

North and East Herts Branch Newsletter

January 2023



All good wishes for a very Healthy and Happy 2023

The National Office Helpline is 0808 8026262
Motor Neurone Disease Association – Registered Charity No. 294354
Branch Patron: Dr Viv Lucas

A Message from the Chair

January 2023

As we start a new year, who knows what lies ahead, what will be the same, what will be new and what we will end, delay or forego. The most important aspects for me are what I can maximize, with energy, joy, affiliation and compassion.

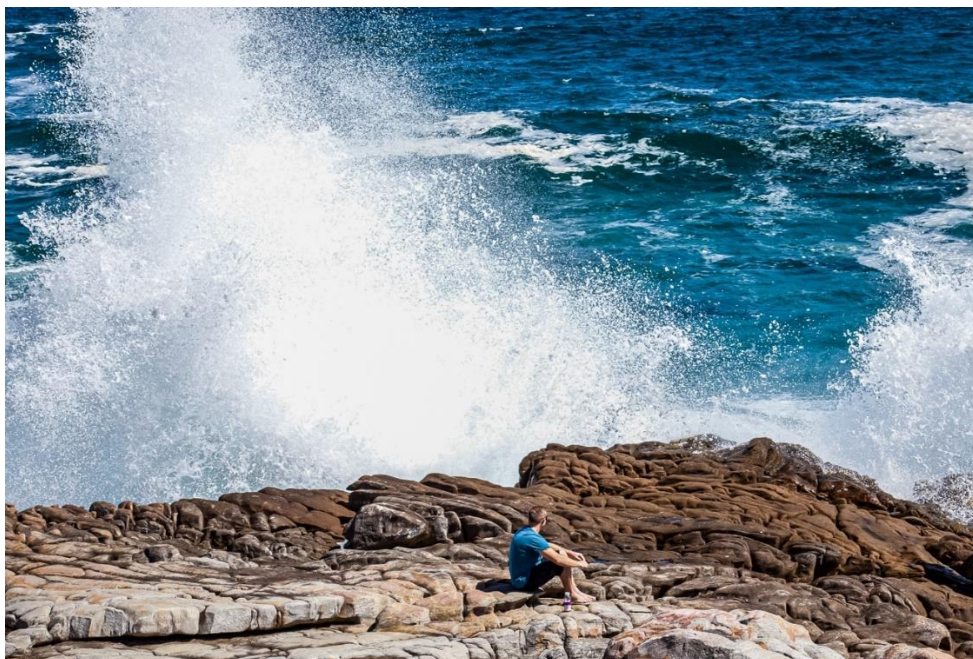
Here are two thoughts that inspire me. Hopefully, you also can find some positive meaning and relevance for you and your life journey.

Best wishes,
Kent

“We have only this moment, sparkling like a star in our hand and melting like a snowflake. Let us use it before it is too late”. Marie Beynon Ray.



“Only those who will risk going too far can possibly find out how far one can go”. T S Eliot



Finance Report – November and December 2022

November and December have been busy months with plenty of smaller donations coming in to the branch. We have received another £500 grant from Herts County Council's Locality Budget Scheme making £2,250 in total over the year, a further £300 for Kent and Sue's Fundraiser, £76 from Keith James's Wing Walk, £240 via 'Text to Donate' and £106 from other donations and collection boxes. We also raised a remarkable £146 in the Christmas Lunch raffle and have received a further £367 in Gift Aid from HMRC, £845.49 for the year. I would like to thank Daniel Bourke and Belvoir Estates for their continued monthly support, as always, we are very grateful. We have already received £1,648 in donations in 2023.

Over the last 2 months we have been able to fund 2 wetroom adaptations, 1 riser recliner chair, 1 quality of life grant and 1 carer's grant with 2 more riser recliners in the pipeline for January. 2022 has proved to be a very successful year for the branch and our annual transfer to National office has been calculated as £4,067.46. As always, we are eager to consider any requests for funding.

Heather

Branch Meetings

Friday 2nd December – Branch Christmas Lunch

Kent was delighted to welcome 33 of us to our Christmas lunch. It was a very enjoyable event, with some new faces as well as familiar ones. Father Christmas joined us again, aka Alan, with his sack of delicious chocolates. As usual the meal was varied with choices to suit all tastes, which everyone enjoyed.

Elaine, our new A V, had kindly made a beautiful Christmas cake for the raffle, many thanks to her and everyone who donated prizes, which ranged from a £100.00 voucher from Wickes, to chocolates, biscuits, Christmas cards, bath towels, some lovely home made note books donated by Lindsey and a bottle of Prosecco from the pub. Grant Cameron, who has been working with the branch over the last few months, talking to trusts, etc, to raise money for the branch was elected on to the committee, a very warm welcome to Grant. A very relaxed afternoon, with a good opportunity for us all to talk and catch up with everyone.

Chris





Branch News

The start of 2023 has seen a few changes in the branch. We are very happy to welcome our new ASC, Justine Cox, Elaine Treadgold our new Association Visitor, who joined us for our Christmas lunch and Grant Cameron who now joins us on the committee.

I joined the MND association in December as the new ASC for Herts and Essex whilst Carmen is on a secondment. I live in Hertfordshire with my 3 children, 2 of whom flew the nest then returned! I volunteer as a befriender for a Young Person in Care and at a local arts centre and in my free time I love to walk my dog, read, paint and write. Justine.



Justine



Elaine

Having worked in the Middle East for almost 10 years, I've been back in the UK for almost 18 months and keen to undertake some voluntary work.

Prior to working abroad, I supported people with MND and their families in a professional capacity in health and social care and highly valued the role of MNDA. I am now really looking forward to being an Association Visitor for the association. It's taken a while to adjust to living back in the UK and enjoying walking, cycling and playing in a band again over Christmas.

I also enjoy baking, practical crafts, and encouraging our grandchildren to participate as well. I have a positive outlook to life, a good listener and practical.

Elaine

Fundraising

Very many thanks to Jackie and Gina from the Scarlett Hair Design hairdressers in Baldock for raising £533.00 from the raffle they held before Christmas raising funds for the branch in memory of Jackie's mum Joan. Many of the prizes were kindly donated by local shops and businesses in the area.



Sunday 4th June – Gala Concert – Gordon Craig Theatre Stevenage – 7 pm

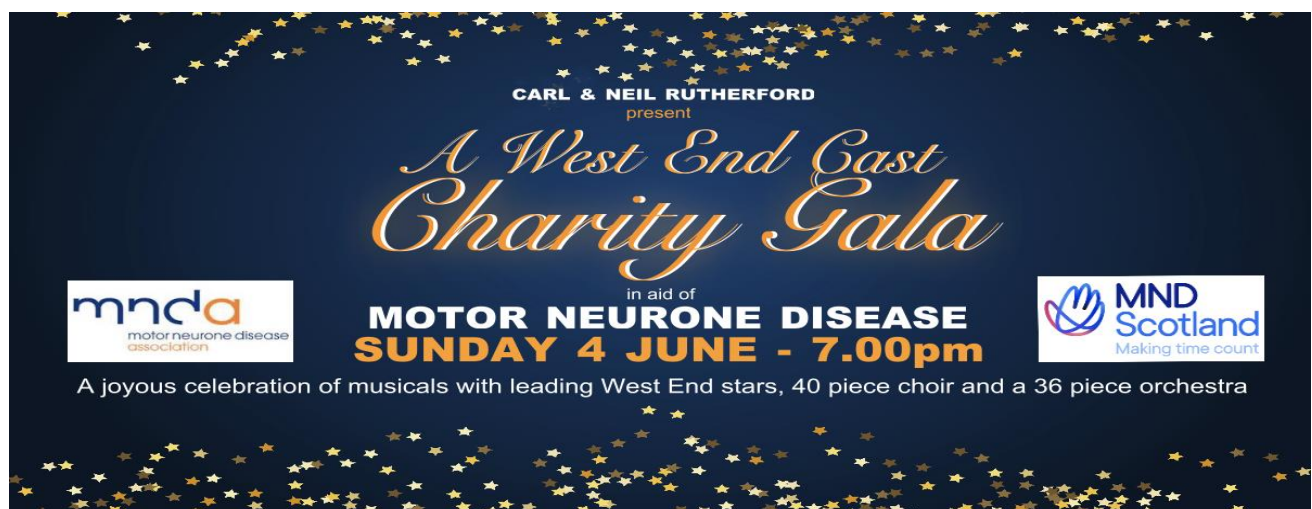
‘Following their hugely successful and enjoyable past galas, which have raised almost £20,000, for MNDA and MND Research, Neil and Carl Rutherford present a new gala in aid of MOTOR NEURONE DISEASE on 4th June 2023 at the Gordon Craig Theatre Stevenage.

Keryle, Neil and Carl Rutherford lost husband and father to MND in 2015. Iain was a keen musician and the family often performed musicals together at the Gordon Craig Theatre, Stevenage with local Amateur companies before Neil and Carl joined the entertainment industry working on many West End Musicals.

This new gala will bring the West End to the Gordon Craig Theatre in Stevenage, with leading West End artists singing songs from West End musicals, accompanied by a 36-piece professional orchestra and a choir of 40 made up of students from leading drama school, Mountview. The gala is also hosted by surprise celebrity guest hosts, yet to be announced, and along-side the music, there are often stories of professional musical antics and fun. The evening is an enjoyable celebration of musical theatre that is both emotional, and uplifting.

Additionally, there will be a beautiful moment of remembrance within the performance. If you wish to remember someone who had Motor Neurone Disease, please send a digital jpeg photograph and their name to neil@neilrutherford.com and they will be remembered in the performance.

The previous galas have sold out months in advance, so if you wish to book, please go to the Gordon Craig Theatre website www.gordon-craig.co.uk or call 01438 363200.’



CARL & NEIL RUTHERFORD
present

*A West End Cast
Charity Gala*

in aid of
MOTOR NEURONE DISEASE
SUNDAY 4 JUNE - 7.00pm

mnda
motor neurone disease
association

MND
Scotland
Making time count

A joyous celebration of musicals with leading West End stars, 40 piece choir and a 36 piece orchestra

Saturday 8th July – The Herts County Walk – Stanborough Lakes – Welwyn Garden City

FUTURE MEETINGS AND EVENTS FOR YOUR DIARY

South East Evening Carers Group - Zoom - Carers only - Last Wednesday of each month.

Wednesday 25th January - 6.30

For more information contact - justine.cox@mndassociation.org

January Meeting - Zoom

Friday 27th January 11am

ID Code - 841 789 6055 - Password - 515616

South East Carers Coffee & Chat - Zoom - Carers only - First Tuesday of each month

Tuesday 7th February 11am

For more information contact - lisa.burnard@mndassociation.org

South East Daytime Group - Zoom - Third Tuesday of each month

Tuesday 21st February 11am

For more information contact - Liz.Cooper@mndassociation.org

South East Evening Carers Group - Zoom - Carers only - Last Wednesday of each month

Wednesday 22nd February - 6.30

For more information contact - justine.cox@mndassociation.org

February Meeting – Zoom

Friday 24th February 11am

ID Code - 841 789 6055 - Password 515616

South East Carers Coffee & Chat - Zoom - Carers only - First Tuesday of each month

Tuesday 7th March 11am

For more information contact - lisa.burnard@mndassociation.org

South East Daytime Group - Zoom - Third Tuesday of each month

Tuesday 21st March 11am

For more information contact - Liz.Cooper@mndassociation.org

Face to Face Meetings will now be held on the last Monday of the month at 11am at the Three Horseshoes

Zoom meetings will still take place on the last Friday of the month at 11am.

The Three Horseshoes

Hooks Cross

Watton at Stone

Hertfordshire

SG14 3RY

01920 830391