

## MESSAGE FROM YOUR CHAIRMAN



Kevin Sinfield refers to support for 'the MND Community' rather than 'People Living with MND', which is a great alternative and we are adopting that going forward.

The Covid pandemic ended some time ago, but we came out of it older and having got used to living different lives. Many Branch members and supporters have only begun to emerge slowly into what we would have called normality pre covid.

By the end of 2022 there were real signs that things were retuning to normal (see for example the previous edition of Chatter). Hugely significant in this has been what our secretary Ruth described as the Kevin Sinfield/Rob Burrow/Dodie Weir factor. Awareness of MND and the issues faced by the MND Community has increased massively and that has had a direct impact on the Branch in terms of fundraising and wider appreciation of our role.

We have received donations from a wide range of individuals, charities, voluntary and professional organisations, and even local authorities. Some are repeat donations. The Branch has been adopted as charity of the year by golf clubs and others. MND has also been adopted nationally by personalities, such as a Formula 2 driver.

Branch visits to the MND Community have started again, although many are still happy with telephone or email contact. Social gatherings are reviving. Monthly coffee mornings are happening again. We reintroduced our annual Christmas lunch, and quarterly lunches are about to begin once more.

Fundraising events dependant on attendance are being well supported, and we have responded with some new ideas. Step into Spring last April featured music and humour with Christine Littlewood. Our evening of Magic and Mystery (report follows) was great fun. Members visited Farnley Hall again in July. More widely the Otley Christmas Tree festival saw us back and displaying our own Christmas Tree. Visitors were very generous and the Rotary Club decided to donate the proceeds from their own tree display to us.

## **Chairman continued**

Many supporters raising funds for MNDA have themselves been well supported. Steve Hardcastle's 100 Greatest Cycle Climbs are ongoing. A social event at Ripon Rugby Club to raise funds in support of David Hirst raised £18,000.00 for the Association. Kevin Sinfield's Ultra 7 in 7 Challenge was followed by large crowds, notwithstanding some wet November weather.

As mentioned in the last Chatter, a significant increase in financial support for the Branch has enabled us to support all grant applications received to help improve the lives of the MND Community in our area. Whether it be respite care, or facilities such as wheelchairs, stair lifts, showers, and home decoration, it is clear from the responses that these grants can and do make a real difference.

A grant of £15,000 from the Institute of Cemetery and Crematorium Management, via their recycled metal scheme at Harrogate's Stonefall Crematorium, coupled with a repeat grant from local charity the Linden Trust, have kick started the fulfilment of two new projects which are a key Branch goal. During the pandemic our voluntary visitors, Margaret and Libby, identified a need for palliative help for carers, who often struggle on themselves without personal support for the unique issues they face. We hope that with our support, physiotherapy and psychological services will be made available. The provision of psychological care would be ground breaking for Harrogate Hospital, and possibly nationally, and could lead to the wider introduction of this care.

2023 sees the appointment of Tanya Curry as CEO of MNDA. Tanya, who has a background in healthcare and has worked for over 20 years in the voluntary sector, takes over from Sally Light.

We have been delighted to welcome Jack Gilmartin, who joined the Branch recently as social media administrator. Jack is already making a difference.

I have just heard as I write that Jane Welby is joining us as a voluntary visitor. Jane will provide much needed support for Margaret and Libby as well as scope for the Branch to extend visits across the region.

Finally, a word of thanks to our Branch Committee. Everyone plays an active part, and we are getting busier. We couldn't do without the great help, support and encouragement received from our two MNDA regional appointees, Michelle (Support) and Jenn (Fundraising).

We would love to have more local help : from supporters as well as members. It is a very positive time to be a volunteer with MNDA.

John Pike.

## O CHRISTMAS TREE, O CHRISTMAS TREE

It now seems rather a long time ago but Ruth Paynter from our Branch Committee kindly organised for us to have a tree at the Otley Christmas Tree Festival. In the first week of December our own Christmas Elves met up to do the decorating .....



Veronica, Ruth and Geoff hard at work



Geoff, Ruth and Veronica showing off their handiwork



The tree resplendent in MND colours



The Rotary Club tree also supporting MND

## INSTEAD OF AN AGM

As we mentioned a year or two ago we no longer need to hold an AGM (changes in the way Branches are run) therefore John Pike's message is your "Annual Report" for the 2022 year and the accounts for the year follow.



# ANNUAL FINANCIAL REPORT

Here are the relevant pages from our Accounts that would have previously been presented at the Branch AGM – apologies the text is very small – if you would like a normal size copy just let us know and we will email one to you

<b>MND ASSOCIATION</b>		
<b>Yorkshire Dales Branch</b>		
<b>Annual Return : Profit &amp; Loss Account</b>		
<b>For the Year ending 31st December 2022</b>		
<b>INCOME</b>	<b>2022</b>	<b>2021</b>
	£	£
<b>DONATIONS RECEIVED</b>		
General Donations	19,434.69	2,679.06
In Memorium Donations	2,145.09	2,501.20
Tribute Funds	-	-
Corporate Donations	-	2,000.00
Grants	-	-
Legacies	-	-
Other	-	-
<b>Total Donations Received</b>	<b>21,579.78</b>	<b>7,180.26</b>
<b>FUNDRAISING INCOME</b>		
Fundraising Activities- Branch Organised	2,866.37	2,235.00
Fundraising Activities- Third Parties	1,268.36	2,621.18
<b>Total Fundraising Income</b>	<b>4,134.73</b>	<b>4,856.18</b>
<b>OTHER INCOME</b>		
Bank Interest	-	30.73
Gift Aid	160.62	5.00
Other	393.50	1,004.27
<b>Total Other Income</b>	<b>554.12</b>	<b>1,040.00</b>
<b>TOTAL INCOME</b>	<b>26,268.63</b>	<b>13,076.44</b>
Restricted Income included above	-	2,000.00
<b>EXPENDITURE</b>		
<b>CARE EXPENDITURE</b>		
Quality of Life grants	-	-
Children and young people grants	-	-
Equipment	-	-
AV expenses	323.00	-
Carer Grants	-	-
Payments to National Office	9,432.00	6,540.00
Other	250.00	-
<b>Total Care Expenditure</b>	<b>10,005.00</b>	<b>6,540.00</b>
<b>BRANCH ADMINISTRATION COSTS</b>		
Meeting costs	84.50	49.50
Printing, Postage & Stationery	306.19	308.36
IT costs	29.99	52.13
Information & Education	-	-
Other	-	-
<b>Total Branch Administration Costs</b>	<b>420.68</b>	<b>409.99</b>
<b>OTHER COSTS</b>		
Fundraising Costs	871.40	810.83
Other	16,798.73	313.22
<b>Total Other Costs</b>	<b>17,670.13</b>	<b>1,124.05</b>
<b>OTHER TRANSFERS TO NATIONAL OFFICE</b>		
Branch Annual Transfer	-	-
Donations (Research)	-	2,000.00
Purchases via MND (Sales) Ltd.	-	-
Chief Exec's Appeal & other donations	-	1,000.00
<b>Total Other Transfers to National Office</b>	<b>-</b>	<b>3,000.00</b>
<b>TOTAL EXPENDITURE</b>	<b>28,095.81</b>	<b>11,074.04</b>
Restricted Expenditure included above	-	-
<b>NET INCOME</b>	<b>(1,827.18)</b>	<b>2,002.40</b>
Movement in Restricted Funds	-	2,000.00

**MND ASSOCIATION**  
**Yorkshire Dales Branch**  
**Annual Return : Balance Sheet**  
**As at 31st December 2022**

	<b>2022</b>	<b>2021</b>
	£	£
<b>FIXED ASSETS</b> (total NBV from Fixed Assets schedule)	-	-
<b>CURRENT ASSETS</b>		
Cash at Bank - (cashbook balances)	7,534.68	9,361.86
Cash floats held	-	-
Debtors (items owed to Branch at 31 Dec.)	-	-
<b>Total Current Assets</b>	<b>7,534.68</b>	<b>9,361.86</b>
<b>CURRENT LIABILITIES</b>		
Creditors (items owing by Branch at 31 Dec.)	-	-
<b>NET CURRENT ASSETS/LIABILITIES</b>	<b>7,534.68</b>	<b>9,361.86</b>
<b>TOTAL NET ASSETS</b>	<b>7,534.68</b>	<b>9,361.86</b>
<b>GENERAL FUND</b>		
Balance brought forward at 1 January	7,361.86	7,359.46
Surplus/(Deficit) for the year	(1,827.18)	2.40
<b>General Fund Balance at 31 December</b>	<b>5,534.68</b>	<b>7,361.86</b>
<b>RESTRICTED FUNDS</b> (See Separate Analysis)		
Balance brought forward at 1 January	2,000.00	-
Transfer from Income & Expenditure	-	2,000.00
<b>Restricted Fund Balance at 31 December</b>	<b>2,000.00</b>	<b>2,000.00</b>
<b>TOTAL ACCUMULATED FUNDS</b>	<b>7,534.68</b>	<b>9,361.86</b>

**MND ASSOCIATION**  
**Yorkshire Dales Branch**  
**Calculation Of Branch Annual Transfer To Central Funds**  
**For the Year ending 31st December 2022**

**Calculation**

Net Current Assets	£7,534.68
Less: Restricted Fund Balance	£2,000.00
<b>Net Balance to be used to calculate Transfer</b>	<b>£5,534.68</b>
<b>Calculated 50% Transfer to Central Funds</b>	<b>£0.00</b>

**Allocation**

Please indicate preferences as to how the Branch would like the Transfer to be allocated (insert percentages to total 100%):

	%
Care	
Research	
Campaigning & raising awareness	
Volunteering	
Trustees discretion *	
<b>Total</b>	<b>0%</b>

\* Funds allocated here will be spent in accordance with the Association's agreed strategy

## FUNDRAISING UPDATE



Once again we say thankyou to anyone who has raised funds for the Branch. This includes one donation of £500 from a lovely lady called Wendy which when gift-aided gave us a further £100.

Jennifer sent us £60 instead of sending Christmas cards and some more grass cutting brought in another £102. Steve Hardcastle continues to climb in memory of his brother, having raised £520 in total so far and is still happy to receive donations

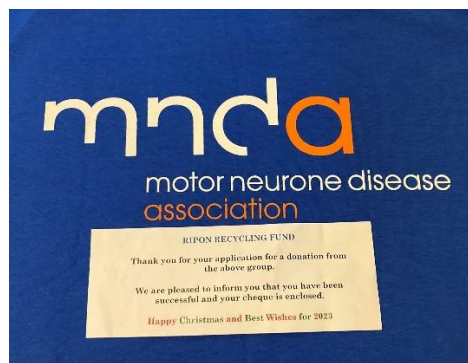
<https://www.justgiving.com/fundraising/climb-for-jez-and-mnda>

The Evening of Magic at Pannal Village Hall organised by the Village Hall committee to raise funds for us raised £575 with a further £23.50 donation linked to it. Graham from their Committee noted "It was an honour and a privilege to be able to use our Magic evening to raise money for such a worthy cause! One of my best friends (best man at my wedding) lost his mother to MND, so I have seen the devastating effect it can have on a person and a family. If the money we raised can go some way towards supporting those that are struggling with it at the moment, then we have at least done something positive with our time and efforts!! "All we had to do was do a bit of publicity and help sell tickets so a great event. Here is a photo of the organisers



We had a Christmas Tree at the Otley Christmas Tree festival (see earlier for photos) which raised £272 in donations with a further £200 donation from Royal Otley Rotary linked to this.

We also applied to the Ripon Recycling Fund and received a donation of £150.



We must also say thankyou to those who have sent such generous donations in memorium. Finally, not forgetting the monies from the Local Lotto, if you would like to join in then please have a look at the website and buy some tickets!

<https://www.thelocalotto.co.uk/support/motor-neurone-disease-association>

## A COUPLE OF SNIPPETS FROM THE NATIONAL WEBSITE

**Formula 2 driver makes the MND Association his chosen charity for 2023 race season** - As he embarks on the 2023 FIA Formula 2 Championship season rising star 17 year old Ferrari Academy driver Ollie Bearman will proudly display the MND Association's logo on his jersey and racing car for the entire 2023 season. Described as the hottest property in British motorsport, Ollie has already impressed the motorsport world with his skills and tenacity. This next step up into Formula 2 poses an opportunity for him to showcase his talent on the quest for his ultimate goal, a spot in Formula 1. Ollie expressed excitement about working with MND Association, stating that he is "honoured to support the MND Association", a charity "that does incredible work to improve care and provide support for people with MND." Richard Parris, Corporate Development Manager at the MND Association said: "This partnership with Ollie represents a fantastic opportunity to raise awareness of MND and the MND Association on the international stage. Formula One is one of the fastest growing sports in the world and we are delighted that a young talent with F1 in his sights can help make a difference to our work." Fans can follow Ollie's journey through the 14-round season when it gets underway at the Sakhir International Circuit, Bahrain, from Friday 3 March. His fundraising page can be found here <https://www.justgiving.com/campaign/racingtodefeatMND>

**Celebrating International Women and Girls in Science Day** – In mid February the MND Association noted it's pride in it's track record of funding talented women who have made vital contributions in furthering our understanding of MND. Currently, more than half of MND Association-funded non-clinical fellows are women and more than 60% of our current PhD studentships are held by women. Professor Janine Kirby, a neuroscientist leading research for the MND Association at Sheffield University and Sheffield Institute for Transitional Neuroscience (SITraN), says: "I have always been surrounded by great female leaders and mentors, as well as fellow students, in science. I have found it a very open and accepting sector to work in. If I had to give my younger self any advice it would be to work hard, believe in yourself and open yourself up to new opportunities. That way things will come your way." Dr Caroline Vance, senior lecturer at King's College and a leading authority in the study of MND and frontotemporal dementia, is also funded by the Association. She says: "I have always been encouraged by great teachers and I want to see more women in senior positions in scientific institutions. Change is happening and life in academia is becoming more flexible than ever. Times have changed in that respect." Caroline offered some advice to young girls thinking about a career in science. She said: "Put yourself forward for things, don't wait to be asked. There's nothing to stop you except yourself."

## TIME FOR LUNCH?



The Christmas lunch was great fun – so much so that nobody had time to take any photos!

Now that we are really getting post-covid the Branch has decided the time is right to reinstate the quarterly lunch.

Two dates have been planned so far - 24<sup>th</sup> May and 20<sup>th</sup> September - and everyone is welcome.

For more information  
please contact Libby by phone 07803 208139 or by email  
[libbywade22@outlook.com](mailto:libbywade22@outlook.com)

## FUTURE DATES FOR YOUR DIARY

The Rob Burrow Marathon takes place on 14<sup>th</sup> May 2023. The Association will have “cheer stations” for family and supporters along the route. More information will be published on our facebook page in due course.

Ripon Rotary Club are planning a fundraising Last Night of the Proms Event on 30<sup>th</sup> June 2023 at Holy Trinity in Ripon – watch our website for more information

North Stainley are having a Jubilee Garden Fundraiser on 23<sup>rd</sup> July 2023 – again keep an eye on our website and facebook page and when we have more information it will be posted there

The Annual Anne Walker Memorial Fishing Shield event will take place on 16<sup>th</sup> July 2023 in Heckmondwike – as with all the above more info will follow in due course.

## CHATTER

We aim to publish Chatter three times a year – apologies this edition is a little later than planned – if you have anything to contribute the next one is planned for publication in late May so do get in touch!

## WINNERS OF RECENT 100 CLUB DRAWS



Many thanks to all who are in the current 100 Club which runs until the end of March. Paperwork to join the new club from April 2023 has been sent out with this newsletter – a little earlier than normal but for those getting things by post, this means one stamp instead of two!

The following winners were drawn at our November committee meeting

August – Alastair Wade

September – Colin Chapman

October – Nicholas Clarke

November - Rosemary Pike

The following winners were drawn at our February committee meeting

December – Dave Seaman

January – Tom Raper

February – Nicholas Clarke (!)

## 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? It would be lovely to publish something from one of our members - just send your article to Ruth Pridmore

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.

### Branch Contacts

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Secretary, Ruth Pridmore – 01423 530764 [secretary@mndyorkshiredales.co.uk](mailto:secretary@mndyorkshiredales.co.uk)

Treasurer, Geoff Catley - 01423 870143 [treasurer@mndyorkshiredales.co.uk](mailto:treasurer@mndyorkshiredales.co.uk)

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[libbywade22@outlook.com](mailto:libbywade22@outlook.com)

& Margaret Thompson – 01423 870130

[margaret.thompson730@ntlworld.com](mailto:margaret.thompson730@ntlworld.com)

### National Contact Information

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