

Newsletter

Haywards Heath Golf Club Charity Walk raises £2,500

The sunshine on Saturday 19th May was not just for the Royal Wedding, but also was an auspicious start for the charity walk organised by Haywards Heath Golf Club to raise funds for our Branch.

Fourteen members of the Golf Club, with our own Liam Dwyer, started their sponsored walk from Worthing to Brighton 'between the piers'.

With the 400 strong Worthing fun run happening on the same path, but in the opposite direction, there were a few obstacles for our walkers to negotiate! Once through the fun run, our walkers soon settled into a steady pace in perfect conditions as everyone enjoyed the sea views.

People along the way were very kind and wanted to stop and talk, many with first hand experience of someone with MND.

At Shoreham they navigated over the footbridge and moved inland to the town and along the main road through Portslade.

Via a drinks and ice cream kiosk providing much needed supplies, they crossed Hove Lagoon to re-join the seafront. The



walk along Hove seafront and the beach huts was strangely quiet but the crowds were out in force in Brighton as they made their way through the party-like atmosphere.

As luck would have it they managed to take in a few minutes of the other event of the day on the giant TV screens.

After 11½ miles and nearly 4½ hours the walkers reached the Palace Pier in Brighton. Then there was only one thing to do – walk another 1½ miles to the

Marina! There drinks and lunch awaited and sore feet could finally be rested.

Special thanks go to Liam for leading the way and to Golf Club captains Mitch Clark and Margaret May who organised and walked. With bucket collection and sponsorship, £2,500 was raised for MND, the club's chosen charity for 2018.

Well done to all who took part.

Don't miss our Branch Socials!

At the next social on Sunday 24th June, at The Ark in Turner's Hill, we will be joined by Amanda Wilkens (Stephanie's niece) who runs Simply Treasures. If you fancy have a birthday or person to buy for, or even just want to treat your-

self - Simply Treasures is your answer. And 25% of all sales on the day will be donated to the Branch.

But then for October's one (14th), we have a real treat as we will be joined by harpist Margaret Watson!

Stop Press! West Sussex County Council adopts MND Charter!

We'll have full details in the next newsletter so watch this space.

Hair raising fundraising at Hairworks in Cuckfield

Debbie, the wonderful manager at Hairworks has selected our Branch as her chosen charity for 2018.

For this she organised a Spring Haircare Event at the salon on Wednesday 18th April for her clients and local residents.

During the early evening event attendees were treated to fizz and nibbles, goody bags and had the opportunity to have consultations with hair care professionals. The salon organised a fantastic raffle prize worth nearly £400. The event was well attended and raised over £700 for the branch.

Thanks to everyone involved in the event.



Branch AGM

Thank you to everyone who came to our branch AGM on Sunday 15th April 2018.

Our normal venue at Haywards Heath Age UK centre is no longer available so we hired the Centenary Hall which proved to be a good alternative (now that we've worked out how to heat it!).

The formal business of the AGM was over in a flash, the accounts were agreed and your committee all agreed to continue in our roles and were duly elected.

Julie thanked all of the branch supporters and summed up the achievements of the year which included spectacular fundraising by the parents of Cumnor House School resulting in £53,000 for our branch.

Following the AGM business, Chris Wade, Director of Engagement for the MND Association spoke about the role of volunteers and volunteering opportunities for MNDA.

Watch this space, as we are confident that Sally Light, chief executive of the MNDA is coming to our AGM next year!

Rock Choir Concert brings the house down and funds in



In tribute to the active and much loved member of our Branch, Andy Spriggs, the Rock Choir hosted a charity concert.

With Sandra Spriggs, being a member of the Choir, it was an easy choice to support our Branch and pay their respects to Andy by organising and hosting the concert.

Held on Wednesday 28th March at Forest School in Horsham, the hall was packed with over 150 people waiting to hear the Choir sing. The programme consisted of a

mixture of songs sung by the whole choir as well as solo acts too.

Chris Sheridan kindly gave a short talk about MND to all those who attended to help with raising awareness and understanding of the disease.

In total a fantastic £850 was raised through ticket sales, a raffle and tombola.

We certainly enjoyed the concert, and hope those of you who attended did too.

Branch Socials 2018

Branch Socials 3 - 5pm at The Ark in Turners Hill.

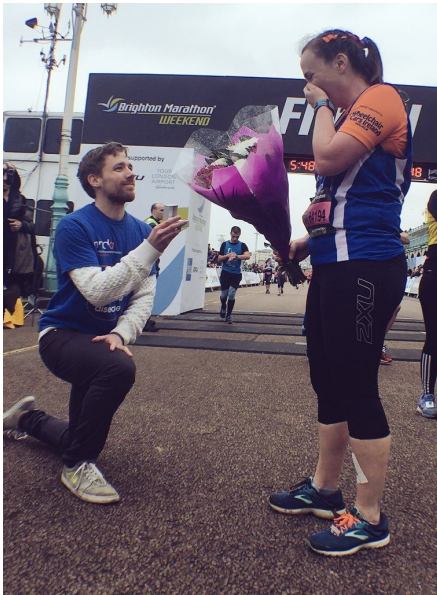
- Sunday 24th June
- Sunday 19th August
- Sunday 14th October
- Sunday 9th December

Nick Herbert MP supporting the MNDA at the ESA reassessment campaign, along side Sue Sheppard, Sandra Smith and Julie Unsted



Romantic end to the Brighton Marathon

Article written by Dave Setters



We paid our second visit to the Brighton Marathon in April and thoroughly enjoyed our day supporting the MND Association runners and ended it with a lovely surprise!

Four years previously, our twin sons, Andy and Rob had taken part, also to raise funds for the Association. While they ran together until around the half-way stage, unfortunately Rob suffered an injury which meant that, much to his annoyance – they are competitive boys, of course – Andy managed a considerably faster time. Nevertheless, it was an uplifting day.

So, we were delighted when in the summer of 2017 Rob's girlfriend, Katie, told us she was going to do the Brighton Marathon to raise funds for the Association and a Spina Bifida charity, close to her family. She had not run anything like this type of distance before, so her training regime took some considerable effort!



Katie comes from Ireland and her whole family, Mum and Dad, two sisters and a brother were all there to cheer her on. This large support "crew" meant that we were able to space ourselves around the course to provide regular encouragement for the brave runner.

Once we had seen her a couple of times, Helen and I positioned ourselves a few hundred yards from the finish on Marina Drive. The runners started to pour in, most of them looking ecstatic to be reaching the finishing line. Then Andy rang Helen to say that we should position ourselves near one of the big screens, ringing off too soon for us to ask why, although Helen started to get a bit of an inkling!

Eventually, Katie came past with her sister Sabena, and we roared her off to the finish line and started to try to make our own way to it, while looking for a big-screen. Although we didn't reach one, a few moments later we heard an announcement that there had been a proposal to a runner at the finish line – that a young man called Rob had proposed to Katie!



A very happy and emotional moment.

Finding our way through the crowds we returned to the MND Association tent where we were delighted to congratulate the happy couple and celebrate with our boys and Katie's family.

The moment was captured on the big screens and we have since seen it, of course. It was also covered in the Brighton Argus. We should also say that as well as answering the question in the affirmative (some have said that she was too tired to say otherwise), Katie managed to raise more than £4,000, split evenly between the two charities.

Congratulations to the happy couple and an extra congratulations to Katie for running and the fundraising.

ESA Reassessment Protest

In May, the MND Association held a protest outside the Houses of Parliament for automatic benefit entitlement for people with MND. It was incredibly well attended, including one of the area's own MPs, Nick Herbert (see page above).

Since the protest, we have been informed a new Bill, which was being worked on by Madeleine Moon MP (with support from the Association, Marie Curie and Parkinson's UK) is due its first reading in July. We will keep you posted as the campaign progresses.



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Treasurer's List of Monies Received & Spent

Thank you to everyone for their contributions. The below are the cleared funds received for the first quarter 2018.

(All information was the best available at time of going to press).

MONEY RECEIVED

Money from activities:

Victory Inn Staplefield - Charity Quiz Evening	£1,085
Horsham Quiz	£1,230
Sale of refreshments - London to Brighton Car Run	£500
Polly Stevenson - Tough Mudder	£60
(Polly Stevenson total to date £2,714)	
David Sheppard - Brighton Marathon	£385

Box Collections:

Fabric Shop, Burgess Hill	£16
Oliver's Coffee Shop	£79

Donations and Gifts:

Colin and Pat Bendall	£200
A.P. Inggall	£50
Charlotte Hands - Day Group	£667
Gloria Hermer	£50
Mr & Mrs R. Thompson re. Charlotte Tomlinson	£50

Donations and gifts in memoriam:

In memoriam Andy Spriggs	£2,130
Funeral and other personal donations	
Billingshurst Lions Club	£200
In memoriam Frank Gibson	£375
Funeral and other personal donations	
In memoriam Patricia Mousley	£50
In memoriam Audrey Smallwood	£90
Brighton Road Baptist Church Horsham	
Womens Evening Fellowship	

Other income:

Bank Interest	£80
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MONEY SPENT

Financial Support for members & carers:

Rota Stand	£230
Home Ramps	£1,150
Quality of Life Grant (one grant)	£1,000

Expenses:

Visitors - Travel Allowance	£197
Room Hire - AGM	£45

Other:

Annual transfer to National Office	
For care, research, raising awareness and volunteering	£13,346

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The views expressed in this newsletter are not necessarily those of the MND Association. If products and services are mentioned, these should not be taken as recommendations by the Association, who cannot be held responsible should any complaint arise.

We would like to keep in contact with you about the important work we do. If you do not wish to receive further information please contact a member of the Committee.

MND Connect

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