

NW London Branch Newsletter Autumn/Winter 2024

Message from Co-Chairs

Welcome to our autumn/winter newsletter. Below is a list of the events planned for the rest of the year. We hope to see you at one of these events. Attached is the updated list of support groups. If you prefer to have a monthly update on email, please let us have your email address.

MND Matters: Sometimes emotional, sometimes humorous, always honest – MND Matters gives people affected by MND the chance to share their stories. The podcast, brought to you by the MND Association, tackles a host of subjects with the aim of sharing experiences, offering informal advice and support, and raising awareness. <https://www.mndassociation.org/get-involved/campaigning/take-action/mnd-guarantee>

Wheelchair Support: Please let us know if you are experiencing any delays or issues with your wheelchair that are affecting your quality of life. We are here to support you and ensure any problems you are facing can be addressed ASAP. Please contact wheelchairqueries@mndassociation.org

Volunteering Opportunities: The NW London branch is run entirely by volunteers and we are always looking for new volunteers to join us. Various roles are available subject to your time and skills. Please let us know if you'd like to discuss volunteering opportunities.

Cheryl & Sarah

September 2024

Autumn/Winter Events



Canalboat Trip

Date: Sunday, 29 September at 1pm for 1.30 departure
Departure Point: Nash Mills Recreation Centre, Hemel Hempstead, HP3 9TE

This is one of our most popular events and a true family-favourite. We travel along a beautiful stretch of the Grand Union Canal in a traditional canalboat. The boat is fully accessible and covered. Places are limited, so please register ASAP. The trip is open to people with MND, their carers and family. Children are welcome - they enjoy the trip too and love to help with the locks. Please let us know if you require assistance with transport. Please **Contact** Mo for joining instructions: Mo: 07876 793012 / modunning@btinternet.com



Branch Quiz and Art Sale

Date: Sunday, 3 November - 2.30-5pm
Location: St John's Hospice Day Room, 60 Grove End Rd, London NW8 9NH

We hope you will come along to our next branch get-together. This is a good opportunity to meet members of your local branch over a cup of tea and cake. We will be hosting a seasonal quiz with prizes and Sarah will be selling her unique art, as well as Christmas cards and printed tote bags. Please contact [Cheryl](mailto:cheryl.stroud@mndassociation.org) for further information: cheryl.stroud@mndassociation.org



MND Association Christmas Concert

Date: Thursday, 12 December
Location: St Mary's Church, Marylebone

The MND Association are holding their inaugural Christmas concert in December, bringing together the MND community, supporters and volunteers in the spirit of togetherness and hope. The event will feature carols and songs led by the renowned [London International Gospel Choir](#) and readings from special guests. Seasonal refreshments will be served and there will be a chance to purchase Christmas goodies. Special early bird price of £25 before the end of the month.

For further information and to purchase tickets: www.mndassociation.org/christmasconcert

BRANCH CONTACTS

NW London Co-Chair	Sarah Ezekiel	sarah.ezekiel@mndassociation.org	
NW London Co-Chair	Cheryl Stroud	cheryl.stroud@mndassociation.org	07855 750812
Area Support Coordinator	Abigail Igbokwe	abigail.igbokwe@mndassociation.org	01604 816573

MND CONNECT HELPLINE

MND Connect is available Monday to Friday between 9am - 4pm. Calls to this number are free from landlines and mobile phones within the UK and are confidential and do not appear on itemised bills.

Call us: 0808 802 6262 / Email us: mndconnect@mndassociation.org