



## Message from your Chairman

It only seems like yesterday when we re-launched Chatter and here we are with a year's progress behind us and our AGM approaching (at which, by the way, you will be able to learn in more detail of the progress we have in fact made). I am extremely pleased to report (and very grateful!) that all committee members are standing for re-election – but we could as ever do with a few more fresh faces. Duties are not onerous, and indeed you can join without actually taking on any specific role or duties, so if anyone who is reading this and has a few hours to spend every month to devote to a very worthy and fulfilling cause I would be so pleased to hear from you.

At the time of going to press we will have just enjoyed another Spring event in Pannal when we were entertained by a very talented group of young musicians from Harrogate High School playing under the banner of 'High Jazz' - and it certainly was!. A great evening much enjoyed again by a full house.

Plans are well ahead for our Well Being Day in June with a marquee and bouncy castle booked for the day. It really is a family day out which in a small way can momentarily help to ease common problems, and amongst the activities available it is also an invaluable opportunity for attendees to chat with others in similar positions to themselves. Do come if you can.

Other forthcoming dates are noted further on but can I finally make a plea to anyone intending to join our 100 club and who has forgotten or lost the application form to get in touch as the first draw takes place at the AGM. We are barely half way towards our target and even if you miss the first draw you it's not too late to join and be included subsequently. And the odds are very short, especially if you have more than one nominee. My three grandchildren are included and I've previously been taken to task by my granddaughters for my grandson's wins – 'why don't I win, grandad?!' Go on – you know it makes sense!

Peter Thompson

## Silence Speaks

The Ice Bucket Challenge, started in the USA as the ALS Ice Bucket Challenge. It went viral on social media during July–August 2014 with people in the UK participating for the MND, although some individuals did opt to donate their money from the Ice Bucket Challenge to other organizations.

In 2015 looking for something to follow this the MND Association launched Silence Speaks - an activity that can combine fund raising and awareness raising into one. It proved to be very successful and the Association is hoping in 2016 to make it as big as the ice bucket challenge.

Imagine a day, or even an hour without speech. Many of those living with MND have difficulty speaking. We tend to take our voices for granted but some don't have that luxury. Please take part in Silence Speaks to highlight the challenges faced. Perhaps you could have a sponsored silence in your school or workplace or at your youth group. Information is available to help you organise a "silence". Have a look at [www.mndassociation.org/silencespeaksresources](http://www.mndassociation.org/silencespeaksresources) for information and ideas. Even if you can't take part yourself tell people about it and if you can do so online use the hashtag #silencespeaks

## A Few Snippets from the National Website

**Benefits:** On 21<sup>st</sup> March the Government formally announced that it will shelve its plans to make it more difficult to qualify for PIP (Personal Independence Payment). The Association is relieved as the plans would have seen 640,000 disabled people miss out on vital financial support, and would have put the benefits of people who are diagnosed with MND in the future at risk. The Association is disappointed however that it has taken so much pressure from people with disabilities, charities, the media and MPs to make Government change its mind. The proposals originally made were based on extremely weak evidence, and failed to take into account both the cumulative impact of disability on a person's life, and the wide range of extra costs they face as a result. The announcement of the changes, alongside previous announcements about changes to other benefits, has caused considerable anxiety for people with MND.

**Goodnight to him:** Ronnie Corbett, who died on 31st March, had been diagnosed with amyotrophic lateral sclerosis, a form of motor neurone disease. Thanks to the generous support of Ronnie Corbett's family the Association was able to raise awareness of MND in the media. With their blessing, we were able to tell thousands of people the facts about motor neurone disease when interviewed on talkRADIO, BBC Radio 5 Live and Channel 5 News. Our deepest sympathy and most grateful thanks to Ronnie's wife Anne and the whole family.

**Theatre:** After being diagnosed with MND Ted, a puppet, embarks on the trip of a lifetime, taking his pet fish with him. His story of love and life with MND is raising awareness of the disease across the UK in an innovative production, called CELL, which features puppetry, physical theatre and an original musical score to tell the story of one man's final adventure to create enough memories to last a lifetime. Matthew Lloyd, Co-Artistic Director, said: "Motor neurone disease causes physical degeneration and is therefore a challenge to show through puppetry, an art form which relies on movement to sustain its illusion. Two members of the cast had very different experiences of losing family members to MND which brought important emotional and personal memories to the devising process." Karen Pearce, Director of Care from the MND Association said: "It's a great production and you soon forget that Ted is anything other than a normal leading man. Because of the research the team undertook, the puppetry captures some of the physical impact of MND extremely realistically. We were proud to be involved in this production and I'd urge anyone to enjoy what will be the last chance to see Ted on his adventures." You can see CELL at The Hub, Leeds at 5pm on 22 May 2016. For more information see [www.cell-show.co.uk](http://www.cell-show.co.uk).

## Local Fundraising

Recent monies have included a welcome donation of £300 from the Swinton Charitable Trust. A further £50 from the sale of golfing items thanks as ever to Peter Wallis – a great amount despite the time of year. We also received a donation in lieu of Christmas cards and there are now nearly 40 people signed up to the 100 club - the first draw for which is at the AGM on 24<sup>th</sup> April.

We continue to receive donations in memoriam.



## Key Messages 2016

The Association has recently updated its Key Messages which are summarized as follows:

**Our vision** - A world free from MND.

**Our mission** - We improve care and support for people with MND, their families and carers. We fund and promote research that leads to new understanding and treatments, and brings us closer to a cure for MND. We campaign and raise awareness so the needs of people with MND and everyone who cares for them are recognised and addressed by wider society.

## Key Messages 2016 (continued)

### Our values

- People with MND, their families and carers are at the heart of everything we do.
- We collaborate, and value everyone's contribution.
- We achieve excellence through personal commitment and ongoing improvement.
- We respect and respond to people's diverse needs, backgrounds and views.
- We achieve our aims through building open and transparent relationships.

### About MND – key facts

If you require more information on MND statistics, please contact the MND Association's communications team: [communications@mndassociation.org](mailto:communications@mndassociation.org)

### Our reach

We are the only national charity in England, Wales and Northern Ireland focused on MND care, research and campaigning. Around 3,500 people with MND use an Association funded care centre, this is approximately 70% of those with the disease. Over 7,000 people give their time to volunteer and fundraise on our behalf. We have over 9,000 members. Our 89 (as at Nov 2015) volunteer-led Branches and Groups provide local support to people with MND, their families and carers. We employ around 170 staff, whose specialist skills and knowledge are dedicated to improving the lives of people affected by MND. We support hundreds of health and social care professionals who provide and manage services for people with MND. We work with and support scientific and clinical research communities in the UK and worldwide. We are an active member of the International Alliance of MND/ALS Associations.

## Swing into Spring

Some sixty-five people enjoyed fine music from the 'High Jazz' youth group, a great supper and had their brains tested by quizzes compiled by Ruth. Here are a few photos to show how well it went. We also made a bit of money for Branch funds (although the 'Swing' was really a social and awareness event).



Branch committee members hard at work on the quiz



... and enjoying the food



Listening to the jazz band



And just general enjoying themselves



## Dates for Your Diary



The next two **Social Lunches** will take place at The Old Spring Well, Skipton Road, on **4<sup>th</sup> May 2016 and 19<sup>th</sup> July** – please note the latter date which has been changed from that circulated previously.

We are joining forces with the West Yorkshire Branch to present a **Family Well Being Day on 18<sup>th</sup> June 2016**. Information will be sent out soon but have a look at the flyer to the right .....

Ripon Classic Car Club are holding a **Classic Car Gathering on 24<sup>th</sup> July 2016** raising funds for the Branch at Ripon Racecourse. For more information please visit [www.riponclassiccargathering.org](http://www.riponclassiccargathering.org)

And of course on the **first Tuesday** in the month are the monthly get-togethers at Christian's Cafe in Crimple Hall on Leeds Road, Pannal (2pm – 4pm).

# Family Well Being Day

Saturday 18th June 2016

The Stables, Back Church Lane, Adel,  
Leeds LS16 8DW

(situated to the rear of St John The Baptist Norman Church  
and opposite the entrance to Headingley Golf Club)

11.00am – 3.30pm

The West Yorkshire Branch and The Yorkshire Dales Branch warmly invite you to a Well Being Day at The Stables. The idea of this day is to come along to a relaxed and informal venue, meet and chat with other families and enjoy 'taster sessions' and demonstrations of varying interests. Please join us and make this day a success.

**Complementary Therapies** .....Aromatherapy / Reflexology  
Indian Head Massage

Quizzes



Information Stall, Children's Activities, Tombola

.....and more

Refreshments will be available.

Free Car Parking

Wheelchair Access

Accessible Toilets

Local Contact:

Sue Starkey mob: 07704 245632 (WY)

Branch Contact:

Jackie Johnson mob: 07889 523793 (WY)

Local Contact:

Peter Thompson tel: 01423 870130 (YD)

REGISTERED CHARITY NO. 294354

## Branch Website and other Information

Please let us know if you would like to publish something on either our facebook page <https://www.facebook.com/MNDYorkshiredales> or our website [www.mndyorkshiredales.co.uk](http://www.mndyorkshiredales.co.uk) .

Or perhaps you might like to contribute to Chatter? We would be delighted to publish items from Members in the next edition, just send your article to Ruth Pridmore (if you don't have email then give her a ring and she will let you have her address).

Can you help us save money by sending you paperwork by email instead of the Royal Mail? If you have an email address just let Ruth know and she will add it to the database.

## Branch Contacts

Chairman, Peter Thompson – 01423 870130 [chair@mndyorkshiredales.co.uk](mailto:chair@mndyorkshiredales.co.uk)  
Secretary, Ruth Pridmore – 01423 530764 [secretary@mndyorkshiredales.co.uk](mailto:secretary@mndyorkshiredales.co.uk)  
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## National Contact Information

[www.mndassociation.org](http://www.mndassociation.org) MND Connect – 03456 626262  
Up to date News <http://www.mndassociation.org/news-and-events/latest-news/>