motor neurone disease association

Reading and West Berkshire

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Issue 116
February 2025

News Letter



# A whopping £105K boost to MND research

It was a famous day when our MND Association's Reading and West Berkshire Branch donated an amazing £105,000 to help fund state of the art MND research.

And it means the outstanding amount from a surprise £185K legacy has at last been spent – ten years after it was bequeathed.

The cash will be used to support two clinical research studies at the University of Oxford led by Dr Alex Thompson where his team are using the latest techniques to identify biomarkers or 'fingerprints' of MND in blood and cerebrospinal fluid samples.



**Dr Alex Thompson**

One of the projects will look at data from people's health records as there is growing evidence that cholesterol influences the risk of developing MND. The other will examine clumping of a protein called TDP-43 which can be seen in brain and spinal cord cells of people who have died of MND and around half of people who had frontotemporal dementia (FTD).

Dr Brian Dickie, Chief Scientist at the MND Association, recently thanked the branch, a longstanding supporter of research, for its "incredibly generous and amazing contribution."



**Dr Brian Dickie MBE**

He said: "These are exciting times for MND research and the international research community is increasingly confident that we are on the cusp of turning the vast amount of recent knowledge on MND into new treatment strategies.

"Significant challenges remain, but there is no doubt that momentum is growing!"

The Branch Committee is also delighted that it has finally carried out the last wishes of generous West Berkshire widow Sheila Hamblin, who died unexpectedly at her home in Cold Ash, near Newbury, in April 2014.

Mrs Hamblin, who had no known connection with MND, left a £2.3m estate shared between twelve local and national causes. She had specifically chosen the Association's branch 'covering the area of Newbury'. The first payment of £180k was received in November 2014 with a further £5,281 top up in December 2015.

Initially, the branch donated £80,00 to help fund both a research fellowship and Project MinE, the largest resource on ALS (MND) genetic data in the world. It then worked with the MND Association to try and find suitable local projects on which to spend the remaining large amount. It was a very frustrating time for the Committee to have the unused funds sitting in a bank account.

Branch Chair Margaret Moss said: "I personally am so delighted that eventually the outstanding funds from this legacy have at last been spent. Why so long, you might ask?"

Margaret explained: "Various plans were made that fitted the legacy's criteria, problems arose, MND Association staff changed, NHS staff changed, plans were aborted - over and over!

Continued on next page

# A whopping £105K boost to MND research - cont

"Now the Sheila Hamblin bequest is doing its work for the benefit of the people of West Berkshire! It's very satisfying although it has been very slow!"

The two projects, led by Dr Thompson, are building on the research foundations established by his colleagues, Professor Martin Turner and Professor Kevin Talbot. The talented MND physician scientists at the John Radcliffe Hospital have made Oxford an internationally known recognised centre of excellence for laboratory and clinical science in motor neurone disease.

Now the Association is in early talks with the team around opportunities to expand the Oxford-based ACORN study. This Biobank is recruiting younger family members who carry a familial MND gene, so carry a high risk of developing the disease later in life, but presently show no outward symptoms. Samples from these donors may provide valuable information on early changes that occur in the disease, possibly leading to more rapid diagnosis and early treatment.

Dr Dickie said: "Excitingly, it also raises the future prospect of even being able to prevent some forms of the disease from ever occurring.

"We are looking at whether we can extend the ACORN study to other centres, to greatly increase the size and value of the Biobank."

Dr Dickie will be sharing more exciting news on the Association's research programme at a meeting for our supporters in the spring. We'll keep you posted!

*Jane Gilbert*

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

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

# Bubbles for Mary

On Friday, November 29th, Steve Baugh and I had a stall at Tadley Christmas Market which was held in the Ambrose Allen Centre. We took along a selection of MND merchandise together with some craft items, preserves and a few miscellaneous bits and pieces.

The hall was buzzing as stall holders rushed around trying to get set-up before the doors opened to the public at 6pm. There was a steady stream of visitors until about 7pm when people disappeared for the switching on of the lights but they were soon back into the warmth of the hall to carry on browsing the many stalls. We met some lovely people, many of whom had their own story to tell about MND. We didn't sell as much as we hoped – a bit late for Christmas cards I suppose – but along with donations we came home with more than £70 to boost MND funds. We hope to go again next year.

A week later in the middle of storm Darragh, I set off, somewhat apprehensively, for the beautiful C11th church of St Mary the Virgin in Bucklebury where there was a Christmas coffee morning. I was half expecting to come across fallen trees but thankfully the roads were pretty clear. I had much less space here than at Tadley but managed to display a fair amount of stock and thanks to the generosity of so many wonderful people I came home with more than £150 for the branch – oh, and five bottles of Prosecco for me that I won in the raffle!

*Mary Davidson*



# Brave Emma's January challenge to help beat MND

Massive congratulations to Emma Pearson who ran 31 miles during January despite living with the tough challenges of MND. And the mum-of-six is rightly proud of herself.

She said: "January has been the hardest month I've probably ever had to endure and somehow, I've managed to do it.

"I'm not a runner and I'm not built for running but I did it!

"My battle with MND is personal to myself and my dad but we will fight this."

Emma, who also has two grandchildren, raised £394 on behalf of the MND Association to help beat the disease which she shares with her dad, Ray Dalfsen, of Tilehurst. Ray and his family have inspired some fantastic fundraising for our local Reading and West Berkshire Branch helped by the brilliant Ray of Hope team.

She also gave a shout out to Bradley Fisher, from Whitley, Reading, who joined her at the gym raising another £150 for the Association's January challenge.

Emma added: "Massive thanks to Bradley Fisher and Linda West for coming to the gym with me on the days I didn't think I could even leave the house. If anyone else would like to sponsor me, I'd be really grateful."

To sponsor Emma:

https://socialsync.app/fundraiser/cr-13rovzz910jv

Jane Gilbert



**Emma is pictured above with Bradley Fisher**




# Here's a positive start to 2025



Let's all give a High Five to this impressive group from Wokingham's Community Based Neuro Rehab Team who decided to join the Association's Run 31 miles in January Challenge.

They said: "We are pleased to have raised more than £4,500 in support of the MND Association with the help of our colleagues, friends and family.

"It certainly felt like a positive start to 2025!"'

The team is also doing awesome work with our MND community!

# A bouquet for Unsung Hero Jan

Dedicated Association Visitor Jan Gryglaszewska has been given a well-deserved bouquet as thanks for her outstanding work supporting families affected by MND.

Jan is one of the branch's unsung heroes who work tirelessly in the background providing a lifeline for people diagnosed with this devastating disease.

The branch Dream Team, which recognised her efforts at the packed February Drop-in meeting, says she is super efficient, very reliable and simply great in championing the needs of people living with MND.

Branch Chair Margaret Moss presented Jan with flowers, a bottle of her favourite tipple and a card signed by all the team.

Margaret said: "Jan is one of our unsung heroes. A lot of people give a lot of time, energy and knowledge and we wanted to thank her."

Many families will be grateful to Jan and our other wonderful AVs who regularly flag up situations to the Branch Committee where various financial grants would be helpful. These grants make a big difference to many families in their journey with MND. It is all thanks to our amazing fundraisers and supporters who make this possible and it is what the committee is here for – no-one needs to face MND alone.

We are especially grateful to Angela who shared her personal appreciation demonstrating how this use of funds has helped her and husband Graham on their MND journey.



**A bouquet and bottle for Association Visitor Jan from Branch Chair Margaret Moss, and some of the Dream Team - Barrie Wells, Linda Green, Barry and Mary Dodds**

Angela writes:

***"Please can you forward my thanks to the committee for the generous grant of £500 which I recently received.***

***This has paid for a series of physio appointments to help strengthen my back. Living with someone with MND brings many challenges.***

***I found myself taking on day to day tasks that I would in the past have left Graham to do - lifting boxes, moving furniture, carrying shopping. Being just under 5ft and Graham being over 6ft also causes problems - the simple task of helping him put on his coat or helping him to dress has put extra pressure on my back. Recently, I found myself in minor injuries asking for strong pain relief as I had trapped my sciatic nerve which was truly unbearable!***

***Having reached out to Janet, she immediately gave me the reassurance I needed to know that it's ok to ask for help and that the committee members would understand my situation.***

***We are both eternally grateful for the support that the Reading MND branch gives and would like to take this opportunity to say 'thank you'! We know we are not alone on our journey and are enjoying the friendship and community spirit that you all unselfishly give.***

***Many thanks***
***Angela"***

Continued on next page

## 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**

# More news from the Drop-in - continued from previous page

Nearly sixty people, friends and families, attended the February Drop-in meeting at the Calcot Centre, near Reading – some of them were people newly diagnosed with MND.

They were able to chat with Jan and fellow AV Wendy Gouldthorpe as well as meet other families, carers and volunteers. A delicious sandwich lunch with home-made cake was served as usual by the Dream Team.

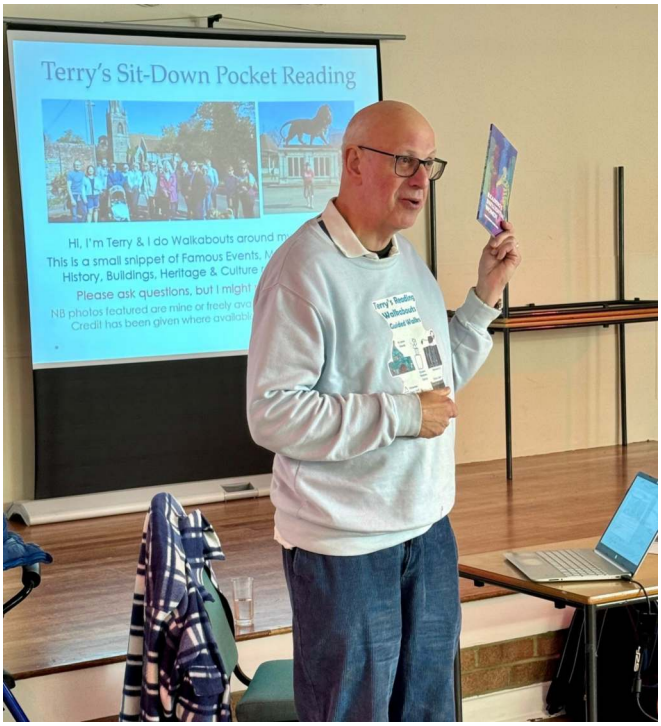
During the session guests enjoyed an illustrated talk by walking guide Terry Dixon of Terry's Reading Walkabout fame.

Terry, from Thatcham, has chosen the branch as one of two charities this year to benefit from his tours.

He told the audience he had so far raised £2k for MND and an incredible £23k for various charities since his walks began in 2016.

Terry has 22 different and fascinating themed routes around the town. Interested? Be sure to book one before his MND fundraising year ends on April 5th, 2025.

Check out Terry's Reading Walkabouts here:
https://readingwalkingtours.co.uk/




**Terry Dixon entertained the February Drop-in meeting with an illustrated talk on Reading.**

Jane Gilbert

# Festive Art Café breaks the record




**Back row: Paddy Lunn, Mary Dodds, Carol Coker, Mei Tan and Mary Davidson.**
**Front row: Kim Facer and Katie Cooper**

What an amazing Art Café we had in December. Being so close to Christmas it could have gone one of two ways – everyone too busy to attend or people just needing a break before the run-up to the big day. Fortunately for us it was the latter and we had one of the busiest Art Café's ever. There were lots of happy customers, locals and supporters, tucking in to our fabulous cakes and getting their take-aways too.

One of our star bakers had made some beautiful Christmas cakes to sell and these were snapped up. Knowing who made them I'm sure they were delicious. We also had home-made cranberry sauce which looked very appetising.

I think we had the biggest raffle ever with some amazing prizes which tempted people to dig deep.

All in all, we made a massive £407 – our best takings yet at an Art Café.

Thanks to Katie Cooper and her amazing Dream Team for all their hard work making cakes and running the café.

Mary Davidson

**We will be serving tea/coffee and delicious cakes again on Saturday March 8th and Saturday May 24th, Make a note in your diary to come along to this lovely venue at The Old Rectory Stables, High Street, Whitchurch-on-Thames, RG8 7DF from 10.30 to 12.30. You won't be disappointed!**

# Reindeer herd shines brightly to help beat MND



**Kerry and Andy Findlay pictured with their reindeer herd**

The herd of twinkling reindeer returned at Christmas raising smiles and funds to help beat MND.

Businessman Andy Findlay and his wife Kerry recreated the stunning festive lights display outside their home off Overdown Road, Reading.

Andy switched on the lights in December in memory of his dad Malcolm saying: "My dad was a casualty of this horrendous disease and we hope we can also raise funds to help other local people."

Delighted passers-by donated to an online Localgiving page raising more than £1,500 for branch funds.

Andy was also part of the team that organised the Ray of Hope MND Family Fun Day and Charity Walk in honour of his friend Ray Dalfsen, who is living with MND, and the late Micky Denny and Malcolm Findlay.

We are grateful to Andy's company Thames Valley Cleaning for buying so many of the reindeer and lights that seem to grow each year.

Jane Gilbert

# Fledglings fly the MND flag

Santa's little helpers at a Reading nursery have gifted £500 to help local families affected by MND.

The cash was raised from the raffle at a Christmas party for the parents and children of Fledglings Day Nursery and Fledgling Lodge in Tilehurst.

Owner Louise Otty and manager Katherine New chose the charity thanks to Carol Baynham who has recently celebrated 30 years with Fledglings as a nursery assistant. Both Carol and her husband Gary were involved in the highly successful Ray of Hope MND Fun Day in support of their friend Ray Dalfsen who is living with MND.

On Monday, 23rd December, the nursery school children put on a Christmas play for their parents which was followed by afternoon tea. A very jolly Santa, looking remarkably like Gary, gave the children a present each while their parents generously supported a raffle with proceeds in aid of the MND Association Reading and West Berkshire.

Congratulations to Carol on her 30 fun-filled years and grateful thanks to Fledglings staff and parents.

Jane Gilbert




**Santa is pictured supporting the MND Association with Fledglings owner Louise Otty (left) and manager Katherine New**

# Goldie the MND bear was King of the Jungle

Goldie Bear's delightful fundraising Advent Calendar was back in 2024 featuring . . . I'm a Celebrity Bear!

Jacqui Warbey cleverly created the antics of Goldie Bear, with Paddington, Rupert the Bear and Winnie the Pooh every day in December to the delight of eighty followers on his own Facebook page.

And on December 15th Goldie Bear was crowned King of the Jungle – what a surprise!

Mum-of-two Jacqui, from Woodley, developed the ingenious new idea to raise funds in memory of her husband Richard, who lost his battle with MND in 2017, aged 56. By the end of the year the online Justgiving donation page had raised £535 including Gift Aid for the Association's Reading and West Berkshire Branch.




Delighted Jacqui said: "A massive thank you to those who donated. I did say this would be the last advent calendar as I was running out of ideas but friends have been making suggestions so we might manage another advent calendar in 2025."

She is also grateful to her employer, Vodafone, which has generously match funded many of her fantastic fundraising efforts in a bid to help beat MND.

We can't wait to see what Goldie comes up with next!

*Jane Gilbert*

# Deloitte quizzers' 7 in 7 challenge

For the run up to Christmas our team at work decided to run a quiz to raise money for the MND Association, a cause very close to my heart.



**Lucy is pictured at a previous fundraiser with her son Lochlan**

I lost my mum Linda to MND last June and I have done some fundraising before as I know how important it is for everybody impacted by this terrible disease. This was the first time my employer has been involved and it was their idea for us to do something for the MND Association.

Given that Kevin Sinfield was doing his magnificent 7 in 7 marathons, we decided to use that as inspiration for our '7 in 7 quiz'. I am not sure our team would have enjoyed partaking in 7 marathons in 7 days!

The 7 in 7 quiz consisted of a different quiz round each day for 7 days. The rounds were general knowledge, history, film and TV, sports, animals, geography and the firm favourite - baby photo round. We had great participation from the team who got very competitive with some amazing skills at recognising team members from baby photos.

We raised £522 with a further matching donation from Deloitte of £400 which we are beyond chuffed with. A total of £922 for the local MND association, a team which so truly deserves every penny for the support they have shown.

*Lucy Srai*
Assoociate Director | Deloitte LLP

# Brothers run for cause doubly close to their hearts

Brothers Steve and Paul Morgan-Russell have been dealt a cruel, double blow with two mums living with MND.

Now they are both taking on big running challenges determined to raise funds to help fight the disease which has devastated their family.

Steve is running The Rob Burrow Leeds Marathon on May 11th and thrilled to be raising funds for the MND Association.

He said: "My mum and my mother-in-law are both living with MND and it's taken a colossal toll on them and our family. I'm hoping that any money I raise will help in supporting those living with MND and their families. As well as contributing to the search for a cure for this horrible disease."

His brother Paul, a secondary school teacher from Woodley, is taking on the Reading Half Marathon on March 23rd. He will be raising funds for the Association's Reading and West Berkshire Branch which is supporting their mum Juli Morgan-Russell. In December Juli was able to enjoy the branch Christmas Tea Party at Purley Barn with Paul and her young granddaughter.

Paul said: "I'm doing the race to challenge myself and raise awareness/support for something that is really close to home for us. And because everyone at the MND Association has been amazingly welcoming and a great support for mum."

We'll be giving him a big shout out during the Reading Half Marathon next month.

You can support either or both of the brothers by following the links below.

For Steve:

https://www.justgiving.com/page/steve-morgan-russell-1

and for Paul:

https://www.justgiving.com/page/paulmr-readinghalf-mnda

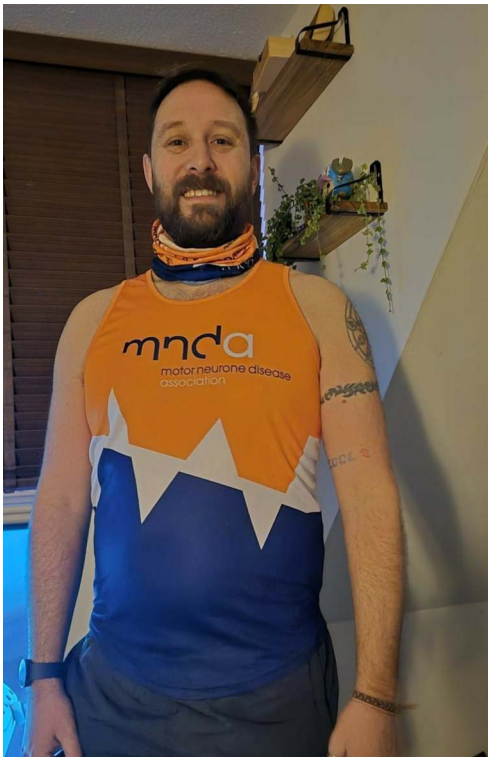
Jane Gilbert




**Steve Morgan-Russell who is running The Rob Burrow Leeds Marathon**



**Mum Juli Morgan-Russell with grand-daughter Gwen, aged 2, enjoying the branch Christmas Tea Party**




**Paul Morgan-Russell who is running the Reading Half Marathon**




Thanks to Alec Jenkins for another of his famous quizes which we hope you all enjoy. Answers on page 16

# Community rallies for 'The Big Ride Out' to support MND



Credit: Paul King All Sports Wokingham

Rain couldn't dampen the spirit of the local Spencer's Wood community as cyclists took to the roads on Sunday, 26th January for The Big Ride Out, a special event raising funds and awareness for Motor Neurone Disease.

Organised by local Maddy Pearce, pictured front right on the picture below, and hosted by The Farriers Arms, The Big Ride Out was part of an ongoing challenge to complete 160 miles through mini triathlons in January, all in honour of Phil and Kev, two beloved members of the Farriers Arms community affected by MND and supported by the Association's Reading and West Berkshire Branch.

Despite the wet and chilly conditions, cyclists turned out to take part in the ride, joined by even more supporters who lined the route and gathered at The Farriers Arms to cheer them on. The massive turnout demonstrated the strength of community spirit and collective determination to make a difference.

"It was incredible to see so many people come together for this," said Maddy Pearce. "The weather wasn't in our favour, but that didn't stop people from showing up, riding strong, and supporting the cause. It just goes to show how much this community cares."

**A Ride to Remember**

The event wouldn't have been possible without the support of those who helped plan the route and ensure everything ran smoothly. The Farriers Arms also played a key role, welcoming riders and supporters for a well-earned celebration post-ride.

For those who couldn't make it on the day, the route remains public on Strava

https://www.strava.com/routes/3317137240403425260

and anyone who completes it is encouraged to tag @TheFarriersArms and share their achievement to keep the momentum going.

**Community Support Still Needed**

While the ride itself is over, the fundraising efforts continue. The hope is that more people will take on the challenge in their own time and help raise awareness for MND in the process.

"The community spirit around this has been amazing," added Maddy. "Every single person who took part - whether they rode, supported, or donated - has helped make a real impact, and we're so grateful. "

About £1k was raised across January and the Farriers pub will continue to fundraise.

For more information or to support the cause, please contact Maddy Pearce, AMMA Communications on +44 (0) 7877 066 387.

Maddy Pearce


Credit: Paul King All Sports Wokingham

**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

# Having a great time; wish you were her




In our November 2024 newsletter, there were some suggestions for holidays/day trips. Following on from that have you, or someone you know, recently returned from a holiday staying in adapted accommodation? If so, we'd love to hear about it - where you stayed, how it was adapted, how well it was adapted etc. Although we're all, or most of us, living with the same condition our needs will not necessarily be the same.

I apologise in advance for just talking about myself, but I'm the only one whose needs I know. For example, I'm 6' 3" tall. Therefore, I need something to help me stand up from the bed, the toilet, the shower seat etc. I tend to go for a site which has a profiling bed on which I can raise/lower the height to help me get in and stand up from it in the morning. My wife tends to use a cattle prod on me!

Although I've lived with MND for about 28 years the illness has progressed very slowly and I was, until a few months ago, still able to walk between rooms, albeit with the aid of a rollator. Well, maybe not quite like that!



In addition, I still have quite a bit of use in my hands. Others may not be so lucky so they will have many different needs from holiday accommodation. Let us know, also, about the area - places that are/aren't accessible in a wheelchair, and anything else you think might be helpful to people with different disabilities.

Your review will be printed in a future Newsletter. Just say if you'd prefer not to include your name.

Alec Jenkins

## Lin needs your help, please

**rlp.jenkins@tiscali.co.uk**

**Saturday March 22nd, 10am - 12pm - Jumble Sale at Grange United Reformed Church, Circuit Lane, Southcote, RG30 3HD. Help is needed on site on the day or the previous day to transport stock.**

**Saturday 7th & Sunday 8th June - Stoke Row Steam Rally, Hill Bottom, Whitchurch, RG8 7PU. Help is needed, please, on Friday 6th June to transport stock from Beacontree Plaza to the site and also help on site for short periods over the weekend.**

**Lin will also have stalls at these and many other venues and is always very happy to see supporters.**

**Saturday April 26th - Beanpole Day at Caversham Court, Church Road, Caversham, RG4 7AD. Selling old tools and garden equipment.**

**Sunday May 11th, 10am - 4pm - Burghfield May Fayre, The Hatch, Reading Road, Burghfield, RG30 3TJ. Selling camping and picnic items.**

# Ho, Ho, Ho! Santa surprised our guests

Top man Santa Claus took us completely by surprise dropping into the Branch Christmas Tea Party at historic Purley Barn, near Pangbourne. He certainly gets around!

Great music from guitarist and supporter Simon Williams and a sumptuous tea served by the Dream Team was enjoyed by more than eighty guests. There was also a fiendish festive quiz compiled by Alec Jenkins, who is living with MND, and a bumper raffle which raised an amazing £500.

Thank you to Glenvale Nurseries for the fifty lovely cyclamen gifts for guests and volunteers to take home on December 10th.

Festive cheer was the order of the day!

**Jane Gilbert**

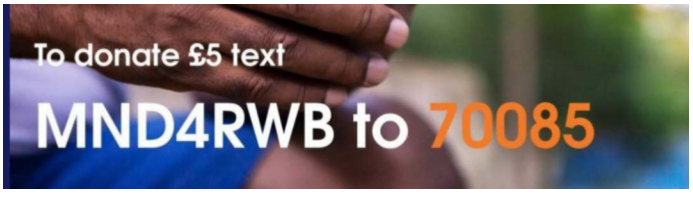




**Ray (seated) is pictured with great grandson Cailo and friends David Ling and Gary Baynham**




**Jubilant quiz winners Maggie Zbroch, Kate Sloan, Kathy Madden, Jackie and Terry Dixon and Anne Wall (seated)**



# Localgiving heads up!

Localgiving is an easy way of donating for those who wish to see their funds go directly to Reading and West Berkshire Branch.

Here's a top tip from Branch Treasurer Ed Gryglaszewski on how to avoid large fees on donations of more than £200.

Ed writes: "Recently, we had some sizeable donations via Localgiving. The charges on these seemed on the high side and this has prompted me to look at its donation fees.

"For UK donations of less than £200 the current fee is 1.9% plus 20p.

"However, if more than £200, Localgiving takes another 5% which is on the steep side. Localgiving does ask the donor if they want to pay this 5% themselves (which I guess most won't) but, if not, it will take the 5% from the donation amount.

"This causes the fee to become 6.9%!

"As most donations will not be £200 plus, this is not really a major issue. However, in cases where someone is intent on donating a large amount, it may be best for the sum to be fragmented into sums each of which is under £200.

"This would also be applicable to lump-sums that have been accumulated from smaller, typically cash, donations."

It is also important to mention that any fundraisers who set up an online donation page, such as Justgiving, must mention the branch name in the page wording if they wish to support our local work.

Your amazing fundraising and generosity are greatly appreciated. THANK YOU!

For details on how to donate visit:

**https://localgiving.org/donation/rwbmnda/start**

Jane Gilbert

# More fun and frolics at our Christmas Tea Party



**Santa pays a surprise visit - and he sports an MND shirt under his lovely red coat!**



**Another surprise - Santa's Elf Graham Attridge impresses Gail Pearce and Nicole Vokins with his costume**

# Calling all runners to help us beat MND …

Here's a tempting offer for our supporters who enjoy running – a scenic 10k challenge finishing at a winery and brewery!

The first Chiltern Valley 10k takes place on May 18th raising funds for the MND Association.

It is set in the beautiful Hambleden Valley and there are five free places up for grabs thanks to organiser Andy Macaskill.

Andy, Events Director of Racing Line Running of Mortimer, has chosen the Association's Reading and West Berkshire Branch as the event charity in honour of two running supporters who are affected by MND.

After one of them was diagnosed with the disease, Andy pledged to raised funds to help beat MND as a thank you to the couple who are well known in the running community.

The run starts and ends at the Chiltern Valley Winery and Brewery where the finishers will be rewarded handsomely with a medal, a pint cup and a cold beer or soft drink.

Tempted? Then head to the website before entries close on May 14th if not before.

The entry form is set up to accept donations and after the race Andy will transfer the amount directly to the Association's Reading and West Berkshire Branch.

A free voucher for us to offer to five runners who complete the entry form can be claimed by entering the code: MNDAFECV,

For details visit:

www.racinglinerunning.co.uk/chiltern-valley-10km

Jane Gilbert

# … And thanks to those who have already run 10k

**There was a fantastic turnout at the Woodcote 10k in January raising a splendid £1,640 for the Association's Reading and West Berkshire Branch.**

Delighted Rotary Club of Pangbourne Event Organiser Jeremy Wilson said that MND had been chosen as one of the two main good causes on the day.

A total of 379 runners started off from Woodcote Village Hall on January 12th – the best turnout since before Covid. And the toughest 10k in the South Chilterns lived up to its reputation.

The event raised a total of £5k with proceeds split between the MND Association, Parkinson's UK and the Rotary Club of Pangbourne Charitable Trust.

"Our thanks to you all," the organisers told the runners, " and we look forward to seeing you all again on January 11th, 2026."

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**

## And they're off …




### Friday 11th April
### Royal British Legion Club, Tilehurst, Reading.

Don't miss this winning night! The Reading and West Berkshire Branch are hosting a thrilling race night on the BIG screen. Cheer your favourite horse to victory, enjoy a fantastic raffle with great prizes and help us raise money to help local people living with MND. There's parking, a well-stocked bar and wheelchair access.

Tickets £12.50 each - including supper. Doors open 7pm. First race 7.30pm. Contact Claire Maslen on 07876 367 935 or email clairemaslen456@gmail.com.

mndassociation @mndassoc

**www.mndassociation.org**

Francis Crick House, 6 Summerhouse Road, Northampton, NN3 6BJ
Registered charity no. 294354 | Created in RightMarket - 10/2/2025 - 10:30:19

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# Save the date with the Easter bunny (aka Goldie Bear)!

Supporter Jacqui Warbey and her MND awareness pal Goldie Bear are gearing up for another brilliant fundraising plant and cake sale on Easter Saturday, April 19th.

The annual event in Scott Close, Woodley RG5 4UP, runs from 10am-4pm with tasty treats and a variety of plants for sale at bargain prices.

Green-fingered Jacqui, who always attracts a good turnout from loyal friends and neighbours, could do with a little extra help on the day. Please let her know if you are able to spend a couple of hours serving cake, making teas and coffee or selling raffle tickets. Any contributions of seedlings, perennials or houseplants will also be greatly appreciated to help her fantastic fundraising grow.

Jane Gilbert




Dates for 2025:

18th March

29th April

3rd June

15th July

19th August

23rd September

28th October

## 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**

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,

**ANSWERS**

1: Pieces Of Eight 2: Go For It 3: Long John Silver 4: Potatoes 5: Old King Cole (Brendan Cole) 6: Sledge Hammer 7: Guernsey 8: Laminate 9: A Brush With Death 10: Doctor Who 11: Isle Of Dogs 12: Key Hole 13: Good For Nothing 14: Tea For Two 15: Crocodile Tears 16: Growing Old 17: Assassinate 18: Spit It Out 19: Repeat After Me 20: Ambiguous

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