

## North and East Herts Branch Newsletter

### November 2022



**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

In September we hosted a very successful fundraising event for the Branch. At The Farmhouse at Redcoats in Hitchin, we welcomed 120 special guests for an evening of entertainment, fine dining and the chance to bid for and hopefully acquire a variety of unique auction prizes. Our opening speaker was Alistair Hargreaves (of rugby fame), MC duties were partnered by Manley Hopkinson and Robin Kermode and our musical entertainment was by Sally Potterton from Hitchin.

The Redcoats team created a gourmet menu as well as generously sponsoring all the beverages for the evening. Ahead of the evening, a volunteer team of six, led by Sue Cheshire, created unique flower arrangements for each table and the reception area, all in MND Association colours – another superb contribution to the event.

Thanks so much to everyone who attended, and generously donated their time, enthusiasm and money, to the support for people with MND and their families in NE Herts.

Kent



## **Finance Report – September and October 2022**

September was an amazing month of fundraising. As you will have already read in his report, Kent and Sue organised a fundraising event on the 8<sup>th</sup> September which through the generosity of friends and colleagues has raised a wonderful sum of money for the branch. Grant, our Trusts and Grants Fundraiser, has also raised £2,000 in grants from Herts County Councillors and the Rotary Club. We have also received, as mentioned in the last Newsletter, £1,161 from Charlotte's Fun Day, a further £737 in respect of Keith's Wing Walk and a further £160 from the Folk around the Tree concert. All these donations have also led to an increase in Gift Aid, £158 in the last 2 months giving us a projected total of £758.61 for the year.

These wonderful efforts have allowed us to cover the costs of 2 Emergency Grants, a Carer's Grant and Hospital transportation costs. If there is anything that you think we might be able to fund please don't hesitate to ask.

Heather

### **Branch Meetings**

Monday 26<sup>th</sup> September

Our Branch meeting in September took place at the Three Horseshoes. It was a very small friendly meeting and we were very pleased to welcome Elaine, who is training at the moment to join our team of Association Visitors.

Vernon mentioned his recent visit to Addenbrookes, how efficient it always is despite the size of the hospital which is now undergoing expansion. Elaine talked about her years in Bahrain and how she is adjusting having been back for a year.

Hillary showed us a card that she carries given to her by Cambridgeshire County Council, a carers card for emergency use when you need help and are not able to care for someone. Adult care services in Hertfordshire provide a similar card, I am a Carer, someone's safety depends on me. Contact Adult Care Services at Hertfordshire County Council on 0300 123 442 and ask about creating a Carers in Case of emergency plan.

The conversation was very varied, old bank notes were mentioned along with the worry over the huge rising costs in energy bills. On a lighter note, Vernon told us about his holidays in the Lake District and Norfolk, how accessible it was at Holkham Hall, he even managed to get a trip on the stairclimbing machine to enable him to look around the upper floor. Of course, our meetings would not be complete without someone mentioning toilets. Heather told us about her experience in a hotel in Nottingham, where she happened to be staying in a disabled room, using the toilet was not a good experience as the toilet seat fell off whilst in use, oh dear.

Chris

## **Branch Meeting in October**

Our Branch meeting at the end of October took place at the Three Horseshoes. The pub very kindly sets aside an area for us which is wheelchair accessible and also means we are undisturbed by other users.

It is always a pleasure to chat over a cup of coffee or tea and hear what members have been up to. It wasn't long before the subject of toilets came up and it is always useful to hear about adaptations that people find helpful.

We discussed our Christmas Lunch which is booked for the beginning of December and Lindsey collected a few Christmas card orders. Kent lent out a couple of copies of the Doddie Weir autobiography "My Name's Doddie". I'm sure they will be returned at the next meeting and available for anyone else who would like to read it.

Lindsey

## **Visit to MND Clinic Cambridge**

Chris and myself were very fortunate to be able to visit the MND clinic held at the Arthur Rank Hospice in Cambridge in October. As Association Visitors it was a very useful and interesting visit where we were able to sit in with the patients. Our thanks to Carmen Brown for organising the visit for us and to all the team at the clinic who made us so welcome.

Maria and Chris – Association Visitors

## **Fundraising**

On Friday 16<sup>th</sup> September, Baldock Bowls Club held a Candlelight Bowls evening. One of their members Mr John Carter held raffle in memory of his wife Jean who sadly passed away with MND. Kent and I went along representing the branch. It was a fun evening with the members bowling in fancy dress. Kent helped John with the raffle, an amazing amount of £530.00 was raised. Many thanks to John and his daughter Jackie and the members of the Baldock Bowls club.



Jackie is holding a raffle at the Scarlett Hair Design hairdressers in Baldock, during November and December. If you are around Baldock during this time Jackie will be pleased to see you.

Many many thanks to all the wonderful people who have supported the Branch, sent us their used stamps, and raised much needed funds to enable us to continue helping and supporting people with MND and their families.

Chris

## **Shout About It**

On Thursday 6<sup>th</sup> October POhWER held its annual information day at the Ibis Hotel in Stevenage.

POhWER is a charity and membership organisation based in Stevenage. They provide information, advice, support and advocacy to people who experience disability, vulnerability, distress and social exclusion. POhWER was set up in 1996 by service users who, tired of others making assumptions about their capabilities and views, wanted equal access to information and a voice of their own.

Carmen booked a stall for the day, with help from Hetty and myself. It was an opportunity to talk to other charitable organisations about the work they do and the help that they can offer, Garden House Hospice, Herts Ability, Neighbourhood Watch, Samaritans, Age UK, Macmillan Support, Right at Home, were among some of the 65 charities in attendance, it was a good chance for us to let people know about the branches in the Hertfordshire area, how we support and help our members and their families. We were entertained by the Purple All Stars, they are a group of people with learning disabilities who provide powerful health promotion messages using creative arts. It was a wonderful performance from them all.



## Herts Carers Group

It is with regret that we have decided to cancel the Herts Carers group (online group) due to very low numbers. However, please do join us for one of our South East Region Carers groups where you will be able to talk to other carers (also online). We have both a day time and an evening group.

Please note these are for 'carers only' and it is important that no one living with MND can listen in to the group, to ensure confidentiality for carers. Both the NE Herts branch and South Herts branch offer support groups for people living with MND and carers so please do reach out to your local branch if you'd like more information on these.

See below for joining details, including the contact details for both, should you have any problems.

Daytime group: 1 November, 6 December 11am (first Tue of each month).

Meeting ID: 82959573420 Passcode: 670598

Contact: [ahmed.abdeldayem@mndassociation.org](mailto:ahmed.abdeldayem@mndassociation.org)

Evening group: 26 October, 30 November 6.30pm-7.30 (last Wednesday of each month)

Meeting ID: 930 6167 2421 (no ID needed)

Contact: [alli.anthony@mndassociation.org](mailto:alli.anthony@mndassociation.org)

## Kevin Sinfield OBE

Rhinos legend, Kevin Sinfield OBE was named Just Giving Celebrity Fundraiser of the Year for 2022 after his continued efforts to raise money in the fight against Motor Neurone Disease in the name of his former teammate Rob Burrow who was diagnosed with it in 2019.

Sinfield has raised millions and is preparing for his next challenge: seven ultra-marathons in seven days culminating in the Rugby League World Cup Final at Old Trafford.

Kevin is the defence coach for the Leicester Tigers Rugby Union Club. He is a former rugby league player. Captain and director of football for Leeds Rhinos. He has represented England and Great Britain. He is widely regarded as one of the greatest kickers in rugby league history.

He is now also fundraising for former rugby union player, Doddie Weir and former footballer Stephen Darby, both have been diagnosed with MND.

Chris

## **FUTURE MEETINGS AND EVENTS FOR YOUR DIARY**

South East Carers Coffee and Chat – Zoom – Carers only  
Wednesday 30<sup>th</sup> November 6.30pm  
ID Code – 930 6167 2421

November Meeting – CHRISTMAS LUNCH  
Friday 2<sup>nd</sup> December – 12noon  
FACE TO FACE  
THE THREE HORSESHOES

South East Carers Coffee and Chat – Zoom – Carers only  
Tuesday 6<sup>th</sup> December 11am  
ID Code – 829 5957 3420 Password – 670598

**NO DECEMBER MEETING**

January Meeting – Zoom  
Friday 27<sup>th</sup> January 11am  
ID Code – 841 789 6055 Password – 515616

February Meeting – Zoom  
Friday 24<sup>th</sup> February 11am  
ID Code – 841 789 6055 Password - 515616

Going forward we will now have some Face to Face and some Zoom meetings.  
Monthly 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.  
Information will be in the Newsletter and available via our website.

The Three Horseshoes  
Hooks Cross  
Watton at Stone  
Hertfordshire  
SG14 3RY  
01920 830391