

South Bucks Branch

July 2010

Next Open Meeting

To be arranged –
details will be
published on the
Branch web site and
in a future
Newsletter

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We're running and walking to beat MND!

Running 'for Pops'

Joanne Warren is in training for the Great North Run on Sunday 19 September, which she is doing in memory of her father, John Walliker, who lived in Waddesdon and who died of MND last November, a year to the day after his diagnosis was confirmed.



The photo shows her having just completed a 10k hilly, hard run in Brackley last month. The Great North Run is tough, and if you would like to sponsor her, you can do so at www.justgiving.com/forpops

'Walk to d'Feet MND'

Our next main event is the walk that we organise every year as part of the Association's national fundraising programme 'Walk to d'Feet MND'.

The team – "The South Buckaneers" – are, as in the past few years, going to walk round the Pednor Loop, starting and finishing at The Queen's Head, Church Street, Chesham – very conveniently placed for refreshments afterwards! And there is plenty of free parking in the nearby Water Meadow car park.

The walk is a relatively easy and largely level 5 mile circular route on tarmac roadway, and everyone of any age is welcome to join us – with wheelchairs, prams, buggies, even well-behaved four legged friends as well!

The date is Sunday 11 July, starting at 11:00 – please come along and join us!

If you would like to help by raising funds amongst your friends, family and colleagues, and would like a Sponsorship Form, please contact either the Branch Chairman, Richard Coleman, on 01494 713861 or the Secretary, Vicki Walduck, on 01494 728719. Or you – or anyone else! - can donate on-line at: http://uk.virginmoneygiving.com/team/South_Buckaneers

Last Open Meeting

Many thanks to all of you who joined us on Saturday 19 June for our visit to the superb gardens of Bledlow Manor, Lord Carrington's house. We had an excellent turnout, the weather was reasonably kind, our army of cake and biscuit



makers had done a sterling job beforehand, and the gardens looked excellent!

We were pleased to welcome Kirstine Knox, the Association's Chief Executive, seen here chatting with local MP David Lidington, who also joined us.



Later in the afternoon, Kirstine drew the raffle for which the main prize was an iPod Shuffle, kindly donated by John Lewis plc.

Petition presented to No. 10

On 21 June *Sunday Times* columnist, Chris Woodhead, who is living with MND, handed in our petition to No. 10 Downing Street calling for the Government to produce a National Strategy for MND. A copy of the petition has also been sent to the Deputy Prime Minister, Nick Clegg MP. Following the delivery of the petition to Downing Street Chris Woodhead, who successfully launched our campaign back in February, and many representatives from our Branches and Groups from across the country, were joined by MPs and other parliamentarians at a reception in the House of Commons.

The petition was just one of a series of campaign activities aimed at piling up the pressure on MPs and the Government. It has given a great start in raising awareness of the campaign, but we need to keep strengthening our voice and keep up the momentum. In the next issue of *Thumb Print* there will be enclosed a postcard for members of the Association to send to the Prime Minister, David Cameron MP.

If you receive *Thumb Print* please send this postcard to the Prime Minister to let him know that you support the campaign for a National Strategy for MND, and that he should too. Another thing you could do is to write to your local MP and ask him or her to join the All Party Parliamentary Group on MND, to show support for a National Strategy for

MND. You can do this very easily - just go to www.mnd2010.org/contactyourmp and send an email or download a letter to your MP. If you do not have internet access, please call 020 8551 2152, and the template letter to your MP will be sent to you in the post.

Disabled access information online

A relatively new website called Disabled Go allows you to search for a whole range of accessible services. This includes hotel accommodation, restaurants, pubs, hospitals, etc. The listings have been surveyed, with photographs and detailed information about access, e.g. entrance, reception areas, toilets etc. Not only do they include photographic evidence, but often dimensions of rooms and, in some cases, details about heights of beds, bathroom facilities etc. The database of access information is being progressively extended and can be found at www.disabledgo.com/

2010 Raffle

Don't forget that the Association's 2010 raffle has been launched!

The funds raised by every ticket sold by a Branch are retained by the Branch, and so will help improve the lives of people living with MND in their local area. We have received our first allocation of raffle tickets, and with your help, we are looking forward to the 2010 raffle being a great fundraising success for us.

If you would like to have tickets to sell among family members and friends, please contact our Branch Secretary, Vicki Walduck, on 01494 728719.

Collections

We always need help with our collections. If you are prepared to help for an hour or so, please contact either the Branch Chairman – see below for his number – or Vicki Walduck, Branch Secretary, on 01494 728719. Our next major collection will be on Friday 16 and Saturday 17 July at the Maidenhead Waitrose.

Branch and National Office contacts

If you wish to contact the Branch, please call either the Chairman, Richard Coleman on 01494 713861 or Roger Curry, Branch Contact on 01494 715732, or visit the Branch web site at www.mndasouthbucks.org. The National Office number is 01604 250505, and MND Connect is 08457 626262.

