

Spring 2014 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.



### Race Night Success

February 8<sup>th</sup> was Race Night and yet again it was a great success. It was well attended and lots of fun. We would like to thank Roger Spells for organising the event and Simon Fotheringham who compèred the night and thank you to everyone who supported the evening. At the moment the total amount raised is over **£2,000**, which already

beats last year's total of £1,966. So a fantastic achievement, we will let you know the final total in the next Bulletin.



### Second Thursday report

The February meeting was again well supported and attended by over 30 people. Our speaker was Jayne Garnett, who is a Physiotherapist working with the community neurology service. Following a comprehensive talk Jayne answered questions from the floor about specific issues which were of general interest. It was a pleasure to also welcome Chris James to the meeting who is Director of External Affairs at the MND Association.

Taste buds at the ready! At our next meeting on 13<sup>th</sup> March Nina Squires (Speech and Language Therapist) and Katherine Matthews (Dietitian) will be discussing the symptoms of swallowing difficulties and weight loss in MND. They will be bringing lots of ideas of how to enjoy and integrate nutritional supplements into a normal, soft or blended diet. Everyone will be very welcome.

### AGM

Our AGM will be held on 24<sup>th</sup> April, 7.30pm at the Beeches hotel in West Bridgford. We are very excited that Sally Light, Chief Executive, MNDA has agreed to be our guest speaker.

Following Sally's presentation there will be a hot buffet followed by time to socialise. More details of the event will be sent to you shortly.



### Motorcycle challenge

Mark Bowers is undertaking a motorcycle challenge during Awareness Month. Mark's mother in law and his father have both had a diagnosis of MND within the last year. As you can imagine this has been a very difficult time for Mark and his family. He has set himself this challenge to help raise money and awareness for the association during our June Awareness month.

His plan is to visit the hospitals where MND Care Centres are based. He is planning to go to each hospital car park and have his photograph taken with an MND representative whom he will also get to sign his bike. Donna Young (Regional Fundraiser) and some members of the care centre team plan to meet him in the QMC car park, when he rides through on Wednesday 25<sup>th</sup> June, at 9am. We all wish Mark the very best of luck in his challenge.

Dear Nottingham Branch,

My name is Shaun Watchorn, and approximately 10 years ago I lost my Father to MND, since then hardly a day passes when he's not in the thoughts of those that knew and loved him.

I've had an idea to raise funds and awareness, while at the same time bringing comfort and solace. Basically I'm trying to compile a book of memories, photos and poetry, and many of your members might have contributions that they would like to send.

This project is totally being funded my myself and friends and ALL proceeds will go to the MNDA.

The link is [www.mndlovingmemories.co.uk](http://www.mndlovingmemories.co.uk)

Thank you for helping

Shaun (Watchorn),

[shaunwatchorn@googlemail.com](mailto:shaunwatchorn@googlemail.com)



## Treasurer's Report

Our financial year (to Jan 31<sup>st</sup>) ended in spectacular style with a further **£9,700** coming to the Branch from a variety of kind and enthusiastic fundraisers! This included a fantastic **£5,000** donation from **Ramsdale Golf Club** who had chosen us as the local charity to benefit from their year's fundraising. We have also received a further **£1,730** from last summer's **Eric Gibson Golf Day**, which reached a final total of **£13,580**. Other generous donations included a further **£900** from **Susan Bunting's** fundraising at Mapperley Golf Club (making **£2,700** in total), **£1,120** from the **Bingham Methodist Church** and numerous smaller donations from well-wishers. The year-end accounts are currently being compiled ready for the AGM on April 26<sup>th</sup>.

The new financial year has also started off in similar style, with a **£2,000** donation from the Ramsdale Golf Club, 'Par 3 Club' and **£1,700** from Professional Security magazine's recent conference. The Branch has also just held what has probably become our annual Race Night, which has definitely raised in excess of **£2,000**, with more expected. We have also received **£1,300** 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.

Since the last Bulletin, I am pleased to say that we have been able to make grants of **£2,000** to local people living with MND.

The **49 Club** was won by Simon Fotheringham in November, Pauline Cooke in December and Jenny Elston in January. Congratulations to you all.

**Roger Spells (Treasurer)**

## Goodbye Carol

As many of you will know Carol Gent, MND care centre co-ordinator is leaving. It is with sadness that we say Farewell to Carol who has been the co-ordinator for the clinic in Nottingham for several years. Carol is moving on to be a Macmillan Nurse and we wish her all the very best in her new role.



**Pegasus makes the 999 system more accessible to people who are vulnerable or have disabilities and impairments.**

It is a secure PIN number database that immediately provides the emergency services (Nottinghamshire Police, Nottinghamshire Fire and Rescue Service and East Midlands Ambulance Service in Nottinghamshire) with key details about the caller when that person is calling them on the phone or requesting help in person in emergency or non-emergency situations. This includes details about their disability or impairment and their home address. This helps emergency service staff to help the caller in the most appropriate way to suit their needs. The idea for the scheme was thought up by Chris Channon MBE, a Nottingham man who had experienced difficulty when calling the police due to his speech impairment.

The database is operated and maintained by Nottinghamshire Police and used by Nottinghamshire Fire and Rescue Service and East Midlands Ambulance Service (Nottinghamshire). It is free to join for anyone who lives in Nottinghamshire.

Registering for the Pegasus scheme is easy to do online. Anyone who has a disability, illness or vulnerability that makes it difficult for them to communicate with the emergency services can register with Pegasus. When you are registered with Pegasus, you will be sent a letter with instructions on how to use the service and a Pegasus card that has on it your personal identification number (PIN). If you prefer, you can apply by post by writing to Nottinghamshire Police Headquarters, Contact Management, Pegasus, Sherwood Lodge, Arnold, Nottingham, NG5 8PP or email: [pegasus@nottinghamshire.pnn.police.uk](mailto:pegasus@nottinghamshire.pnn.police.uk)



**NOTTINGHAMSHIRE**  
**Fire & Rescue Service**  
Creating Safer Communities

### Dates for your diary – See website calendar for more details

13 <sup>th</sup> Mar	'Second Thursday'	The Mapperley Plains Social Club at 2:15pm Nina Squires and Katherine Matthews Swallowing and Nutrition
19 <sup>th</sup> Mar	Retford meeting	The Well, Hospital Road, Retford at 2pm
10 <sup>th</sup> April	'Second Thursday'	The Mapperley Plains Social Club at 2:15pm
16 <sup>th</sup> April	Retford meeting	The Well, Hospital Road, Retford at 2pm
24 <sup>th</sup> April	AGM	The Beeches Hotel, West Bridgford, Nottingham NG2 7RN 7:30pm Sally Light Chief Exec MNDA
8 <sup>th</sup> May	'Second Thursday'	The Mapperley Plains Social Club at 2:15pm

### Branch Contacts

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### MND Association Contacts

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