

Our vision is a world free of MND

NEWSLETTER

NORTH & EAST HERTS BRANCH

MOTOR NEURONE DISEASE ASSOCIATION

Branch Patron Dr. Viv Lucas

JULY 2021

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**Thank you Christine Hollingsworth
A beautiful Rose in her garden in Goffs Oak**

The MND association website is: www.mndassociation.org

The National Office New Helpline No: 0808 8026262

Motor Neurone Disease Association Registered Charity No. 294354



FIGHTING MOTOR NEURONE DISEASE



I'm reminded of a 2017 program I participated in, concerning *the value of enhancing our quality of life* by understanding and developing an extra level of 'resilience'.

As we spent many months exploring, discussing and individually working on developing our resilience as a personal quality, there were several memorable and personally valuable thoughts I captured from this life enhancing program.

I want to share just a few of these with you this month, in the hope that you can also benefit from the thoughts, beliefs and observations that this time brought to me.

Here are a few of the insights that I have valued:

- Heartmath defines **resilience** as "to prepare for, recover from and adapt in the face of stress, challenge and adversity."
- At the heart of [resilience](#) is a belief in oneself and with an understanding that it is possible to continuously strengthen one's inner core-often through a belief in something larger than oneself.
- Resilient people do not let adversity define them. They find resilience by moving towards a goal beyond themselves, transcending pain and [grief](#) by perceiving bad times as a temporary state of affairs...
- Resilient people know their boundaries; they understand that there is a separation between who they are at their core and the cause of their *temporary* suffering. The stress/trauma might play a part in their story but it does not overtake their permanent [identity](#).
- They keep good company. Resilient people tend to seek out and surround themselves with other resilient people, whether just for fun or when there's a need for support. Supportive people give us the space to grieve and work through our emotions. They know how to listen and when to offer just enough encouragement without trying to solve all of our problems with their advice. Good supporters know how to *just be* with adversity-calming us rather than frustrating us.
- They practise acceptance and optimism. Resilient people understand that stress/pain is a part of living that ebbs and flows. As hard as it is in the moment, it's better to come to terms with the truth of the pain than to ignore it, repress it, or deny it. They reframe the situation as an opportunity to learn and take action.



- They have a menu of self-care habits. They have a mental list (and even a physical list) of good habits that support them when they need it most. We can all become self-care spotters in our life-noticing those things that recharge our batteries.
- They know that a mind that is filled with anger or sadness cannot serve. If peace is to be attained, we must make inner peace. If social coherence is to be attained, we must first find inner coherence.
- Resilient people keep themselves inspired. Where are our wells of inspiration? The most resilient among us know where to go to stay inspired and how to reach out for help. Inspiration offers the best leverage and generates the most sustainable results from the least effort.
- What kills resilience is cynicism/ resignation/blind spots/procrastination. Resilient people prepare for adversity or challenge and prepare to deal with the mental resistance that resignation or procrastination creates.
- Resilient people don't need to know what the magic is in nature, they know it just works.
- Resilient people identify their patterns of thought and behaviour that don't serve them, and they make a conscious decision to change and make a commitment to change with disciplined action. They don't beat themselves up for behaving badly, they see they are just behaving and can then process the appropriate response.

As each of us progresses through our life, I believe we can make the most of our circumstances by being resilient, and by understanding and accepting that “life happens for us - not to us”.

- Kent -



* * Finance Report – May and June 2021 * *

After a very quiet May, we have had a real boost to our funds during June. Due to Kent's sterling efforts we have received a **£250** grant from **the Rotary Club of Hitchin** which was accompanied by a further donation of **£130** and a donation of **£722** from **Baldock Wanderers Golf Society**. In addition to this, and for the second year running, we have received a donation of **£1,000** from **GD Coaching**, the company run by **Claire Pedrick**. We have also **received several small donations** over the last 2 months for which we are always grateful and have been able to contribute towards the costs of 3 Riser/Recliner Chairs over the 2 month period.

I am very pleased to report that, as at the 30th June our bank balance stood at **£7,551.49**

Thank You

- Heather -

Thank You



Branch Meeting - May

Voice Banking



At our branch meeting in May, we were delighted to welcome **Richard Cave** to talk to us about **Voice Banking**. **Richard** is a **Speech and Language Therapist Project Manager** with the **MND Association**. He also works with different companies associated with Voice Banking and works with and helps people and professionals to try **Voice Banking**. It was a really interesting and informative talk and led to many questions. There are various tools with **Voice Banking** and **Richard** talked about **Acapela**, where 50 phrases are recorded in your own voice which is then recreated synthetically.



If anyone would like any further information on **Voice Banking**, **Richard** can be contacted at the **MND Association** and would be happy to answer and help with any queries. <https://www.acapela-group.com/voices/voice-banking/>



Maria

Branch Meeting – June

It has been noted over the months that conversation at our Branch meetings often turns to toilets and wetrooms. **Kent** decided to get in there quickly this time and brought the subject up 4 minutes after welcoming everyone to the meeting. It shows the importance of having facilities that are accessible and easily useable. Branch meetings are a lovely opportunity for Members to discuss adaptations they are making to their homes to enable them to live as independently as possible.

Conversation turned to how the words ‘accessible facilities’ can mean different things to different people and this is especially apparent when going out to pubs and restaurants or going on holiday. Facilities deemed accessible by a pub may not be useable by all and can lead to frustration. However there were also heartwarming tales of when places had gone out of their way to adapt their facilities once they had been made aware of the issue.

Lindsey



Trusts – Grants Volunteer



We are looking for a volunteer to join us, to research and apply for Trusts and Grants for funding. Help us to help people locally with or affected by MND. We also need more general fundraiser's.

For info, email carmen.briown@mndassociation.org

The monthly Carers meetings continue to be well supported and we have welcomed new people over the last two months. During the hour there is plenty of opportunity to catch up with everyone, find out how things are going, share advice and updates. It is a very open, friendly and informal meeting and **any Carers** who might be interested in joining the group on the second Tuesday of each month from 2pm to 3pm would be most welcome.

If you think it might be something you would like to know more about or need help with joining a Zoom meeting please contact **Carmen Brown, our Area Support Coordinator** (contact details in the newsletter)

**Details of joining the meeting via Zoom: -
Maria – Association Visitor**

**Meeting ID. 937 8155 5985
Password - carers**

* * * **Fundraising** * * *

Tractor Run

David Monk is taking to his Tractor to raise awareness and funds by driving a 500 mile round trip from St Austell in Cornwall to Hertfordshire.

He's attracted no end of interest with this unusual way of fundraising and has already raised over **£1000.00**. Kent met him at Codicote and thanked him for his efforts in the fight to **D'Feet MND**

<https://www.justgiving.com/fundraising/David-Monk7>





Fundraising Treasurer's Grandson Fundraising for the Branch

Alex is working towards his *Duke of Edinburgh Bronze Award*. For the volunteering section of the award, Alex who is 14, has chosen to raise money for Our Branch. Alex, along with his father, Allan, are planning to take on the **Yorkshire Three Peaks Challenge** on Saturday 7th August. This is a one-day epic adventure to walk the three highest mountains in Yorkshire. To complete the challenge, they must cover the 24 mile walk in 12 hours and successfully conquer the 3 peaks of **Pen-y-Ghent (697m), Whernside (736m) and Ingleborough (723m)**. Alex's Grandfather George and other family members hope to join them for part of the walk to make it a 3 generational event.

They are being supported during the trek by Challenge Central, www.challengecentral.co.uk, a dedicated support team based in Letchworth Garden City. If you would like to sponsor Alex and Allan please go to:- www.justgiving.com/fundraising/alexandallannewman



Save the Date: Folk by the Tree – The Orange Tree, Baldock

It has been decided that the annual “Folk by the Tree”, organised by the **Baldock Folk Club**, will raise money for the **North and East Herts Branch of the MNDA**. Folk by the Tree will take place at the **Orange Tree Pub in Baldock** on Sunday 29 August from 1pm to 8pm featuring various artists including our very own patron **Viv Lucas**. Further details will be available on the **Baldock Folk Club Facebook page** and on the **North and East Herts Branch Facebook page** and website.





July Meeting – Zoom

Friday 30th July 11am

ID Code 841 789 6055 – Password – 515616



Carers Coffee and Chat- Zoom

Tuesday 10th August 2pm

ID Code 937 8155 5985 – Password – carers



August Meeting – Zoom

Friday 27th August 11am

ID Code 841 789 6055 – Password – 515616

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Folk by the Tree

Baldock Folk Club - The Orange Tree Baldock

Sunday 29th August – 1 – 8pm

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Stevenage Fun Day – Dog Show

Stevenage Town Centre Gardens

Sunday 5th September – 11am



Carers Coffee and Chat – Zoom

Tuesday 14th September 2pm

ID Code 937 8155 5985 – Password – carers



September Meeting – Zoom

Friday 24th September

ID Code 841 789 6055 – Password - 515616



**The Three Horseshoes
Hooks Cross, Watton-at-Stone
Hertfordshire. SG14 3RY
Tel: 01920 830391**



<http://www.mcmullens.co.uk/threehorseshoes>

The Three Horseshoes

Monthly meetings are on the last Wednesday of the month at 11am - 1pm



Contact Details



~ BRANCH MANAGEMENT COMMITTEE ~ 2021 OFFICERS ~

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 <https://www.facebook.com/MNDA-North-East-Herts-Branch-334946364521804>

*** FOR YOUR INFORMATION ***

Our Email: n-herts@mndassociation.org - Web Address: www.mnd.n-herts.freeuk.com



mndconnect
 0808 802 6262



mndconnect@mndassociation.org

Our MND Connect Helpline offers advice, practical and emotional support and directing to other services and agencies.

2021

Monday - Friday 9.00 am - 5.00 pm and 7.00 pm - 10.30 pm.

2021

Editors : Derek Dunn & Christine Carter
News Letter Booklet Coordinated by Alan J Lockett

