

North and East Herts Branch Newsletter

November 2021



**WISHING YOU ALL A VERY MERRY CHRISTMAS
AND A HEALTHY AND HAPPY NEW YEAR**

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

Too Many Reasons to Live

This month I've been reading Rob Burrow's book, "Too Many Reasons to Live". I'm not a rugby fan really, having just gone to my first match last Saturday in Richmond (they lost). However, he has created so much positive publicity and support for MND awareness, fundraising campaigns and research, I wanted to know more about him.

The book is available on Borrow Box in either audio or print versions, from your library, so you don't have to purchase it.

The read is a memoir, however it is very personal, touching and at the same time inspirational to me. He is fighting MND with all his ability, to continue to lead as full a life as possible. He doesn't give in, rather adapts to each change as it happens, to push back strongly yet at the same time accept and understand the support and care his family and friends offer.

There are many moments and situations I can immediately identify with, and his reaction/approach is very motivating and helpful.

I encourage you to read it – it will make you cry, it will make you laugh, and most importantly, it will make you identify with a very positive role model, as I remind myself to remember 'life happens *for* us, not to us'.

I hope to see you all at our Christmas lunch later this month.

Kent

Finance Report – September and October 2021

September and October saw a steady flow of donations, we raised £30.78 at the Stevenage Dog Show from what was primarily an awareness event and a further £429.50 sponsorship and £48.75 gift aid from the Yorkshire 3 Peaks Challenge. We were also grateful to receive a £70 donation from North Herts College following a talk given by Kent and Carmen.

Over the 2 months we have contributed towards 2 massages and a day trip to Harry Potter World and funded a further 2 Riser / Recliner Chairs. It is reassuring to see our financial situation has remained at a satisfactory level with our bank balance as at 31st October standing at £8,279.47.

Text to Donate

We are pleased to announce that we have been able to set up a 'text to donate' facility. Any donations made this way will be paid directly to the branch, although we

understand it is currently a rather slow process. Should you wish to make use of this facility the instructions are as follows:-

Text **MND4NEHERTS** to 70085 to donate £5 – Texts cost £5 plus one standard rate message.

Text **MND4NEHERTS 10** to 70085 to donate £10 – Texts cost £10 plus one standard rate message.

Text **MND4NEHERTS 15** to 70085 to donate £15 – Texts cost £15 plus one standard rate message.

Heather

FUNDRAISING

The branch held its second fund raising event on Sunday 5th September.

We were invited to attend the Dog Watch Carnival by Dawn, a lovely lady who sadly had lost someone with MND. The event was held in the Town Centre Gardens Stevenage, an area with a lake and childrens playground, hidden behind the indoor swimming pool.

Heather kindly lent her treasured family bible for guessing the weight, a hefty 13lbs. Her teddy was also on show to choose his name, Tobias, very fitting he was a very grand bear. Lindsey kindly made a pick a stick game, with lots of prizes and sweets, which was very popular. There was an arena for the Fun Dog show. Kent and Sue entered their beautiful dog Willow in the Best Veteran's class, she is 12, she won the third prize, well done Willow. We did make a small profit but it was a good awareness day, talking to local people, the Garden House Hospice stall and the local Neighbourhood watch.

A big thank you to everyone for all their hard work putting this all together.

Chris



Branch Meetings in September and October

September 24th Meeting

We started our September branch meeting discussing what we had been up to over the past month. Although he wasn't able to attend the meeting, Alan let us know that he had a terrific time at Harry Potter World, a trip supported by the Branch. Kent told us about his trip to Guernsey and his forthcoming trip to Canada. Vernon had been to the Lake District. Taking benefit of virtual meetings, Richard briefly joined us from a very sunny Cyprus. It is always good to share information about local places to visit, and this time, mention was made of the Henry Moore Sculptures and a successful open gardens event in Melbourne.

Colin showed us some more of his art work, at the moment he is working on a picture for his Grand-daughter. He explained that he loves creating the pictures and believes it keeps his mind and hands active. We love seeing his art work and are proud that we have our own Branch picture he created.

October 22nd - A G M

At the end of October, we held our first virtual AGM. We did not hold an AGM in 2020 so there was quite a lot to fit in. The formal part of the meeting went very smoothly, Viv, our Patron, explained how he had become involved with the Branch and Kent, our Chair, and Heather, our Treasurer updated us all on what has been happening in the Branch and with our finances over the past 18 months.

When it came to re-electing the Committee there were no new nominees, but all the current members were willing to stand again. Kent Allen, Christine Carter, Heather Hurley, Lindsey Lucas and Maria Watson were duly re-elected. We would love to have new members so if you know of anyone who might want to help us in anyway, please ask them to get in touch with a member of the committee.

Then followed two interesting and informative talks about organisations able to help with equipment.

First, we heard from Alex Krucynska an occupational therapist and Vicki Flood, a speech therapist, who work for CASEE, the Communication Aid Service (East of England). CASEE is a multi-disciplinary team and their role is to provide support beyond that provided by local teams if people are unable to use their hands and fingers to type. The aim is to provide voice output devices for communications. Equipment is provided on a short-term loan and then, if it is helping, it is provided on long term loan with maintenance support.

Our second guest speakers were Mel Donegan & Keith Lawrence from RECES, (Regional Environmental Control Equipment Service) Mel and Keith explained their roles and the aim of the service to provide equipment to improve independence and Quality of Life. They are based at Hillingdon and talked through some of the equipment they can provide on long term loan.

After a few questions to our speakers the meeting came to an end. Hopefully by the time of the next AGM we shall be back to meeting in person.

Lindsey

For National Poetry Day Carmen, our lovely Area Support Coordinator wrote this Poem for people with or affected by MND.
Well done Carmen.

Have you been diagnosed with MND?
Then we're here for you and your family.
As a charity, the MND Association
Can provide you with support and information.
Just contact our helpline, MND Connect
To talk, get info or have time to reflect.
We also fund research to seek a cure
We will get there, one day, we're sure.
Our online forum gives an opportunity
To be part of the MND E-Community.
We have a range of grants, which you can apply
Lots of literature too that we can supply.
We have a service to help you with benefit advice
And a service to aid a communication device.
There's MND Buddies, booklets and much more,
For children and young people to explore.
Let's not forget our Branches and our Groups,
Who offer local support via our volunteer troops.
They may campaign, e.g., with a post or Tweet
Some have get-togethers, a chance to meet.
If you want one to one support or a listening ear
Then we will try to link you with a Support Volunteer.
For professionals, we offer information resources,
Webinars and several training courses.
Perhaps you want to help people affected by MND
Then there are so many things you can do, easily.
Raise awareness of MND and campaign
Get sponsored to walk or jump out of a plane!
Become a member or simply donate
Volunteer in some way, go on..... why wait...
There are many opportunities we have in store,
Contact your local Branch or Group to find out more.



Our Online Forum

The Associations Online Forum is an ideal resource for anyone living with or affected by MND. It is run by us, but most content is created by a wide range of people, offering first-hand experience of MND and providing medical, emotional and practical support.

Anyone can access the forum to read content, but you must register if you'd like to post.

To register, or access the forum go to the MNDA website - Our Online Forum

[Stamp Out MND ~ Donation's](#)

Thank you to Heather @ <https://www.facebook.com/MNDA-North-East-Herts-Branch-334946364521804>, St Marys Church Stotford, Co-op Store Stotford, Keryle & all other donators to the named above, very much appreciated
www.stampoutmnd.co.uk



FUTURE MEETINGS AND EVENTS FOR YOUR DIARY

November Meeting- Christmas Lunch – Three Horseshoes – Hooks Cross
Friday 26th November 12am for 12.30am

Carers Coffee and Chat – Zoom - Carers only
Tuesday 14th December 2pm
ID Code – 937 8155 5985 – Password - carers

December – No Meeting

Carers Coffee and Chat – Zoom – Carers only
Tuesday 11th January 2pm
ID Code – 937 8155 5985 – Password - carers

January Meeting - Zoom
Friday 28th January 11am
ID Code – 841 789 6055 – Password – 515616

Carers Coffee and Chat – Zoom – Carers only
Tuesday 8th February 2pm
ID Code – 937 8155 5985 – Password - carers

February Meeting – Zoom
Friday 25th February 11am
ID Code – 841 789 6055 – Password – 515616

Carers Coffee and Chat – Zoom – Carers only
Tuesday 8th March 2pm
ID Code – 937 8155 5985 – Password - carers

Monthly Meetings would normally be held on the last Wednesday of each month 11am
In the event of our meetings changing from Zoom to face to face, information will be in
the Newsletter and available via our website.

The Three Horseshoes
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MND THE NORTH HERTS WEBSITE

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OUR EMAIL

mndaneherts@gmail.com

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

THE MND HELPLINE – Tel 0808 8026262

mndconnect@mndassociation.org

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

Mon - Fri 9.00am - 5.00pm and 7.00pm - 10.30pm.