

South East Wales Branch Newsletter

Mamma Mia Movie Matinee for MND



The 21st June is marked annually by MND Associations as a special awareness day, acknowledging the impact that MND has on people worldwide. This date is selected for the reason that it marks a solstice, seen by many as a turning point in the year - the start of a new season of hope.

To raise awareness this year, on **21st June**, the South East Wales Branch will be holding a **Mamma Mia Movie Matinee for MND**, at the Market Hall Cinema, Brynmawr. We chose this film, as not only is it very popular, but it is the 50th anniversary of Abba winning the Eurovision Song Contest!

The film will be shown at 1.00 pm on 21st June 2024 and tickets will be on sale at £7 each (which includes a donation to the MNDA South East Wales Branch). Doors open at 12.00 pm. Tickets will be available from Brynmawr Cinema, Deborah Gwilym - tel: 07969 009476 or email: dwilliams511@btinternet.com. Profits will go to MNDA South East Wales.

If you are unable to come along to the event, but would still like to donate, please do so via our Justgiving page: [Mamma Mia Movie Matinee for MND](#).

We are extremely grateful to our event sponsors - MWW Maintenance, PA Taxis and The Flyover Garage, and also to the Market Hall Cinema, Brynmawr, for supporting our event.

Message from the Chair

Welcome to the second issue of the South East Wales Branch newsletter, which is a round-up of the first quarter of 2024. As Chair of the South East Wales Branch, I would like to extend a heartfelt thank you to everyone who continues to support us.



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Caerphilly County Borough Council adopts MND Charter

In February, Judith Rice, our Campaigns contact, and Andrew Van De Weyer, Association Visitor, visited Caerphilly County Borough Council. They met with the Leader, Cllr Sean Morgan, and Cllr Elaine Forehead, Cabinet Member for Social Care, for the Council to adopt the MNDA Charter.

This is a positive step to further support people living with Motor Neurone Disease in the Caerphilly area. Cllr Elaine Forehead commented, "We are immensely proud to have adopted the MNDA charter and I look forward to working with and supporting the association further to ensure continued support is provided to those suffering from MND".

The MND Charter is a statement of the respect, care and support that people living with MND and their carers deserve and should expect.

The five points of the Charter are:

1. The right to an early diagnosis and information
2. The right to access quality care and treatments.
3. The right to be treated as individuals and with dignity and respect.
4. The right to maximise their quality of life
5. Carers of people with MND have the right to be valued, respected, listened to and well-supported.

Pictured left to right above:

Cllr Sean Morgan, Judith Rice (MNDA), Cllr Elaine Forehead, Andrew Van de Weyer (MNDA)

Members of the Branch had a good time at the 'Quiz Night at the Dodger', in February, in aid of the **Mayor of Newport's** charities.

We didn't win, but we had a lot of fun taking part and helping to fundraise for our Branch and Growing Spaces. It seems our forté is film anagrams, but we

think we should have had extra points for showing our workings out!!



Thank you **Cllr Trevor Watkins** for choosing Motor Neurone Disease Association - South East Wales Branch as one of your charities. It's very much appreciated.

Championing our Cause - Thank You!

Thank you so much to those staff at **Howells Solicitors** who are running for us and for Velindre Cancer Care in the Cardiff Half Marathon October 2024 and the Swansea Half Marathon 2024. We certainly appreciate your fundraising!

If you would like to sponsor Howells runners, please have a look at their Justgiving page:

<https://www.justgiving.com/crowdfun.../howells-solicitors...>



Thank you '**Men Do Sing**' for your support. Men Do Sing have gathered a group of fledgling individuals with no previous singing experience, and are being supported and mentored by the Risca Male Choir over a 12 week period.

Following this training, they will be putting on a Grand Concert Performance on 18th May at Rougemont School Theatre in Newport, South Wales.

Please support them by sponsoring their journey and also buying tickets to the Gala Performance - 'It will be a Night to Remember'.

[MenDoSing24 — Risca Male Choir](#)





Bobby's Coffee for MND

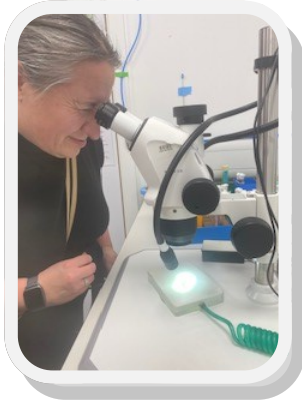
One of our supporters, Rob Baker, has created his own blend of coffee branded '**Bobby's Coffee**', which is locally roasted by South Wales Valleys coffee company, Big Dog Coffee.

Bobby's Coffee is available in 250g bags, either as beans or ground (for your cafetiere). It costs £10 per bag and all profits from the coffee sales are donated to the MND South East Wales.



Rob has already donated £800 to our Branch and if you would like to purchase Bobby's Coffee, you can do so by emailing Rob at bobbys.coffeeco@gmail.com

A visit to the Hadyn Ellis Research Centre



Two of our volunteers recently spent an interesting afternoon at the Hadyn Ellis research facility at Cardiff University.

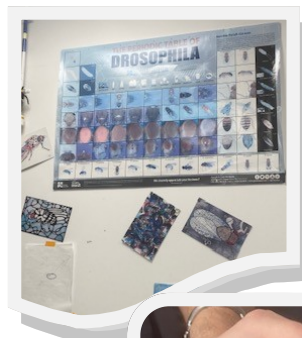
Some of their research is carried out on fruit flies - the *Drosophila*, which has played a starring role in biomedical research for some time.

Who knew that fruit flies could be so interesting!? Although they may not look like humans, these little fellas share a high percentage of genes that cause disease in humans, making them good models for researching genetic changes in MND.



They said that it was fascinating to look around the research labs, speak to Dr Owen Peters and the team about their

research into MND, and have an insight into the work that is carried out at the research centre.



The Hadyn Ellis Research Centre is a significant institution dedicated to advancing understanding of motor neuron disease.

We look forward to hearing more about the Hadyn Ellis centre's exciting research developments.

Fundraising

As a Branch we continue to try and deliver our core tasks for the people of South East Wales living with MND.

We would like to thank all those who completed events and fundraised over **£6,500** for the South East Wales Branch during the last three months.

- In memoriam donations
- Tannwen Saunders/Sharon Harford - Going the Extra Mile with Kevin Sinfield
- Anna and Susan Jones, auction event
- Raffle at Caldicot
- Online Fundraising
- Santander Foundation
- Robert Baker, donation from sales of Bobby's Coffee
- Monthly donation from a 'Friend of the Branch'
- Donations from 'Men Do Sing'
- Additional donations from Music for MND Justgiving
- General fundraising - Tannwen Saunders, Allan Tai Chi

- Two of our volunteers took part in the MND 15000 steps a day in January to raise awareness of MND and to raise much needed funds for those living with MND in our Branch area. Many thanks to Kimberley and her son, Max, and to Sharon for completing this Challenge.



Well done!

Thank you Abertillery Learning Community for supporting the MND Association, especially Mr Waythe who organised the fundraising event.



The Pupils took part in an 'exerciseathon' to raise awareness of MND and to raise funds for the MNDA. Mr Waythe then held a whole campus assembly to share the news with local families affected by MND that the school had raised £1335 for the MNDA.

Thank you to all those who donated and a huge well done to all the children taking part. Thank you!

Thank you everyone who came along to our stand at the Volunteer Fayre in February, at Ebenezer Church, Abertillery. It was great to have so much interest in our Branch and the work that we do.



It was also good to find out a bit more about other organisations and what they do in our area.

Supporting our Community

We are so grateful to everyone who has donated to us during the first quarter of 2024. Thanks to your donations and support, we have been able to provide grants towards a range of items, including:

- A house adaptation
- Bathroom adaptations
- A chair
- A bed

Thank

We have been able to give a 'Carer's Grant' towards the purchase of exercise equipment, enabling the carer to be able to exercise at home.

You

We have also provided a Quality of Life Grant to contribute towards the cost of therapeutic sessions, to help with the wellbeing of the applicant.

We couldn't do this without you. Thank you everyone.

For more information about the grants we may be able to provide, please see our website: <https://www.mndassociation.org/support-and-information/our-services/financial-support-information-for-people-with-mnd>

Forthcoming events

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| • Bucket Collection, Pontypool Tesco | 27th April |
| • Regional Conference, Cardiff | 9th May |
| • Mayor OF Newport Event, Glebelands Bowling Club | 10th May |
| • Men Do Sing Gala Performance, Rougemont School | 18th May |
| • Swansea Half Marathon | 9th June |
| • Mamma Mia Movie Matinee for MND | 21st June |
| • Promotion event at the Machen Show | 6th July |
| • Cardiff Half Marathon 2024 | 6th October |

We hope that you have enjoyed our newsletter. Any feedback or comments would be appreciated.

The next edition is due to be published in July. If you have any stories, articles or fundraising activities you would like to see in the next edition, please submit them via email to mndsew@outlook.com