

Winter 2013 Welcome to the Notts Branch Bulletin. We hope you enjoy reading about the latest fund raising efforts by branch members and supporters and don't forget if you are organising an event and would like to publicise it in the next Bulletin please contact the Branch Chairman or Secretary.

## Record number at "Second Thursday"

There was a bumper attendance of over 40 people for the November meeting, including around 15 people living with MND, some of whom were attending for the first time. Our guest speaker was Professor Adrian Wills who many of you will know is the Consultant Neurologist at the MND Care Centre at the QMC. Professor Wills commenced his talk by explaining the difficulty that many GP's have in making an accurate diagnosis. He attributed this to the rarity of the condition which resulted in the fact that most GP's would see only one or two cases of MND in a lifetime of practice. He went on to discuss the work of the care centre and concluded with an enlightening question and answer session.

It is difficult for anyone to put their finger on the reasons that make "Second Thursday" work so well. Part of it is down to having a good team of volunteers, who promote, organise and support the sessions. Another aspect is having one reasonably central location which doesn't involve too much travelling for most people. All of these things may get people to come once, but it wouldn't make them come back time after time. What causes this is the amazing warmth and welcome shared by and shown to those people living with MND, their carers and family. This was never better demonstrated when someone who had come for the first time, shared about his diagnosis six weeks previously. When he had finished talking the room broke out in spontaneous and heartfelt applause.

For those who are reading this and wondering whether to come along and join us, let me assure you that you won't regret it.

Godfrey Kent



## Association Visitor Forum

The National Association visitor forum was held on 12<sup>th</sup> October at Loughborough University and was attended by 62 volunteers. Jenny Elston, our Nottingham branch contact who is also one of the founder members of the Association and Jane Connell the regional care adviser gave a talk about the history of the association and the changes in the way we support people with MND. The presentation was well received and was an excellent contribution to a successful and informative event.



## MNDA 2013 Christmas Raffle

There are fantastic cash prizes to be won in this year's Christmas raffle. Tickets cost £1 and are available from the committee. Closing date for tickets and payment is 17th January 2014 so don't leave it too late to buy yours.

Dates for your diary – See website calendar for more details		
4 <sup>th</sup> Dec	Retford meeting	The Well, Hospital Road, Retford at 2pm
5 <sup>th</sup> Dec	'Second Thursday'	The Mapperley Plains Social Club at 2:15pm Christmas party-Everyone welcome
12 <sup>th</sup> Dec	Quiz Night	The Embankment, Trent Bridge at 7:30pm
9 <sup>th</sup> Jan	'Second Thursday'	The Mapperley Plains Social Club at 2:15pm "Our summer adventure" Alison and Chris Pickard
8 <sup>th</sup> Feb	Race Night	The Sir Julien Cahn Pavilion, West Bridgford at 6:30pm
13 <sup>th</sup> Feb	'Second Thursday'	The Mapperley Plains Social Club at 2:15pm Jayne Garnet, Community Neurology Physiotherapist
12 <sup>th</sup> Mar	'Second Thursday'	The Mapperley Plains Social Club at 2:15pm Nina Squires and Katherine Matthews Swallowing and Nutrition



If you do not wish to receive any further correspondence from the local branch of the MNDA, please let a member of the committee know. We never lose hope. We strive to find a cure for MND and to support everyone affected by this devastating disease.

**Motor Neurone Disease Association - Registered Charity No: 294354**

## Energy Bills

With fuel bills on the rise, the cost of heating and lighting our homes is likely to be higher than ever this winter. If you are a family affected by MND and are struggling with the costs of fuel, help is available. Firstly find out if you qualify for the governments warm home discount scheme. People automatically qualify if they are in receipt of pension credit however each company has their own eligibility for a second group of people who they offer the scheme to –this often includes people on means tested benefits or disability benefits, so contact your energy supplier. The MND Association also considers applications for financial help. For further information or advice contact the MND Connect team on 08457 626262 or [mndconnect@mndassociation.org](mailto:mndconnect@mndassociation.org)

## 24th International Symposium on ALS/MND

The International Symposium on ALS/MND will take place in Milan, Italy this year. This is when the top scientists meet to share research findings and to discuss new ways of improving the lives of people living with MND. Staff from the MND clinic at QMC, Carol Gent (Co-ordinator and Specialist Nurse), Katherine Matthews (Dietitian) and Nina Squires (Speech and Language Therapist) will be attending the event. Carol, Katherine and Nina want to thank the local branch and Nottingham University Hospitals Charity for supporting them to attend the conference. The clinic staff will be writing a blog from Milan. So if you want to hear news from the conference as it happens watch out for their blog which will be linked to our website.

### A NIGHT AT THE RACES

**mnda** In aid of the Motor Neurone  
Disease Association  
motor neurone disease  
association  
Registered charity number 294354

Saturday 8 February 2014

Doors open 6.30pm  
for 7pm start (prompt)

The Sir Julien Cahn Pavilion  
West Park, Loughborough Road, West Bridgford,  
Nottingham NG2 7JE

Bar

Ticket No. \_\_\_\_\_



**Ticket  
£7.50  
including  
supper**

## Branch Contacts

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Branch Website	Jonathan Pykett	<a href="http://jp@mnd-notts.org.uk">jp@mnd-notts.org.uk</a>	<a href="http://www.mnd-notts.org.uk">www.mnd-notts.org.uk</a>

## MND Association Contacts

National Office	Tel: 01604 250505	e-mail: <a href="mailto:enquiries@mndassociation.org">enquiries@mndassociation.org</a>
MND Connect	Tel: 08457 626262	e-mail: <a href="mailto:mndconnect@mndassociation.org">mndconnect@mndassociation.org</a>
MND Association National Website		<a href="http://www.mndassociation.org">www.mndassociation.org</a>

## Treasurer's Report

Yet again, the last three months have been a fantastic period for fund-raising and donations, with over **£14,000** coming to the Branch from a variety of kind and enthusiastic fundraisers!

This included a massive **£8,054** donation from **Nottingham Trent Students Union** who chose us as one of the local charities to benefit from their RAG fundraising. We have also received a further **£5,000** from last summer's **Eric Gibson Golf Day**, which has so far raised **£11,800**, with yet more to come. Other generous donations included a further **£400** from **Susan Bunting's** fundraising (making **£1,800** in total), **£320** from the **Wollaton Singers** and **£190** from the **Carlight Enthusiasts Club**. In addition, a total of **£1,172** was received in memoriam.

So, yet another amazing period for fund raising. As usual, can I say a huge "thank you" to everyone concerned with all these fundraising activities – your efforts are really appreciated and will make a huge difference to our ability to help local people with MND as well as enabling us to make a contribution towards research into this terrible disease.

I am pleased to say that we have been able to make a number of grants, totalling **£4,140**, to local people living with MND over the last three months. These include **£2,000** for house modifications, **£650** for equipment and a **£1470** for stair lifts.

The **49 Club** was won by Dorothy Hague in August, Pauline Crozier in September and Godfrey Kent in October. Congratulations to you all.

**Roger Spells (Treasurer)**

## Race Night

Back by popular demand!

Our **Race Night** fundraiser - **Saturday 8<sup>th</sup> February 2014**.

Please contact Roger for tickets.

Don't delay – we will sell out!