

## NEWSLETTER 2021

### North East Wales Branch

## Welcome to our Spring edition newsletter.

We hope everyone is keeping safe and well during these unprecedented times.

This newsletter is a roundup of what is happening within the branch. We introduce our newest volunteers, look forward to our first in person event since the first lockdown and provide some information about our support meetings.

Our committee has continued to meet by zoom during lockdown and just recently, we have doubled in size thanks to four new members. A warm welcome to April, Charlotte, Ebony and Louise who joined our committee.

Our aim is to offer help and support to all those in the area who are living with motor neurone disease as well as their carers and family. We cover the North and North East Wales counties of Wrexham, Flintshire, Denbighshire, and part of Conwy.

## NEWSLETTER 2021

### North East Wales Branch

#### MEET THE TEAM

The committee is made up entirely of volunteers. This month we have been extremely fortunate to welcome four new volunteers onto our branch committee. Many thanks to Ebony and Louise who are now our social media volunteers. Watch out facebook, twitter and Instagram! Charlotte and April have joined as Association Visitors.

Meet some of the newest members of our team....



I'm Charlotte and joined the Association in late 2020 because I wanted to give something back for a good cause and couldn't think of a cause greater than this. I am currently going through training to become an Association Visitor because I want to support those with MND and their families. In my spare time, I enjoy travelling and spending time outdoors usually kayaking or wild swimming.



Hi, we are Ebony and Louise. We are mother and daughter and from Rhuddlan. Together, we have recently joined the North East Wales Branch as social media volunteers. We are motivated to spread awareness of the amazing support MND Association are providing to individuals with MND and their families after our Mum/Nan was provided with brilliant support.

# NEWSLETTER 2021

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### SUPPORT

#### Virtual Support Meetings

We are continuing to host virtual support meetings by zoom. The meetings are friendly and informal with no agenda and a great opportunity for people affected by MND to come together and share experiences over a virtual cuppa.

Next meeting dates are...

Wednesday 12<sup>th</sup> May 2.30pm  
Monday 24<sup>th</sup> May 11am  
Wednesday 9<sup>th</sup> June 2.30pm  
Monday 28<sup>th</sup> June 11am.



We also host fortnightly Carers groups by telephone. The meetings are supportive, informal and people can join by landline or mobile.

If you would like more information on how to join in, please contact Jo Cunnah, Area Support Coordinator [jo.cunnah@mndassociation.org](mailto:jo.cunnah@mndassociation.org)

#### Support for carers

There is some information for carers on the main MND association website, including videos which include some chair relaxation and low impact exercise sessions.

Click on the link below for more information. Scroll down to the bottom of the page to find the various videos and information.

<https://www.mndassociation.org/support-and-information/for-carers/support-for-carers/>

## NEWSLETTER 2021 North East Wales Branch

### FUNDRAISING

Despite being in lockdown we have been very fortunate to have local fundraisers complete some of the MND Association events. These include...



The aim was to cover 5,000 miles, that's a mile for every person living with MND in the UK today. Two local supporters did and raised over £2000 for our branch cycling and walking many miles!



Following on from the success of Kevin Sinfield completing 7 marathons in 7 days this challenge was to choose your distance and complete 7 runs over 7 days. During February we were fortunate to have two fundraisers achieve this and between them raised over £2000 for our branch.

A very big thank you to all our supporters who have fundraised or donated to our branch. We really appreciate it.

Please get in touch with Rachel, if you are thinking of a fundraising event and we will support you all the way!

[fundraisingmndnewales@gmail.com](mailto:fundraisingmndnewales@gmail.com)

# NEWSLETTER 2021

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### FUNDRAISING

As we haven't been able to get together as a branch and fundraise, we have had to think of virtual ways!

Recently we launched our own lottery page with GIVING LOTTERY. Tickets for the



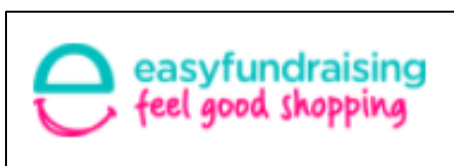
lottery cost just £1 per week. Each ticket has a **1 in 50** chance to win a prize each week, with a top prize of £25,000! That's a better chance of winning than the

National Lottery or the Health Lottery! Find all the information here [Giving Lottery](#)



Save your stamps and send to the following address.

MND NE WALES  
STAMP APPEAL  
10 Chestnut Avenue  
North Walsham  
Norfolk  
NR28 9XH



You can register and earn donations **at no cost to yourself** as you spend online at thousands of retailers, including the likes of Amazon and eBay. Click on the link for more information.

[easyfundraising](#)



## NEWSLETTER 2021

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#### OFFAS DYKE WALK

#### SAVE THE DATE!

Sunday 26<sup>th</sup> September will be our first physical branch event. Lots of other branches and groups are getting involved so it will be a great team effort, raising awareness and fundraising at the same time.



**mnda**  
motor neurone disease  
association  
cymdeithas  
clefyd motor niwron

Llwybr Clawdd Offa  
Offa's Dyke Path

**September 26th 2021**  
**Offas Dyke Walk**

On the day individuals and groups will be encouraged to walk whatever distance they wish along part of the route.

More details to follow.  
Contact us if you would like to get involved.

Registered charity no. 294354  
Created in RightMarket 29/3/2021 - 20:25:29

**FR** Registered with  
**FUNDRAISING  
REGULATOR**

The aim is to walk the whole length of the Offa's Dyke Path between all the branches and groups taking part. Our section will be from Ruthin to Llangollen which is a total of 17 miles.

You can do as much as you are able, be that one mile or the 17 miles, it's up to you!

If you wish to do an alternative walk, such as a walk along your local

promenade, or a lap or two around the garden, that would be fantastic. Whatever you decide to do on the day, send in some photos. We'd love to see them.

We also have a JustGiving Page set up for this event -

<https://justgiving.com/fundraising/northeastwalesbranch>

For more information contact Rachel,  
[fundraisingmndnewales@gmail.com](mailto:fundraisingmndnewales@gmail.com) and keep checking our [facebook](#) or [website](#) for more up to date information as it becomes available.

# NEWSLETTER 2021

## North East Wales Branch

### FINANCIAL

Income and Expenditure - Jan 2020 to Dec 2020			
INCOME		EXPENDITURE	
<b>DONATIONS RECEIVED</b>	£	<b>CARE EXPENDITURE</b>	£
General Donations	5,053.00	Financial Support	11,094.15
In Memorium Donations	-	Equipment	(31.05)
Tribute Funds	-	AV expenses	548.17
Corporate Donations	-	Carer Support	500.00
Grants	5,000.00	Payments to DNH	1,250.00
Legacies	-	Other	180.00
Other	-	<b>Total Care Expenditure</b>	<b>13,541.27</b>
<b>Total Donations Received</b>	<b>10,053.00</b>		
		<b>BRANCH ADMINISTRATION COSTS</b>	
<b>FUNDRAISING INCOME</b>		Meeting costs	141.48
Fundraising Activities- Branch Organised	455.00	Printing, Postage & Stationery	-
Fundraising Activities- Third Parties	-	IT costs	-
<b>Total Fundraising Income</b>	<b>455.00</b>	Information & Education	-
		Other	-
<b>OTHER INCOME</b>		<b>Total Branch Administration Costs</b>	<b>141.48</b>
Bank Interest	45.35		
Gift Aid	-	<b>OTHER COSTS</b>	
Other	440.00	Fundraising Costs	-
<b>Total Other Income</b>	<b>485.35</b>	Other	43.90
		<b>Total Other Costs</b>	<b>43.90</b>
<b>TOTAL INCOME</b>	<b>10,993.35</b>	<b>TOTAL EXPENDITURE</b>	<b>13,726.65</b>

# NEWSLETTER 2021

## North East Wales Branch

### USEFUL CONTACTS

The main [MND Association Website](#) has a huge amount of useful information including what help is available, benefits and financial support, a dedicated section with advice for Carers and a whole lot more.

Helpline  
**mndconnect**  
 0808 8026262  
[mndconnect@mndassociation.org](mailto:mndconnect@mndassociation.org)



### Branch Contacts

Treasurer	Andrea Williams	<a href="mailto:treasurer.mnd.newales@gmail.com">treasurer.mnd.newales@gmail.com</a>
Secretary	Kate Cooper	<a href="mailto:secretary.mnd.newales@gmail.com">secretary.mnd.newales@gmail.com</a>
Fundraising coordinator	Rachel Ritchie	<a href="mailto:fundraisingmndnewales@gmail.com">fundraisingmndnewales@gmail.com</a>
Social Media Volunteer	Ebony Vardy	<a href="mailto:ebonylouisevardy@gmail.com">ebonylouisevardy@gmail.com</a>
Social Media Volunteer	Louise Vardy	<a href="mailto:ebonylouisevardy@gmail.com">ebonylouisevardy@gmail.com</a>

Keep up to date and follow us on



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If you have any news or events that you would like to be included in the next newsletter or promoted via our social media, please contact our secretary, Kate.



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