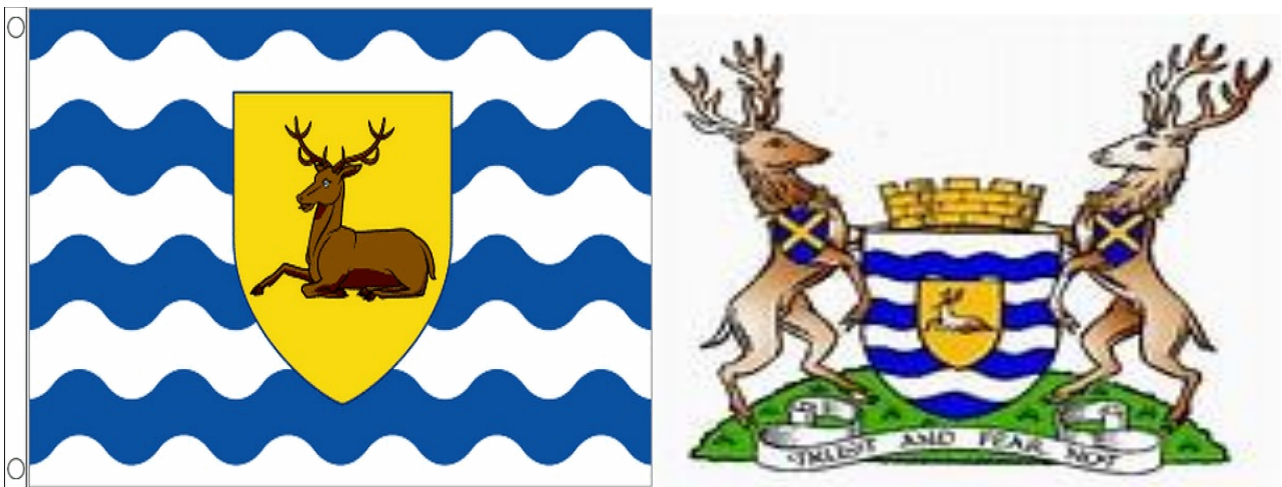


## Hertfordshire Branch Newsletter

May 2023



Hertfordshire covers 634.366 square miles (1,643.00 km<sup>2</sup>).

The population in 2022 was 1.2 million. It derives its name - via the name of the [county town](#) of [Hertford](#) – from a [hart](#) (stag) and a [ford](#), as represented on the county's coat of arms and on the [flag](#). [Hertfordshire County Council](#) is based in Hertford, once the main [market town](#) and the current county town. The largest settlement is [Watford](#).

When Stephen Hawking was 8 years old, he moved to Hertfordshire when his father became head of Parasitology at the National Institute of Medical Research. Stephen was initially enrolled at St Alban's High School for Girls, who at the time accepted boys into one of its houses, he then moved on to St Alban's Boys School. In his memory, the school has named one of its houses 'Hawking' and it also has a Hawking Society where science speakers give talks to students

The National Office Helpline is 0808 8026262

Motor Neurone Disease Association - Registered Charity No. 294354

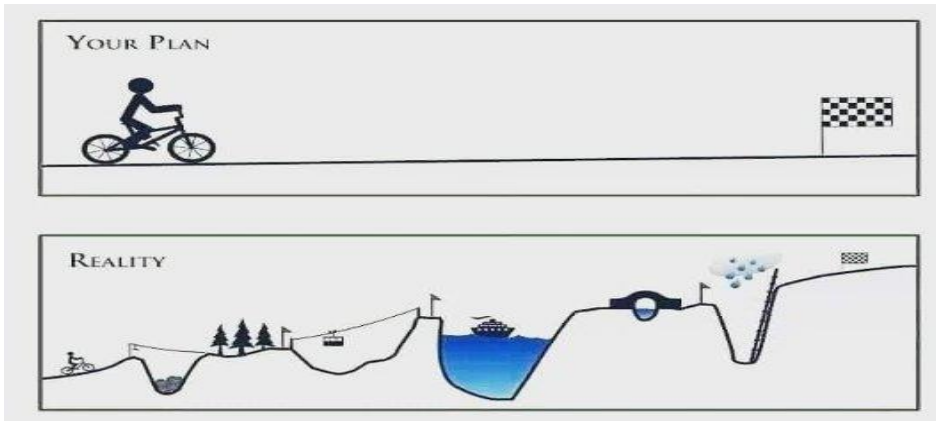
Branch Patron: Dr Viv Lucas

# A Message from the Chair

## Dealing with bumps in the road

This spring it seems we are all moaning about the endless pot holes in our neighbourhood streets, but we all face bumps in the road and larger and different challenges throughout our lives. Although we cannot stop them happening, we can choose how we respond to them.

This made me smile!



I found this helpful advice recently when I was reading some articles about overcoming challenges.

The [four-step method](#)

1. **Accept and Let Go:** Accept where you are now and what you have. This is your life, at this time. Accepting it will help you to let go of stress, anxiety, and fear. Meditation is one of the best ways to learn and practise acceptance.
2. **Observe and Decide:** When you face a new challenge, take a step away from your feelings, to make a plan. While it's important to still feel your feelings, when deciding how to act, you want to be as resourceful as possible.
3. **Face Fears and Act:** Taking action is one of the biggest steps in overcoming challenges. It's likely that a big part of whatever you're facing feels like a challenge because you have an underlying fear. Try to recognize and define what you fear in the situation and reach out for support.
4. **Practise Gratitude:** When something new happens or is presented, we may feel like it's hard to deal with. By focusing on what we are grateful for, it takes our attention away from negative thoughts.

No matter our life situation, the hard times will happen. But, as the article says, with the right mindset and practice, we will be better able to deal with the 'bumps in the road'.

*Please join us at our monthly get togethers – meet some new people in our community and enjoy some friendly conversations.*

**Kent**

## Finance Report - March and April 2023 – North and East Herts

March and April has seen a steady stream of donations. The highlights were a donation of £514 from Stotfold Town Council, £347.07 raised by Penny Briggs at a Craft Fair in Brookmans Park and £250 from the St Alban's 41 Club. We also received nearly £580, comprising of other donations, the contents of collection tins and the sale of some of Maureen Bonfield's artwork.

Your continued support has meant that, over the last 2 months, we have been able to fund 2 Riser Recliner Chairs, a Call Alarm, a Bio toilet and a System to lock a Wheelchair behind the driver's wheel.

Heather

### Fundraising

#### Craft Fair

Over the weekend of the 4<sup>th</sup> and 5<sup>th</sup> of March, Penny Briggs and the members of the tea and cake club, held a Craft Fair at The Dutch Nursery, Brookmans Park. Maria and I went along to support them and to see all the lovely handmade items they had for sale. An amazing amount of £347.07 was raised. Many many thanks to Penny and friends for helping us to raise funds for local people.



## Haircut for Charity

When Helen Angel lost her husband and Charlotte and Ivana lost their father Peter to MND they decided they wanted to do all they could to raise much needed funds to help people locally with MND. They have arranged many fund-raising events, Charlotte's daughters Katelyn and Annie decided to have their lovely long hair chopped off for charity. Katelyn, aged 11 had 12.5 inches off and Annie, aged 8, had 9 inches off. So far, they have raised over £160.00, their hair will be donated to the Little Princess Trust, a charity that provides real hair wigs free of charge to children and young people who have lost their own hair.

Unfortunately, Charlotte's husband Dean deferred his entry into the Rob Burrows Marathon until next year due to family reasons.

The family have set up a just giving page if you would like to support all they are doing to raise funds for MND.

[www.justgiving.com/fundraising/weloveyoudad65](http://www.justgiving.com/fundraising/weloveyoudad65)



## Gala

The upcoming MND Gala, which is the third gala produced by Neil and Carl Rutherford, is selling fast but there are some tickets still available. It takes place **Sunday 4th June 2023 at the Gordon Craig Theatre Stevenage**. With songs from your favourite musicals, accompanied by a 36 piece professional orchestra, a choir of 40 and soloists from leading shows in the West End, this is an enjoyable evening celebrating the great musicals, as well as raising funds and awareness for MND. This year's West End soloists include **HAYLEY TAMADDON** (Dancing on Ice, Coronation Street, Grease, Spamalot, Chicago), **MATTHEW CROKE** (The Voice,

Aladdin, Grease, West Side Story), **KELLY PRICE** (Guys and Dolls, Mamma Mia, Aspects of Love, Passion, A Little Night Music), **JAMES HUME** (Phantom of the Opera, Les Misérables, She Loves Me), **CHUMISA DORNFORD-MAY** (Aspects of Love, The Addams Family, A Little Night Music) and **OLIVER GORDON** (Newsies, Mary Poppins, Les Misérables).

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 photograph and their name to [neil@neilrutherford.com](mailto:neil@neilrutherford.com) and they will be remembered within the performance.

The previous galas, which have raised almost £20,000 for MNDA, have sold out in advance; tickets can be booked at the Gordon Craig Theatre website: [www.gordon-craig.co.uk](http://www.gordon-craig.co.uk) or by calling 01438 363200.

If you would like to support the event, but are unable to attend, the production is also seeking sponsorship to fund the production on Just Giving <https://www.justgiving.com/crowdfunding/mndgala23>



## Saturday 8<sup>th</sup> July

After the success of our first Stanborough Lakes Walk to d'feet event held last year we have arranged to hold this event again this year on Saturday 8<sup>th</sup> July.

The lakes are ideal for use by walkers, wheelchair users and those who want to bring their pets. Please see flier for further details and contact details to register for the event. We hope you will join us with your family and friends for an enjoyable day (hopefully again in the sunshine.)

# Hertfordshire Branch - Herts County Walk

In aid of  
**mnda**  
motor neurone disease  
association



Being held on Saturday 8th July from 11.00 am  
(registration from 10.30 am)

at Stanborough Lakes - North Side, Stanborough Road, Welwyn Garden City, AL8 6DF

Walks suitable for all levels.  
Walkers in wheelchairs welcome.  
Walkers with dogs welcome.  
Sponsorships welcomed.  
donations of £10 per walker or £20 for a family of 4

Register in advance for concessionary parking

For more information and registration/sponsorship details please contact:

**Hetty Smith at email - [mndassoc.southherts@gmail.com](mailto:mndassoc.southherts@gmail.com).**

**[www.mndassociation.org](http://www.mndassociation.org)**

MND Association Francis Crick House, 6 Summerhouse Road, Northampton, NN3 6BJ  
| Registered charity no. 294354 | Created in RightMarket - 19/4/2023 - 14:46:39



## **Monday 28<sup>th</sup> August**

Folk by the Tree - Orange Tree pub - Baldock

## **Thursday to Sunday - 26<sup>th</sup> - 29<sup>th</sup> October**

Variety Express show - St Francis Theatre - Letchworth

## **Branch News**

The New Hertfordshire branch are very happy to welcome Hetty Smith and Maggie Coles, from the South Herts Branch, to join us on the Hertfordshire Branch committee.

## **FUTURE MEETINGS FOR YOUR DIARY**

**Hertfordshire Branch Meetings** - Face to Face -The Three Horseshoes, Hooks Cross, Watton at Stone, Herts SG14 3RY - 01920 830391 - **11am**  
Monday 22<sup>nd</sup> May - Monday 26<sup>th</sup> June - 31<sup>st</sup> July - August no meeting – 25<sup>th</sup> September - 30<sup>th</sup> October

**Get Togethers** - Box Moor Trust Centre, London Road, Hemel Hempstead HP1 2RE  
For those living with MND their family and carers - First Wednesday of each month - **2pm**  
7<sup>th</sup> June - 5<sup>th</sup> July - 2<sup>nd</sup> August - 6<sup>th</sup> September - 4<sup>th</sup> October - 1<sup>st</sup> November - 6<sup>th</sup> December

For more information contact - Lesley Ralston - [leshenhouse@gmail.com](mailto:leshenhouse@gmail.com)

**Daytime Group** - Zoom - 3<sup>rd</sup> Tuesday of every month - **11am to 12.30pm**

Tuesday 20<sup>th</sup> June - 18<sup>th</sup> July - 15<sup>th</sup> August - 19<sup>th</sup> September - 17<sup>th</sup> October - 21<sup>st</sup> November - 19<sup>th</sup> December

For more information contact - [Dawn.Pond@mndassociation.org](mailto:Dawn.Pond@mndassociation.org)

**South East Carers Coffee & Chat** - Zoom - Carers only - First Tuesday of each month - **11am** - Tuesday 6<sup>th</sup> June - 4<sup>th</sup> July - 1<sup>st</sup> August - 5<sup>th</sup> September - 3<sup>rd</sup> October - 7<sup>th</sup> November - 5<sup>th</sup> December

For more information contact - [lisa.burnard@mndassociation.org](mailto:lisa.burnard@mndassociation.org)

**Evening Carers Group** - Zoom - Carers only - Last Wednesday of each month - **6.30pm**

Wednesday 31<sup>st</sup> May - 28<sup>th</sup> June - 26<sup>th</sup> July - 30<sup>th</sup> August - 27<sup>th</sup> September - 25<sup>th</sup> October - 29<sup>th</sup> November - 20<sup>th</sup> December at 6.30pm

For more information contact - [justine.cox@mndassociation.org](mailto:justine.cox@mndassociation.org)