



EDITOR'S NOTE

Welcome back, or welcome to, this year's autumn edition of *Fightback*! As the days turn cooler, our newsletter stays snug full of heartening local fundraising stories, as well as national news, research, and campaigns updates to kindle your interest. There are useful resources under Any Other News, and you can also find details on upcoming coffee mornings and afternoons as well as bereavement groups.

We would like to thank Chris Brock for the photos of the Walk by the Sea to D'feet MND from the last issue.

As always, if you have a story you would like to contribute, or any useful resources to share, please send your written piece and any photos (with permission from the subjects) to emfawkesmnda@gmail.com. Please bear in mind the deadline which can be found on the Branch Information page. We look forward to hearing from you!

Emma Fawkes

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Norfolk, Norwich & Waveney Branch Website:

www.mndnorwichandwaveney.org.uk

Facebook: @MNDANorwichWaveney

Twitter: @MNDANorWave

Instagram: @MNDNorfolk

July Open Meeting

Sunday 21st July 2024

The open meeting was held at Upton Village Hall. It was a glorious summer's day, and for those that came along the event kicked off with tea, coffee, and good conversation on arrival. Everyone was then invited to enjoy the fabulous buffet prepared for us by Kelda's Kitchen. This was a real treat and included a delicious selection of sandwiches, savouries, cakes, and the most amazing cream scones! As is tradition, following lunch we held the raffle with lots of prizes to be won. This was very popular as usual, and raised £105. A big thank-you to our supporters, organisers, and caterers for putting together such a fantastic afternoon.

Thanks to Yuki for the photos which capture the whole event, from the delightful lunch to moments of connection.



Advance Notice of Next Open Meeting

Date: Sunday 17th November 2024

Time: 12:00-16:00

Location: Wortwell Community Centre, Tunbeck Close, Wortwell, Norfolk, IP20 0HS

Advance Notice of AGM

Date: Sunday 27th April 2025

Time: 13:00-17:00

Location: St Andrew's Church Hall, Eaton, Norwich, Norfolk, NR4 6NW



St Winnold Lodge Donation | 17th July 2024

The St Winnold Lodge of Royal Ark Mariners kindly donated £250 to support people living with MND in Norfolk. Pictured opposite, Worshipful Brother Keith Cootes presents the cheque to Jenny Mason at one of our regular coffee mornings held at Dobbies Garden Centre.



Postwick Village Hall Event | August 2024

On a weekend in August, a silent disco and raffle were held at Postwick Village Hall. The event was organised by Julie (left), pictured with her good friend Christine (right), and raised £1,250 from ticket entries, donations from attendees, Postwick coffee shop, the social club, and raffle prizes donated by Bannatynes, the Oaklands Hotel, and Bawburgh Golf Club. The ladies decided to donate to their local branch of the MND Association. Following the event, Julie would recommend a silent disco for fundraising, having gotten a price-match guarantee and charity discount from Silent Disco 4U.

Colin's Fundraiser | 10th August 2024

Colin Tovell formed Acle Rangers FC over 50 years ago, and it is the oldest football club in Norfolk. He decided to celebrate the occasion by raising funds for charity through a 50-mile cycle ride, and 20-mile walk, or for some ladies a 10-mile walk. A total of £6,900 was raised for 3 charities important to Colin. The first was Great Ormond Street Hospital where his granddaughter had a heart transplant over 10 years ago. The second was Dementia UK because of his friendship with Duncan Forbes, former player and captain of Norwich City FC who died from Alzheimer's in 2019, having lived with the



condition for 6 years. The third was the MND Association, due to his friendship with Paddy Murphy, former successful player, captain, manager, and President of Blofield United FC, who lost his life to MND last year. Malcolm is holding the cheque for £2,300 between Colin (right) and his son Martin (left) at Blofield Football Club.



Blofield United FC Fundraiser | 31st August 2024

At the end of August there was a cheque presentation at Blofield United Football Club with members of the Murphy family and the committee of the club. A magnificent sum of £3,270 was raised for our branch at the first league game of the season. As well as playing for points, Blofield competed against Brandon Town for the Paddy Murphy Memorial Cup, which the latter team won with a score of 2-1. On the day a large raffle was held with excellent prizes, alongside an auction of substantial donations. Our thanks to everyone involved.

Wymondham Rotary Satellite Group Donations | August 2024

On top of having made a donation to cover the cost of 12 months of coffee mornings, the Wymondham Rotary Satellite Group generously donated £400 to our branch which was used to fund 20 hand-held fans and a quality-of-life grant for a person living locally. We acknowledge these donations with thanks and would like to emphasise the gratitude of the recipients.



Cringleford Singers Donation | 5th September 2024

There was also a cheque presentation at the Patterson Club in Cringleford, Norwich with Margaret Smith, considered the 'Gareth Malone' of the Cringleford Singers! Margaret nominated our charity to receive the £1,000 of proceeds from the Singers' concerts, the

last being in July. Malcolm attended their rehearsal and sampled some of their singing, before telling them about MND and the work of our branch.



Coffee and Bake Sale | 7th September 2024

Friends Richard and Peggy Knights, and Lucy Hartland held a coffee and bake sale at Richard and Peggy's home near King's Lynn to raise some money and awareness

of MND. Over 30 people came along and enjoyed delicious cakes and beverages. £648.50 was raised for our branch.

Charity Ball
Fundraising Event
 IN AID OF THE MOTOR NEURONE
 DISEASE ASSOCIATION
FRIDAY 1st NOVEMBER
 by kind permission of
 the Holt Rugby Club
Tickets £75 per person
 (TABLES OF 8 OR 10 GUESTS)
 7pm - welcome drinks on arrival
 7.30pm - sit down for a 4 Course meal, by
 BAYFIELD CATERING
 Representative from MND to talk about the Charity
 • Pay Bar on the Night • Cash only Raffle • Charity Auction •
 • Music by The Ed Raisin Band • Carriages - 12pm Midnight •
 FOR TICKET SALES
 Email: info@bayfieldcatering.co.uk or Tel: 01263 741497
 Come and support this worthy charity and help us raise
 as much funds as possible, for the MND community

Thames Bridges 25km Trek | 14th September 2024

Below are some words from Emma Wright who undertook the challenge to support a relative with MND.

“My son Taran's much-loved Grandad (Derek) was diagnosed with MND 2 years ago at only 69 years old so that's why we chose to raise money and awareness of this cruel condition. He is now trapped in his body which is failing him. It's been truly devastating watching him deteriorate over the last 2 years, now totally bedbound and ventilated. I really couldn't have wished for a better Grandad for Taran (TJ), all the fun and laughter they shared as TJ has grown up. We are all heartbroken he's now facing this pain and suffering.

We chose this event as it just happened to fall on Grandma and Grandad's 50th wedding anniversary (14th September). We weren't sure Grandad would still be with us but he was determined to see their anniversary and see us complete the challenge. We went to visit him the day after to share our photos with him and show him our medals.

It was great to take on this challenge alongside TJ and my brother, Rob. We really couldn't have got through it without each other. The 25km was definitely more of a challenge than we were expecting! We enjoyed seeing the sights of London and the support from others along the way. The sense of achievement we all felt at the end and knowing we'd raised over £1,500 made it all worth it.

We hope the money raised can help other families in the same situation to know they are not alone and there is support out there. There is so much support and information available from the MND Association so hopefully our sponsorship means they can continue to keep providing this.”



Broadland Cribbage League Fundraiser | 2nd October 2024

Malcolm attended the AGM of Broadland Cribbage League at Acle Social Club. Funds were raised at two special tournaments and by popular vote by the members of the league, our branch was nominated to receive the proceeds. Featured in the photo is secretary and organiser of the league David Berry presenting a cheque of £350 to Malcolm.

Wheelchair Accessible Vehicle for Sale

There is a Peugeot Horizon WAV available for £8,500 ovno. It's diesel with automatic transmission, 34,500 miles, and its modifications include a ramp, four tethers, and an electric winch. It was first registered on 13.10.2016 and its service history is available. The vehicle is clean, tidy, and well-kept. There is viewing available at the NR18 area.

Please contact Lin at 01953601818 or maxmandu@gmail.com if interested.

Free Items and Items for Sale to People Living with MND

Please note that whilst we are able to offer a free advertising service, the Association requires us to advise that we cannot accept responsibility for the condition of the items advertised, and it is not endorsing or affiliated with any of the items being advertised. Arrangements for collection of free items or items for sale should be made directly between the buyer and seller. Where specialist equipment is concerned, you are strongly advised to seek advice from your occupational therapist as to suitability and health and safety requirements.



Wheelchair-Accessible Trails

The Norfolk County Council website has a page listing Access Tested wheelchair-accessible trails across the Norfolk countryside, with downloadable booklets for each which provide detailed information about the tracks, including maps, descriptions, and photos, also covering any possible hazards involved. Currently there are six Access Tested trails with more coming soon. The webpage can be found here: <https://www.norfolk.gov.uk/article/42882/Access-Tested-trails>

Euan's Guide

We would also like to raise awareness of the resources of Euan's Guide. It's a disabled access charity which focuses on improving everyday accessibility for disabled people, from conducting the UK's largest access survey to making accessible toilets safer. It's perhaps best known for Euan'sGuide.com, a disabled access review website founded in 2013 by the late Euan MacDonald MBE and his sister Kiki after he was diagnosed with MND. This website provides a space for disabled people, their friends, family, and carers to share personal experiences and research the accessibility of venues around the UK and beyond, giving people the confidence to visit new places. The review website can be found here: <https://www.euansguide.com/>





MND Matters: The MND Association Podcast

The MND Matters podcast is a space for people who are affected by MND to share their experiences and support one another. Hosted by Chris, Helen, Nick, and Steph, this podcast brings humour, emotion, and always honesty to its audience members. They tackle a whole host of topics with the aim of offering informal advice and support to their listeners whilst raising awareness of MND.

You can catch up with the most recent episode now or listen to previous episodes by following this link: <https://www.mndassociation.org/media/mnd-matters>, or by searching for 'MND Matters' on your chosen podcast platform.

The MND Association Online Forum

The online forum is another resource for anyone affected by MND. It is hosted by the MND Association, but the content is created by a wide range of people with the aim of offering first-hand experiences and medical, emotional, and practical support. It's worth mentioning that some may find the content difficult and/or distressing.

Anyone can access the forum to read the posts and gather information, but if you wish to post yourself, you will need to register.

To access or register, follow the link here: <https://www.mndassociation.org/support-and-information/our-services/online-forum>



MND Connect Helpline

The MND Connect team offer support and information on all aspects of MND, including practical management, symptom control, improving quality of life, clinical research, and signposting to other organisations.

The MND Connect Helpline **0808 802 6262** is available Monday to Friday between 9:00 – 17:00 and 19:00 – 22:30. Calls to this number are free from landlines and mobile phones within the UK and do not appear on itemised bills. You can also email the team at mndconnect@mndassociation.org

To find out more information, follow the link to the webpage: <https://www.mndassociation.org/support-and-information/our-services/mnd-connect>

2024/2025 Coffee Mornings and Afternoons - Held on Wednesdays

- October** 16th for Notcutts | 30th for Cherry Lane
- November** 13th for Online | 20th for Notcutts | 27th for Cherry Lane | 20th for Dobbies
- December** 11th for Online
- January** 8th for Online | 15th for Notcutts | 29th for Cherry Lane | 15th venue TBC
- February** 12th for Online | 19th for Notcutts | 26th for Cherry Lane
- March** 12th for Online | 19th for Notcutts | 26th for Cherry Lane | 19th venue TBC

Wymondham Rotary Satellite Group has made a donation to cover the costs of our coffee mornings for the next 12 months. We would like to record our appreciation of their generosity. Hopefully we won't need to cancel any meetings due to unforeseen circumstances, but updates will appear on: <https://www.mndassociation.org/support-and-information/local-support/branches/norfolk-norwich-and-waveney-branch/>. There's no need to let us know you're coming to the coffee mornings. For face-to-face meetings, please take a lateral flow test on the day to reduce the risk of spreading infection to people with MND. We'll replace this when you arrive so you're not out of pocket. For 2025 the venue for the King's Lynn meetings will change due to closure; the new venue is yet to be confirmed.

Locations:

- Notcutts Garden Centre:** Daniels Rd, Norwich, NR4 6QP **Time:** 11:00 – 13:00. These informal gatherings are hosted by Malcolm, Sue, Clare, Anne, and others for people with MND, their carers, and friends.
- Cherry Lane Garden Centre:** Beccles Rd, Fritton, Gt Yarmouth, NR31 9EU **Time:** 11:00 – 13:00. These informal gatherings are hosted by Judy and Colleen for people with MND, their carers, and friends.
- Dobbies Garden Centre:** Campbells Meadow, King's Lynn, PE30 4WQ **Time:** 14:30 – 16:30. These informal gatherings are hosted by Jane and others for people with MND, their carers, and friends.



Online Zoom Coffee Mornings:

Time: 11:30 – 13:00
 These are friendly informal gatherings hosted by Malcolm, Sue, Clare, and other volunteers, for people with MND, their carers, and friends. Drop in at any time and leave when you need to. Email clarelowery93@gmail.com if you would like to receive the link. These may be discontinued; attendees will be redirected to a regional online meeting instead.

Donations

- Anonymous - £60.00
- PEW - £30.00
- St. Winnold Lodge - £270.00
- CB - £20.00
- PT - £50.00
- Gunton Woodland Burial Trust - £250.00
- EG - £14.64
- JMcM - £30.00
- Wymondham Rotary Satellite Group - £400.00
- WB - £70.00
- Aviva - £333.33
- Cringleford Singers - £1,000.00
- RB - £70.00

Donations & Fundraising

received with thanks

Collection Tins

- Holt Grocers - £46.84
- Wymondham Station Bistro - £9.92
- Junction 21 Tea Rooms - £123.91
- Fundraising**
- Upton Raffle - £105.00 and sale of merchandise – £56.00
- Sarah Lusher London to Essex Ride - £625.00
- Walk by the Sea to D'feet MND - £654.96
- Hansells Charity Golf Day - £1,172.50
- Melles Walk in memory of Les White - £2,210.00
- Postwick Social Club Silent Disco - £1,250.00
- Acle Rangers FC in memory of Paddy Murphy – £2,300.00

- Blofield FC in memory of Paddy Murphy – £3,270.00
- Martin Burnell raising awareness - £500.00
- Lisa and Emma's bake sale - £228.11
- Helen Cossey in memory of Barry Norman - £3,032.50
- JM, sale of cards, wristbands etc. - £70.00
- MNDA stand at Hoveton Village Fete - £113.49
- Donations in Memory of**
- Petula Pitts - £132.70
- Internal Transfers**
- Gift Aid - £392.33
- Bank Interest - £510.16

Tofersen Update | July 2024

Frustratingly, the National Institute for Health and Care Excellence (NICE) hasn't changed its position on assessing tofersen through the Single Technology Appraisal (STA) route.

As a reminder, tofersen is a treatment which has been shown to slow the progression of MND in people with the SOD1 genetic variation. This affects around 2% of the MND population, with an estimated 60 - 100 people living in the UK. Though the MND Association and leading MND clinical experts have advised the drug should be assessed through the Highly Specialised Technology (HST) route which is designed for treatments aimed at small populations, NICE confirmed it will use the STA route which will likely make tofersen inaccessible to patients through the NHS.

The MND Association has had ongoing conversations and meetings with representatives of NICE and the pharmaceutical company Biogen that developed tofersen, and there are plans to launch a public campaign to raise awareness of what we believe is an unjust decision.

Biogen has an early access programme currently open to people with SOD1 MND. If you have this variation and are not taking tofersen but would like to, please speak to your consultant. You can read more here: <https://www.mndassociation.org/media/latest-news/mnd-association-update-tofersen>

Concerns Voiced over Loss of Winter Fuel Payment | August/September 2024

People with MND are particularly vulnerable to high energy costs and many struggle with financial hardship. Due to the muscle wastage and loss of natural bodily insulation caused by MND, many people with the condition require a consistently warmer environment, as well as a range of powered equipment, which altogether results in much higher energy bills especially in winter. Earlier this year, the Winter Fuel Payment had been limited to people



receiving means-tested benefits; the processes of means-testing don't take into account the additional costs of living faced by people with MND.

Tanya Curry, our Chief Executive, wrote to Rachel Reeves MP, Chancellor of the Exchequer, to highlight our concerns over the decision and the impact this will have on people living with MND. She drew attention to findings from our 2023 *Through the Roof* report which investigated the impact of the cost-of-living crisis on people with MND, finding that for some people bills amounted to £10,000.

Additionally, on 12th September, a letter highlighting the impact of the decision was handed in by the MND Association at the Treasury Offices in London, signed by over 40 MPs from 8 different parties.

We continue to raise awareness of this issue and seek a solution. The most up-to-date article can be found here: <https://www.mndassociation.org/media/latest-news/over-40-mps-eight-parties-sign-mnd-association-letter-questioning-government-over>

With the article on Tanya's letter here: <https://www.mndassociation.org/media/latest-news/mnd-association-chief-executive-voices-concerns-chancellor-exchequer-following>



The Love Inside Campaign Nominated for Awards | September 2024

The Love Inside was the MND Association's first television advertising campaign in a decade, featuring the stories of 5 people affected by MND and aired to coincide with the recent storyline on Coronation Street.

Launched in January, it starred Mike Sumner, his wife Zoe, Louise and Rob Jordan, and Mike Small, appearing in advert breaks between episodes of the series as well as advert breaks for This Morning and Loose Women. It was also published in Radio Times, Women's Own, and Chat.

At this year's Third Sector Awards it was shortlisted for Communications Campaign of the Year and Best Large Charity Film, and it narrowly missed out on an award to Lark for Wellbeing for Women and CoppaFeel!.

Though it lost out on an award, the campaign had a hugely positive impact, having encouraged more than 7,600 to sign up to hear more about the Association's work and many to pledge to donate. You can continue to support the campaign at this link: <https://www.mndassociation.org/about-us/who-we-are/raising-awareness/mnd-tv-advert-the-love-inside/mnd-takes>

MIROCALS Trial Update | September 2024

A publication date for the results of the MIROCALS Trial which tested Interleukin-2 as a treatment for motor neurone disease is still yet to be confirmed, as is a reason for the delay. A patent application has been published online that includes further, but incomplete, data than the initial press release, though this is normal for the development process.

The Association previously met with ILTOO Pharma, the pharmaceutical company engaged by the Consortium, who confirmed that in the UK, at least until the final data is released, the Managed Access Programme (MAP) is only available to people with MND who were on the trial.

The Association appreciates and shares the frustration caused by this situation and has been preparing for all potential outcomes as well as remaining committed to working with other MND charities to ensure people with MND have equitable access to safe, proven treatments as quickly as possible. The Association has also remained in dialogue with key decision-makers like the regulatory bodies.

An FAQ has been created as a singular point of reference on the Association's part in the Consortium, which can be found here, along with the most recent update: <https://www.mndassociation.org/media/latest-news/mirocals-our-latest-update>



All-Party Parliamentary Group (APPG) on MND

The All-Party Parliamentary Group (APPG) on MND is a cross-party group of MPs and Peers with an interest in motor neurone disease. The purpose of the group is to increase awareness and understanding of MND amongst parliamentarians and to campaign for better access to high-quality services for people affected by MND.

When Parliament was dissolved on Thursday 30th May, all APPGs, including the APPG on MND, were dissolved.

With our new government, the APPG is re-forming at the inaugural meeting to be held on 26th November. The MND Association provides the secretariat for the APPG on MND and is currently working with MPs and Peers to get the Group re-formed. We would love to see our local MPs attending meetings and hopefully becoming members.

Sue Heal, in her role as campaigns contact for the branch, has emailed an invitation to each of the 11 MPs in Norfolk and Waveney, and to Lord Bellingham, branch patron, together with a request that they consider becoming members. So far, Jerome Mayhew, MP for Broadland and Fakenham, James Wild, MP for Northwest Norfolk, and Lord Bellingham have all agreed to become members. In addition, Ben Goldsborough, MP for South Norfolk, and Clive Lewis, MP for Norwich South replied to say they hope to attend the meeting. Others may reply later.

If you haven't already, please do invite your MP to join the APPG here: <https://ecampaigns.mndassociation.org/page/156649/action/1>. Please write even if your MP has already responded; this shows the strength of support for the APPG amongst their constituents. As always, thank you for your help!

Follow-up to the General Election Campaign

After the General Election Sue emailed each of the new MPs across Norfolk and Waveney to congratulate them on being elected. She outlined our 5 priorities for this parliament which range from accessible housing, access to treatments, and improved cost of living support, to sustainable social care, and support for MND carers. Her email also asked for a meeting within the first 100 days of the new parliament to discuss how motor neurone disease impacts people and how they can support constituents



living with and affected by MND. Sue met her constituency MP, Ben Goldsborough of South Norfolk, at Wymondham Garden Centre on 9th August. He was in listening-mode and interested in the issues raised, particularly support for carers. He expressed an interest in knowing what training might be available for his case workers re-MND. Sue followed up the meeting with a list of resources initially put together by Liz Cooper, our area support coordinator.



In addition, Sue added a link to the MND Association's newly-created page dedicated to NHS funded Continuing Healthcare:

<https://www.mndassociation.org/professionals/management-of-mnd/nhs-continuing-healthcare-chc>

She also included links outlining some of the support the Association offers to people living with and affected by MND. Ben was delighted to pledge his support.

Rupert Lowe, MP for Great Yarmouth, has agreed to a meeting as soon as he has acquired an office and staff.

Sue has received automatic replies from Steff Aquarone, MP for North Norfolk, Alice Macdonald, MP for Norwich North, Terry Jermy, MP for South West Norfolk, Jess Asato, MP for Lowestoft, and Adrian Ramsay, MP for

Waveney Valley. The gist of their replies is that they have yet to establish an office and full staffing so it might take longer to respond to emails.

Thank you to everyone who has offered to join Sue in meeting their constituency MP. If you are interested in meeting your MP with Sue, please email susan.heal@mndassociation.org

Norfolk County Council Consultation

On 5th August Norfolk County Council Cabinet agreed to adopt Option 1, which will change the Adult Social Services Non-Residential Charging Policy to bring the Minimum Income Guarantee (MIG) in line with the Government's rate for 25 – pension age for all adults aged 18 – pension age, and implement the changes to the policy for services received from 4th November 2024.

We were disappointed with this result; our submission to the consultation expressed our concerns and strong

disagreement with Norfolk County Council's proposals to reduce the Minimum Income Guarantee, which is the amount set aside to cover your everyday expenses when you receive local authority arranged home care.

If you are applying for adult social care there is a range of useful information available on the County's website. It is good to note that they include a section on disability-related expenses.

<https://www.norfolk.gov.uk/article/41853/What-to-bring-to-the-financial-assessment>



Neurological Nurse Specialist for the Wider Norwich Area

Those who live in North, South, East, or West Norfolk will be aware of the support that people living with MND receive from their specialist neurological nurse who is able to make home visits. However, we have been aware for several years that there is a commissioning gap in relation to specialist neurological nurse support for the wider Norwich area (Norwich, Blofield, Brundall, Acle, and Drayton). Helen Copsey worked up a full business case which was accepted a few years ago and Sue Heal (MND Association campaigns volunteer) diligently keeps a check on progress! Whilst the absence of provision is recognised by the Norfolk and Waveney Integrated Care Board, investment is required and the funding is not available.

Earlier this year, Sue Heal wrote again to ask what steps are being taken to actively rectify this gap in service delivery for people with MND. This led to a meeting between Helen Copsey, the MND Association, the head of community commissioning, and the associate director for local commissioning (NHS Norfolk & Waveney). It was clear that they are acutely aware of the need and importance of these services, and genuinely wish to help. We all agreed to co-produce a revised and updated business case. Work has begun and we will stay in contact to maintain the dialogue.

The less good news is that the first opportunity for its consideration is in April 2025, and there is no certainty that the business case will be accepted or that the money will be available to fund provision of a solution. Regardless, we will not be giving up!

Meanwhile, if you are a person with MND living in the Norfolk and Waveney areas and are in need of support, please contact your team for assistance. Where possible Helen will always endeavour to see people at home in the Norwich area.



Bereavement Groups and Meetings

Sandringham Coffee and Walks

There is an informal group for bereaved family members, friends, and carers to get together for coffee and a walk meeting at The Restaurant in the Courtyard at Sandringham. They start on Saturday mornings at 10:30 on the following dates: Feb 8th, Apr 12th, June 14th, Aug 9th, Oct 11th, and Dec 13th. Some people travel from Norwich, Fakenham, and the Broads area. If you are interested in a lift/car sharing, or require any other information, please get in touch with janelewis321@btinternet.com

Norfolk Library Bereaved Friendship Group

There are other informal friendship groups for bereaved adults run by Norfolk Library Service which offer a space to support each other and share information about other services. Bereavement Cafes are currently taking place at the following Norfolk libraries (Sept 2024): Caister, Costessey, Cromer, Dereham, Dersingham, Downham Market, Gaywood, Gorleston, Great Yarmouth, Holt, Hunstanton, King's Lynn, Martham, Mundesley, North Walsham, Sheringham, Sprowston, and Taverham. Further details about dates and times can be found on the 'What's On' page at the website www.norfolk.gov.uk/libraries, or by emailing libraries@norfolk.gov.uk

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Disclaimer: *The views expressed in this newsletter are not necessarily those of the MND Association. The products and services mentioned or promoted should not be taken as recommendations by the Association, who cannot be held responsible should any complaint arise.*

We would like to keep in contact with you about the important work we do. If you do not wish to receive further information, please contact Grace Fleming at mnda.norfolkwaveney@gmail.com or write to Norfolk, Norwich and Waveney Branch, c/o MND Association, Francis Crick House, 6 Summerhouse Road, Moulton Park, Northampton, NN3 6BJ.

Please pass this newsletter on to people who may be interested.



Newsletter Editor: Thank you to all who have sent photos and stories for inclusion in our newsletter. The deadline for receipt of articles for the next edition is **19th February 2025**.



If you would like to talk to someone about MND,
please contact our MND Connect team on **0808 802 6262** or email

mndconnect@mndassociation.org

Visit our online forum: **<http://forum.mndassociation.org/>**

Website: **www.mndassociation.org**

Registered Charity no. **294354**

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MND Association National Office: **01604 250505**