

North and East Herts Branch Newsletter

March 2017



Laura Wrangles New Herts Neurological Navigator

The MND association website is: www.mndassociation.org

The National Office helpline is: 0808 8026262

Motor Neurone Disease Association – Registered charity No. 294354 Patron: Dr Viv Lucas

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Message from the Chair

You may remember that I reported in the last newsletter, that the AGM would be held in March instead of April as it had been in the past. Laura Wrangles will be coming to the meeting and, after the short informal business part of the AGM is over, will talk about her role as Hertfordshire Neurological Navigator. Each year I make my usual request for volunteers or nominations for the committee and this year is no exception. If you are interested please get in touch with Marilyn, our secretary, whose contact number is on the back of the newsletter. Nominations can also be made on the day and, although the present committee have agreed to continue next year, we would welcome some new blood with fresh ideas. We are also an 'all-female' committee at the moment, and it would be nice to have a male representative!

The February meeting was well attended and although it was just a coffee meeting all those present found it useful to talk and exchange experiences and ideas for future outings. John Hamer has agreed to give another demonstration of his voice bank system at a future meeting and Roger Widdecombe will be coming to the April meeting. This will start at 12 o'clock instead of 11'clock as we shall be staying on for a bar meal that day. Other outings planned for the coming year are a canal cruise and an afternoon tea with the venue to be decided nearer the time.

We have a good core of supporters who come regularly to the monthly meetings at the Three Horseshoes and we look forward to seeing you, and hopefully, a few new faces at the AGM on **Wednesday 29th March at 11 0'clock**

Gloria

Finance Report

January & February 2017

We are already into the first two months of the New Financial Year, end of year accounts have been approved by Head Office, the annual transfer has now been made and we still have a healthy bank balance of nearly £14,000. We are pleased to have been able to purchase a couple of trolleys this year and will be financing a wheelchair adaptation in the near future.

We continue to receive generous donations, including £1,400.00 raised over the Christmas period by Outforce Corporate Investigations Ltd, £603.29 collected at a concert given by Hertford Choral Society, £308 from the Whitehill Golf Veterans' 2016 fund raising events and £90 kindly donated by Sheila Keith on the occasion of her 90th Birthday. We are also very grateful to be nominated for In Memoriam collections and extend our condolences to those involved.

2017 has made a good start and we look forward to financing many other projects, large and small, over the year.

Heather

Past Events

In December our MND Branch was chosen by the Hertford Choral Society as one of their charities to support for their Christmas Concert in 2016. One of their members had kindly put this request forward as she is personally involved with the Association. Annette very kindly agreed to attend the concert with me with our Branch Banner for the audience to see together with our branch leaflets. At the end of the concert a bucket was held at the door giving the members of the audience a chance to give their donation. To our amazement the amount collected was £603 and I had the pleasure of being presented with a cheque for this amount early in January when they started rehearsing again after Christmas. We are sincerely grateful for their generosity and I was glad to be able to convey this to their members when I was presented with the cheque. Unfortunately Annette was unable to join me on that evening.

Marilyn



Branch Meeting – Wednesday 25th January

Our January meeting saw a small number of committee and members enjoying a relaxed and friendly meeting. It was a good opportunity to discuss how, over the past year, our meetings at the Three Horseshoes were progressing. Generally the feeling was that the change to a morning meeting was a positive move.

Maria and Lesley, two of our Association Visitors (AV's), shared with us some of their thoughts on the East of England AV Development day in October, expressing how important it was to meet other AV's to share experiences.

They also gave us information on new AV contact forms which the Association are piloting with our AV's and another branch, John Gillies-Wilkes – Regional Development Manager for the East - was at the last AV meeting to explain the details. Many thanks to Maria and Lesley.

Branch Meeting – Wednesday 22nd February

We enjoyed a very informal February meeting with our members and friends. Our next meeting in March will be the AGM where we are looking forward to welcoming Laura Wrangles. Gloria stressed the importance of new faces to join the committee, as more ideas for future meetings and outings are always welcome.

Carol again delighted us with her Easter cream egg bunnies, well done and many thanks Carol.



MNDA Research List

If you are interested in helping researchers, by taking part in future MND research, then join our MND Research List today. We know that there is frustration at the lack of research that people with MND can take part in and we are looking to change this. We are creating a list of people with MND who are interested in taking part in research. Inclusion in this list is optional and does not guarantee that you will be included in future research projects.

Please note: Very few researchers will be looking for people to take part in clinical trials of potential new treatments. If you join the MND Research List, you are most likely to be invited to participate in studies that aim to improve understanding of the disease or generate evidence to help raise standards of care.

If you are living in England, Wales or Northern Ireland with a diagnosis of any form of MND including ALS, PLS and PMA, then you are eligible to join our list regardless of whether you are a member of the MND Association

However, if you are not a member of the MND Association and do not wish to be, then consenting to be part of this list will also mean that you will receive occasional mailings from us which will not be related to our MND Research List

Our ‘What’s happening in MND research?’ newsletter is a quarterly communication with people living with MND who are interested in getting involved in MND research. The newsletter is published at quarterly intervals and is sent to people on our MND Research list. You can read the latest issue online.

Please note: If you are already on our MND Research list, but do not wish to receive the newsletter, please contact the Research Development team on 01604 611 880 or research@mndassociation.org

MND North and East Herts Branch - **SUMMER BOAT TRIP AND CREAM TEA**

We are organising a cream tea and boat trip on the 'Pride of Lee Boat', which is owned by the Lee Valley Boat Centre.

Tuesday, August 1st from 3pm (Boarding from 2.45pm)

The boat trip starts at Broxbourne Riverside Mooring (near Broxbourne Station) and lasts for 1^{3/4} hours. There is parking nearby at the 'Broxbourne Riverside' Car Park and we can obtain permits for each car.

Price: £14 per head.

(NB: Places are limited to 19 people, plus there are 3 places allocated for people using wheelchairs).

Please let Annette know if you would like to reserve some places. Tel: 01462 436928 or email: annette@annetex.co.uk



Letchworth Walks to D'Feet MND

Two of our friends from Letchworth have recently been diagnosed with Motor Neurone Disease. It can leave people locked in a failing body, unable to move, talk and eventually breathe.

It affects up to 5000 adults in the UK at any one time. To stand with our friends and neighbours, and to raise money for research into MND and support for those affected, a group of us are walking the 13.6 mile Letchworth Greenway once a month for the next year. The first walk was February 4th and was a lot more than a fundraiser. 10 walkers, new friendships, fantastic rest stops - and a few of us walked further than we had ever walked before!

)March 11th 2017

)April 1st 2017

)May 13th 2017

)June 3rd 2017

)July 8th 2017

)August 5th 2017

)September 9th 2017

)October 7th 2017

)November 11th 2017

)December 2nd 2017

)January 6th 2018

Will you stand with us?

Meet at The Fox in Willian on walking days from 08.30. Walk leaves at 09.00. We have two breaks when a backup team will bring refreshments to us! Return to The Fox approx. 14.00. Suitable for people with dogs and all terrain buggies if you want to bring a dog or a baby!

Will you think about walking – once, twice, every time? If 13.6 miles is too far, think about coming for the first 5 miles to Radwell Meadow. All we ask is that you raise a minimum of £100 sponsorship.

To register contact Claire Pedrick

) M 07745 116493

) E Claire.pedrick@gmail.com

) FB Group [Letchworth Walks To D'Feet MND](#)

We will send you walkers info and a sponsorship form and find out what size T-Shirt you'd like

If you can't walk with us and would be happy to donate, contact Claire or go to our Just Giving page www.justgiving.com/Claire-Pedrick

Thank you

FUTURE MEETINGS FOR YOUR DIARY

March Meeting Wednesday 29 th	A G M -The Three Horseshoes Laura Wrangles - New Herts Neurological Navigator
April Meeting Wednesday 26 th	The Three Horseshoes – 12am Roger Widdecombe – Regional Fundraiser for East England Followed by lunch – 1pm
May Meeting Wednesday 24 th	The Three Horseshoes John Hamer – update on his voice banking
June Meeting Wednesday 28 th	Afternoon Tea – to be arranged
July Meeting Tuesday 1st August	River Trip – The Lea Valley
August Meeting	No meeting
September Meeting Wednesday 27 th	The Three Horseshoes

Monthly meetings are the last Wednesday of each month at 11am

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

BRANCH MANAGEMENT COMMITTEE

OFFICERS

CHAIRMAN

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COMMITTEE MEMBERS

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BRANCH CONTACT

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ASSOCIATION VISITORS

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REGIONAL CARE DEVELOPMENT ADVISER (RCDA)

Liz Pybus	Liz.pybus@mndassociation.org	Tel: 03453 751840
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THE MND NORTH HERTS WEBSITE

www.mnd.n-herts.freeuk.com

THE MND HELPLINE – NEW CONTACT NUMBER

Tel 0808 8026262

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

Monday - Friday 9.00 a.m. - 5.00pm. and 7.00 p.m. - 10.30 p.m.