

Newsletter

Team Belle Marie complete Round the Island Race and raise funds for the Branch



Battling is the right word for this team! Competing with rough seas and gale-force winds, the team completed the Round the Island Yacht Race on Saturday 2 July in a little over 11 hours. Raising over £2,200 in the process for the branch.

The Round the Island Race is a one-day yacht race around the Isle of Wight which attracts over 1,500 boats and around 16,000 sailors, making it one of the largest yacht races in the world. Sailing boats from America's Cup, multihull racing yachts to cruising yachts and day-sailers take part; and this year the Belle Marie did too.

On board the 35 foot cruising yacht were skipper Andy Cox, his 13 year old daughter Annie Cox, Anne Marie Stewart and Mark Streeter (pictured above).

With a gloomy forecast predicted, which only the likes of Ben Ainslie could handle, the team identified Yarmouth as a place of safety to retire to should the race prove that challenging on the day.

264 boats found themselves in just such a position, but fortunately not the Belle Marie!

Mark describes the start of the race: *"Has to be seen to be believed... ahead of us were 1,200 yachts heading towards The Needles and there were still over 300 yachts around us all vying for the best starting position and timing their run to the starting line, aiming to cross it as close to 10am as possible without going over the line and being disqualified."*

The first leg of the race from Cowes to The Needles was into wind and in rough, choppy seas with a couple of rain and hail showers thrown in for good measure. Taking over 2 hours to reach Yarmouth, all the time the team were hearing other boats making mayday and distress calls.

The next leg runs down to St. Catherine's point on the southern tip of the island. Here the short choppy water of the Solent was replaced by large

rolling waves coming in from the Atlantic. The promise of decrease wind didn't materialise in the third leg of the race either, and the Belle Marie's journey continued to be accompanied by others maydays, distress calls, lifeboats and the coastguard helicopter. The final leg though was the most exhausting having already sailed for 8 hours in such conditions and the end in sight.

Belle Marie crossed the line in 11 hours and 26 mins and finished 91st out of 136 boats in their group, which is a testament to the determination and commitment of the team in such testing conditions.

Particularly thanks need to go to Paul Faircloth and Jennifer Webb who arranged for the team shirts and who provided fantastic fundraising and moral support all weekend (albeit from the comfort of a restaurant during the hailstorm!). And a final thank you to all those who donated to reward the efforts of this determined bunch.

Fashion Show Fundraiser, October in Cuckfield



Want to see the winter 2016 trends first? Fancy doing so with a glass of bubbles? Not to mention one of the branch's trusted quality raffles. What more could you ask for?

Then come to The Queens Hall in Cuckfield on 20th October from 7.30pm. Tickets are now available for £10 each (which include that glass of bubbly and canapés). There will be a selection of wine & soft drinks available for a small donation along with a raffle with some great prizes.

The models will be showing the winter season from Jo Jo Boutique, Cuckfield. Debbie of Hairworks in Cuckfield will be styling the models hair and Ruth Corke of Profiles Health & Beauty in Hassocks will be our make up artist.

All money raised at the event will be used to support local people living with MND to procure specialist equipment and adaptations to homes and vehicles.

We do hope that you are able to attend, just contact our branch Chair Julie for your ticket.

julie@mndwestsussexnorth.com

Live stream gaming event raises nearly £1,700



Dave and Nora Merritt on their 65th wedding anniversary in 2014, who Ruby was fundraising in memory of

A first for the branch, Ruby True challenged herself to a 24 hours gaming marathon, which anyone could watch and take part in online on 30 July.

Ruby's Grandad spent the last few years of his life suffering from MND and she highlights the emotional impact of this on her family and especially her Gran who cared for him as one of the key reasons for wanting to raise funds for the branch. As Ruby says "the disease is fairly unknown and needs more support for families...because MND needs a cure."

Run via a social video platform and community for gamers called



Twitch, which every month has more than 100 million community members gathering to watch and talk about video games with more than 1.7 million broadcasters.

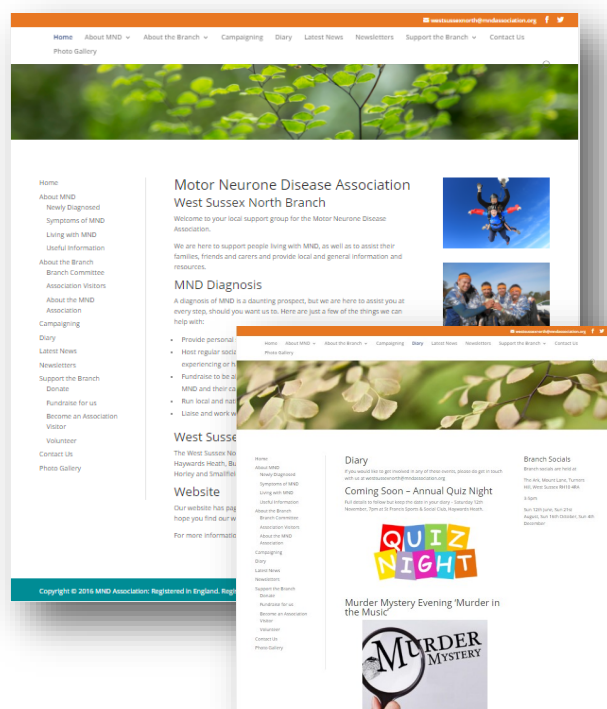
Well Ruby did it and raised an amazing total of £1,691 for the branch. She certainly deserved a well earned sleep after that effort!

Dates for the Diary

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

- Sunday 16th October
- Sunday 4th December

Have you seen our new website?

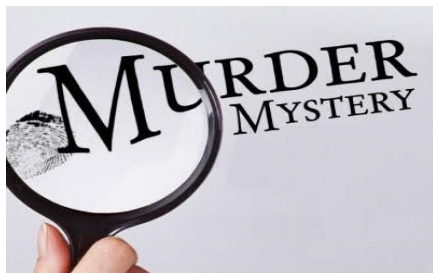


We've launched our new website!

Still available on www.mndwestsussexnorth.com, you'll find all the latest information on events, socials and fundraising news; alongside profiles of the Committee, Association Visitors, how and where the branch can help you as well as information on MND. Additionally it is more accessible across mobile devices.

The site should be a useful resource for those newly diagnosed and those in need of support (carers and those with MND) so all feedback is welcome.

Murder in the Music fundraiser, tickets available for October



Up for a murder mystery challenge?

An ageing 70s band, the St Cleve City Rockers, perform yet another tour to try to keep the golden memories alive and the bank balances solvent. However, behind the exuberant performances a tangled web of illicit relationships, dubious financial deals and fading talent threaten to bring the curtain crashing down for the last time.

Your challenge is to work through the clues of the misty world of the St Cleve City Rockers to find the culprit.

Join the Goring Regional Occasional Players Ensemble (GROPE) on Saturday 15 October at 7.30pm to take part.

The play is staged at the Greenway Academy, Greenway, Horsham, RH12 2JS. Tickets are £12.50, which includes a fish & chip supper and BYO on the drinks (no bar). Email Sue Sheppard, for your place suee.sheppard@tesco.net

See you there!

Raffle Prize - Bateaux Dinner Cruise goes to worthy recipients

The branch is known for its notable and desirable raffle prizes, and as many will know Andy & Sandra Spriggs won the much coveted Bateaux Dinner Cruise at the last raffle. We thought you'd all like to see how they got on, especially as it went towards celebrating their anniversary. Definitely worthy recipients given all their hard work for the branch. Happy belated anniversary!



Secret sausage recipe for St Catherine's Hospice patients

Five patients attending St Catherine's Day Hospice's Neurological Clinic got stuck in with a sausage making workshop – making the secret recipe for Old Sussex sausages. Pat Manthorpe, retired butcher from Handcross and now one of the patients at the Hospice, shared his recipe for the special workshop.

With the help of Hospice nurses, Sylvie, Andrea, and Therapist, Tiz as well as volunteers, Liz and Bill, Flanagan Butchers in Crawley Down and the Therapies Team, this fun workshop led to the corridors ringing with laughter. After some perseverance with the sausage making machine, sausages materialised, although Pat commented, "If I'd taken this long I'd be out of business!"



Summer Ball, a roaring success for MNDa and Second Hope



A beautiful Summer Charity Ball was held to raise funds both for our branch and Second Hope (a secondary cancer charity). We are delighted to be able to announce that over £2,000 was raised for each charity.

Photographed above are (left to right) Liz Sawyer and Sharon Inman who organised the event on behalf of our branch and Second Hope respectively.

The aim of the funds coming to the branch is to help local people living with MND and the Committee will certainly ensure that happens.

Horsham Street Collection delivers



The Horsham Street Collection held back in May raised over £1,735

The Branch would also like to thank Horsham District Council for the street licence and the management of Swan Walk for allowing a collection on their premises; as well as all the volunteers.

Treasurer's List of Monies Received & Spent

Thank you to everyone for their contributions. The below are the cleared funds received for the second quarter 2016.

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

Committee

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Vice Chair

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MONEY RECEIVED

Money from activities:

Liz Carter - Brighton Marathon	£707
Gill Taylor & Others - Football Match (in mem. Darran Stone)	£455
Wedding of Leigh Stone - Guess the Length of the Speeches	£331
The Ark - Sales of Tea and Cakes	£19
AGM - Sales of Tea and Cakes	£25

Box Collections

Sainsburys East Grinstead	£526
Tescos Hookwood	£556
Horsham	£1,735
Fabric Shop Burgess Hill	£47
Norfolk Arms Horsham	£42

Donations, gifts & gifts in memoriam:

Deborah Day, Hairworks Cuckfield	£30
Sue Spooner	£50
Staplefield Lunch Club	£150
Andrew Fox - In mem. Lord Suffield	£75
M.A. Blake-Dyke (in mem. Sue Charman)	£36
Liz Griffiths, Tricia Greenfield & John Smith (in mem. Ailsa Smith)	£150
In. mem Roy Pattenden	£575

Other income:

Bank Interest	£23
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MONEY SPENT

Financial Support for members:

Contribution to Planters	£100
Quality of Life Grants (x2 individuals)	£1,000
Predictable Communication App	£120

Expenses:

Visitors - Travel Allowance	£216
Postage	£8

Other:

MND conference 'NICE to manage?' (x3 delegates)	£360
AGM refreshments & Expenses	£65

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

**MND Connect number
change**

The new number is
0808 802 6262