

Spring 2015

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.

Treasurer's Report

Between the last Bulletin and the end of January, I am very pleased to report that we had a further **£6,640** donated to the Branch. This included a further instalment of **£3,824** from this year's Eric Gibson Golf Day (making a total of **£13,508**), **£872** from my own Robin Hood Half-marathon (making a total of **£1,467**), £425 from the Retford Inner Wheel, **£324** from Gerry Thompson's coffee morning, **£130** from Daybrook Baptist Church and **£226** from our Christmas Quiz Night. In addition, we received **£1,780** through in memoriam donations.

This meant that we finished the MND financial year (to Jan 31) with total income of **£50,591** – a truly amazing achievement and I would like to take the opportunity to say a massive "thank you" to everyone concerned with all the fundraising activities that happened this year. 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 significant contribution towards research into this terrible disease.

As always, we are keen to help local people living with MND and we have been able to make a number of small grants. Please contact me or our MND Regional Care Development Advisor, Kim Iliffe (kim.iliffe@mndassociation.org) if you have a requirement for support. We are always open to any reasonable request.

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

Roger Spells (Treasurer)

The Theory of Everything

As many of you will have seen in the media, Eddie Redmayne has scooped the Oscar for Best Actor in his role as MND Association patron Professor Stephen Hawking in *The Theory of Everything*.

The biopic, based on a memoir by Professor Hawking's first wife Jane, deals with the onset of motor neurone disease which has left him severely disabled.

The success of the film has brought attention to motor neurone disease and has raised the profile of the Association.

The Nottingham Branch carried out a bucket collection at the opening night at Cineworld in Nottingham which raised £102.



MND Spring Charity Ball

A fabulous Black Tie Ball in support of the Motor Neurone Disease Association with 3-course dinner, live band, disco, magician and auction. This event will be held at Ye Olde Bell, Retford, Nottinghamshire at 7:30pm. Tickets cost £50 Call 0785 403 5364 or 0754 052 6963 for more info.



AGM



This year's AGM will be held on the 23rd April, 7.30pm at the Beeches hotel in West Bridgford.

We have the pleasure of welcoming Alun Owen, Chair of MND Trustees. Following Alun's presentation there will be a buffet and time to socialise. More details of the event will be sent to you

shortly.

We look forward to seeing you at what promises to be a very informative evening.

Film Twitter competition

To commemorate the founding of the National Association in Nottinghamshire, which was in October 1979, we are planning to host a film screening at the Broadway cinema. It will also be an ideal opportunity to invite friends and supporters along. The choice of film will be decided by a competition recently launched on our Twitter feed. Tweeters have been encouraged to Tweet their suggestions of films to commemorate the founding of the association.

The film suggestions can be anything from rom-com to sci-fi, chick flick to thriller. It can be an old favourite or just a feel-good film. We are enjoying the suggestions that we have received so far, so keep them coming in!

The film and date will be announced in the next Bulletin but will appear on our website soon.

Christmas cards

Thank you to Jenny for once again co-ordinating the sale of MND Christmas cards. We sold over £1000 of cards! Thank you to everyone who purchased them.



Association Visitor's

You may have heard the expression "Association Visitor" but were not entirely sure what it meant. Association Visitors (AV's for short), work as volunteers with the Motor Neurone Disease Association (MNDA). Their role is to befriend persons living with MND and their family and friends. All AV's have been on a training programme with the MNDA.

As someone living with MND, you doubtless have had lots of input from members of the medical, social & ancillary services, all providing essential treatment, advice and equipment. The AV role is to offer support, friendship, and a listening ear. We don't have a particular agenda of our own-our concerns are what concern you.

Contact with an AV can be a regular or irregular event. It can be face to face at your home or another agreed location. It can also be by telephone, email or letter (still occasionally written!). It can be with an individual, a couple or extended family & friends.

If you would like to explore the possibility of meeting an AV or know someone who might be interested then contact our two Nottinghamshire based AV's Jenny Elston (01623 871183) and Denis Shields (0115 9820029). Jenny and Denis are usually at the 2nd Thursday meeting at Mapperley and would be very happy to be approached.

You can also contact Kim Iliffe who is the regional care development advisor for the MNDA (East Midlands) on 08453 751836 or 07831349394.

Ice Bucket Challenge to fund millions in research

In just three short weeks last summer, the National Ice Bucket Challenge raised an astonishing £7 million! After consulting over 2,000 members on how the money should be spent, the MNDA have now committed to invest £8.5 million in total to the following ambitious range of projects:

Over £5 million on a number of new and exciting research projects

- To increase participation in a major international study to fully understand the genetic basis of MND.
- To use the DNA bank of blood samples to create stem cells, which can in turn be used to grow human motor neurones.
- Investment in two important drug-testing projects.
- To develop an MND register, to capture information about everyone with MND in England, Wales and Northern Ireland.

£1.5 million invested in care and support services

- To establish two more multi-disciplinary care centres.
- To recruit four specialists MND nurses.
- To provide more support for children and young people.

£750,000 on increased campaigning and raising awareness

- Work to ensure that the needs and rights of people with MND are recognised and met.

£>1,000,000 on emerging projects and volunteering

- To recruit 500 more volunteers over the next three years.

Share and share alike

"Second Thursday" started the new-year in fine form with attendances averaging 30 despite the sad loss of some regular members of late.

Our meetings normally begin with a time of news bits and sharing, however, in our February meeting the major part of the afternoon was sharing as a group. We all sat in a large circle and spoke about whatever was on our minds. The topics ranged from talking about favourite holiday destinations to those deeper feelings such as how it felt on the day of diagnosis. There was much else shared that fell in between these two vastly differing situations

There was no compulsion to speak but many people joined in the invitation to share some experiences, many of which others could relate to. Kathleen and Kim sat in on the discussions and were most helpful in their contributions. As we closed many people agreed it was good session and particularly useful to share with the whole group.

In March, we will have Karen Welsnaer from Head office who will be speaking about MND Connect and the Helpline. We look forward to welcoming Karen and everyone else who is thinking of coming.

Dates for your diary – See website calendar for more details

12 th March	'Second Thursday'	The Mapperley Plains Social Club at 2:15pm
18 th March	Retford Support Meeting	Retford Library, Churchgate, DN22 6PE at 2 – 4pm
9 th April	'Second Thursday'	The Mapperley Plains Social Club at 2:15pm
15 th April	Retford Support Meeting	Retford Library, Churchgate, DN22 6PE at 2 – 4pm
23 rd April	AGM	The Beeches Hotel, West Bridgford, NG2 7RN at 7:30pm
3 rd May	Charity Ball	Ye Olde Bell, Retford at 7:30pm
14 th May	'Second Thursday'	The Mapperley Plains Social Club at 2:15pm
20 th May	Retford Support Meeting	Retford Library, Churchgate, DN22 6PE at 2 – 4pm
11 th June	'Second Thursday'	The Mapperley Plains Social Club at 2:15pm
17 th June	Retford Support Meeting	Retford Library, Churchgate, DN22 6PE at 2 – 4pm

Eric Gibson Golf Day

The next Golf day is on 24th June 2015 at Beeston Fields Golf Club.

There will be 25 teams of four playing on the day, with a gun start at 1pm with the team's starting on different tees. After the golf there will be a dinner, a presentation and prizes. There will also be an auction that will include tee times at Gleneagles and other courses.

There will be a Virgin Giving Money site for anyone who wishes to support the day. This will be launched in April.

More information will be available on our website soon.

Branch Contacts

Branch Chair	Mike Cole	Tel: 07775 613 114	e-mail: mike@mnd-notts.org.uk
Branch Vice Chair	Simon Fotheringham		e-mail: simon@mnd-notts.org.uk
Branch Secretary	Nina Squires		e-mail: nina@mnd-notts.org.uk
Branch Treasurer	Roger Spells	Tel: 0115 923 2709	e-mail: roger@mnd-notts.org.uk
Branch Contact	Jenny Elston	Tel: 07505 023 117	e-mail: jenny@mnd-notts.org.uk
Second Thursday Coordinator	Godfrey Kent	Tel: 0115 937 3318	e-mail: godfrey@mnd-notts.org.uk
Branch Website	Jonathan Pykett	jp@mnd-notts.org.uk	www.mnd-notts.org.uk

MND Association Contacts

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MND Association National Website		www.mndassociation.org