



### MOTOR NEURONE DISEASE ASSOCIATION NORTHERN IRELAND BRANCH NEWLETTER

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 National Website [www.mndassociation.org](http://www.mndassociation.org)

A warm welcome to you all again, Sorry its been soooooo long, that's my fault.

#### The Caring Caretaker To Continue his links with MND

The Branch is very happy to be linked for a second year with Mr. Davy Boyle. Davy's effort for 2008 ensured a cheque for £10,000 came the way of the Branch after over many events and 200 hours in the cold over Christmas during his sit out. Check out the pictures online. The events he has planned for this year so far are as follows:

7th Mar Tesco Coleraine - Door Collection  
 18th Jul Asda Coleraine - Bag Pack  
 31st Jul British Legion Dance - Ballymoney - £5 in  
 24th Sep Railway Arms Quiz - 8pm Teams of 4 = £10  
 8th May Golf Day at Castlerock - Special Rate for the day - We need some Four Balls so contact the club directly  
 13th Jun Jail and Bail - Contact Darren Cheevers for details  
 26th Sep Sponsored Walk - 9am start Coleraine / Portstewart / Portrush and back - sponsor forms available now or pay £10 on the day  
 and the big one 7th Dec to 24th Dec (ex Sundays) The Sit Out.

#### Committee Member Darren Cheevers sets his sights on Challenges in 2009

After completing my first ever Triathlon last year in Ballyronan I'm taking part in the Mazda London Triathlon on 01/08/2009 to again raise money for MND to help with care and research in NI and the UK. As well as this event I will again be competing in the Larne Half Marathon, the Belfast Marathon as part of a relay (we still need one more person so any takers give me a call), the Ballyronan Triathlon and the Lisburn 10k. I also hope to compete in a few other races in 2009. My target for the London Triathlon is a min £500.00 and I have set up a justgiving web page to hit the target. It's easy to sponsor me online by credit or debit card - just go to my Justgiving page - [www.justgiving.com/darrencecheeverslondontri](http://www.justgiving.com/darrencecheeverslondontri)

Justgiving sends your donation straight to Motor Neurone Disease Association and automatically reclaims Gift Aid if you're a UK taxpayer, so your donation is worth even more. I hope you'll join me in supporting Motor Neurone Disease Association. Currently I am at £260.00 but I hope to raise over the min. I am looking forward to London as its one of the biggest events for participants in the globe so to be a part of that would be great.

If anyone else is competing in these events or their own and would like to raise money for MND then we can provide sponsor forms, running vest and t-shirts to highlight the cause. It was great to see everyone last year in the marathon with the vests on. Just check out the website for all local and national events and get in touch so we can support you.

#### Updated NI Website - Go on have a look, you will, you will, you will

Last newsletter we reported we had a new committee member in Arthur Newell; well we wasted no time in putting him to work. For evidence of this please look at the new and improved MND NI Website. The address is [www.mndani.com](http://www.mndani.com).

The website is hopefully going to be one of our main ways of communicating with the public about whats happening or what has happened in relation to the branch and the disease. We have details of events, links to the National Website & other useful sites; news items, photos and you can also download our quarterly newsletter. We hope in the near future opening a chat room where people affected in any way by MND can talk online and share their stories, so keep an eye out for that.

Also for all other developments keep an eye on the website.



### Walk to D'Feet - Any ideas?

We as a branch are always looking to the public and families affected by MND to get in touch with ideas about raising funds and to let us know what they are doing so we in turn can support them. We would like to be at a stage where we are helping from the start when people organise events.

Currently we often only find out they have happened when a cheq arrives or we are contacted to arrange the collection of money. The one event we would like help with this year is the annual Walk to D'Feet. Either organize your own small walk or we are trying to arrange a walk that everyone can attend. If you fancy suggesting a place to walk or doing your own walk email us or call us direct on the numbers below and we will do our best to help with T-shirts and sponsor forms.

Last year we walked the length of Stormont in the beating rain and numbers were small due to the weather. Should anyone want to get in touch they can do so by phone, letter or email.

Hopefully it wont be as long next time to the next one. Chat soon.