Welcome to our Summer 2026 Newsletter

Welcome to the latest newsletter of the West Sussex North branch of the Motor Neurone Disease (MND) Association, with updates on fundraising, social events and some dates for your diaries, as well as national news, including the MND Association's five-year research strategy.

Another Successful Horsham Collection

We start with our annual Horsham town centre collection, held on Saturday 27 June. On a beautiful Sussex day – clear blue skies, bright sunshine, but more manageable temperatures than we have seen recently – Horsham's shoppers again showed their generosity. Many of them stopped to ask questions about MND, to share their experiences and, of course, to donate.

By the end of the day, we were delighted to have raised a total of £1,180, to help support people in our area who are living with MND. Thanks to everyone who gave their time to help with the collection, and to everyone who donated.

MND Association

West Sussex North

August 2026 Newsletter

Branch Notices and News

Retirement Best Wishes to Hennie

Back in March, at a branch social at Camelia Botnar Garden Centre, we had the chance to congratulate Hennie Sleeman on her retirement, and to thank her for everything she has done for our branch and members over the past five years.

Since joining the Specialist Practitioner team of the Sussex Community NHS Trust in 2021, Hennie has supported people in our local community affected by MND, working closely with our branch, especially with Chris Sheridan and Lisa Burnard.

We are sad to see Hennie go, but are grateful to have had the chance to work with her over recent years, and to have seen at first hand the wonderful support she has given our members. We wish her well for her retirement and hope she enjoys the extra time with her family. We also look forward to catching up with her sometime soon, and to working with her replacement as MND Specialist Practitioner, Hannah Doubleday.

Invitation to Join Our Online Carers' Meetings

Our online carers' meetings – typically held every second month, on the third Thursday of the month – provide a chance for carers to share experiences and practical advice, and to ask questions on any topic they like. Hosted by Chris Sheridan and Lisa Burnard, the dates of our next two meetings are:

- Thursday 17 September, at 7.30pm
- Thursday 19 November, at 7.30pm

For more information, email lisa.burnard@mndassociation.org or chris.sheridan@mndassociation.org

To join these meetings, use the Zoom link here.

Meeting ID: 862 5164 4904,
Passcode: 006036

Farewell to our Chair, Michael Stratford

In late May, we learnt that Michael Stratford, our branch Chair who joined us in October 2025, had decided to step down for personal reasons.

During his short time with us, Michael's energy and local contacts drove the success of a number of fundraising initiatives, some of which are featured elsewhere in this newsletter.

We are sorry to see Michael leave, but on behalf of everyone at the branch, we wish him well for the future.

A Grand Day Out – Times 2!

This summer has seen some of our members making exciting trips to meet royalty.

In May, Liam Dwyer, who is living with MND, and his wife Anna attended a Buckingham Palace garden party, hosted by King Charles III and Queen Camilla. The invitation was in recognition of Liam and Anna's tireless campaigning over many years, to highlight and tackle the challenges faced by people living with MND.

In July, branch committee member and lead fundraiser Sue Sheppard attended an event at Blenheim Palace, in the presence of our Royal Patron the Princess Royal.

Sue Sheppard (back to camera) with the Princess Royal

Liam and Anna Dwyer

Sue, whose father Bert passed away from MND in 1990, has been involved with our branch since 1988. At Blenheim, she joined other MNDA volunteers, who had been nominated in recognition of their drive and exceptional contributions to the work of the MND Association.

Congratulations to Liam, Anna and Sue for the much-deserved recognition, and we hope they all enjoyed their big days out!

Branch Social, Tuesday 6 October, John Lewis Horsham

Our next branch social is on 6 October, at the John Lewis café, in Horsham. For those who drive, there are many blue badge parking bays, with direct lift access to the 1st-floor café.

We hope you can join us. If you would like to attend, but transport is a problem, please contact lisa.burnard@mndassociation.org, or chris.sheridan@mndassociation.org, who will try to help with arrangements.

Date & Time: Tuesday 6 October, 2.30pm-4pm
Venue: 1st Floor Café, John Lewis/Waitrose, Albion Way, Horsham RH12 1LP

Join Horsham Café Bridge, 28 September

Join Horsham Bridge Club for a journey around the town, enjoying bridge in our many cafés, with lunch at either Côte, The Red Deer or Miller & Carter.

The cost is £35 per person, including a 2-course lunch of starter and main course.

All funds raised in support of the MND Association. To join, see:

Join Cafe Bridge in Horsham

Fundraising News

Raising Funds for MNDA, in Memory of Carol Hughes

Carol, Glynn and Sons

In February, we received a generous donation from Glynn Hughes, in memory of his wife Carol, who passed away from MND in April 2025. We asked Glynn to describe the background in his own words:

"In our 36 years together, Carol was always being complimented on her dress sense. In that time, she accumulated a vast collection of eccentric clothes, belts, shoes, tops, dresses and jackets.

Carol's diagnosis of MND in July 2024 was devastating, but as the disease progressed my two sons and I, as well as Carol's brilliant carers, specialists and family friends, all helped to make her life as comfortable and enjoyable as possible. This included continuing to dress her in her fabulous clothes, which she adored.

Carol passed away peacefully at home in April 2025 and although she leaves a void in our lives, the memory of her fighting spirit, her bright smile and her lasting sense of style continue to provide inspiration.

In September, we decided to sell her clothes to raise money for the MND Association, who had provided essential support and advice throughout Carol's illness. However, that was quite a huge task! Josh Read, then at La Vida in Horsham (Carol's favourite boutique), offered to do the on-line admin work and photography. After six months of hard work, he had helped raise an amazing £800. So, I am proud and pleased to donate this money to the MNDA."

Joining Forces with the Mid-Sussex Football League, to Raise Funds for the MND Association

As the football season neared its climax in April-May, the Mid-Sussex Football League (MSFL) ran collections at a series of its cup finals, in memory of popular referee Mark Jackson, who passed away recently after a period of fighting Motor Neurone Disease. We were grateful that they chose to donate the funds raised to West Sussex North branch.

Our Chair Michael Stratford, who himself has a longstanding involvement with the MSFL, attended all the matches to help with the collections, so was able to thank their Chair Duncan Brooker in person for their generosity.

A fantastic sum of £1,173 was raised for our branch. Thanks again to everyone involved!

Michael Stratford thanks MSFL Chair Duncan Brooker for the generous donations to our branch

Dancing Into the Night at the Spring Ball

Late May saw our Spring Ball, held at the Hassocks Hotel, and featuring the music of the excellent covers band *In Yer Face*, as well as DJ Chris Jump.

Organised by Andie, Sandra and their families, everyone had a wonderful night, dancing to some great music, and enjoying the raffle and auction.

Thanks to everyone involved, in particular our sponsor John Broomfield Removals Ltd, Leisa Funnel-Clark from Tasty Crust for the buffet and Nichola Falconer for the balloon arch. We were delighted with the total raised of over £4,500, which will be invaluable in supporting our work in the local community.

Chartham Park 'Captains Drive In' 2026 for MND

We were delighted that Chartham Park Golf Club, of which two of our branch members are also much loved and longstanding golf members, selected West Sussex North as their charity for 2026.

Backed by the Mens', Ladies' and Seniors' Captains, Chartham Park launched an ambitious 12-month fundraising campaign on 22 March, with their 'Captains Drive In'. A successful day was enjoyed by 84 golfers, in fine weather.

Since then, the fundraising has continued at full throttle, and the total raised – at the time of writing, over £7,000 – is truly impressive. To add your support, please visit: https://www.justgiving.com/page/charthampark-mnd

Playing Bridge to Support the MND Association

On 13 July, Horsham Bridge Club (BC) held a bridge event at their local leisure centre. Each player made a donation to the MNDA, and members raised money by selling delicious home-baked cakes and biscuits.

Horsham BC is supporting the MNDA in 2026, as one of their members was recently diagnosed with MND. So far, they have raised over £1,640 for the MND Association, of which over £1,146 has gone to our branch. A fantastic effort!

To get involved with Horsham BC's next big fundraiser, on 28 September, see the information provided on page 3 of this newsletter.

Bad Girls Groove Horsham Again

Another great show from Bad Girls Groove

On 12 July, *Bad Girls Groove* were back for a third summer appearance at the Shelley Arms in Broadbridge Heath, a fundraiser in memory of our former branch member Julie Bolt.

Supported by DJ Sapphire, the band kept everyone royally entertained. Through the generosity of the band, the crowd and the Shelley Arms – who donated part of the proceeds from the barbecue – over £900 was raised for our branch. Thanks to everyone involved.

Porsche Club GB - *United by the Drive* for MND

On 11 August, our branch was proud to support Porsche Club Great Britain's National Charity Relay for Motor Neurone Disease. Over 10 days, members of Porsche Club GB zig-zagged the country, from Aberdeen to Exeter, taking in 40 Porsche dealerships along the way. On each leg, a fresh group of local Porsche Club members picked up the 'baton' – a logbook signed by all participants – then set off to the next dealership.

Porsche Club GB chose to support the MND Association, in recognition of the impact MND has had on members, their families, friends and colleagues. The aim is to raise funds to support those living with MND and to help fund research into treatments that could slow the progression of the disease.

We headed down to Porsche Mid-Sussex, in Burgess Hill, to greet drivers arriving from Guildford, and cheer on the next set of drivers, as they departed for Hampshire.

Quizzing for MND in Southwater

On 22 March, we held our branch quiz night, a fun evening of quizzing, socialising and raffles. Thanks to everyone who came along, to Southwater Sports Club for the use of the club, to Kat and Gary for organising the questions and to anyone who donated raffle prizes. We raised a wonderful £1,225, to support families in our area who are living with MND.

A New Look for the MND Association

In January, the MND Association unveiled a bold new brand identity, including a redesigned logo, a fresh brand colour and unique fingerprint imagery, reflecting the individuality of every person's experience of MND. The new branding, which reflects the Association's ambition and determination to accelerate progress towards a world free from MND, has been rolled out throughout the first half of 2026.

With the roll-out now largely complete, from now on you should expect to see our new branding, including our terracotta colours, in our communications, materials and online. To learn more about the rebranding, please see the link below:

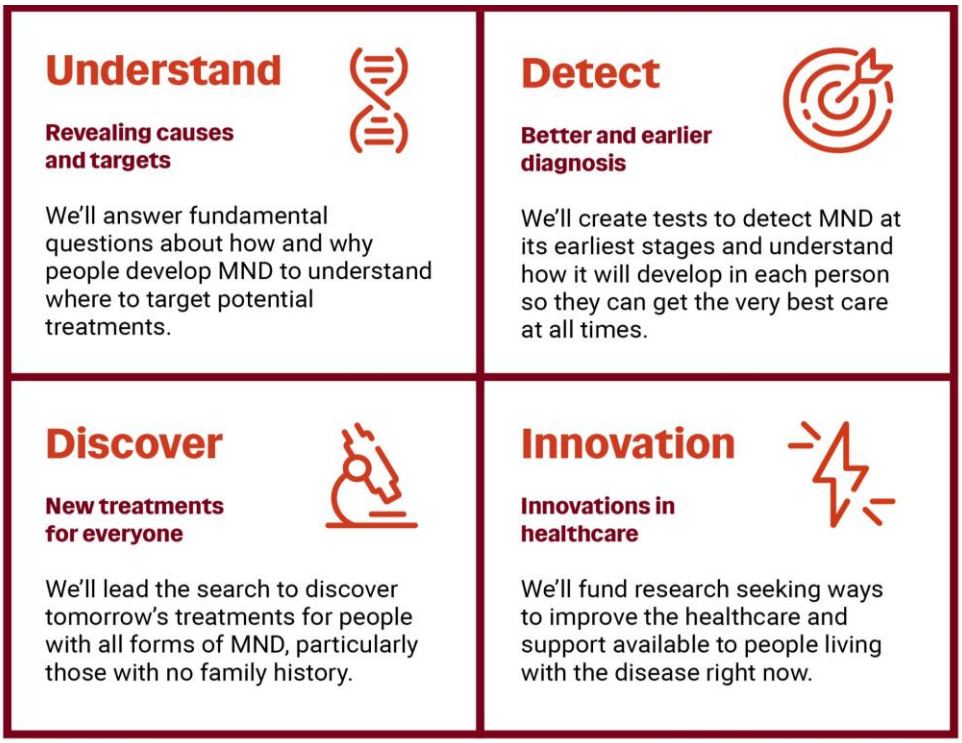
https://www.mndassociation.org/media/latest-news/making-every-day-matter

MND Association News: MND Matters Podcast

While our newsletter focuses on our local activity, we also like to share key information from the national MND Association. In this edition, wo do so entirely through the MND Matters podcast, highlighting three episodes that provide valuable updates and thought-provoking perspectives in the areas of research, caring and support. To listen, please click on the links.

1. Research: Shaped by you: our five-year research goals

With Mike Rogers, MNDA's Director of Research and Innovation, our co-hosts discuss the Association's new five-year research strategy, which was shaped by the MND community from the beginning, and which focuses on four strategic aims:



Please click here for further details of our research strategy.

2. Caring: Love, loss and the power of pets

We are joined by Lizzie, from Woodgreen Pet Charity, whose husband Chris was diagnosed with MND at just 34. She discusses how bringing a puppy into the home gave the family comfort, routine and companionship. She also shares practical advice on caring for pets while managing the changes MND might bring.

3. Support: Preserving your voice

We explore the world of voice banking, and how rapidly-evolving technology is changing the way people living with MND can continue to have their voices heard. We also highlight available support, funding options and the wide range of devices and access methods now available - even for those with limited movement.

Your West Sussex North Branch Committee

Vice Chair & Association Visitor

Chris Sheridan (email chris.sheridan@mndassociation.org)

Treasurer

Keith Walder (email keith.walder@mndassociation.org)

Secretary

Christian Goldsmith (email christian.goldsmith@mndassociation.org)

Committee Member / Fundraising

Sue Sheppard (email sue.sheppard@mndassociation.org)

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- Donate here through JustGiving
- Donate through PayPal here
- Support us through GivingLottery here
- Text MND4WSN to 70085 to donate £5* via Text2Donate/Supported Giving

** (texts cost £5 plus one standard rate message)*

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Every day we support people affected by Motor Neurone Disease. Because with MND, every day matters