



Do you know about the financial support grants available to you?

Times are hard at the moment, which only compounds a challenging situation for many of those living with or caring for those with MND.

It is important you get the financial and material support as soon as you need it. Therefore, we wanted to give you a thorough update on all of the financial support grants which are available.

If you have any questions about any of these, please do just ask any of the Committee or your Association Visitor.

Cost of living support grant

This is to help with household bills and food shopping, via a one off payment of up to £350.

MND support care grant

For funding equipment and services that people with MND have assessed as needing and all other statutory funding options have been explored. Only Health & Social Care professionals can apply for this grant.

Quality of Life grant

Available to anyone living with MND. This grant is best applied for

directly via the Branch rather than Head Office.

Young persons grant

For those under 18 years of age, to the value of £250 to support purchases of anything that may help them in their day to day life.

Carers and young carers grant

Designed for unpaid carers aged 16 or over, with the aim of enabling the carer to take a break from their caring duties.

You can find the full eligibility criteria and forms on the [main MND Association website](#).

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- Fundraising updates
- Inter Branch fundraising walk

Welcome to our new Treasurer & Branch Secretary!

We are delighted to introduce our new Treasurer and Branch Secretary!

Keith Walder, Treasurer



Keith had been an occasional supporter of the Branch's fundraising activities for many years, but has chosen to become more active. He has a background in accountancy and business consultancy, so is an ideal choice for overseeing income and expenditure, maintaining financial records and reporting to members

and the National office. Sadly, his younger brother has received a diagnosis of MND, so Keith is keen to support the Association and family.

When he's not working, you'll find him being a cricket umpire around Sussex.

Christian Goldsmith, Branch Secretary

For the past 31 years, Christian has worked in the investment industry, which has given him the chance to work with clients around the world and help them meet their goals.

He has lived in Hong Kong and continues to enjoy exploring the world.

Like many people, he has become increasingly aware of MND as a result of the high-profile campaigning from the Association

and the likes of Doddie Weir and Rob Burrow. When combined with a desire to support a charity in his local area, he found our Branch.

"By committing time and energy, I hope I can help the branch to continue to run smoothly and effectively, whether that be in terms of administrative issues, or helping to organise fundraising activities."



Liz Carter & Mike Abbott step down from the Committee. Thank you for your years of support!

As exciting as it is to welcome our new Branch Secretary and Treasurer, it does mean we have to say goodbye to the incumbents - Liz Carter and Mike Abbott.

Both of whom have dedicated so much to the Branch over the years, that the Branch would not be as it is today without them!

Liz was 'persuaded' to join the Branch by her mum 17 years ago (Carol Rieley who was Chair for 12 years). But Liz hasn't been able to leave the Committee since after seeing the impact and importance of the Branch's activities. She has personally raised thousands of pounds too by using



her passion for running to generate funds. Do make sure you support her one last time (details overleaf).

Mike joined the Committee in 2011 after looking for a way in which he could help his community using his years of experience in financial services. He has been the lynchpin in maintaining our financial records, reporting to National Office and members, and keeping us in a strong financial position to be able to support those with MND and their carers. We very much hope he continues to enjoy his travels!

Please join us all in saying a great big, and heartfelt, thank you to Liz and Mike for their years of commitment and support.

Liz Carter's final fundraising hurrah!

After 17 years our Branch Secretary Liz Carter, is stepping away from the role.

To say goodbye she is running one last race and is making it a big one!

She will be running 50k on 17th June to raise money for the branch.

Liz says: "MNDA is an incredible charity and I feel fortunate to have met so many extraordinary people, those living with MND, their friends and family carers, professionals and other volunteers."

To support her, please donate via her JustGiving page www.justgiving.com/fundraising/elizabeth-carter19



Fundraising update

With all of the different fundraising platforms and options to now be able to donate to the Branch - whether that be through your usual online shopping, recycling or straight forward donations - we wanted to keep you updated and say thank you!

Easyfundraising: £293.44

Recycle for Good Causes: £40

Giving Lottery: £505.20

Just Giving: £380

Text2Donate: £25.00

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

Can you help at 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



Brighton Seafront Walk - join us on 28th May



It may have felt like a long time coming, but the inter-Sussex Branch (West Sussex South, East Sussex and ourselves) Brighton Seafront Walk on 28th May is coming up! Put the date in the diary and we will see you there!

Previously, over £4,000 was raised and it would be great to achieve the same this year. The walk is a 4-mile round trip be-

tween the Big Beach Café, Hove Lagoon to the i360/West Pier Brighton and back again.

The Seafront is flat and therefore fully accessible. If you want to join us, please contact julie@mndwestsussexnorth.com or call her on 07709 425957.

You can donate at www.justgiving.com/fundraising/mnda-wss



Online support group for carers for people with MND Tuesday 16th May at 19:30

<https://zoom.us/join>

Meeting ID: 897 8663 4108

Passcode: 258860

Southwater Quiz Night raises over £1k!

On Sunday, 29th January 2023, the Branch hosted a Quiz Night at the Southwater Sports Club. The event was a sell out and the packed venue was buzzing with atmosphere (helped by a few drinks!)

Gary Walder (brother of our new Treasurer Keith) had organised a very enjoyable quiz and his daughter Kat Walder acted as the quiz master.

Having both been residents of Southwater for many years, the locals

were very vocal and the banter was managed excellently by the very bubbly Kat (anyone who attended will know that she had just got engaged!!).

Ticket sales and the raffle netted a very impressive sum of £1,334.21 for Branch funds.

Thanks go to Gary, Kat and the Southwater Sports Club for their support.



Raise funds for us via PayPal now!

Our PayPal account is now live!

So it is even easier to donate to the Branch directly to support our work. Or if you want to do some fundraising for us, you can use the link too.

[Branch PayPal account](#)

Are you listening to MND Matters Podcast?

Don't forget to tune in to the podcast. Available at <https://www.mndassociation.org/media/mnd-matters>. The latest episode is on Support for Carers.

National News



Sussex MND Care & Research Network

Attend MND Research Update session

On Tuesday 23rd May, 13.30 – 15.30pm (refreshments provided), the Sussex MND Care & Research Network will provide an update on:

- MND Biomarker project
- Mechanisms of the disease
- Imaging study
- Local clinical trials.

Taking place at Brighton & Sussex Medical School (teaching building) at the University of Sussex.

Please contact julie@mndwestsussexnorth.com if you would like to attend.

Treasurer's list of monies received and spent

Thank you to everyone for their contributions. The below are the cleared funds received for the fourth quarter 2022.

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

Money received

Money from activities

Fundraising - Giving Lottery	£26
Marilyn Emmett - Ploughing Match Tractor & Trailer Rides	£245
Loxwood School - Walk a Mile for Mrs Webber (total to date £1,559)	£15
St Georges Ditchling - Craft Fayre (total to date £2,285)	£50
Easyfundraising	£45

Donations and gifts

Beryl Cooling	£20
Tufnells Lindfield - Collection	£104

Donations and gifts in memoriam

In mem. Derek Dente (total to date £239)	£30
In mem. Chris Rayner	£25

Other income

Gift Aid - fundraising and donations	£26
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Money spent

Financial support for members and carers

Air Systems Aid	£111
Carers Christmas Vouchers	£600
Riser / Recliner Chairs (two chairs)	£1,610

CEO Appeal

Local Healthcare Network	£2,000
PhD studentships	£2,000
Healthcare Research Project	£2,000

Other

Contributions to costs: Sussex MND Conference	£582
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Your West Sussex North Branch Committee

Chair: Julie Taghan

Vice Chair: Chris Sheridan

Secretary: Liz Carter

Treasurer: Mike Abbott

Newsletter Editor: Joanne Rogers

Committee Member: Joan Moon &
Sue Sheppard

Association Visitors:

Chris Sheridan
Mike Agius

Keep in touch...



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

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