



Inter-Branch Brighton Walk raises £955

On Sunday 28th May, a 51-strong group did the 4-mile round walk from the Big Beach Café / Hove Lagoon to the i360 / West Pier (and back again!) to raise funds for the Sussex MND branches.

With the three local branches of West Sussex South, East Sussex and ourselves all represented - the group headed out well covered in sun tan lotion!

With the sunshine, there were lots of people along the seafront which helped us with raising awareness and funds.

The walkers were joined by saxophonist, Chris Handel, who is a friend of our branch's Chair Julie Taghan, to keep everyone entertained.

The lively and joyful music, along with the good weather, brought lots

of cheer to the group and the public on the seafront that afternoon.

There were lots of donations on the day in cash, and via our contactless card readers. All the money raised will be split between the three Sussex branches.

Thank you to everyone who joined us on the day, donated prior to the walk or on the day.

In this issue:

- Two Marathon runs, and now a 24-hour fundraising race!
- Cuckfield Tennis Club fundraising with the All England Lawn Tennis Club
- Upcoming Art Exhibition and Sale

Cuckfield Tennis Club raising funds for the MNDA and raising their skills!



Head Coach at the All England Lawn Tennis Club (AELTC), Dan Bloxham, came on a rather wet and soggy afternoon to give a tennis masterclass to the Cuckfield Tennis Club Ladies Team.

He has helped the likes of Andy Murray and Johanna Konta on the road to success. This time though he wanted to support the Cuckfield

Tennis Club with raising funds for the MNDA.

It is a cause close to him given some members of the AELTC are affected by MND.

As well as putting the ladies through their paces in a unique 90-minute coaching experience, Dan also entertained Cuckfield Tennis Club members with stories from “behind the scenes” at Wimbledon.



At Wimbledon, in addition to his coaching duties, Dan performs the role of Master of Ceremonies, escorting the two men’s finalists onto Centre Court each year, watched by more than 150 million people across the world.

His tennis tips and tales must have been successful as more than £400 was raised for the benefit of the Association.

Special guest at next Branch social!

We are delighted that during our Branch Social, on Sunday 2nd July at The Ark, we will be entertained by the very talented harpist Margaret Watson.

She has played for royalty, at Glyndebourne Opera House, The Savoy and The Ritz, among many other places; and now she will be playing for us. She will be joining us for the whole afternoon.

We very much hope you can join us at the next social.



New Newsletter editor needed!

After 11 years, our Newsletter Editor, Joanne Rogers, is looking to hand over the reins to someone new. If you are interested please contact Julie

julie.taghan@mndassociation.org

Fundraising update

Easyfundraising: £313.24

Recycle for Good Causes: £40

Giving Lottery: £527.60

Just Giving: £380

Text2Donate: £25

Double Marathon runner now taking on 24-hour Leeds Endure for the Branch!



After a relative was diagnosed with MND, Rob Sidwell, has taken on a marathon of a challenge – figuratively and literally!

He ran the Manchester Marathon in April and the Leeds Marathon in May, and is now training for the 24-hour Leeds Endure race!

First off in April, Rob ran the Manchester Marathon. It is the second largest marathon in the UK and Rob achieved a personal best time of 3:44. An amazing effort.

What made it all the more impressive is that he ran it with a broken bone in his foot!

Due to an ongoing injury, he had an x-ray prior to the marathon, and it was discovered he had a broken bone in his foot.

He ran the marathon anyway and then rested for the next 3 weeks prior to the Rob Burrow Leeds Marathon.

Without the usual training, he wasn't able to achieve the same sort of time as he had in Manchester, but still completed it in 4 hours and 31 minutes.

Rob says: *"The Marathon was an emotional one at times, running with Rob Burrow and his team."*

There were more than 12,000 runners and 700 volunteers involved, all coming together in honour of Rob Burrow and the MND cause.

With the finish of Kevin Sinfield crossing the finish line together with Rob Burrow, that will only have heightened the emotional atmosphere.

The Leeds Marathon raised over £4million for various MND charities.

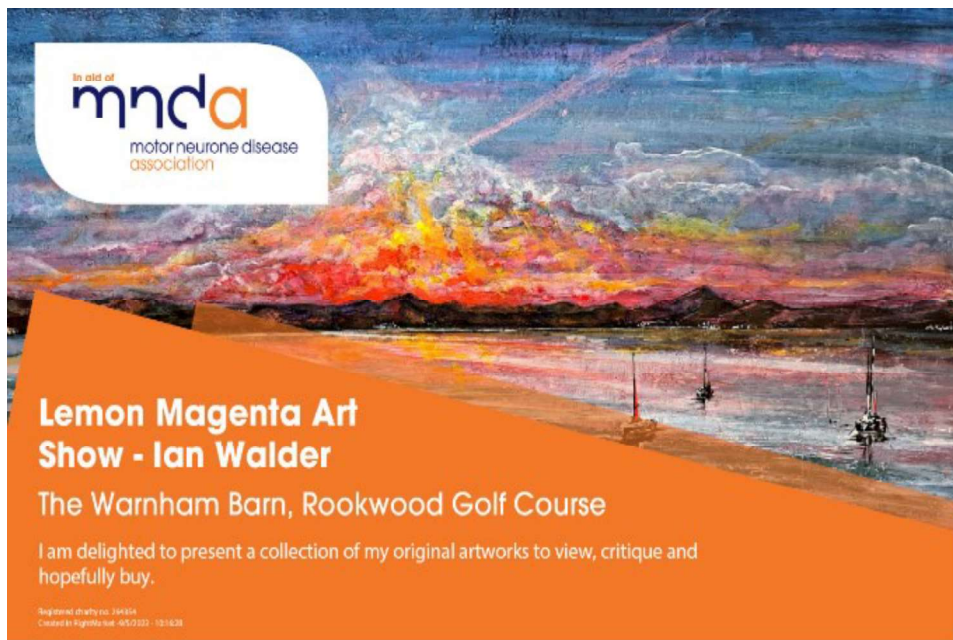
As the fight for treatment and a cure for MND goes on, so too does Rob Sidwell's marathon fundraising.

Next up is the Leeds Endure!

This is a 24-hour relay race event taking place in June. The aim is to complete as many laps as you can within 24 hours!

To support Rob and donate to his ongoing amazing endurance feats, visit: <https://www.justgiving.com/page/rob-sidwell-mndwsn>





Art Exhibition & Sale

The Warnham Barn,
Rookwood Golf Course,
Saturday 24th June, 3 - 5pm

MND patient, Ian Walder, is using his wonderful artistic skills to organise an Art Exhibition of his own artwork with the intention of raising funds for the Branch. 20% of the sale proceeds will be donated, as well as 100% of the proceeds from a raffle to be held on the day. Any donations for the raffle would be greatly appreciated.

Please contact ian@vincentpress.co.uk for further details or call 07919 067441.

Online support group for carers

Tuesday 18th July at 19:30

<https://zoom.us/join>

Meeting ID: 891 9228 0448

Passcode: 006943

MND Matters Podcast: What is MND?

Don't forget to tune in to the podcast. The latest episode was recorded on location at the very first Rob Burrow Leeds Marathon, which took place on Sunday 14 May. Click on the link above to listen now!

National News



Branch Socials

Put the dates in the diary now for the in-person Branch socials taking place at The Ark Community Centre, Turners Hill, 3pm - 5pm:

- Sunday 2nd July
- Sunday 10th September
- Sunday 3rd December

We need volunteers for the Horsham Street Collection!

Taking place on **Saturday 8th July**, we need volunteers to enable this to happen.

It's previously been a very successful and important fundraising activity for us, so please do help if you can by sparing an hour or so.

Please contact us to help on:
sue@mndwestsussexnorth.com



Treasurer's list of monies received and spent

Thank you to everyone for their contributions. The below are the cleared funds received for the first quarter 2023.

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

Money received

Money from activities

Fundraising - Giving Lottery	£35
Southwater Quiz (grand total raised £1,334.21)	£1,164
Ges Cross: sale of homemade Christmas decorations	£40
Sale of Christmas Cards (final profit after costs £428.05)	£681
Easyfundraising	£20

Donations and gifts

Jenny Cass	£40
------------	-----

Donations and gifts in memoriam

Rosemary Yates - in mem. Brian Emmett	£100
Brighton Road Baptist Church: Womens' Evening Fellowship - in mem. Audrey Smallwood	£85
Sue Hedges - in mem. Lindsay Webber	£63

Money spent

Financial support for members and carers

Wheelchair Accessible Vehicle	£1,000
Equipment Grant	£1,000
Complementary Therapy	£500
Kitchen Appliance Grant	£101
Carers' and Young Persons' Grants £527	
Riser/Recliner Chairs (two chairs)	£1,260

Other

Hire of Ark Meeting Room 2023	£432
South East Network Study Day	£70
Annual transfer to National Office	
To Care	£8,506
To Research	£8,506

Your West Sussex North Branch Committee

Chair: Julie Taghan

Vice Chair: Chris Sheridan

Secretary: Christian Goldsmith

Treasurer: Keith Walder

Newsletter Editor: Joanne Rogers

Committee Members: Joan Moon &
Sue Sheppard

Association Visitors:

Chris Sheridan
Mike Agius

Keep in touch...



www.mndwestsussexnorth.com



westsussexnorth@mndassociation.org



[@mndwestsussexnorth](https://www.facebook.com/mndwestsussexnorth)



[@mndwestsussex](https://twitter.com/mndwestsussex)

If you do not wish to receive further information please contact a member of the Committee.

PUBLISHED BY: West Sussex North Branch of the MND Association. 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.