



Steps 4 Stephen Newsletter #8

June 2020



Included in this Newsletter ;-

- Big News from the Foundation
- Biss's Big Challenge
- My Motivation
- Auction of signed shirts
- New plan for the UK Sport Tour
- Next Steps

BIG NEWS FROM THE FOUNDATION

Fantastic news from the Darby Rimmer MND Foundation this week as they announced an agreement with the MND Association. Over the next three years, the Foundation will donate £150,000 to be given in grants by the MNDA to support individuals and families as they battle Motor Neurone Disease. Some of the uses this money will be put to include

- Profiling beds and accessories
- Hoists and lifting equipment
- Mobility scooters
- Specialist chairs and seating
- Stair climbers and stairlifts
- Washer/dryer WCs
- Wheelchair ramps

For more information on this amazing announcement, click the button below for the full story.

[Full Story](#)



BISS'S BIG CHALLENGE

Andy Bissett had already signed up to take part in Darbs Goes Home when he watched an interview on BBC Breakfast where presenter Sally Nugent chatted to Stephen Darby along with Rob Burrow and Doddie Weir about how they were finding life in lockdown. So inspired was 'Biss' after hearing the three sportsmen speak, he decided to set himself a target. At that point it was 72 days until the event in August. He decided that he would aim to walk 720km in that period, targeting 10km ever day until the main walk starts. After two days he had already racked up 36km.

Biss wanted to go further. He set a target of raising £1000 for the Darby Rimmer MND Foundation by August. Within two days, he was well past the £200 marker and flying.

If you would like to support Biss in his epic challenge by donating to the Foundation, click the red button below. If you want to hear the Breakfast TV interview that inspired him, click the grey button above.



Darbs on BBC Breakfast

Support Biss in his 720km Challenge

My Motivation

"I wanted to help after the Alder Hey event. The togetherness had been awesome. When I was asked to join this one it was a no brainer. The camaraderie would be brilliant. Meeting Stephen at Bolton was humbling, him remembering my name when we were later invited as guests to the Macron was amazing! That walk was tough, rain, rain, rain. But when you walk over a moor to Burnley in the middle of the night with a 'Manc' you realise we are all the same passionate peeps. With our own loves. Like this pandemic, the walk brought fans of different clubs together for a common purpose. It is not what I look back at, but forward, that's how we need to be going, forwards. Marcus Rashford a shining example"

John McCall from Hightown, Merseyside on why he will be taking part with his family in August.



DARBS GOES HOME SPORTS MEMORABILIA AUCTION

To mark National MND Day on Sunday June 21, we are auctioning off some signed sports shirts. Included in our auction are five lots

- The match worn shirt from the Women's World Cup Third Place Play-off v Sweden last year, worn, signed and donated by England and Manchester City's Georgia Stanway
- The match worn shirt of Leroy Sane from 2019 when Manchester City last won the Premier League
- A fully signed Wigan Warriors Rugby League shirt donated by second row forward Morgan Smithies.
- A Signed Everton away shirt
- A Signed Middlesbrough away short

All the money for the winning bit will go directly to the Foundation

[Click here for the Auction Site](#)



WALKERS RECRUITED SO FAR

Its fair to say that we have been amazed by how far an wider walkers have come from to join the **Darbs Goes Home** event in August. We have groups signing up across England but we also have groups in Scotland, Spain and Portugal. In the USA, we have on group near Atlanta, Georgia plus five separate groups from one family joining the walk all in different locations and time slots.

We are very hopeful of a group in Canada joining and there have also been suggestions of more groups in Spain, plus entrants from as far away and Hong Kong and Australia all looking to join up to #AttackMND together.

We will continue with our aim to get 500 people joining the walk by the time it starts on August 29. **If anyone wants to join the event, click the buttons below for further details on how to do this.**

[Our Virtual Journey](#)

[How to Join the Event](#)



TARGET
500 WALKERS JOINING
ACROSS THE WORLD

SATURDAY AUGUST 29				
Stage	Miles	Start Time	End time	Group Leads
1	5.0	7.00	8.30	Stephen Darby in Lancashire Mike Wilson in Halifax Steve Wood in Gran Canaria, Spain Tony Kelly & John McGinlay in Bolton
2	5.0	8.30	10.00	Andy Hughes in Leeds Adam Dixon in Liverpool
3	5.0	10.00	11.30	Andy Hughes in Leeds Lou Wood in Halifax Paul Scotford in Jupiter, Florida, USA Michael Gold and family in Edinburgh
4	5.0	11.30	13.00	Andy Hughes in Leeds Alison Marsden & Caroline Grubb in Pudsey Rob and Susanne Montaudou in Palm Harbor, Florida, USA Tom Keegan & Les Lawson in Liverpool Jason Costello in Brighouse Gerry & Sean McBride in Glasgow Alison Jones & Jo Campbell in Liverpool
5	5.0	13.00	14.30	James Elstub & Jason Hibbert in Wakefield McCall Family in Formby Ron and Kim Weeden in Oldsmar, Florida, USA Howard Goatley & Kate Higgins in Formby
6	5.0	14.30	16.00	Simon Powell in Bushey Lisa and Scott Lewis in Juno Beach, Florida, USA Wesley Young in Portugal
7	5.0	16.00	17.30	Gary Paterson in Atlanta, Georgia, USA Ian Philbey in Sutton
8	5.0	17.30	19.00	Gary Paterson in Atlanta, Georgia, USA Jason Crowther in Wakefield Liam & Karen Cooch in Ormskirk
9	1.7	19.00	19.30	Gary Paterson in Atlanta, Georgia, USA Mike Wilson in Halifax Wendy & Alan Scotford in Dunedin, Florida, USA

SUNDAY AUGUST 30				
Stage	Miles	Start Time	End time	End time
10	5.0	7.00	8.30	Dave Cope in Bolton Matt Purchase in Liverpool Phil Clark on the Wirral
11	5.0	8.30	10.00	Dave Cope in Bolton Katie Wilson & Jack Hughes in Bramhall Pete & Sharon Wilson on the Wirral Tom Keegan & Les Lawson in Liverpool Andy Bissett and family in Holmfirth
12	5.0	10.00	11.30	Dave Cope in Bolton Aggie Pokorska & Chris Yiallourou in Liverpool Lou Wood on Halifax Claire Edwards & Catherine Darby in Crosby Josh Wilson & Meg West in Alderley Edge Craig & Julie Lindfield on the Wirral Faye Lindfield & Jack Thistlethwaite on the Wirral Paul Scotford in Jupiter, Florida, USA Pete & Sharon Wilson on the Wirral
13	5.0	11.30	13.00	Dave Cope in Bolton Aggie Pokorska & Chris Yiallourou in Liverpool Claire Edwards & Catherine Darby in Crosby Glenda Parry and family in Leeds Laura & Ryan Woodcock in Liverpool
14	3.4	13.00	14.00	Dave Cope in Bolton Aggie Pokorska & Chris Yiallourou in Liverpool McCall Family in Crosby Claire Edwards & Catherine Darby in Crosby Howard Goatley & Kate Higgins in Crosby

STEPS 4 STEPHEN UK TOUR 2021

The current pandemic meant that we couldn't stage the planned national sports tour in 2020. It never crossed our mind to cancel this having recruited five teams of walkers and main sponsors for each event. We have followed the example of the European championships and pushed this back a year. It's our hope that, with this much notice, all the walkers signed up for this year's event will be able to join the corresponding tour next year. Below are the planned dates. Maybe there will be opportunities to stage legs in Florida, Georgia and Spain judging from the breakdown of our roster for Darbs Goes Home.

Tour	Dates
Yorkshire Tour	Saturday April 17 to Sunday April 18
Glasgow Tour	Saturday May 22 to Sunday May 23
London Tour	Saturday June 12 to Sunday June 13
Midlands Tour	Saturday July 10 to Sunday July 11
Lancashire Tour	Saturday September 4 to Sunday September 5

MY MOTIVATION

Walking is my safe place, somewhere I go when I need to take care of mine and my children's minds. There's something about the environment of a walk that gives you time for your own thoughts and time for others too.

So when I was asked if I could get involved with Steps4Stephen I jumped at the chance. Initially, the idea was to do the leg from Bradford to Bolton but when it presented itself to then join the team from Bolton to Liverpool I just knew I had to do it to push myself as far physically and mentally as I could.

It's safe to say Steps4Stephen is one of the most proudest moments of my life. You really get to feel like the part of a team that's doing something special. The way we all work together to make sure we are all looked after is something special and something I've only experienced a handful of times, when people are down and struggling some will hang back to help with emotional and physical support, we are in this together.

A true band of sisters and brothers coming together for one special cause, to #AttackMND.

Jason Costello from Brighouse



FUNDRAISING FOR THE FOUNDATION

We are looking to raise money for the Darby Rimmer Foundation as part of this event. As well as the auction of shirts mentioned earlier, we make money for the Foundation on each of the t-shirts that we sell. These are now available in 7 colours and can be purchased directly from our suppliers at **White Lodge Group**. Click the picture below to buy your **Darbs Goes Home** t-shirt.



We also have an online donation site so if anyone would like to make a donation, this would be very much appreciated.

Donations can be made by clicking the donate button below.



ABOUT MND

Motor Neurone Disease (MND) is a neurological condition which affects the nerves in the brain and spinal cord. In some countries it's known as ALS. MND affects a person's arms and legs resulting in the need of a wheelchair whilst losing the ability to do basic things like wash, feed and dress yourself. It affects your ability to swallow food and drink which leads to the need of a percutaneous endoscopic gastrostom (PEG) feeding tube, to maintain nutritional intake as swallowing becomes impossible. Your voice is compromised and people are unable to talk meaning communicating is difficult. Breathing muscles are also affected, which leaves you relying on a ventilator to breathe. All these symptoms occur whilst your mind is unaffected.



NEXT STEPS

We have ten weeks to go before the **Darbs Goes Home** walk. The virtual nature of the event and the fact that our focus is as much on raising awareness of MND and the Foundation means that there are far fewer preparations to be completed. But there are some things you can be doing

1. Register your group / family as per instructions in this newsletter
2. Order your t-shirt(s) again using the links provided earlier
3. Try to raise money through online donations using the link [here](#)
4. Join our Facebook Group [here](#)
5. Please try to encourage others to take part by sharing this newsletter or any related links
6. Keep an eye on the updates on Twitter under the hashtags of
 - #Steps4Stephen
 - #S4SDarbsGoesHome

We will continue to recruit walkers hopefully including many from the sporting world, keen to show support for Stephen.

Further updates can be found on our website at www.redwoodevents.co.uk

MY MOTIVATION

One of my proudest moment was taking part in #steps4stephen last year. I enjoyed every minute of it , had fantastic time, so much laugh and the most important met amazing people, some of them became a friends forever ♡♡ Can't wait for another one.

YNWA

Agnieszka Pokorska from Poland, via Liverpool



Weeks
Left

10