



South East Wales Branch Newsletter

Amazing MeNDoSing sang their hearts out for MND

A huge thank you to **MeNDoSing24**, a group of fledgling individuals with no previous experience, who took on the enormous challenge of forming a choir in readiness to perform at a gala event, to raise money for the MNDa South East Wales Branch. The 12 weeks' training, supported and mentored by Risca Male Choir, culminated in the choir singing in a gala performance at Rougemont School Theatre, along with Risca Male Choir and Cwmbran Deaf Choir. MenDoSing 24 went way beyond their comfort zones to complete this challenge and were amazing! Thank you for raising over **£20,000** for our Branch, it is very much appreciated.

Thank you so much to everyone involved in this project. Judith Rice, our Vice Chair, says, "May I, on behalf of the South East Wales Branch, thank you from the bottom of our hearts for deciding to raise monies for our branch. This will help many people living with MND in our area."



Timothy Stone, Project Director

Message from the Chair

Welcome to the third issue of the South East Wales Branch newsletter. As Chair of the South East Wales Branch, I would like to thank every one of you who continues to support us.



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[SEWalesMND](https://www.instagram.com/SEWalesMND/)



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Jennifer Burgos,
Chair
South East Wales Branch



Glyn and his wife, Gwenllian

"A tribute to my father, Glyn Powell of Sennybridge"

by Bethan Powell



Gwenllian and daughter, Bethan

Earlier this year, Andrew, one of our Association Visitors, visited Bethan Powell and her mum, Gwenllian, to receive a donation to our Branch. We are grateful to hear Bethan's interesting account of her father's life, and the reasons behind why they made a donation to us in memory of her Dad, Glyn.

"My father, Glyn Powell, gave a lifetime of service to his community and to his nation. A veteran of the Korean conflict, he went on to a career in teaching History and was a beloved and respected Headteacher at Brecon High School. Glyn rose through the ranks of several organisations, serving various communities, including being President of Breconshire Young Farmers' Club.

"Having retired from teaching, he pursued his other love - farming - and was elected Vice President of the Farmers' Union of Wales, representing the interests of Welsh farmers during the challenging Foot and Mouth catastrophe. His highest accolade, however, was to be honoured with the Blue Robe and introduced into the Gorsedd of Bards at the National Eisteddfod in Tregaron in 2022 - an honour given to those who have made an outstanding contribution to their community and country. This was a fitting tribute to a man who contributed so much to his local community, the Welsh language and culture.

"Glyn was one of 5 children growing up on a farm in Crai but, sadly, lost a dear sister to MND. Myfanwy, known to all as Van, was born in 1934 and was diagnosed a week before Christmas 2005. She passed away on 9th June 2006, six months after diagnosis, aged 72.

"Van's daughter, Jane, explained that her mum's life would have been very different had it not been for the MNDA, which was her lifeline right to the end. They came to the house and warmly introduced themselves to the family.

"Due to the lack of movement in Van's limbs, she was unable to walk and eventually unable to lift her arms and hands. The MNDA fitted a push button control, that enabled her to open the electric curtains fitted for her, and to answer and open the front door to visitors. Adaptations were made so that she was also able to switch on the electric fire with a click of a button. In Jane's words, "To be able to keep Mum home longer, the MNDA provided extra support to care for her in the evenings. This was thanks to the generous donations made to the Association." After Van's death, Jane organised a fundraising event and raised a total of £4,000."

Bethan told us, "It was the experience of Van's condition and the support she and her family received that was the motivation for collecting donations for the MNDA in Dad's memory. He would have been overwhelmed by the generosity of family and friends, but it is a measure of the love and respect he engendered throughout his life of service. It is a fitting tribute to a man who touched and changed so many lives and I am proud to call Glyn my dad."

We are delighted to receive a generous donation from the Powell family for over £2,600. Thank you so much.



Andrew, Association Visitor, receiving donation from Gwenllian Powell



Donation from Tredegar Moose

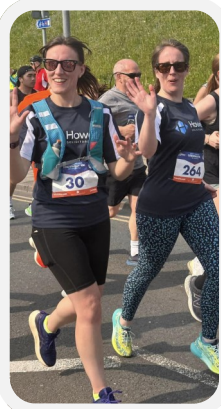
We were thrilled to receive a donation from the wonderful ladies of the Tredegar Moose, who generously presented us with a cheque for £2,500 raised via their afternoon teas and social events.

We're so grateful to them for them choosing us as one of their charities and it was lovely to meet them.

Championing our Cause - Thank You!

Continued support from Howells Solicitors

We are extremely grateful to Howells Solicitors for continuing to support our Branch as one of their charities this year. They have taken part in a number of events to support us, including wearing blue on Global MND Awareness Day.



Rhoslyn Baker and Rhiannon Dutt-Yeung ran in the Caerphilly 10K in May and the Swansea Half in June, and a team of around 12 will be running in the Cardiff Half.

Thank you to Howells for your generosity, support and commitment. https://www.justgiving.com/crowdfunding/howells-solicitors?utm_term=mbw6Y4An2



Mayor of Newport's Annual Charity



Thank you very much Cllr Trevor Watkins, ex Mayor of Newport, for choosing us as one of his charities during his year of office. Fundraising events during the year included a duck race at Cwmbran Boating Lake, the Mayor's charity Christmas concert, a quiz night at The Dodger and the Mayor's Farewell Supper. Cllr Watkins has also supported a number of our Branch events. We are extremely grateful to receive a

Richard Shackelford, Regional Fundraiser for Devolved Nations; Andrew Van De Weyer, Margaret Van De Weyer, Roseann Rothwell and David Rice, Branch Volunteers;

Ex Mayoress, Catherine Karlson; Ex Mayor, Cllr Trevor Watkins; Judith Rice, Vice Chair, MND SEW

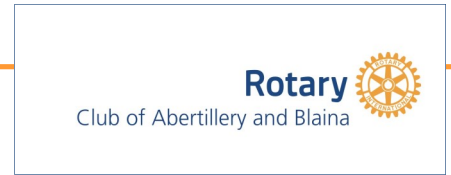
cheque for £8,165.

Thank you very much!



Tai Chi class balance yin and yang to raise money for MND

Thank you very much Patrick's Tai Chi class for your donation of £100, this is very much appreciated.



Local Rotary enjoy a brew for MND

Abertillery and Blaina Rotary spilled the beans about how they raised money for our Branch recently. They enjoyed a brew of Bobby's Coffee at several of their meetings and raised £185 for our Branch. Thank you! Bobby's coffee is available by emailing bobbys.coffeeco@gmail.com - profits from sales come to our Branch.

'Match for Mind Abergavenny'

Thank you very much to the Whisky Barrel Brothers and the Dugout Brothers who competed in the Match for Mind, to raise money for our Branch and for Mind Monmouthshire.

A massive thank you to everyone who took part and those who contributed raffle prizes, sponsorship and donations to help fundraise. A few of our volunteers attended the event and enjoyed the match and the entertainment on the day.

The brothers took some amazing photos and videos around the Abergavenny area - not only were they entertaining, but they did a fantastic job of raising awareness of both charities. Thank you.



We would like to thank **Pontypool Community Council**, who have chosen our Branch as one of their charities of the year! Good luck with your fundraising and thank you!

Easyfundraising

A big thank you to our amazing supporters who raise free funds for us on [#easyfundraising](https://www.easyfundraising.org.uk/).

If you're not signed up yet, please join today and you can raise free donations for [Motor Neurone Disease Association - South East Wales Branch](https://www.easyfundraising.org.uk/.../CR125/facebook/) every time you shop online. All the big names like John Lewis & Partners, Expedia, Argos, Just Eat and many more are ready to make a free donation at no extra cost to you.

Sign up today - <https://join.easyfundraising.org.uk/.../CR125/facebook/> Please try and shop locally and support local shops wherever possible, but think of us if you need your shop online. Thank you.

easyfundraising
Motor Neurone Disease Association South ... has signed up
12 supporters so far
easyfundraising Sign up

Fundraising

Mamma Mia Movie Matinee for MND

Thank you everyone who supported our cinema event on [#globalMNDAwarenessDay2024](#). It was very well attended and we raised over £1,000 for our Branch.

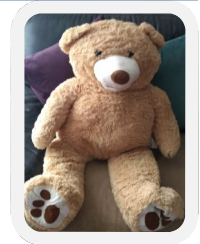
Special thanks to the Market Hall Cinema, to all of our sponsors, and to those who donated raffle prizes. Thank you to our volunteers and those who came to watch the film, for taking part in the raffle and for your donations to our Branch. Your support is very much appreciated.



Machen Show

Thank you to all those who attended the Machen Show, despite the terrible weather.

We had a tombola, lucky dip and 'name the teddy bear' competition and raised £210 for our Branch.



Tesco Bucket Collection

Thank you everyone who donated at our recent bucket collection in Pontypool Tesco, where we raised £268.



MND Information and Social Groups

It was good to meet individuals with MND, along with their carers/relatives at our recent information and social group in Insole Court, Cardiff. These groups provide a good opportunity to meet up with other people with MND and to share any tips, information or ideas that you think can help others.

The next group will be on Saturday, 26th October, at 11am, at Tredegar House, Newport.

There will be an all Wales virtual cuppa on Tuesday, 22nd October, at 11am, when the Benefits Advice Service will attend to share information about their work. For more information contact Carol Smith, Area Support Coordinator, on 01604 800615.

Supporting our Community

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

- A vehicle adaptation
- Counselling for a person diagnosed with MND
- Quality of Life Grant towards a holiday
- Quality of Life Grant towards moving house
- A bed
- A stairlift
- A table
- A bathroom adaptation



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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|------------------------------------|---------------|
| • Cardiff Half Marathon 2024 | 6th October |
| • Branch Meeting | 17th October |
| • All Wales Virtual Cuppa | 22nd October |
| • MND Information and Social Group | 26th October |
| • MND Information and Social Group | 19th November |
| • Branch Meeting | 21st November |

We hope that you have enjoyed our newsletter. If you have any feedback or comments, please get in touch.

If you have any stories, articles or fundraising activities you would like to see in a future edition, please submit them to our editor, Sharon Harford, via email to mndsew@outlook.com

