who were both nominated for Pride of Reading awards.

Panda leapt into fundraising after her mother Linda Wells died from MND and was dubbed an 'outstanding candidate' for the Fundraiser of the Year award.

Her nominator said Panda's efforts in raising awareness for the MND Association had been 'exceptional.'

"Following the loss of her beloved and brave mother Linda to this devastating disease, Panda channelled her grief into positive action," they said.

She organised and took part in charitable events, including walks, music nights and raffles.

Reading Today also reported that Panda increased public understanding and compassion for those living with MND.

Branch fundraiser Lin Jenkins, who has raised more than £9,000 this year by selling donated items at car boot events, summer fetes and clothes' sales was put forward for Volunteer of the Year at the Pride of Reading awards. The nominator described Lin as a "total legend". "Her drive and commitment are just unreal, they said, "and she is forever thinking of ideas to continually raise not only money but also awareness to hopefully find a cure for this awful disease.

"Lin is just the most positive most inspirational person I have ever met. People like Lin deserve all the praise in the world because everything she does is not for her but for the good of others and I, for one, am in total awe of her and cannot thank her enough."

Jane Gilbert

To connect with us on Facebook please click on the following link:

https://www.facebook.com/mndrwb/

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

Caversham – you rocked it!

Three great bands, two bars, an extra-large hog roast, a dreamy summer's evening and more amazing support for local families affected by MND.

Caversham Rock 'n' Ale Festival rocked it again in September for its eleventh successful year and raised a fabulous £2,274 for branch funds.

Delighted organiser Mike Ryan said: "The event went very well – the best yet from the point of view of running it and feedback, though the numbers were down on the last two years which did help at the bars and food stalls."

The family and community event, held on Our Lady and St Anne School Playing Fields, is run by friends of Mrs Angela Fung, an inspirational mum-of-four, who died of MND in 2012.

Branch supporters were among the festival goers dancing the night away and say they are looking forward to next year's event already.

One of them, Helen Varley, from Bradfield Southend, said: "It was an amazing evening. Well done to all the organisers and volunteers – you were all fantastic."

Committee member Margaret Moss said there was a great atmosphere as usual.

"With wonderful weather, the field was crowded even at 6.45pm with the hog roast queue getting longer and the bar queue less at that time! Children's activities included plate spinning ably run by the usual team but, this time, including our own Panda Phelan who had, apparently learnt a new trick!"

Margaret, wearing her MND T shirt, was spotted by Shirley and Martin Baker, originally from Reading, who knew the singer in the first band as a friend from their young days. They were there with their large family including Martin's sister from Germany.

The branch is grateful to the organisers once again for their continued support to help fund our vital work.

Thanks also to Helen Varley, Sam Howard and Margaret Moss for sharing these great photos from the event.

Jane Gilbert





Friends Helen Varley, Ally Pill and Rachel Dawson lining up the beers!



Martin, who is living with MND and Shirley Baker with Martin's sister from Germany



Rocking for MND – supporters Barrie Wells, Panda Phelan and Bobby with Joanna Bottiglieri from the band Dino's

Reading Festivalgoers' trash is Lin's treasure

Thousands of Reading Festival fans leave a trail of trash in their wake, but Branch Fundraiser Lin Jenkins has cleaned up to raise valuable funds for the fight against MND.

For the last ten years hard-working Lin has been wading in after the massive event with a permit to salvage unwanted items to sell on her stalls and car boot sales. It's not a job for the faint-hearted!

On August Bank Holiday Monday, hard on the heels of a busy weekend at Fawley Hill's Vintage Transport Festival, Lin was back again at Reading's Richfield Avenue site.

Joined by her friends Julie Dix and Charlie Edwards she loaded up two cars and a van packed full of re-useable and useful items.

Lin said: "I must be aware of how much I can store, and how much I can manage to sell. I try not to get too greedy. It will all sell at car boot sales, Facebook Marketplace etc - people have been phoning me with orders."



Lin Jenkins pictured with some of her haul safely stowed away in storage

Here's a selection from Lin's remarkable haul:

19 tents
100 folding chairs
15 duvets
44 pillows
31 sleeping bags
29 camping mats

The smaller items included clothes, shoes, wellies, hats, unopened cans of food and drink, bottles, a watering can, buckets, towels, a blow-up ring, mallets, cool bags and boxes, shopping bags, toiletries, footwear, sunglasses, cooking equipment, blankets, rugs, and . . . a Santa suit.
Lin said: "We count everything and report back to the organisers. Precious items like keys, money and phones must be handed in to security."

And Lin's "payment" for the year? Suffice to say she hasn't bought any toilet rolls for the last ten years!

Jane Gilbert

Shoppers' delight at Lin's massive Clothes Sale

This was Lin's last big Clothes Sale selling new, some still with labels, and nearly new items of clothing and what a successful one it was! Where else can you buy a lovely evening dress for a couple of quid?

Lots of people turned up on the day to help, and just as importantly, lots of people turned up to buy! Our total sales for the day was over £480, and as usual there was a lot of awareness raising.

Everything went really well, the weather stayed fine, no one had to overstretch themselves and there was fun and laughter all the way round.

Lin would like to give a huge thanks to her little band of helpers, they make such a difference, and offer us all so much support.

This may be the last big sale but Lin will still be out there each week running smaller events that she can manage herself, safe in the knowledge that she has a certain little band of helpers who are chomping on the bit to help when required.

Well done Lin, you're a star! You may have missed out on getting short-listed for a Pride of Reading award but we all know how much you do for the Association.



Thanks again to Alec Jenkins for another fantastic quiz. Answers on next page.

Massages and gadgets at your service

Remap engineers offer a free no-fuss service

Did you know Remap Berkshire's MakeAbility service can provide free, custom-made equipment and gadgets for people living with a disability or special need?

The charity's publicity officer Kimble Earl gave an informative and helpful talk at the recent branch drop-in showing some of the clever innovations from the county's 27 volunteer engineers.

Kimble said: "If you can't buy it, we can make it. There is no charge and it's a no-fuss service."

After his presentation Kimble was immediately able to respond to two people living with MND who have a weakness in either their arms or hands.

Artist Derek Hince, from Purley, would love to be able to paint again for his own pleasure and Kimble's team will be making him a gadget to hold his paintbrush. Derek also took home a tool to help him unscrew bottle tops.

Derek said: "Up to 18 months ago I was doing commissioned portraits and I want to have a go again at painting to keep myself happy. Now I can be loose and fling paint like Jackson Pollock!"

Sue Flanagan from Kintbury, has bulbar palsy MND which affects her speech and arms, and would love to be able to dry her own hair. Kimble says Remap can help by making an oscillating stand to hold the hairdryer.

Remap's service starts with a telephone call or email to determine the issue, followed by a meeting with an engineer to get details of what is needed, then follow up visits to deliver the equipment and ensure its safe operation. Job done!

More examples of Remap's work can be found here: www.MakeAbility.org.uk

It all starts with that confidential contact:

Tel: 07790 127123

Email: berks.caseofficer@remapgroups.org.uk

Jane Gilbert



Kimble Earl provides artist Derek Hince with a gadget to help unscrew bottle tops



Kimble Earl shows Sue Flanagan what Remap can offer

ANSWERS

1: Lego 2: Chipmunk 3: Ruby 4: Cricket bat 5: Without a shadow of a doubt 6: High jinks 7: All around the world 8: Thailand 9: Saxophone 10: Misunderstood 11: Trumpet (*Donald Trump & Pennywise the Clown from the film IT*) 12: Tin whistle (*Sn is chemical symbol for tin*) 13: Watergate 14: United States 15: Weighbridge 16: First aid 17: United Kingdom 18: Corner stone 19: One step forward, and two steps back 20: Gross incompetence

Massages and gadgets at your service - cont



Amanda works her magic on Mike Foster

Holistic therapies
taster sessions available at branch Drop-ins

To promote the benefits of holistic therapies, we invited one of our local practitioners Amanda Munday to several recent social Drop-In meetings for people to enjoy some 'hands on' taster sessions.

The idea was very well received, and Amanda has provided more than fourteen of these massages to people with MND or their carers. This has resulted in the branch being able to offer and fund more short courses of eight therapy sessions to those wanting to have regular treatments in their homes.

The types of therapies available include head and neck massage, hand massage, full body massage and reflexology. Amanda discusses with each client how best her therapies could support them, and they take things from there.

Amanda says: "I have the best job in the world meeting new, interesting people and feel privileged to be part of their life and the MNDA community.

"It feels good knowing I am able to offer some hands-on therapy which, hopefully, can help a little to enhance well-being and deep relaxation."

Association Visitor Jan Gryglaszewska

Christmas is coming …

Christmas is just a few short weeks away and this is a reminder that you can once again buy your MND Association cards through the branch.

Three of the cards available are shown here but, if you would like to view the full range that we have available, check out our branch Facebook page www.facebook.com/mndrwb/ or contact Mary Davidson via email mary@rfdg.org.uk.

I can post the Christmas Cards to you with postage and packing added to the cost of the cards or we can arrange collection.

Mary Davidson







Ex-jockey Steve is hoping his exciting car raffle will be a winner

Former National Hunt rider Steve Jobar, who is living with MND, has launched an exciting raffle for a new car in his bid to support other families affected by this brutal disease.

A limited number of 1500 tickets to win the five-door Dacia Sandero are now on sale at £20 each.

And the raffle will be drawn at a race day in Steve's name at Newbury Racecourse on March 22nd next year, alongside a fundraising lunch.

Racing author Jonathan Powell, who is leading the organising committee, was delighted with the support for Steve from friends and the racing community.

He said: "We have promises to take forty-one tables of ten at £1,000 a table and have been paid for almost thirty of them already.

"We have also had several astoundingly generous donations.

"In addition, we have a silent auction of approximately sixty items, many of which are very tempting and quite valuable. They include cases of wine, holidays abroad, tickets of four to various big sports events, a round of golf with John Francome and Sir AP McCoy. Also, on another day, dinner for up to twenty people cooked by them at the Queen's Arms, East Garston, followed by a Q and A."

The silent auction will be online about two weeks before the big event and details will be available to anyone not at the lunch who might like to make a bid.

There will also be a main auction on the day conducted by the comedy duo of former Champion jump jockey, trainer and broadcaster John Francome and Richard Phillips, who is a racehorse trainer.

Steve's race, a handicap hurdle, has a sponsor who, at this stage, prefers to be anonymous and the champagne reception is sponsored by Haynes, Hanson and Clark, Newbury Racecourse's longest running sponsor.

Every penny raised will be split 50/50 between the Association's Reading and West Berkshire Branch and MND research to help find a cure.

Meanwhile, Steve, aged 74, who was diagnosed with MND in April last year, 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 and his wife Dottie Channing-Williams are working tirelessly to raise awareness of MND having appeared twice on Racing TV to talk about how it has impacted their life.



Steve Jobar with Association Visitor Jan Gryglaszewska

They also gave an interview on the Skybet Sunday series with Ian Gardner, the Association's head of development.

Steve said rugby league hero Rob Burrow had inspired him to follow his example while Dottie spoke about the brutality of MND.

She said: "I really would like the racing community to get behind and support the Association's helpers – they are unbelievable. We need people to know that the Association is here to help everybody. We need to find a cure for this shocking disease."

Steve also has an online fundraising page

www.justgiving.com/page/stevejobarmnd

which already has donations of £4,862 and they are confident it will get more donations as the Newbury race day gets closer.

To buy a raffle ticket contact Dottie by email: **dottiecw@hotmail.com**. There will also be a cash prize for the person who sells the most tickets.

To hear more from Steve watch:

www.racingtv.com/videos/watch/ondemand/150746

Jane Gilbert

Generous golfers' tribute round for Micky

Generous golfers have hit a winning putt of nearly £9,000 to boost funds for the Motor Neurone Disease Association's Reading and West Berkshire branch.

Eighty-three players took part in a tribute day on Thursday, September 28th, at De Vere Wokefield Park Golf Club, near Mortimer, in memory of popular Reading sportsman Micky Denny.

Micky, who lived at Earley, and worked at energy firm SSE, died of MND, in July last year, aged 63.

Micky's friends had come from far and wide, including Barbados, to play a round of golf and to bid for some fantastic auction prizes.

Branch Publicity Officer Jane Gilbert told them: "The support for Micky's family and our vital work helping local people affected by MND was truly incredible."

After the dinner Jane and Association Visitor Jan Gryglaszewska gave a brief talk about MND before auctioneer John Mann put the fantastic prizes under the hammer.

It was the second event at the golf club in Micky's honour and surpassed last year's total raised for the MND Association.

Afterwards John Mann said: "We had a fantastic day, and it was well supported. It is the legacy of the man."

John praised golf course owner De Vere Wokefield Estate and its director of golf Jamie Anton for their generosity and said they were already planning next year's tribute day to Micky which will be on October 4th. Save the date!



Micky's son Ollie, brother David and wife Nicky (third, fourth and fifth left) proudly hold the banner with the organisers

The friends are also providing a new, bigger plaque for Micky's memorial bench which is situated near the 12th hole.

In 2019 the much-loved sportsman also inspired his firm SSE's biggest ever charity fundraising campaign at its Thatcham and Reading offices where colleagues raised £5,373 to help other families affected by MND.

Jane Gilbert

Paddy's cakes and cards sale



Friday November 17th 2023 from 2-5pm
Sonning Common

Selection of Rod's Christmas cards and notecards
Homemade marmalade and chutney
Cakes for sale
RAFFLE

All proceeds to the Reading and West Berkshire Branch of the MND Association

For more details please contact secretary@mndrwb.org

Art Café Dates

Join us for coffee and cake

The Old Rectory Stables
High Street, Whitchurch-on-Thames, RG8 7DF

November 18th and December 9th
10.30-12.30

Christmas Tea-time

Everyone is welcome to join us at the

Branch Christmas Tea
on Tuesday December 5th, 2.30pm-4.30pm
at the 17th century Purley Barn,
RG8 8DR.

RSVP secretary@mndrwb.org or call 07760 854975.

Dates for 2024:

16th January
5th March
9th April
21st May
2nd July
13th August
24th September
29th October

An open invitation

You are warmly invited to our Drop-in Meetings

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

Please note we have a new much bigger venue!

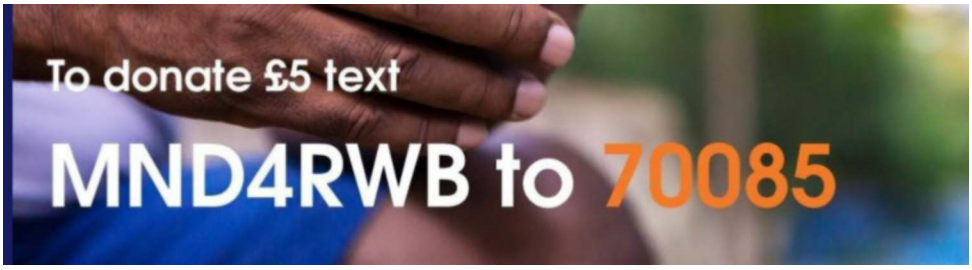
These meetings are an opportunity for you to share experiences and thoughts, meet with friends who understand. We would be very pleased to see you. Please feel free to bring a relative or friend - all are welcome.

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).



Branch Contacts

Chair-Vacant
Please help!

Secretary
Kerrie Newton
secretary@mndrwb.org

Branch Contact
07760 854975
contact@mndrwb.org

Publicity
Jane Gilbert
contact@mndrwb.org

Events Coordinator
Mary Dodds
events@mndrwb.org

Treasurer
Ed Gryglaszewski
treasurer@mndrwb.org
07973 875506

Newsletter
Mary Davidson
mary@rfdg.org.uk