



## **Less than a month to go until our annual Horsham Street Collection – still seeking volunteers!**

Welcome to our latest branch newsletter. For this issue, our local Sussex photo is of the beautiful Causeway in Horsham, which also provides a timely reminder that our annual Horsham street collection is fast approaching.

This year's collection is on Saturday 28 June, just a week after Global MND Awareness Day 2025. This is one of our most important fundraising events, and Sue Sheppard, who is organising the collection, is still looking for volunteers. For details of how to help, please turn to page 2 for the full story.

### **Also in this issue:**

- **Calling volunteers for Horsham street collection and Branch Committee roles**
- **A chat with local artist Ian Walder**
- **Multiple fundraising updates**
- **A summer of live music**

## Calling volunteers for our Horsham street collection



Our Branch has received a licence from Horsham District Council to run our annual town centre collection in Horsham on Saturday, 28 June. We have 1-hour slots available, from 9am through to 2pm (finishing at 3pm). We have already secured the support of many previous collectors, but are still running low on willing volunteers to come and help.

Can you spare an hour (or 2!) on the day to help? As in previous years we will have a control table in Horsham's Carfax, with volunteers dotted about the town centre, holding collecting tins and sporting *hi viz* jackets, with the MNDA logo.

This is an extremely important collection each year for our branch, in order to a) collect much-needed funds and b) to allow the public to know that we exist.

Please contact [sue.sheppard@mndassociation.org](mailto:sue.sheppard@mndassociation.org) with your contact details and timing preference so that she can add you to the rota. Thank you!

## Become a Committee member

We continue to seek new committee members and volunteers, including a new Branch Chair. This is a great chance to help in a variety of ways, contributing to the vital work of raising awareness, fundraising, and supporting local people living with MND, or affected by MND.

If you are interested, or would like to learn more, please contact Lisa Burnard at [lisa.burnard@mndassociation.org](mailto:lisa.burnard@mndassociation.org).

## Can you donate a raffle prize to our Branch?

A key part of any fundraising event is the raffle – always popular, and always a great source of funds for the Branch. If you have anything that you could donate as a raffle prize – drink, chocolates, smellies, or anything else a raffle prize winner would be happy to receive – please contact [sue.sheppard@mndassociation.org](mailto:sue.sheppard@mndassociation.org)

## Are you caring for a person living with MND? Why not join our online carers' meeting?

A reminder that we hold online meetings, every two months, to enable carers to connect with each other, to discuss various subjects and issues, and share experiences. We are here to answer your questions, lend support and facilitate discussion.

If you would like to join, we would love to welcome you to the next West Sussex North Carers Meeting, on **Thursday 17 July, 2025, at 7.30pm.**

Zoom link [here](#).

Meeting ID: 862 5164 4904

Passcode: 006036





## A chat with local artist Ian Walder

**Chris Sheridan, our Vice Chair, recently caught up with Ian Walder, local artist and member of the West Sussex North branch of the MND Association. The chief topic of conversation was Ian's art, and the important role it plays in his day-to-day life.**

Ian worked as sales director in the family printing business based in Dorking for 25 years.

Despite having had no formal training, Ian has always had an interest in art, especially graphic art and technical drawing, but admits that since his diagnosis of MND in January 2022 "painting has been my saviour – I would do it with my teeth if I had to".

He aims to spend at least three hours every morning in his studio – sometimes longer, if there is particular image he wishes to complete.

All Ian's paintings are original – nothing is copied, although he will refer to photos for accuracy, for example in an image of the remains of the West pier in Brighton. He also gains inspiration from mountainous landscapes on his travels to Canada.

As you will see from Ian's work, there is meticulous attention to detail. Beginning with a water colour wash, he then uses a pencil to create his "squiggles". These are then more clearly defined using an artist's pen, and finally enhanced with paint applied with a very fine brush. Some of his images have been used to create rather challenging jigsaw puzzles.

Acrylics are another favourite medium, enabling images to be gradually built up as more coats are applied, producing a 3-dimensional effect.

In the year after his diagnosis, Rookwood Golf Club hosted a special art show, at which 32 of his paintings were sold. Ian generously donated 20% of the proceeds to our branch.

Besides his art, Ian has always enjoyed playing golf and was, by his own admission, very competitive. Sadly, with

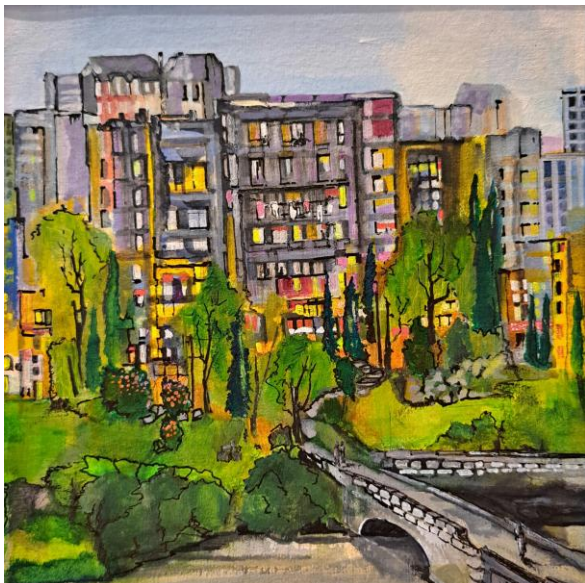


reduced mobility and issues with balance, rounds of golf are no longer possible, but with the help of his brothers Ian can still manage to play 3 or 4 holes, which he finds very enjoyable, though tiring.

Examples of Ian's work can be seen below, and viewed on his website:

<https://ijwhorshamart.com/>

Also, keep an eye out for Christmas cards that we will be selling later this year, featuring a beautiful winter scene painted by Ian.



## Successful Quiz Night Fundraiser at the Red Deer, Horsham

On Thursday 6 March, the Red Deer pub, on the Carfax in Horsham, hosted a quiz night in support of our branch.

A good turnout, combining regular Red Deer quizzers and many of our Branch supporters, ensured a competitive event.

Combining the raffle proceeds with the small entry fee paid by all attendees, the event raised over £700 for our Branch.

Thanks to Dawn and the team at the Red Deer for their fantastic support, and for such a very successful and enjoyable evening.



easyfundraising

### Support us through your online shopping

If you shop online, it is very easy to raise funds for the West Sussex North Branch, through our account with a company called *Easyfundraising*. If you register with them, they can track your online purchases at participating stores, who will then donate a small percentage of each sale to us. So far, the Branch has received over £500 through this route.

Literally 100s of online stores are included, such as Marks & Spencer, Boots, Screwfix, Dunelm, and many others. When renewing your car insurance or home insurance, most of the big sites are in the scheme too, e.g. MoneySupermarket, Go.Compare. We should stress that you do not pay any more for the items you are buying, but the Branch will receive a small percentage of any purchase you make.

To support our Branch through Easyfundraising, just follow the 3 steps below:

1. Sign up with Easyfundraising [using this link](#)
2. Download their browser extension
3. Start purchasing via the normal website you are using (the Browser Extension will flag automatically if you are using an online store that will make a donation)

### Branch Fundraising Update\*

- Easyfundraising: £44.48
- Giving Lottery: £46
- Just Giving: £110
- Miscellaneous events: £4,214
- Other donations: £656

Thanks for your support!

\* YTD to 31 May 2025, based on information available at time of publication

### Many thanks to Stitched Up and Stuffed

We have to extend our thanks to Horsham's Stitched Up and Stuffed Sewing Group, who on 17 May hosted a fundraiser in support of our Branch. They raised £3,088 (and counting), an incredible amount, for which the Branch is truly grateful.

To quote organiser Jane Cave, "we all had a wonderful day and we are delighted to raise the money for such a good cause".



Join us for some exciting live music this summer

**THE SHELLEY ARMS – BROADBRIDGE HEATH**  
16-18 OLD GUILDFORD ROAD, BROADBRIDGE HEATH RH12 3JU  
[HTTPS://SHELLEYARMS.CO.UK/](https://shelleyarms.co.uk/)

**BAD GIRLS GROOVE**

IN MEMORY OF  
JULIE BOLT

**SUNDAY 13TH JULY**

**BBQ FROM MIDDAY**  
**LIVE MUSIC OUTSIDE 4.00PM – 7.00PM**

THREE FUNKY FEMALE SINGERS FRONT A FIVE PIECE BAND PUTTING  
AN ORIGINAL TWIST ON FUNK, R&B & BLUES CLASSICS

[www.badgirlsgroove.com](http://www.badgirlsgroove.com)

**FREE ENTRY – FAMILIES WELCOME**

In aid of West Sussex North  
MND Association  
Registered charity no. 294354

Scan to  
donate via  
PayPal

In aid of  
mnda  
motor neurone  
disease  
association

## Bad Girls Groove back in Broadbridge Heath

Following the success of last year's event, Bad Girls Groove return to the Shelley Arms in Broadbridge Heath on Sunday 13 July, for an afternoon of great music, as they put an original twist on funk, R&B and blues classics. It promises to be an entertaining event, which this year will be held in memory of our former branch member Julie Bolt.

As was the case last year, the Shelley Arms will be laying on a barbecue, and there will be plenty of space in the beer garden, so we hope you can join us.

## Dinner with *Maximum Robbie* in Horsham

On the evening of Friday 19 September, West Sussex North Branch will host an evening with Robbie Williams tribute *Maximum Robbie*, at Horsham Cricket Club.

Tickets cost £60 and include a 2-course dinner.

If you would like to join us for a brilliant evening of "Robbie" entertainment with one of the best Robbie tribute acts, please contact Sue Sheppard, at [sue.sheppard@mndassociation.org](mailto:sue.sheppard@mndassociation.org)

In aid of  
**mnda**  
motor neurone disease  
association

**Maximum Robbie**

Tickets  
£60/person  
to include  
2 course  
dinner

Friday, 19th September 2025  
Doors open 6.30 p.m.  
Dinner at 7.00 p.m.  
Carriages at 11.30 p.m.

An evening of top entertainment from Robbie tribute Maximum Robbie.  
Including 2 course meal.  
Raffle to be run on the night.

Raising funds for the West Sussex North branch of MND Association

Horsham Sports Club, Cricketfield Road, Horsham RH12 1TE

Tickets from [Sue.Sheppard@mndassociation.org](mailto:Sue.Sheppard@mndassociation.org)

[www.mndwestsussexnorth](https://www.mndwestsussexnorth.org) @MNDwestsussex

[www.mndassociation.org](http://www.mndassociation.org)  
Francis Crick House, 6 Summerhouse Road, Northampton, NN3 6BJ  
Registered charity no. 294354 | Created in RightMarket - 11/5/2025 - 14:14:28

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FUNDRAISING  
REGULATOR

## MNDA Online Veterans' Group Meetings

The MNDA online veterans' group has changed its meeting days, as the previous dates fell on MND clinic days in many parts of the country. Meetings will now take place on the 3<sup>rd</sup> Thursday of every month, from 3pm to 4pm. Please see the information below.

### Please join us on the 3rd Thursday of each month 3 - 4pm

We would like to welcome all veterans to join us for a different type of support. A safe place to meet other ex-military people and to enjoy the camaraderie. Please let me know if you would like to join us and we will send you a Zoom link to join. This is a drop-in, so please don't feel you have to stay for the whole group.

**For more information please contact:**

**Dawn.pond@mndassociation.org**

**Grace.Kay@mndassociation.org**

**www.mndassociation.org**

Francis Crick House, 6 Summerhouse Road, Northampton, NN3 6BJ  
Registered charity no. 294354 | Created in RightMarket - 28/4/2025 - 12:17:35



## Key news from national MNDA website

Occasionally, we like to highlight articles from the national MND Association website, of potential interest to our Branch members. In this issue, we highlight two such items.

Firstly, a new MNDA campaign – and petition – seeking Government action, to ensure the drug tofersen is genuinely available to everyone living with MND in the UK, whose treatment would benefit from this drug: [Why We're Campaigning on Tofersen Again](#)

Secondly, the latest progress in the MIROCALS trial, investigating the impact of a low dose of interleukin-2 in people with MND: [MIROCALS: What's Next?](#)

## Your West Sussex North Branch Committee

**Vice Chair:** Chris Sheridan

**Treasurer:** Keith Walder

**Association Visitors:**

Chris Sheridan

Mike Agius

**Secretary:** Christian Goldsmith

**Committee Member/Fundraising:**

Sue Sheppard

### Keep in touch...



[www.mndwestsussexnorth.com](http://www.mndwestsussexnorth.com)



[westsussexnorth@mndassociation.org](mailto: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 Branch Committee.

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