



north wiltshire group

newsletter

The Queen's Award
for Voluntary Service

Welcome to the October issue of our Newsletter

We really hope that you enjoy reading our Autumn newsletter. As a Group, we rely on the skills, time and dedication of our very precious volunteers and would like to hear from anyone who would be interested in joining us. You will see that there are several key roles that we would like to fill but are always interested in hearing from anyone who is looking for a new challenge, an opportunity to give something back, develop new skills and work with our friendly team. Give us a call for an informal chat!

You will also see the feature on helping us via the Swindon Lottery and how you can donate to us by text.

Enjoy reading!

With very best wishes,

Alison Aviss

Group Chair

The North Wiltshire Group can now accept donations by text:

**Text MNDWILTS to
70085
to donate £5**

to support MND North Wiltshire Group
helping local people with MND

Texts cost £5 plus one standard rate message

mnda
motor neurone disease
association

Registered Charity no. 294354

Volunteering

Volunteering: a win-win opportunity

In our 33rd Anniversary year, we are keen to further develop the service we offer to local people affected by MND and build upon our legacy.

Over the years, with hard work and dedication, we have moved from being solely a fundraising group to one that offers a wide range of services and support, strong campaigning and awareness raising and accepted as a 'respected partner' within the health and social care professional team, resulting in us being awarded the **Queen's Award for Voluntary Service** in 2019.

This has only been possible because of the vision, dedication and commitment of our team members. And in order to continue developing, we are looking for people to bring new ideas and skills.

Our group is dynamic, and over the years several people have worked with us to build their own confidence, develop skills that contribute to career progression and achieve a real sense of self worth. After they leave us they say how valuable their time with us has been.

As the poster (below) shows, we know we need help with fundraising, social media, administration and direct support for people with MND but we can and do create roles around individuals, taking account of their skills and wishes.

Volunteering with us is a two way street – you will get so much out of it too!

If you think this is you or someone you know, we would love to hear from you. Please email us at info@mndnorthwiltshire.org.uk or call Alison for a chat on 07976 155635.

MND Matters podcasts

Don't forget the series of podcasts launched earlier this year by the National Association. They explore a wide range of subjects alongside people living with and affected by MND. They are an extra information source for the MND community, and also raise awareness more widely.

Listen to episodes of using the link below or your usual podcast provider.

https://www.mndassociation.org/media/mnd-matters/?dm_i=40VS,1A0YA,2S9FAE,4M2N8,1



Fundraising

Swindon Community Lottery

Don't forget, if you play the **Swindon Community Lottery**, nominating **The Motor Neurone Disease Association North Wiltshire Group** as your designated good cause is an easy way to raise regular funds for the North Wiltshire Group.

It's simple to join. Go to:

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



QR code to nominate the Group on the Swindon Lottery

Use the QR code (below) to make it even simpler to nominate the MNDA North Wiltshire Group when you play the Swindon Lottery:



Mrs Scrump's Christmas Market

We are delighted to be invited to **Mrs Scrump's Christmas Market** on Tuesday **30th November** 2021, 10am-4pm, at Dauntsey Park House, SN15 4HT.

This is a wonderful opportunity to visit an original and exciting selection of stalls in a glorious setting, perfect for presents.

Refreshments and entry donations are generously being given to the Group.

Enquiries, see www.dauntseyparkhouse.com

Mrs Scrump's Christmas Market



Act to Adapt—national campaign

‘Every person with MND deserves to live in a safe and accessible home, without long delays and high costs.’

Last year, the national Association launched the **Act to Adapt campaign** to push for more accessible homes and a fairer and faster system for delivering home adaptations for people with MND. A year on, awareness of the problem has been raised, but throughout the country many councils are yet to act to provide solutions.

Research has revealed huge variation relating to local authorities’ home adaptations policies and the overall levels of support provided, with many councils continuing to fail people living with MND.

The Association has now launched the next phase of Act to Adapt. They are calling on councils in England to improve the support they provide by:

- ◆ Introducing a fast-track process for people with MND
- ◆ Removing financial assessments for Disabled Facilities Grants for people with MND
- ◆ Maintaining a register of accessible homes for people to move into

What can you do? Urge your local council to support Act to Adapt and act now for people with MND and other rapidly progressing diseases.

See the interactive map of local authority provision, click on [Act to Adapt \(mndassociation.org\)](http://mndassociation.org)

Swindon book to raise funds for the Group

Frank & Ernest: the life and art of Frank Ernest Quinton: 97 years dedicated to recording change in Swindon by John Stooke

John Stooke was a good friend of Frank Quinton who brought the changing landscape of Swindon to life with vivid watercolours which captured moments in time across 60 years. Following Frank's death in 2019, John decided to write a book about Frank's life, creations, and legacy.

The book costs only £12 and a set of 4 limited edition prints costs £15.

Any profits will be donated to support local people affected by Motor Neurone Disease.

The book is available from Swindon Central Library. John will also be doing book signings in various supermarkets and public events up until Christmas 2021.

Further details can be obtained by emailing:



secretary@mndnorthwiltshire.org.uk

Tadpole Garden Village Allotments' celebration

We were at Tadpole Garden Village Allotments on Sunday 5th September to help celebrate their second birthday. Thanks for the loan of the gazebo as we couldn't take ours!



The Mayor of Marlborough nominates the North Wilts Group

The Mayor, Councillor Mark Cooper, held a Civic Reception on 13th August to celebrate his appointment as Mayor of Marlborough 2021/22. The Mayor has nominated MND North Wiltshire Group as one of his charities and we were delighted to be invited to the event at Marlborough Town Hall. The work of our group is very close to the Mayor's heart, as we supported his father who sadly lost his battle with MND last year.



The Mayor with Alison and Barbara



Colleagues show their support for Laura

We are very grateful to the team at Morrison's in Chippenham, who raised £120 for the North Wiltshire Group by selling sweets to the staff. Staff member Laura's father was diagnosed with MND this year, and the team wanted to do something to help our Group in recognition of the support we are providing for the family.

Pictured: Sarah Vardakis, Community Champion, handing over the funds to Group Chair Alison

Local support for local people

Carer Support Group on Zoom — 20th October 2021 A Dietician Talks About Feeding



MND Zoom Support Group with Dietitian Weds 20th Oct - 7pm

Information on PEGs/Diet

Ella Warsop, Neurology/Home Enteral Feeding Dietitian in Gloucestershire, will be joining us on Weds 20th October 19:00-20:00 to deliver a presentation on Artificial Feeding and to answer any questions that you may have around diet for people living with MND.

The session is open to people living with MND and their carers/relatives/supporters. There will be an opportunity after the presentation to discuss any other topic that you wish and to seek support from the Association Visitors/Carers' Champions from MND Association South West Groups and Branches.

The Zoom link will be sent out via email a few days before.

Please get in touch to ensure that you are on our mailing list, or if you require any support in the meantime.

Tash Flintoff - carersupport@mndnorthwiltshire.org.uk - 07961821097

www.mndassociation.org

MND Association Francis Crick House, 6 Summerhouse Road, Northampton,
NN3 6BJ | Registered charity no. 294354 | Created in RightMarket - 9/10/2021 - 15:28:34



Things to Know

Useful Contacts

N Wilts Group website
www.mndnorthwiltshire.org.uk

N Wilts Group contact
info@mndnorthwiltshire.org.uk
or phone MND Connect

Facebook <http://www.facebook.com/MNDNorthWiltshire>

Twitter @MNDNorthWilts

Letters will be forwarded from:
**North Wiltshire Group, c/o MNDA,
PO Box 246, Northampton NN1 2PR**

MND Connect 0808 802 6262

MNDA national website
www.mndassociation.org

MNDA Volunteering Team
01604 611681

MND Benefits Advice Service
0808 8010620

Prospect Hospice 01793 813355

Dorothy House 01225 722988

Support Meetings

We are re-introducing face-to-face Support Meetings at The Lawns Community Centre, Guildford Avenue, Swindon SN3 1JL from 2pm-4pm on Tuesday **19th October** and Tuesday **14th December**. All are welcome to come along for a friendly chat, catch up with friends, see your Visitor over a cup of tea and the much missed cake!

Meanwhile, you can still **contact your AVs at**

alisonaviss@mndnorthwiltshire.org.uk
and
anitacreamer@mndnorthwiltshire.org.uk

Don't forget that you can still find information and advice at the numbers and addresses on the left.

For the Carer Support Group see the separate poster in this issue.

Vacancies

The North Wiltshire Group has vacancies for volunteers, including:

- ♦ **Social Media Officer** to take responsibility for our Twitter and Facebook presence
- ♦ **Fundraiser** to encourage local organisations to raise funds in aid of the Group

If either of these — or anything else! — might be you, email Alison for a chat at alisonaviss@mndnorthwiltshire.org.uk

MND Corona Virus Hub

For advice, FAQs and links to organisations providing up-to-date information visit

<https://www.mndassociation.org/about-mnd/coronavirus-and-mnd>

Contact the editor

The deadline for submission for the next issue of the newsletter will be **10th January 2022**. The editor would love to receive your news, comment and photos for inclusion: please email him on info@mndnorthwiltshire.org.uk
To **unsubscribe** from this newsletter email your name and 'unsubscribe' to secretary@mndnorthwiltshire.org.uk