

## North and East Herts Branch Newsletter

November 2017

**WISHING YOU ALL A VERY MERRY CHRISTMAS**



The MNDASSOCIATION website is [www.mndasociation.org](http://www.mndasociation.org)

The National Office helpline is: 0808 8026262

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

## Message from the Chair

December will soon be with us and it's time to remind you that the Christmas lunch has been booked for Wednesday 6<sup>th</sup> December at the Three Horseshoes at 12.30 for 1pm. There has been a good response to this and anyone else interested should contact me on 01438 488653 as soon as possible so that I can let you have more details. The three course meal including coffee costs £22.95, which is the same price as last year. Most folk already have the menu choices but please let me know if this is not the case, and I can give you this information, or you can look on the Three Horseshoes web site. I should also mention that the lunch replaces our November meeting which would normally have been held on Wednesday 29<sup>th</sup>.

A big "thank you" must again go to Carol who has been busy knitting through the year making festive toys etc to raise funds for the Branch. She will be bringing some of these for sale at the lunch. A big "thank you" also to Dawn Wilmot who organised a raffle to raise funds in memory of her father-in-law and has so far raised £600. She also plans to have a children's raffle nearer Christmas.

And, of course, our heartfelt thanks to Claire Pedrick and her team for the fantastic work they have done in organising the monthly Letchworth Walks, which have not only raised an enormous sum of money for MND nationally and locally, but, with all the publicity, have raised awareness of the disease in this area.

We are also grateful to Colin Smith who is organising a Quiz night on Friday December 8<sup>th</sup> at Baldock Town Bowls Club, to raise funds for the branch. There are further details in this Newsletter so do try to support this event and bring along friends to make up a table if you can.

The committee and I send our very best for Christmas and the New Year and look forward to your continuing support in 2018.

Gloria

### **Finance Report – September & October 2017**

We have received a steady flow of donations over the last 2 months. The funds donated by the Letchworth Walks to D'Feat MND now total £2,585 and they are still raising money! We have received £117 from Harpenden Common Golf Club which was raised through their Charity Shield Tournament, a collection tin in the Arena Tavern Letchworth contained an impressive £67 and Belvoir Estate Agents have continued to donate a generous £75 per month. Many thanks also go to everyone who has purchased Christmas cards from our supply over the past few weeks.

We have been able to contribute towards the costs of a Wetroom Conversion and a Stairlift and we have also paid for a short holiday for one of our members and for services due on a couple of Mobility Scooters.

At the end of October our bank balance stood at £8,956.08 and since the end of the month we have received £98 from Carol Hardy raised from her Christmas knitted novelties and a donation of £100 from Baldock Town Bowls Club.

Heather

## Past Events

### Branch Meeting – Wednesday 27<sup>th</sup> September

A very well supported lunch meeting, we were very happy to welcome Diana and Malcolm who joined us for the first time. We all enjoyed a lovely lunch with Fish and Chips being the most popular dish.

The Christmas lunch was discussed, we shall again be celebrating at The Three Horseshoes on Wednesday December 6<sup>th</sup>, for further details please call Gloria – 01438 488653.

Colin talked about the Quiz night on Friday 8<sup>th</sup> December he is hoping to have up to ten tables of 6, and he asked for help on the night, if you would like to take part please contact Colin - 01462 682621 for further information.

Carol also mentioned that she will be at the Hampson Park Community Centre in Stevenage on Saturday 2<sup>nd</sup> December 12 – 4 selling all her lovely knitted Christmas items, please pop along and support her as all the proceeds will be coming to the branch.

### Branch Meeting – Wednesday 25<sup>th</sup> October

Our coffee morning was a quiet meeting with 7 members and friends.

It was a chance to discuss how the branch is able to help with funding for all our sufferers and their families within the new Association guidelines. The Christmas lunch is proving popular again, and we look forward to seeing you all on the 6<sup>th</sup>.

Colin is moving forward with the quiz evening, the branch is hoping to have a table on the night, please let Colin or a committee member know if you are able to come along on the 8<sup>th</sup>.

Carol was sadly unwell and could not attend the meeting but sent along some of her lovely Christmas items that people had ordered.



Many thanks Carol.

## National Office Information

### Powered Neuro Wheelchairs

The MND Association has worked with three wheelchair manufacturers, those most commonly used by statutory services, to create new specifications of Powered Neuro Wheelchair that meet the needs of people with MND.

The provision of the most appropriate wheelchair for people with MND has, in the past, been complicated, with costly adaptations needed to existing wheelchair stock, leading to delays in people getting their wheelchair. The wheelchairs have been specified to avoid these problems, in an affordable way for wheelchair services.

#### Development

The Powered Neuro Wheelchairs were developed with the help of people living with and affected by MND, wheelchair service managers, therapists and rehabilitation engineers, other health and social care professionals and other charities. The resulting Powered Neuro Wheelchairs are suited to the needs of people with MND and other similar, progressive conditions.

#### Features

Each of the Powered Neuro Wheelchairs is suitable for indoor and outdoor use and all have features that are designed to be adapted as the condition progresses, so that further costs can be minimised.

Features include:

- powered tilt-in-space, to overcome the effects of gravity and help prevent someone slumping, sliding down or falling to one side, while keeping their head supported in a forward-facing position. This feature can also prevent fatigue from attempts to maintain an upright posture
- a cushioned, tension-adjustable backrest, to accommodate an upper kyphosis (rounded upper back)
- a seatboard that can be supplied with the most appropriate cushion
- different headrest options that can be adjusted to suit as the condition progresses
- padded arm rests
- options for adding different controls and switches
- independent angle-adjustable foot rests.

Each wheelchair has been designed to offer a high specification at an optimum cost, and to be affordable within the remit of local wheelchair services.

To access the right wheelchair it is important to contact the local wheelchair service for a posture and mobility assessment. If the assessment process identifies other add-on features that the statutory service does not fund the MNDA may be able to help.

For more information you can watch a film on the website –

[www.mndassociation.org/wheelchair](http://www.mndassociation.org/wheelchair) or contact Mary Collier, Wheelchair Support Service Co-ordinator at [wheelchairs@mndassociation.org](mailto:wheelchairs@mndassociation.org)

## Letchworth Walks To D'Feet MND

The September theme was tutus. 26 walkers and three dogs, we even listened to the Sugar Plumb Fairy and had a pirouette lesson at the loo break. We ended at the Fox with an ice bucket challenge that had raised £240. It broke the record for the oldest walker, which now spans 5 months to 80 years. So far 138 people have taken part in the walks.



The film night on Sunday 10<sup>th</sup> September saw walkers and friends getting together to enjoy a sociable evening and a chance to raise funds and awareness away from the walks.



John Gray, Laura and April Wrangles and Margaret Gray

There was a raffle with some lovely prizes donated by friends and local companies. Our very own Laura Wrangles won 1<sup>st</sup> prize, a beautiful hamper donated by Hamper Gifts from St Albans. The branch was on hand manning a stall and giving out goody bags. The evening raised £800.00, bringing the total raised to over £29,000, quite astonishing.

The October walk had a slightly different theme, runners and cyclists were invited, the walk was in memory of Pete Jackson who sadly recently lost his battle with the disease.

32 people walked and 8 people cycled plus a very young accomplished little girl who cycled the whole 13.6 miles, watched closely by her father and all the walkers, a very special well done to her.

Heather and I also joined the walkers again bringing along our other halves, George and Derek. The total raised has now reached over £34000.00.

Future walks: December 2<sup>nd</sup> and January 6<sup>th</sup> followed by a PARTY AT THE FOX

Please come if you are able – or encourage family, friends and neighbours. Sponsors raise cash. Walker numbers raise awareness.

Meet at The Fox in Willian on walking days from 08.30. Walk leaves at 09.00. There are two breaks when a backup team will bring refreshments. Return to The Fox at 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](mailto: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](http://www.justgiving.com/Claire-Pedrick)

The 2018 Letchworth Walks to D'Feet calendar is now available £10. Every single penny goes to the MNDA thanks to a donation for the printing. Includes some great pictures and the recipes of some of our signature cakes!

## Future Events

**Quiz Night** at Baldock Town Bowls Club

In aid of the Local Branch of the Motor Neurone Disease Association

On 8<sup>th</sup> December 2017 7pm for 7.30pm

Tables of up to 6 people

Prizes for Winners and Runner Ups

**Quiz Master Mr Eddie Plume**

Half Time Buffet - Raffle - Entry - £10.00 per person

Baldock Town Bowls Club, West Avenue, Baldock, SG7 5AY

Entries to – Colin Smith 01462 682621

Email – [colinwsmith01@btinternet.com](mailto:colinwsmith01@btinternet.com)

## FUTURE MEETINGS FOR YOUR DIARY

Saturday 2 <sup>nd</sup> December	Carol Hardy - Hampson Park Community Centre Stevenage – Christmas Stall – 12.00 to 4.00
November Meeting Wednesday 6 <sup>th</sup> December	Christmas Lunch The Three Horseshoes 12.30 for 1pm
Quiz Night Friday 8 <sup>th</sup> December	Baldock Town Bowls Club 7pm for 7.30pm
January Meeting Wednesday 31 <sup>st</sup> January	The Three Horseshoes
February Meeting Wednesday 28 <sup>th</sup> February	The Three Horseshoes Lunch 12am
March Meeting Wednesday 28 <sup>th</sup> March	The Three Horseshoes AGM

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

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

