

North and East Herts Branch September Newsletter



Committee member takes the Ice Bucket Challenge.

The MND association website is: www.mndassociation.org

The National Office helpline is: 08457 626262

Motor Neurone Disease Association – Registered charity No. 294354

Branch Patron: Dr Viv Lucas

Message from the Chair

September is with us once more and I hope you have all had an enjoyable summer with pleasant holiday memories.

I was away on holiday for the July meeting but I was pleased to hear that it was well supported and those present had a most interesting and informative talk about the Red Cross from Denise Norman. Thank you Marilyn for arranging it.

We look forward to your continuing support at the next meeting at Bedwell on Wednesday September 24th when Michelle Clarke will be speaking about the patchwork quilt which is being raffled in aid of the branch and MND research. She is hoping to bring the finished quilt along. Raffle tickets will be on sale for the draw which takes place in December.

Some of you may have read or heard about the 'ice-bucket' challenge which started in America and has now reached the UK raising funds for MND here. Five of my family have done the challenge and are encouraging their friends to take part and /or contribute. You can find more information about this or contribute at

www.mndassociation.org

Text ICED55£5 to70070 or go to the Just Giving page or call 01604 611860

Roger Widdecombe, who attended our 20th anniversary celebration, has sent us copies of the photos he took on the evening and we plan to have an informal meeting in October showing these to members, as they can be used with a projector. I am sure they will be of interest to those who were present that evening as well as those who were not able to be there.

We shall be organising a Christmas lunch or dinner instead of our November meeting and details of menus and costs will be available nearer the time. I shall be taking names of those who are interested, at the September meeting. Alternatively you can phone me on **01438 488653** or send me an e-mail.

See you in September.

Gloria

Fundraising

'BAKE IT'

A very special thank you to Maggie Greenfield and Kathy Duncan who during our awareness month of June held 'Bake It' events raising over £500.00.

Well done.

JIM BEAVEN CYCLING FROM LONDON TO PARIS

Just a short note to say a huge thank you to all those who kindly sponsoring me to ride from London to Paris for the Motor Neurone Disease Association. I thought you may like have brief report on the ride so I have included it here. Cycling long distance is always fun and especially when the destination is as exciting as Paris!

Training was carried out on the brutal hills of Derbyshire with my riding partner Steve Loxam, and with just a few weeks to go, my long ride was Ware to Cambridge and back 61 miles starting at 4:30 am and back by 9:30.

We were 8 riders starting from a drizzly Greenwich Park at 07:00 on Wednesday the 18th June, and although planning 84 miles to Dover by around 4:30, we contrived to travel 103 miles and arrive at 7:30! We had a lead rider who showed us the way and a man in the support vehicle who carried our bags and ensured we had enough water and support on the route. The weather improved as the day progressed punctuated by a hearty lunch (all lunches are hearty to ensure the extra 3,000 daily calories needed are taken on board!) at the Tickled Trout. A brisk pedal along the seafront at Folkestone and a climb up the mother of all hills en route to Dover completed the Kent leg, and following an evening crossing and a quick spin around Calais at night searching for the Ibis hotel we bedded down for the night.

A slightly later start saw us setting off south through French countryside following canals and rivers past old abbeys and through quaint villages. Our 75 miles became only 78 and we arrived in fine style at Abbeville. Day 3 Three saw us continue across several plateaus and down into and out of several river valleys until we saw the beautiful Beauvais Cathedral standing majestically above the townscape and our third stop was only a few miles distant.

The last day Saturday was the shortest ride on the longest day of the year. The sky was clear blue all day, and at 55 miles, was a leisurely tour into the Ile de France and through the enchanting conurbation of villages of Northern Paris where a delightful lunch was enjoyed by all as we began to realise that our challenge was almost done. The city proper was all traffic and stop lights and was bursting with pedestrians everywhere. After so many stop/starts,



The Eiffel Tower was a wonderfully welcome sight and a few minutes were spent for the photos and for some of our team to meet their wives and children who formed the

welcoming party. A few more miles and even more stop lights finally saw the conclusion of the ride at a hotel in the northeast of the city.

We spent some hours seeing sights on Sunday, Notre Dame and The Basilica of the Sacred Heart at Montmartre, were on our list, and Paris in the Summer as the song goes really did sizzle! Bikes came back in the support vehicle and the Eurostar sped us home to London rather more quickly than we came!

A wonderful experience and it just remains now to decide on the next great cycling adventure. Sponsors at work at Transport for Greater Manchester and in my choir in Glossop and family and friends have raised around £473.00 A huge thank you to all who sponsored me.

Jim rode the ride in memory of his mother-in-law Sylvia. Jim is married to Lesley, who has been an Association Visitor in N & E East Herts for 6 years. Lesley's mum passed from MND in 2008, and was supported by Liz Garood who was the RCDA in the region at the time. Jim Beaven

PS for the cycle geeks, my bike was a Ribble 365 complete with mudguards, with a 50-34 chainset and a 28-11 sprocket

TWO MILE SWIM TO RAISE MONEY FOR THE ASSOCIATION

16-year-old Emma Roberts from Stotfold near Hitchin was so moved when she learned that a close family friend, Iain Rutherford also from Stotfold, had been diagnosed with Motor Neurone Disease that she wanted to help raise funds for the local organisation of the MND Association. She decided on a sponsored swim, which took place at Hitchin Swimming Centre on 31st July. Supported by her family and Iain and his wife, Emma swam 129 lengths of the pool, that is two miles, taking only a few breaks to sup some water, and raised the magnificent sum of nearly £550, including gift aid, in sponsorship for the Association.



A big THANK YOU to Emma, very well done.

Past Events

Collection Hitchin Saturday 26th July

The people of Hitchin proved nearly as generous as last year, as the cash collection realised £424.94. We were blessed with good weather to aid our efforts.

We had four new collectors, who are always welcome, so a huge thank you to them and to the rest of the team. We have raised well over £1,000 from the three street collections in 2014.

Geoff.

A Day in the life of a British Red Cross Volunteer

On Wednesday, 30th July we were very lucky to listen to a talk by Denise Norman who is a Volunteer for the Care in the Home Service organised by the British Red Cross. Her talk was extremely interesting and she gave a really good insight into the value of this service.

Denise volunteers for two days a week, often leading to more hours depending on the needs of the people she is visiting. Denise will call into the British Red Cross Office on these days and have a meeting with her Line Manager to see where she will be needed if she hasn't already been informed in advance. These days can include collecting items that may be needed by her client such as a hand grabber or walking frame to aid them. Sometimes they are folks who have just been discharged from hospital and badly in need of aid, which can include shopping for them or just sitting and chatting over a cup of tea to keep them company.

Denise will report back to her Line Leader regarding the clients she is dealing with and make sure follow up is carried through if this is necessary. During her visit she will perhaps make soup for lunch if they are unable to do so themselves. Sometimes there are Prescriptions which need to be collected which she deals with and makes sure they are put in their Dossett Box if this is necessary and that the client is able to take these without help. This can also include carrying out light household tasks perhaps tidying the main living area and helping with bed making.

Needless to say not all problems can be solved by the Volunteer but she will do her utmost to sort out as much as she can or make sure she can find an answer if possible. The small group of members who attended enjoyed a very interesting talk by Denise and we are very grateful to her for the time she gave us.

Marilyn

Art Nouveau Garden Applique Quilt raffle

We look forward to welcoming Michele Clarke and the finished quilt to our September meeting. All profits from the raffle to the branch and research.

As well as the double bed quilt, an Art Nouveau Applique cushion cover is 2nd prize along with other smaller prizes.



Tickets are available from committee members and at our monthly meetings, at £1.

INDEPENDENT IN YOUR OWN HOME

A new enterprising partnership between Welwyn and Hatfield Borough Council, Papworth Trust and Hertfordshire Action on Disability (HAD) was launched last year. The partnership, called Home Solutions Service enables local older and disabled people to maintain their independence and stay in their own homes.

To access the services of the Home Solutions Service: visit

www.papworthtrust.org.uk/locations/elsenhams-centre

Call 01707 537454 or drop-in to HAD, The Woodside Centre, The Commons, Welwyn Garden City, AL7 4DD

BUYING WITH CONFIDENCE

The Buy with Confidence Scheme helps you find a trading standards' approved trader. Visit www.buywithconfidence.gov.uk or www.hertsdirect.org/bwc to find a business which has been accepted into the scheme.

If you cannot access the internet, call 08454 040506. The list of traders will continue to grow so keep checking the website or call whenever you need to find a good trader.

POWERED NEURO WHEELCHAIRS

Following our report in the January Newsletter the Association are pleased to confirm that the Neuro wheelchairs are now available for wheelchair services to prescribe and a number have already done so.

Along with the three manufactures, the Association will continue to promote the powered neuro wheelchairs, as they not only provide an appropriate wheelchair for the majority of people with MND and other similar conditions, but also offer good value for money to the NHS.

if you are aware of any problems or issues at a wheelchair service, please email wheelchairqueries@mndassociation.org

FUTURE MEETINGS AND EVENTS FOR YOUR DIARY

September
Wednesday 24th Meeting at Bedwell
Michele Clarke - Art Nouveau Garden Applique Quilt

October
Wednesday 29th Social meeting at Bedwell
Slide show of 20th Anniversary event

November Christmas lunch or dinner
To be arranged

December No meeting

Christmas Cards

Once again Christmas is creeping up on us, Marilyn has kindly agreed to organise the Christmas Card order again this year.

Please let Marilyn have your orders at the October meeting, or contact her on 01992 420180 – Marilyn.dodson@ntlworld.com

Bedwell Community Centre
Bedwell Crescent
Stevenage
SG1 1NA

Bedwell meetings are the last Wednesday of the month at 7.30pm

BRANCH MANAGEMENT COMMITTEE – 2012/13

OFFICERS

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Liz Pybus	Liz.pybus@mndassociation.org	Tel: 08453 751840
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THE MND NORTH HERTS WEBSITE

www.mnd.n-herts.freeuk.com

THE MND HELPLINE

Tel: 08457 626262

All calls are charged at local rates. The hours of opening are:-
Monday - Friday 9.00 a.m. - 5.30 p.m. and 7.00 p.m. - 10.30 p.m.
Saturday, Sunday & Bank Holidays: 10.00 a.m. - 6.00 p.m.