motor neurone disease association

Reading and West Berkshire

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News Letter



Jon will be right on cue for pal Graham

Sportsman Jon Hawkins has set himself a tough challenge to play snooker for 24 hours non-stop in support of his friend who is living with MND.

When Jon found out that fellow golfer Graham Attridge had been diagnosed with the cruel disease last year, he was determined to do something to help raise awareness.

And when he later heard the sad news of MND Association patron Rob Burrow's death, Jon decided the timing was right.

Jon, an operations manager for a fire safety company, said: "This sure is one hell of a horrible disease and one of which there is currently no cure. We need to help raise essential funds to aid further research and hopefully find a cure."

On September 28th John will be playing snooker constantly for 24 hours at Henley's Trinity Snooker Club in a bid to raise funds for the MND Association Reading and West Berkshire Branch. His online donation page has already raised nearly £3,000 with Gift Aid.

He explained: "Having played in the league for a vast number of years, I will be joined by a few local players and long-term friends, as well as some who have been on the WST or have been highly ranked on the amateur circuit. This should be a great fund raiser but certainly a stiff challenge "

Jon and Graham first met when Jon was Captain of Donnington Grove Golf Club in Newbury where they both played. They lost touch when Jon had put the clubs away and concentrated on the green baize instead.

Graham, who lives in Newbury with his wife Angela, is no longer able to play golf because of the disease but still enjoys volunteering at the club as a marshall and plays chess remotely. He says when he got the shock diagnosis of MND, his active life changed forever.



Despite these challenges, Graham continues to remain positive, and Jon's fantastic support has given the couple a real boost.

Graham said: "As one living with MND, it means so much to know that others care and we are not alone. Hopefully, the money raised will eventually find a cure to eradicate this cruel disease."

You can follow Jon's challenge and pledge your support here:

justgiving.com/page/jonathon-hawkins-1717535106993

Jane Gilbert

See Graham's story of living with mnd in his own words on page 2

Registered Charity No 294354

My life with MND by Graham Attridge

Hi, my name is Graham Attridge. Thank you for making the effort to support Jon with this fundraising event on behalf of myself, my wife and all of the MND family.

I was diagnosed with Motor Neurone Disease in April 2023. At that point my life, which was fairly active, changed forever.

I had been experiencing muscle twitching, spasms around my body and loss of muscle strength, particularly in my arms. As I was a regular golfer, this began to affect my game. It had taken over a year of investigation and ruling out other explanations, before the consultant was able to give that simple but earth shattering diagnosis.

At this point, no one could say how the disease would progress, quickly or slowly, whether it would spread to all parts of the body or remain, at least for a while in the upper limbs.

One year on and it seems to be progressing slowly and remaining currently in the arms. Each day presents new challenges from the simple act of dressing and eating to wanting to continue to play golf (without much success) and cycling, which has now progressed to occasionally going out with a friend on a tandem bike. I even once, on holiday recently, thought I could hit a snooker ball but decided against it as I would probably have caused more damage to the table! I've now focused myself on playing chess remotely, which I enjoy, and continue to remain positive despite the challenges!

Through it all I have had the support of my amazing wife and we have both found refuge in our local MNDA charity through monthly meetings and sponsor visits. I cannot over state just how brilliant the local group has been who are made up of volunteers who themselves have been affected by MND either through family members or friends.



I try to support my golf club, Donnington Grove in Newbury by volunteering to Marshall when it's needed. It is in this context that my old friend Jon comes in.

I first met Jon at the golf club. It was his captaincy year and he asked me to be the members rep. I fully immersed myself in the club and have Jon to thank for starting me off in my commitment to Donnington Grove and its members. Typical of Jon, when he heard my news he had a compulsion to do something that would make a difference and raise the profile and understanding of what MND is. Hence the 24 hour snooker challenge was launched.

Thank you to you all for participating and supporting this challenge in whatever way you do.

As one living with MND, it means so much to know that others care and we are not alone. Hopefully the money raised will eventually find a cure to eradicate this cruel disease.

Golfers' set to tee off in tribute to Micky

Big hearted golfers will be teeing off again raising funds for the MND Association Reading and West Berkshire branch as a tribute to much loved player Micky Denny.

The third event in his honour is confirmed for Saturday, October 5th, at the De Vere Wokefield Park Golf Club near Reading.

There will be a shotgun start at 10.30am for the individual Stableford format with prizes for the top five players, refreshments on the course and a two-course dinner after golf including an auction of fabulous prizes and a raffle.

Dad Micky, who lived in Earley, died of MND, two years ago, aged 63, inspiring his many friends to raise thousands of pounds to help other families affected by the disease.

One of the organisers, John Mann, said entries are open for individuals or as a four-ball with a subsidised £40 fee for Wokefield members and £45 for non-members.

For more details on how to enter contact John by email: johnmann141@hotmail.co.uk

Reading School pupils wear mufti for MND

Schools out for summer . . . . and some big-hearted pupils have celebrated by wearing mufti for a fantastic MND fundraiser in support of their chef.

The boys at Reading School left their uniform at home on July 15th and wore clothes in blue and orange as a tribute to Andrew Lenaghan, who has recently been diagnosed with the disease.

In return they each had to donate a minimum of two pounds which resulted in a wonderful total of £973 raised for the MND Association.

Andrew, from Calcot, said: "Thanks to the boys for raising funds and awareness for a charity that needs support from the local community."

He has previously raised cash for the branch having lost his dad James to MND many years ago and he suggested the Association to headmaster Chris Evans.

A few years ago Yorkshireman Andrew cooked up a challenge for himself running five miles on every one of the 31 days in May.

He was inspired by his dad and former Leeds Rhino rugby league player Kevin Sinfield who ran seven marathons in seven days on behalf of his brave former teammate Rob Burrow who died in June this year.

Reading School's Charity Prefect Saad Ahmad and the Prefect Team did a brilliant job organising their non-school uniform day as well as raising awareness throughout the grammar school community.

Their online fundraising page said: "Every contribution counts towards making a difference in the lives of those affected by motor neurone disease. Your support is invaluable in helping those affected."

justgiving.com/page/reading-school-1720697225667



Andrew busy on the BBQ at last year's Ray of Hope MND Family Fun Day and Charity Walk.



Jane Gilbert

Local author unveils debut novel at book launch



Dealing with symptoms of MND, local author Stephen Ross was inspired to finish his book, The Candlemaker's Affair.

Stephen, who was finally diagnosed late last year, is now hoping the novel will help to raise funds for the MND Association.

And on August 1st he was due to talk about his literary debut at Wokingham Library.

Set in Bracknell and Basingstoke, the book tells the disastrous tale of a man led by passion to follow a dangerous path of destruction.

To donate to Stephen's fund please visit:

justgiving.com/page/candle-maker-1712138032164

Champagne moments for Lin



Lin pictured with winners from other categories Simon Bickerstaffe on the left and Nigel Phillips



Lin with husband Paul on their way to Buckingham Palace

Dedicated fundraiser Lin Jenkins has had two well deserved Champagne moments in recognition of her amazing work helping to fight MND.

The 70-year-old grandmother picked up a seniors' volunteering award and was also invited to the King's Garden Party at Buckingham Palace for her services to charity.

Lin, from Tilehurst, attended Reading Town Hall on May 20th where she received a certificate, cup and £2,000 cheque for branch funds from Edwards Lifesciences for its Senior Changemakers: Volunteering Champions awards. The event was for volunteers across the South of England who were aged over 65 and Lin was selected for her work in the community.

Afterwards she said: "I was thrilled with my little trophy but much more with the cheque for the branch."

The Association told the organisers the award was well deserved by Lin and brought much needed recognition to the tireless efforts and impact of all its amazing volunteers.

A few weeks earlier Lin and her husband Paul had a right royal afternoon enjoying tea in the grounds of Buckingham Palace after being nominated by deputy Lord Lieutenant of Berkshire Richard Anderson.

She had been keeping the exciting news secret since Christmas and was finally able to share it with her friends and family.

When the big day arrived, the weather was glorious and Lin looked glamorous, smartly dressed in the MND Association colours of blue and orange while Paul was suited and booted.

The couple sat on the royal lawn and enjoyed people watching, taking it all in.

"On the dot of 4.00pm the National Anthem announced the arrival of the royal party down those famous steps," said Lin. "We never did manage to get very close but did get to see the back of the King's head, and the top of Queen Camilla's hat.

During the memorable afternoon Lin struck lucky meeting up with Newbury auctioneer Thomas Forrester of TVs Bargain Hunt who later kindly offered to share his taxi home when all trains were cancelled to Reading.

She said: "We had such a good chat and a jolly good laugh all the way home. It was the most wonderful generous offer that we will never forget."

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@mndrwb.org

Celebrating 37 years with a cheque - and a cake, of course!

It always continues to surprise us when we receive a message about a cheque presentation - this time from Reading District Oddfellows saying: "We want this to be used locally for people in Reading who have MND and need help"

Their president Fiona Vince had chosen the branch as the charity of the year for their fundraising.

And she attended our Drop-in meeting in May at the Calcot Centre, near Reading, to present a £3,000 cheque with two of her team. They had previously heard from our committee member Kim Facer, who was a guest at their annual dinner, about the care and support available to those living with MND and the work of the branch.

The generous donation coincided with a celebration of the 37th Anniversary of the MND Association Reading and West Berkshire Branch. There was a cake and a recognition of all that the branch has achieved over the years, with our founder member Mary Dodds still actively involved.

Why 37th I asked?

"Well," came the reply, "we may not be here (given the age of some of us!) in 3 years' time but more importantly THERE MAY BE A CURE OR TREATMENT BY THEN!"



Reading Oddfellows President Fiona Vince presenting the cheque to Branch Chair Margaret Moss

Oddfellows is a Friendly Society with branches across the UK.

Through friendship and social events, they help their members get more enjoyment out of life and offer care, advice and support in times of need.

They welcome everyone, of all ages

Margaret Moss, Branch Chair

Supporter Gary's got the T shirt



Why not take your MND T shirt on holiday like supporter Gary Baynham?

Gary, from Reading, was recently in Bruges on a sightseeing break with friends and he took the opportunity to raise awareness of motor neurone disease.

He shared this great photo with fellow organisers of the Ray of Hope MND Family Fun Day and Walk who were meeting whilst he was away.

Gary is a good friend of Ray Dalfsen who is living with MND and has inspired the successful annual event in Tilehurst.

And he's not the only one helping to spread the word about MND and the work of the Reading and West Berkshire Branch.

Ray's daughter Emma has asked us for a paper copy of the Newsletter for her daughter to take into her school when she has finished reading it.

We thought that was so lovely we had to share it.

Another supporter Steve takes his newsletter to a pub he visits where they also have an MND collecting tin.

Keep us posted with your ingenious ideas helping to put MND in the spotlight.

Jane Gilbert

The last blast at wacky and wonderful Fawley Hill

Fundraiser Lin Jenkins was thrilled to share in the fun at the last ever Steam and Vintage Transport Festival at Fawley Hill, near Henley.

During the weekend in May she managed a trip in the guard's van on the steam train, a ride around the site in a motorised double bed, see Chitty Chitty Bang Bang, all kinds of bicycles as well as camels in splendid regalia – and raise vital funds to help fight MND.

Lin's stall was next to organiser Lady Judy McAlpine's hospitality enclosure where Lin had a great view of Prince Michael of Kent when he arrived.

Now, aged 80, Lady McAlpine, known to everyone as Judy, has decided to call it a day after running the massive charity event on her estate for many years with her late husband Sir William.

Lin said: "We were all thrilled to spend this special event with her. Judy is zany and fun and brightens everyone's day. She and her team organised the most wonderful weekend.

Lin and her friend Julie who had taken several carloads of donated goods to sell, had regular customers who came looking for her stall,

In June, volunteers Mary Dodds, Kim Facer and Debbie Webb helped by loading up their cars for Lin's famous retro stall at the Stoke Row Steam Rally now held at Whitchurch Hill Bottom. Who can resist her bargains for sale right by the entrance?

"It was a tremendous success," says Lin, who raised £560 over the weekend.

To make this happen Lin's stock was transported to the site in six cars, the tent was put up, boxes were lifted and unpacked with more hard work at the end of the event.

After a busy weekend on site Lin has finally admitted she could do with some help to lighten her load next year.

Do message her or the branch if you can spare an hour or two to help her at this enjoyable event next June raising funds and awareness of MND .

Jane Gilbert



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

Looking for a holiday or short break?

Following our Newsletter review the MND Association Reading and West Berkshire Branch was kindly gifted a one-week free stay at Tudor Lodges, Looe, south-east Cornwall in 2022, which was enjoyed by a local couple who were living with MND.

Now the owners have been in touch to say they still have limited availability for this season. They offer breaks with a minimum of three-night's stay, and they would be happy to discuss availability and prices.

Every lodge is fully accessible, with low ramped access from tarmac parking alongside. Sleeping up to 6 people, in 3 bedrooms.

•

Accessible bathroom; level access shower for wheeled shower-chair users with folding half-doors, multiple grab rails around the bathroom and raised toilet which has a drop down bar for left or right hand transfer if this is a consideration. Underneath accessible hand basin.

•

Separate stand WC also.

•

Subject to availability you have the choice of either lodge configurations: 1 standard double and 4 singles in 2 twins OR 2 standard doubles and 2 single in a twin room. (Twin room include single profiling beds.)

•

Included with the lodge is availability of mobility equipment such as hoists, shower/commode chairs, Hi/Lo profiling beds, rise recline chairs and many other aids available too. Please ask if we can help you and save your luggage space!



Tudor Lodges, Morval Looe, Cornwall PL 13 1 PR

Tel 01503 241290 / 07539447246

Email holidays@tudorlodges.co.uk | Web www.tudorlodges.co.uk



We look forward to welcoming you.

PLEASE can you help us?

As you may have spotted as you read through the newsletter we have a very busy August - Ray of Hope Charity Walk and Family Fun Day on the 17th, Bucklebury Beerfest on the 24th and our lovely Art Cafe on the 31st. In order to put on all these events we need lots of goodies, lot of helpers and lots of customers. Please can you help?

Our wish list is long - home-made cakes for all the events and bottles, cans, home-made preserves and craft items for the fun day, Please see more detailed information below.

If you are able to provide a home-made cake for any of these events please contact Mary Dodds, our Events Coordinator by email to **events@mndrwb.org**.

Ray of Hope Charity Walk and Family Fun Day Wish List

We could still do with a few more helpers for this event to man some of the many stalls.

There will be a Booze Cruise Tombola (sold out in no time last year) so we need as many bottles or cans of drink as you can come up with.

There is a craft stall selling craft accessories as well as hand-made items so if you have anything suitable please let us know.

Please contact Lin Jenkins - rlp.jenkins@tiscali.co.uk if you can help with any of the above.

Home-made preserves - jam, marmalade, chutney, pickle. Please ensure these are labelled and please provide a list of ingredients either on the label or on a separate piece of paper. Contact Mary Davidson - mary@rfdg.org.uk.

Terry's Reading Walkabouts raising funds for MND

As well as his usual good selection of guided walks around Reading, Terry has introduced three new walks to coincide with the Heritage Open Days in September. These are likely to be very popular and are expected to sell out quickly.

See his website for more details of these and other walks that are available.

https://readingwalkingtours.co.uk/

September 7th, 9:50am - 12:30pm

Katesgrove 'Bricks, Iron, Sails, Education, Potts & a Meadow' Walkabout

This NEW Katesgrove 'Walkabout' will cover the wonderful history, culture, heritage, industry, people, places and Victorian brickwork of this area.

You must book in advance via Eventbrite using this link:

https://www.eventbrite.co.uk/e/katesgrove-area-bricks-iron-sails-education-potts-a-meadow-more-tickets-883675175237

September 12th, 9:50am - 12:30pm

The is a repeat of the Katesgrove walk listed above but to book for this one please use the link:

https://www.eventbrite.co.uk/e/katesgrove-area-bricks-iron-sails-education-potts-a-meadow-more-tickets-8858355269007

September 15th, 9.50 - 12.30

Reading Victoria Park Community Group Walkabout Schools, Market, Swim Pool, Pubs, People, etc

A very special easy guided walk covering a less well-known area of Reading. Terry will explain how it has grown from 12th Century Abbey Lands, through Victorian times to become an important residential area and much more.

As with the other Heritage Open Day walks this one must be booked in advance via this link:

https://www.eventbrite.co.uk/e/victoria-park-area-walkabout-schools-market-swim-pool-murder-the-pits-tickets-887840664327

These Heritage Open Day walks are FREE but if you would like to donate to Terry's charities, please bring a cash donation of £5 or £10 per adult and £1 per child over 5. Proceeds will be split equally between his charities for this year which are Reading and West Berkshire MND Association and ABC to read.

Terry also has a walk on August 29th entitled 'Original Huntley and Palmers 200th Anniversary Walkabout'. Please use the following link for further details, including how to book (not via Eventbrite) and cost.

https://readingwalkingtours.co.uk/event/reading-walk-2024-08-29-09/

Footie fun is a winner for young dad Kevin

Footie players and friends have given an amazing boost to dad of five Kevin Jefferies, aged 44, who is living with MND.

Their generosity at a recent annual reunion match in Reading netted a whopping £5,225 to help support his family as well as other local people affected by the disease.

Kevin and his wife Natalie were on the touchline cheering on his former team Manor Colts playing against Barton Rovers at The Atrium Health Club ground, Scours Lane.

The game may have resulted in a 5-3 win to Barton but the fun and friendship certainly brought a smile to Kevin's face.

Our team of hard-working raffle ticket sellers were blown away by the constant queue for tickets and generous donations of prizes. The branch has since received a wonderful slice of the proceeds resulting in £1,306 to help support its local work.

The dedicated organisers – Gary Baynham, Lee Didcock, Matt Bicknell and Dave Molyneux - were equally delighted with the turn-out. They said Kevin, from Spencer's Wood, was well loved and all his friends were determined to raise as much money as possible.

Lee Didcock said: "Everyone on the pitch has played football with Kevin at some point. It's lovely to see them all here showing support for Kevin and creating memories for him."

A race night later evening in the club rounded off a memorable day of fun and friendship.

Our branch Dream Team was delighted and thankful to be part of a joyful, sunny afternoon raising MND awareness as well as funds.

Jane Gilbert





Photos show: Tyrone Edwards, who has had three friends affected by MND, shows his support.

Bucket champion Barrie Wells gets some lovely lolly from Kevin Hunter of Lucky Clover Leaf Ice Cream.

Congratulations – together we are making a difference

Congratulations to all our amazing runners and riders whose stellar efforts are helping us to give vital support to local families affected by MND.

Thanks to incredible fundraising like this and other generous donations the branch bank balance now stands at - a massive £142.5K.

Rest assured the committee is now working hard to spend as much as possible on improving the quality of life of local people living with MND, their unpaid carers and children. And half of the remaining balance at the end of the year will be given to the MND Association to help fund research, and care for people living with MND in areas where there is less funding or no support group at all.

In Reading and West Berkshire branch's area we have this year so far provided 175 therapy sessions, 36 of them for counselling as well as Carers' awards, Quality of Life and Young Persons' grants. We have also funded transport costs to our regular Drop-in sessions.

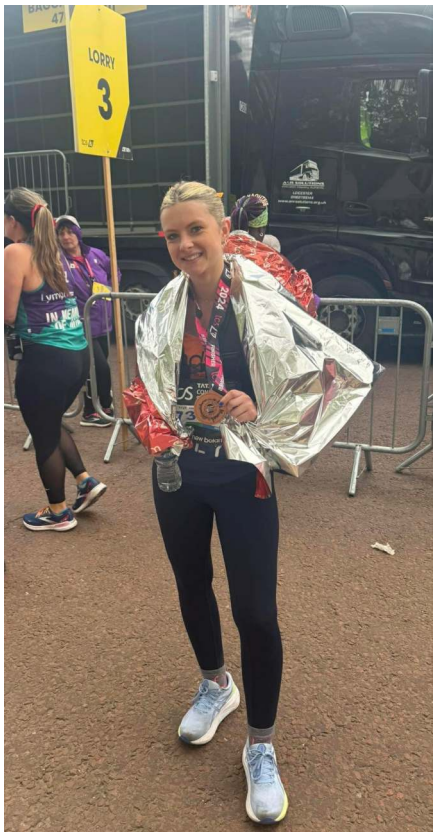
In August we hope to award more of these grants, especially those for young people as the branch is supporting many families and aims to be equitable. We also have big plans to fund specific research work.

THANK YOU FOR HELPING US TO MAKE A DIFFERENCE

Here are just some of our athletic supporters who pushed themselves to the limit to help us find a treatment and cure for MND:

Bradfield's **Lily Pearce**, who took on the tough challenge of running the London Marathon for the Reading and West Berkshire Branch, has now raised nearly £15,000.

The plucky 24-year-old charity events co-ordinator was inspired by her dad



Paul who was diagnosed with MND last year.

"Wow, what a day!" said Lily. "Thank you so much to everyone for your kind donations and support throughout."

Training did not go to plan for Lily who picked up an injury at the end of February and it was touch and go whether she would be able to run on the big day in April.

Afterwards she declared: "I did it and have raised nearly £15,000 for the MND Association and couldn't be happier."

Sean Simmonds, from Woodley, got an opportunity to run the Reading Half Marathon this year with just two weeks' notice.

A man who likes a challenge, he was inspired to run for the MND Association in support of his mum Sharon who was finally diagnosed with MND in January after around 18 months of suffering from pain and weakness in her back and legs and experiencing many falls.

Sean says: "No-one should have to suffer like this and endure the nasty side effects this disease impacts on a person."

His proud sister Laura had every faith in Sean, aged, 39, who nailed the run despite having had a cold and a lack of any training time. He also managed to raise £2,290, including gift Aid, for his stellar efforts.

Laura was cheering Sean on the day with her daughters Daisy and Lola and Sean's wife Jess. She said: "He was absolutely fantastic and ran the 13.1 miles in two hours and eleven minutes which, with no training and the first time of running a half marathon, is pretty impressive!"

"Unfortunately, our Mum was unable to make the day due to the restrictive parking and no disabled spaces.

"However, we FaceTimed her and filmed him finishing. It was a very emotional day and a memory we will cherish forever.



Sean is pictured with his wife Jess on the right and sister Laura with daughters Daisy and Lola

Congratulations – together we are making a difference - cont

Guy Bickerton and the Running for Pete Team of ten ran the Reading Half Marathon in support of Pete Woollcott from Sonning Common who sadly died shortly afterwards. Their efforts raised more than £8,000 for branch funds.

Pete and his wife Julie were all too aware of the cruelty of MND as they had supported Guy, his brother Ed and mum Chris, when their dad Andrew was diagnosed with MND in 2001.

Guy said "When we heard about our friend Pete's diagnosis, we were both shocked and saddened and were keen to think of a way to show our support to him and his family. With the Reading Half Marathon fast approaching we thought this was the perfect opportunity to come together and found it easy to recruit others to join our running team as they were also keen to help in whatever way they could.



"Ten of us set out from Green Park on Sunday morning and I am pleased to report all ten of us did return. It was an enjoyable day and great to see other runners and supporters also supporting MND. We are thrilled with the money raised for the charity and very grateful to all those who have contributed."

Ray Hayhurst, from Earley, got back on his bike again for a brutal 100k ride around the Isle of Wight on a wet day in May to raise funds in memory of his wife Debs who died from MND in January.

Ray was joined by Debs' friends Kim and Nicki Beckett who have also smashed two Ultra Walks and have raised £885 with Gift Aid.

They said: "Debs was the most positive person we know and, despite battling this cruel disease for almost three years, she always had a smile on her face. We miss her dearly".



We are also grateful to **Caroline Heisig** who ran the Brighton Marathon on April 7th in memory of her uncle Mike Heisig, from Burghclere, who had been supported on his journey with MND by Association visitor Wendy Gouldthorpe.

A few days afterwards, Caroline told Wendy:

"I know my dad will have said this, but from me, thank you for the work that the MND Association does and the support for our family."

The MND Association Reading and West Berkshire Branch is here to ensure that no-one must face MND alone.

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

Supporter Andy's in the running for Pride of Reading

Well done to our loyal supporter Andy Findlay on being put forward for the Pride of Reading awards.

Since his father died of MND, Andy, from Tilehurst, has been hard at work raising funds to help support other local families, says his nominator for Fundraiser of the Year.

Andy has friends that have been affected by motor neurone disease and is one of the organisers of the Ray of Hope MND Family Fun Day and Charity Walk event at The Westwood Club.

The nominator said: "Andy is a fantastic person, not selfish at all and always thinking of others even when he really doesn't have time."

"He has set up auctions to make the money for this charity," said his nominator.

"More help is needed to highlight this awful illness. I would love to have him recognised for the hard work he does."

Dad and businessman Andy has also raised cash for the Reading and West Berkshire Branch with his annual Christmas lights spectacular in the garden of his home off Overdown Road.

The Fundraiser of the Year award sponsored by Cherubs Floral Design celebrates an individual or organisation that has shown outstanding skills or dedication to creative and imaginative fundraising in Reading.

Pride of Reading would like to hear more about outstanding fundraising. Go to porawards.co.uk to nominate someone you know.

The Ray of Hope MND Family Fun Day and Charity Walk this year is on Saturday, August 17th and starts at 1.30pm with a 5km family fun walk, then a fete and barbecue at the Westwood Club RG31 6SL.

Check out the amazing online auction prizes up for grabs, raising funds to fight MND including:

*** a 65-inch TV, Four Ball Golf at De Vere Wokefield Park, a Liverpool legend signed shirt, a Nirvana spa day, a Dyson hair straightener and Mornings on the Gallops with racehorse trainers ***

Bidding will remain open until 8pm on Sunday, August 18th.

jumblebee.co.uk/therayofhopemndfundraiser

Jane Gilbert



Andy is pictured (first left) at last year's Ray of Hope event with Ollie Denny and Gary Baynham

Ray of Hope Begonia



You may recall that in the April 2024 newsletter we told you that the British champion begonia grower Phillip Champion has grown a special begonia in honour of our beloved Ray Dalfsen. It was hoped that these would be available to buy at the Ray of Hope Family Fun Day and Charity Walk but unfortunately they are not going to be ready in time. However Phil will be showing in many parts of the country and by next spring the tubers should be available to buy. Watch this space!

Money! Money! Money!



Most people, when they suddenly and unexpectedly win a lot of money, tend to be very secretive about it. I'm different. My own good fortune started, strangely enough, with a dream - a very very vivid dream. In it I won £130 million! The next afternoon I was watching television when an ad for EuroMillions Lottery came on saying that the jackpot in that evening's lottery was.....£130 million. It was obviously a coincidence, but I couldn't just ignore it so I bought a couple of tickets. The next day I logged on to my laptop and as usual started by checking my e-mails. Astoundingly, the first was one telling me I was a winner in the previous evening's lottery, so I logged on to the lotto site and sure enough I had won! OK, it wasn't quite £130 million..... it was £4.30. It only cost me £5.00 to win £4.30!



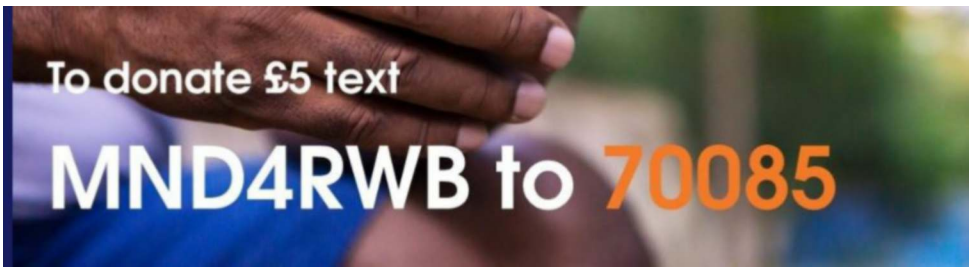
In the April newsletter I asked for a volunteer to take on the task of compiling future quizzes as I had got fed up with people telling I was doing them wrong and how I should be doing them. There wasn't exactly a rush of volunteers so I was asked to reconsider. Since it would appear that I'm not going on a year-long world cruise nor a year-long tour of continental North America in a luxury adapted Winnebago and my wife, whose name



continues to elude me, feels I need something to keep me out of mischief, I agreed to reconsider. At a recent drop-in many people said they enjoyed the quizzes and asked me to continue. So, I am. The only thing I feel it necessary to say at the start is that I only know one way of doing quizzes so I will have to continue in the same way. I'm happy for people to suggest ways that I can improve but I will only consider them if they are submitted **written on the back of a £10 note**! .the meantime I can only suggest - in the nicest possible way - if you ***really*** don't like my quizzes then…**don't do them**!

Alec Jenkins

Thank you Alec - you're a star.



ANSWERS

1: Lego 2: Chipmunk (*Microprocessor chip*) 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



Thanks to Alec Jenkins for another fiendish quiz. Answers on page 13

Steve's big race day latest

The total for ex-jockey Steve Jobar's amazing MND fundraising event at Newbury Racecourse now stands at an incredible £192,000.

And his delighted wife Dottie Channing-Williams says with cash still coming in, the amount might swell even more.

"It was just incredible," said Dottie referring to the Champagne lunch, auction and hurdle race in Steve's name last March.

"It's a huge amount of money to raise and took us the best part of a year. I am so pleased we were able to do it as it is so desperately needed."

The horse racing world rallied to support Steve, from Wickham, near Newbury, after he was diagnosed with MND in 2022.

Racing author Jonathan Powell stepped up to lead the organising committee and said Steve was an inspiration to them all.

Afterwards he said to Steve: "For you to have raised £192,000 for MND from a lunch at Newbury Races is remarkable. It has been a huge privilege to be chairman of your fund-raising committee."

The MND Association's CEO Tanya Curry also paid tribute to Steve and Dottie in a personal letter of thanks.



Nearly all the funds are being split between MND research and the MND Association's Reading and West Berkshire Branch. However, the total includes one donation in euros to the Irish MND Association which is a separate charity.

Jane Gilbert

Art Café was a record breaker



Our second fun-filled Art Café of the year was on fire!

A wonderful mix of regulars, friends and supporters helped to raise a record breaking £385 in a few hours on May 25th to help support local families affected by MND.
The amazing array of cakes, as always, drew in the crowds – the MND Dream Team is renowned for its delicious bakes.

A massive 'Thank You' to Katie Cooper and all her helpers for their hard work and dedication.

Can they beat the record on Saturday, August 31st? The kettle will be on again at the community café in The Old Rectory Stables, High Street, Whitchurch-on-Thames, near Reading, RG8 7DF, from 10.30-12.30.

Alongside our usual array of tasty bakes we will have some art work by Derek Hince, who is living with MND, available to buy as well as some crafts.

Pictured L-R are Barry Dodds, Carol Coker and Barrie Wells. Love the pinnies guys!

Jane Gilbert



Saturday 7th September 2024 from 6.30pm.

The event is being held on the playing fields of Our Lady & St Anne School, 2 South View Avenue, Caversham, Reading RG4 5AB.

Family-friendly community event suitable for all ages, raising money for the MND Association.

Three local bands.

Two bars.

Choice of food including hog roast and vegetarian fare.

For tickets go to www.facebook.com/rocknale or www.wegottickets.com/CavershamRocknAle

Drop-in Meetings - An open invitation

You are warmly invited to our Drop-in Meetings

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

12.30 - 2.30pm

Dates for 2024:

13th August

24th September

29th October

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). Click here to view venue in Google maps,

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

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

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