

Having attended many of these meetings with my late father, John Francis, it was easy to understand why he looked forward to each one.

Being amongst other facing the same difficulties in everyday life he found the support and friendship from each and everyone involved with the Association invaluable.

When my husband Steve took on the role of Men's Captain at Bungay and Waveney Valley Golf Club, we agreed the local MNDA branch would be his nominated charity.

The Norwich and Waveney branch had given me and my family endless support and advice whilst we struggled to cope with the setbacks associated with living with MND.

Steve started his year with collection bottles in the Professional's shop and in the clubhouse. His first event, Birdies for MNDA, was held on the longest day where he and the club professional Andrew Collison, played 72 holes of golf in the day.

Along with 4 other members who played one round each they started at 5:30 am and completed the marathon at 8:30 in the evening, covering around 26 miles each. I'm sure Steve probably walked further than our Pro, accuracy being key!!!

Many of our club members were out offering support and encouragement along the way and helped us raise a total of £1200.

And so onto Steve's charity day, 104 golfers took part in teams of four, me and my 3 sons making up one of those teams. It was a fun round of golf with a few surprises thrown in. A cricket shot, hitting a hockey ball or kicking a football or rugby ball could be bought to shorten some of the holes.

A meal followed and then we moved onto a raffle and auction. The generosity of all we approached for raffle and auction items was overwhelming. We started our auction with a few words by me giving others an insight into why this association deserved our support.

The day exceeded our expectations raising a massive £6400. The generosity of our golfers, both guests and club members was incredible.

We have had a fantastic year doing what we enjoy and on behalf of my late father, John and our family we will always be truly grateful to this branch and knowing that our final figure of £8600 will help others gives us great pleasure.