

South West Wales Branch

Newsletter

Welcome to the bumper Spring/Summer 2026 edition of our Branch Newsletter.....

It's been an incredibly busy and inspiring few months for our charity branch. From fundraising events to awareness campaigns, the energy and commitment across the team have been remarkable.

This is your Branch and whether you've organised an event, taken part, donated, or simply helped spread the word, every contribution has made a real difference. It's this collective effort that continues to drive our impact forward.

Most importantly, we want to say a sincere thank you. Your fundraising, your time, and your ongoing support are what make all this possible. The awareness you're raising and the funds you're generating are helping to support vital research, care, and advocacy for those living with MND in our community area and across the UK.

As a Branch our Primary aim continues to be the provision of support and care to our local people living with MND, their carers, family and friends, so that no one faces MND alone. We never lose sight of the HOPE of a World Free from MND

We've also seen an important milestone with the Motor Neurone Disease Association's recent rebranding. This marks an exciting new chapter, helping to strengthen the organisation's voice and reach even more people affected by MND.

It's a reminder that while the challenges remain significant, progress is always possible when people come together with purpose. And for the first time HOPE is turning into EXPECTATION.

As you read through this newsletter, we hope you feel proud of what we've accomplished - and inspired for what's still to come. Thank you for being part of it.



We won't rest until EVERY DAY COUNTS. We won't rest until NO ONE FACES MND ALONE.
We won't rest until MND IS TREATABLE AND ULTIMATELY CURABLE

Who are we & what do we do?



We are the South West Wales Branch and cover a huge area: Bridgend, Neath Port Talbot, Swansea, Carmarthenshire, Pembrokeshire and parts of Ceredigion up to Aberystwyth.

As a branch we typically meet virtually once a month and welcome anyone who feels they would like to join us.

If you would like to support your local area but cannot commit to a role in the branch, you could join our community of volunteers.

The MND Association provides advice, support, and financial help and at a local level this is provided by our branch.

Every year across the UK around 5000 people receive a diagnosis of MND. There is no cure and life expectancy from diagnosis can be as little as 6 months. MND kills a third of people within a year and more than half within two years of diagnosis.

As motor neurones cease functioning the affected person experiences an accumulative series of symptoms that gradually wear down the body's ability to move, speak and ultimately breathe.

We have seen an increase in recent months in the number of people being diagnosed in the area which means we need funds more than ever to be able to support them.

With MND the body's deterioration can be rapid, and our financial funding scheme is vital as we are able to work quickly to issue support funds to the person concerned. Statutory grants can take weeks and even months which in the case of MND can leave the person without the equipment or modification they need.

This local support includes financial funds to help the person living with MND to live as normal a life as they can.

We provide the Wellbeing Fund for funding for a wide range of needs: stairlifts, riser recliner chairs, electric wheelchairs, walk in shower conversions, bio bidets, communication aids, vehicle adaptations etc.

We also supply funding for help with laundry, respite for MND patients and their carers. This can be nights or weekends away or just for someone to sit for an hour or two for a carer to have their hair done, a pint in the pub with friends or just to spend an hour out of the house. Sometimes it is only £15 for a food blender but it makes all the difference, and no amount is too small.

Our volunteer Association Visitors are available to those who wish for us to contact them. They will visit and offer support and guidance; they also hold coffee mornings and afternoon chats.

We are grateful for any funds or donations to our local branch which allows us to allocate the monies to people in our area immediately without having to wait for Head Office approval.

Donations received **£20,000**
Fundraising **£46,000**
Financial Support **£53,000**
Transfer to Head Office **£4,500**

You can donate direct to our Branch via our page www.justgiving.com/page/sww-branch-mnda

130 applications were funded, which included the following:-

- Recliners
- Ramps
- Wet room adaptations
- Electric Wheelchairs
- Driving lessons
- Holidays
- Laptop
- Help with transport
- Mobility Arms
- Cutlery
- Stairlifts
- Beds
- Car repairs
- Breaks away for Carers
- Supporting Carers hobbies
- Emergency dental care
- Tumble Drier
- Gardener

Additionally, the branch funded 62 Heating Grants
Total cost of this support amounted to £53k

Who are our Association Visitors ?

Association Visitors (AVs) perform a vital role in supporting people affected by motor neurone disease – both those with the disease and those close to them. All our Visitors are volunteers who have been carefully selected and have undergone a thorough training programme.

Our Visitors are based in the local community as members of a team and usually have contact with people over the phone, via e-mail or will visit them in their own home.

Following a diagnosis of MND it can sometimes be difficult for people to know where to turn. The Association visitor can give you the opportunity to talk about your feelings and let you know what help is available in your area. This can help to reduce the sense of isolation some people affected by the disease can experience.

What you can expect from your visitor:-

- free and confidential emotional support for as long as it is required
- practical advice and accurate information that is tailored to meet your individual needs and at a time when you request it
- knowledge of the effects of the disease and how the Association can help
- information about other sources of help
- liaison on your behalf with the Community Support Co-ordinator (CSC) and the local branch or group
- awareness of and help to meet the changing needs of you and your family
- help for you and your carer(s) to identify problems as they arise and discuss with you your choices for how they might be managed
- follow up and support requests made by the CSC for help from the statutory/voluntary agencies or MND Association National Office
- acceptance and respect of your choices and wishes

Currently it is not possible to have an AV available for all individuals but there is ALWAYS support available from the branch, please do not hesitate in contacting us.

Meet some of our association visitors on the next page.....

Meet some of our AVs

Paul Mason

I am an Association Visitor and interim Secretary for the South West Wales Branch of MNDA.

I mainly cover the Swansea, Neath Port Talbot and Bridgend areas.

I help organise the monthly coffee mornings at Morgan's Hotel in Swansea and the Caeffatri Inn in Bridgend. I am also involved in fundraising activities within the Branch area.

I make home visits and keep in contact via texts and email and some phone calls too.

After losing my wife Tracey to MND in April 2023, I have wanted to provide support to people living with and affected by MND.



Lis Cousins

I am an AV in Pembrokeshire.

I hold monthly Coffee Mornings at the MS Hope Centre in Neyland.

I make home visits and phone contact when I can.

I occasionally attend clinics too.

I try and be there for people with MND and their families.



Frances Rees

I have been in this role for approximately 12 years.

I discovered such a role existed after an employee of the MNDA came to my then workplace and gave a talk to my team.

I remember she gave us all a large, square, marshmallow and told us to hold it in our mouths until it melted of its own accord. It took ages for the marshmallow to disappear, but this was to demonstrate what it might be like to have the difficulty of swallowing experienced by a person with MND.

During my years as a visitor, I have met the most wonderful people. I see my role as one of support and this can take many forms. If I don't know the answer to a question, I can usually find out and report back.

One of my favourite activities is to attend the monthly clinic as a 'meet and greet' person. It is here that I can link up with known people with MND and meet newly diagnosed people. It is at this stage I can introduce myself with a view to doing a home visit. Not everyone requires this but may appreciate the odd phone call.



South Wales Care and Research Symposium

Cardiff University hosted the South Wales Motor Neuron Disease Care and Research Symposium on June 26th. The afternoon was attended by an audience of over 50 MND researchers, clinicians, patients and community member.

Organised by Dr Owen Peters from Cardiff University, and South Wales MND Care and Research Network lead Caroline Bidder, the meeting brought together MND researchers and clinicians from across South Wales.



Several early career and senior scientists presented results from ongoing pre-clinical lab projects from Cardiff and Swansea University. Post-doctoral researcher Dr Uroosa Chughtai from Cardiff University gave an overview of her exciting MND Association funded project investigating the contribution of inflammation in MND. Also from Cardiff, Dr Lewis Watkins presented early-stage analysis of inflammation related blood biomarkers in MND and Frontotemporal dementia. Representing Swansea University, Professor Bill Griffiths gave an overview of the role cholesterol and other fats may play in MND. Moving to a clinical perspective, MND Research Nurse Dymphna McAleer gave an overview of ongoing clinical studies running in South Wales, and a rousing call for appreciation of the essential work of nurses in MND treatment.

Alongside local researchers, the Symposium audience heard from University of Sheffield based clinical researcher Professor Chris McDermott, who leads the ongoing EXPERTS-ALS clinical trials for MND. Professor McDermott described the objectives of the study and approach to patient recruitment. Dr Alex Thompson from Oxford University described the ongoing ACORN study, which is building a study cohort of patients that have a genetic form of MND. Two major charities supporting MND Care and Research were also in attendance, with Dr Brian Dickie and Dr Medina Kara discussing the wider work of MND Association and My Name's 5 Dottie Foundation respectively.



A highlight of the Symposium was a Community Perspective talk given by Kate Bryon. Kate gave a moving overview of her experience of losing a close family member to MND, the challenges they faced locally and her motivations to continue supporting the MND community through her role as lead of the Cardiff and Vales MND Association local branch.

Welsh Politicians urged to pledge time for MND



In February, the MND Association launched our [Amser i MND \(Make Time for MND\)](#) campaign.

We're asking Senedd candidates to take forward the asks from our MND Manifesto for Wales: 2026 and beyond.

Based on feedback from the MND community, healthcare professionals and other key stakeholders, the MND Manifesto for Wales identifies five key areas to focus on with the aim of improving the lives of people living with and affected by MND in Wales.

- Universal health and care provision across Wales
- Secure and accessible housing
- Supporting MND carers
- Championing MND research
- Changing the political landscape in Wales

We urge all political parties and all candidates to commit to our asks to help us achieve a Wales where MND is treatable and curable, and everyone can access the care they need when they need it.

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AI Voice Services

Individuals can contact **ElevenLabs** directly if they wish to explore their AI voice services. Their platform allows users to upload recordings and generate a personalised synthetic voice, and many people affected by MND have found it helpful—especially when looking for a more natural-sounding alternative to traditional computerised voices.

Please note that ElevenLabs is based in the US, so response times may vary due to time zones. While the MND Association can provide **free access codes** to eligible individuals, any direct engagement with ElevenLabs (such as technical queries or integration support) would need to be handled by the individual or their representative.

If you need any further advice MNDconnect are there to assist mndconnect@mndassociation.org or 0808 8026262

Message in a bottle

Lions Clubs Message in a Bottle is a simple but effective way for people to keep their basic personal and medical details where they can be found in an emergency – the fridge. The information is found on a standard form and in a common location.

Message in a Bottle helps emergency services personnel to save valuable time in identifying an individual quickly and knowing if they have allergies or take special medication.



Paramedics, police, fire-fighters and social services support Lions' life-saving initiative and know to look in the fridge when they see the "Message in a Bottle" stickers. The initiative provides peace of mind that prompt and appropriate medical assistance can be provided, and next of kin / emergency contacts can be notified.

Bridgend Lions Club is working with surgeries, pharmacies and other bodies to distribute these bottles to those who need them.

If you would like more information, want to request Message in a Bottle kits, or can help us with their distribution, please [contact us](https://bridgendlions.org.uk/message-in-a-bottle/) at <https://bridgendlions.org.uk/message-in-a-bottle/>

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Seagull Pub Quiz

July - at the Seagull Pub in Porthcawl. 🦅 A huge thank you to the team for selecting us, the South West Wales branch of MNDA, as their monthly charity. We had a blast joining the Friday pub quizzes (even if our scores weren't always the highest!) and selling raffle tickets.

Thanks to your generosity, **£483** was raised through quiz entry fees and raffle sales to help those affected by motor neurone disease. 💖 Every pound truly makes a difference.



Phils 10k by the sea



Former Bridgend Raven, Scarlets & Dragons professional rugby player Phil Price, one of our Patrons (pictured right) – took on the Porthcawl 10k on July 6th to raise vital funds for MNDA.



Bucket Collections



We were fortunate enough to run bucket collections in Dec and Feb at Tesco, Bridgend. Over the two days we raised a fantastic **£1337**.

A huge thank you to Tesco for their continued support and to all who participated and helped organise.



Woodman Golf Day

The Woodman Golf Day was held at Fairwood Park Golf Club on Friday 26th September. 18 golfers participated followed by an evening at the Woodman pub, Blackpill. An auction of various items & monies donated throughout the day raised **£2664** for the MNDA. A massive thank you to everyone involved.



Max Boyce



South West Wales Branch were delighted to be given the opportunity to hold bucket collections in Sept & Oct at Max Boyce's concerts at the Swansea Arena. MNDA is a charity very close to Max's heart.



A whopping **£1006.14** collected on the first night, followed by **£1658.42** on the second night.

Swansea Philharmonia

In December at St Davids Church in Neath the Swansea Philharmonia performed a concert which helped raise **£600** for SWW MNDA. Plus, an additional **£250** raised by Lloyds Banking Group matched giving. Massive thank you to Jenny McAdie and all who participated.



Christmas Carol Sevice

On December 20th, the Bridgend Male Voice Choir and Broadlands Community held a festive sing-along at Broadlands District Centre.

At the event local community councillor Sarah Philpin presented the branch with a cheque for **£1000**



Richard pedals to Paris

Richard Cook, cycled from London to Paris last year and raised over **£1900**.

As part of the buildup, he and his son (pictured right) cycled outside the Asda & Tesco in Swansea to help raise awareness and funds.

Richard works at DVLA, Swansea – who chose the MNDA as their 'Charity of the Year'



Alan Thomson

Alan was diagnosed with MND during lockdown in 2020. He swam 400m in May assisted by his wife Michelle and the team at Sandville Self Help Foundation in Bridgend.

Alan regularly attends sessions at the pool, something which Michele says has helped to improve both his physical and mental wellbeing. She said "We're all so proud of him and how much he's achieved"

Alan has helped raise over **£3000 !**



Rodeo Evening



On 21st November our branch members were invited to attend a very successful and fun filled Rodeo evening in aid of MND at Penybont Football Club, Bridgend.

The night was organised by Rhian Morgan, in support of her sister Meryl and raised an incredible **£2511.04!**

Maternal Harmony

On December 19th at Hope Chapel Jan & Jon spent a joyful evening of songs and carols with Maternal Harmony Choir raising funds for South West Wales Branch MNDA to support their member Meryl Morgan with her MND journey.



Sadly, Meryl passed away on 1st January 2026.

Jan & Janice attended an emotional choir practice in January with Maternal Harmony to receive their generous donation of **£2000**.



Spring Fayre

A Spring Fayre at the Bryntirion & Laleston Community Centre on March 21st was organised by Cllr Sarah Philpin in memory of her friend Jan Price – and on the day, the event as a whole raised an amazing **£483.45** by selling a selection of gifts & homewares on numerous stalls. (Sarah is pictured left together with Chairperson Jan Fisher at our branch stall)



Kevin Sinfields 7 in 7 Challenge - Swansea



Over **£5590** raised over the event which saw Kev visit Wales & the Swansea area on Day – of his epic 7 in 7 Ultra Marathons challenge. Kevin & his team visited the Swansea.com stadium, the DVLA offices, Gorseinon RFC, Dunvant RFC, Army Reserve Centre & Swnasea Bay Sports Park.



Traceys' South West Challenge

Tracey Stephens completed the gruelling South West Coastal Path ultra marathon challenge. Just under 7 hours of tough hills to negotiate, Tracey with her friends Tessa Goldchild and Angela Fallows in support, conquered the course and raised over **£1780** for the branch.



Simon completes Cardiff Half Marathon

Committee member Simon James ran the Cardiff Half Marathon back in October, proudly wearing the MND colours.

Simon raised a brilliant **£950** from sponsorship and is looking forward to running in this years event too.



Steve conquers the Newport Half

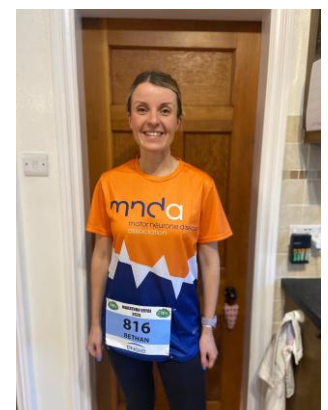
Steve Jones took on the Newport HM and raised a fantastic **£1278** for our branch.

"In April 2024 my father was diagnosed with MND, from the outset the MND Association were fantastic they provided all the info my mother and father needed and more but the thing that really amazed me was the financial support they provided. Early on I wanted to give something back and as I ran a bit I thought I'd raise money that way, initially I decided to run a half marathon as the furthest I'd ran was about 9 and a half miles but as I trained more and inspired by my mother and father's attitude in the face of adversity I upped it to the full Marathon. At times it was tough but the least I could do to give back to such an amazing organisation"



Bethan's marathon effort

Bethan Lewis took on the infamous Eryri marathon (Snowdonia), in support of her uncle (Eurof Davies) who has since sadly passed. Her heroic efforts raised a magnificent **£2442.50** in sponsorship.



Thankyou Maimie

Our lovely Swansea coffee morning group enjoyed a festive Christmas lunch on the 18th December.

The event was an opportunity to present our longstanding volunteer Maimie Davies with a certificate of appreciation for over 20 years volunteering as an AV, committee member and treasurer!

Maimie has made the decision to step down from the committee and take a very well earned rest! She will be very sorely missed! Thank you Maimie for all you have done in the fight against MND



Summer Ball

On July 25th we have organised a celebratory ball at the Towers Hotel, Swansea to acknowledge the fundraising of the 'Crazies' over the last 13 years.

The evening will recognise and celebrate the various challenges the team have undertaken, as well as raising more awareness and funds at the event itself.

Live music, good food and auction on the night.

Everyone is welcome. If anyone requires tickets please contact Justin Hostettler-Davies on 07837 848007.

In aid of the MND
Celebratory Ball
OMEGA BLEND - 3 COURSE MEAL - SPEAKERS

MNO Association | **South West Wales**

THE OMEGA BLEND

£50 Ticket
includes Raffle/Auction

SATURDAY 25th July
For tickets contact Justin H-Davies 07837 848007

Black Tie / Doors open at 7 PM
At Towers Hotel, Swansea

A promotional poster for a celebratory ball. It features the MNO Association logo, the text 'In aid of the MND Celebratory Ball', and 'OMEGA BLEND - 3 COURSE MEAL - SPEAKERS'. There is a photo of a band performing and a microphone icon. The date is 'SATURDAY 25th July' and the location is 'At Towers Hotel, Swansea'. Ticket information is also provided.

Fundraising

Its been a fantastic few months for fundraising and we would like to thank all our supports and those who have helped raise vital awareness and crucial funds for the SWW Branch MNDA.

Greenfield Baptist £450
Soul Night Merlewood Hotel Saundersfoot £243
Seaside Stitchers Porthcawl £810
Neath Ukulele £193
Parish of Killay £2000
Garth Womens Institute £100
Steve Jones £1278
Bryn Celynnog Comp £263
Carol Thomas - Princess of Wales Hospital £110
Seagull Pub Porthcawl £470
Cantorion Llanmadog £737
Bridgend Round Table £200
Woodman £2664
Rodeo Night Penybont Football Club £2511
Maesteg Golf Club £1500
Swansea Philharmonia £850
Tesco Bucket Collections Dec and Feb £1337
The Con Club Ogmere Vale £125
Craft Club Laleston £200
St Mary's Church Tenby £500
Laleston Community Council £1000
Maternal Harmony Choir Bridgend £2334
Morrison Ladies Choir £110
Bonfire Night Collection Broadlands £150
Cantorion y Gwyr £630
Llanelli Bowling Club £500
Bridgend Male Voice Choir £233
Swansea Excelsior £2100
St Hilary's Church £2000
Neath Polyphonic Choir £1000
Heart of Johnston Community £350
Alan Thomson £3000
Welsh Baptist Church - Sisterhood of Ruhamah £400
Jan Fisher £2695
Laleston Fayre £483

Hike & Bike 4 MND

In August a group of 35 took part in Hike&Bike4MND which saw half the group walk around Anglesey for 2 days (30 miles a day) whilst the other half cycled (approx. 80 miles a day) around the island & North Wales coast.

On Day 3 the two groups joined together and climbed Snowdon – twice !

It was a gruelling weekend but a very inspiring one. People once again putting themselves out of their comfort zones to raise much needed awareness and over **£6200** for our branch.



This latest challenge sees the overall total raised by Justin Hostettler-Davies and his Crazy Gang hit approx. **£210,000 !**

Huge congratulations to the following participants & a massive thankyou to our sponsors.

- | | |
|-----------------|--------------------------|
| Chris Banner | Justin Hostettler-Davies |
| Rachel Banner | Hellene Hughes |
| Cullen Beynon | Janine Hutchinson |
| Deena Beynon | Simon James |
| Andy Chick | Luke Jones |
| Darrell Clarke | Tom Lamb |
| Gary Cox | Paul Miles |
| Karen Davies | Adrian Mills |
| Leighton Davies | Phil Paice |
| Paul Evans | Dai Rees |
| Anthony Fagan | Morgan Rees |
| Iestyn Fagan | Caio Ribeiro |
| Matthew George | Anthony Thomas |
| Barbara George | Richard Walsh |
| David George | Matthew West |
| Rhys George | Matthew Willis |
| Ian Henry | Andrew Woodgate |
| Mark Hewitt | |



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Walk to D'Feet – Newbridge Fields, Bridgend

Back in June 2025 – we raised an amazing **£2206** from our Annual Walk to D'Feet. Over 200 participants joined us on a dry crisp Sunday morning.

Following on from the huge success of last years Walk, we are returning to Newbridge Fields in Bridgend on **Sunday June 28th**.

You can pre-register by contacting Justin on 07837 848007 or simply turn up on the day.

We look forward to seeing you all !



Annual Walk to d'feet MND



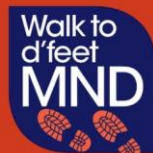
Sunday 28th June | Newbridge Fields, Bridgend

Please meet at Newbridge Fields - Bowls Centre Car Park.
Registration starts from 10.30am - Walk starts at 11.30am.

£7.50 entry (U16 Free) - t-shirts are provided.

Walk as many laps of the field as you wish.
Wheelchair/Pushchair/Dog Friendly.
South West Wales Branch: www.mnda-sw-wales.org

For more information - please contact Justin Hostettler-Davies on 07837 848007



MNDASouthWestWales @mnda_walessw

MND Association | South West Wales

www.mndassociation.org
MND Association Francis Crick House, 6 Summerhouse Rd, Moulton Park, Northampton NN3 6BJ
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South Wales Care Network

Since 1990, the MND Association has developed a number of MND Care Centres and Networks across the UK including the [South Wales Care Network](#) based out of Morriston Hospital, Swansea.

They improve the support and co-ordination of services for people living with MND. They also promote effective, integrated working between health, social, research and voluntary sectors.

They do not replace an individual's existing care team but work in partnership with them to promote and develop effective service delivery.

If you are in any doubt about where you can receive care and support, your [MND Connect](#) will be able to help you.

Resources for Carers

There is a range of updated resources for carers on our website here:

<https://www.mndassociation.org/support-and-information/for-carers/support-for-carers/>

This includes carer **wellbeing audio and video resources** led by two experienced practitioners (scroll down towards the bottom) – please do share these resources with carers you are in touch with, as we would really value feedback on these

There is a facility to add **support groups or events for carers** here:

<https://www.mndassociation.org/support-and-information/local-support/carers-groups-and-events/>

Please can you all use this to add any event or group which can be accessed by carers in your area and encourage branches & groups to do the same

There is a section specifically for **bereaved carers** here: <https://www.mndassociation.org/support-and-information/for-carers/bereavement-support/> and a **new forum thread: living with bereavement** alongside the existing **caring for someone with MND** thread here:

<https://forum.mndassociation.org/forum>

This has all been developed by the bereavement/end of life working group – please do share these resources as required.

Support Funds

The Motor Neurone Disease (MND) Association can offer some financial support to help with:

- cost of living support to help with upcoming household bills and food shopping
- funding equipment, technology and services that people with MND have been assessed as needing

The MND Association supports thousands of people and families in our community affected by the disease by giving non means tested grants



- funding to support the wellbeing of a person with MND and their family (non-paid carers and children/young people living with someone with MND)

These are not in place of any statutory funding that should be available; however, we can assist with obtaining statutory funding or funding from other charitable organisations.

Who can apply for Support Funds?

Applications to the Everyday Living and Technology and Innovation Support Fund must be completed and supported by a qualified Health and/or Social Care Professional. This is because the Health and/or Social Care Professional will have to assess the equipment, adaptation or technology as being appropriate for the person with MND.

The Wellbeing and Cost of Living Support Fund application forms can be applied for by the person living with MND, a family member, volunteer or health and social care professional.

For more information please visit: -

<https://www.mndassociation.org/support-and-information/our-services/financial-support-information-for-people-with-mnd>

Coffee Mornings

Swansea

Sir Galahad Room, Morgans Hotel, Somerset Place, Swansea SA1 1RR

Time : 11:00 till 12:30 (Parking is available opposite the hotel)

Thursday 21st May 2026

Thursday 18th June 2026

Thursday 16th July 2026

Thursday 20th August 2026

Thursday 17th September 2026

Thursday 15th October 2026

No November Meeting

Thursday 17th December 2026

This is a drop-in event, but we would be grateful if you could let us know if you will be attending. For further information, help with transport or for details of future events please contact Frances Rees on 01792 203841

Bridgend

Caeffatri Restaurant & Bar, Castle View (off Coity Road), Bridgend CF31 1N

Time : 11:00 till 12:30

Monday 18th May / Monday 15th June / Monday 20th July / Monday 27th August

Monday 21st Sept / Monday 19th Oct / Monday 16th Nov / Monday 21st Dec

This is a drop-in event, but we would be grateful if you could let us know if you will be attending. For further information, help with transport or for details of future events please contact Janice Hayter on 07859 929322

Pembroke

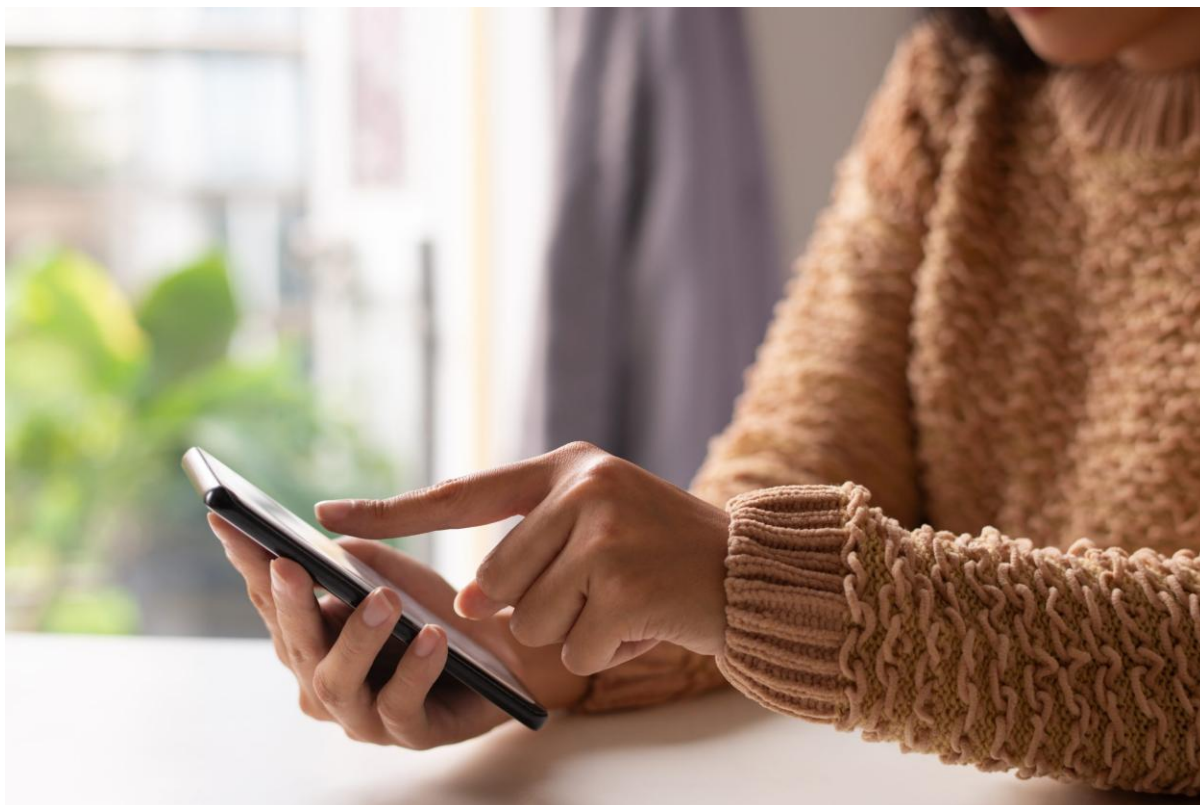
Hope Centre, 38 Honeyborough Rd, Neyland, Pembrokeshire SA73 1SE

Time : 11:00 till 12:30

Monday 18th May 2026 / Monday 15th June 2026 / Monday 20th July 2026

This is a drop-in event, but we would be grateful if you could let us know if you will be attending. For further information, help with transport or for details of future events please contact Lis Cousins on 07775 812987

MND Research from Home



You can now take part in MND research without having to travel.

In collaboration with researchers at the University of Sheffield, we've created a secure online platform that makes it simple for people living with MND to join studies, share their experiences, and help accelerate discoveries, all from home.

For more information, please visit the ukmndri.org website.



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GET IN TOUCH

If you have any financial queries around funding, please do not hesitate in contacting our treasurer - Email Janice.hayter@mndassociation.org or phone 07852 929322



Join Our Group

We have a WhatsApp group of volunteers who can volunteer at any event they choose.

Find out more today

To be added to our WhatsApp group please contact Sian on **07960 891958**

As always, please do contact the committee if you have any news or events you would like to see featured in the newsletter and promoted through our social media channels.

Facebook – search for **MNDA South West Wales**

Please visit our website at

<https://www.mnda-swales.org/>

We are looking to increase the locations that hold collection tins.

So, if you know of a shop, club, pub etc that would be willing to take a tin, please contact our treasurer on **07852 929322** or email Janice.hayter@mndassociation.org



Help make every day matter

With a range of volunteering opportunities available across Wales, find yours today.

Email volunteering@mndassociation.org to find out more.



We won't rest until EVERY DAY COUNTS. We won't rest until NO ONE FACES MND ALONE. We won't rest until MND IS TREATABLE AND ULTIMATELY CURABLE.

Useful Contacts

MND Connect offers support, information and advice to people living with MND, health and social care professionals, staff and volunteers.

mndconnect
0808 8026262
mndconnect@mndassociation.org

The South Wales MND Care Network is a network of healthcare professionals providing specialist care and support across South Wales. The South West Wales office covers our area and can be reached on 01792 703705 or by email abm.southwestwalesmnd@wales.nhs.uk

Branch Contacts

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This newsletter was published by the South West Wales branch of the MND Association. If you no longer wish to receive information from us, please contact Janet.fisher@mndassociation.org or a member of the committee listed.

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