

Spring 2016

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.

### Branch AGM - April 23rd

We have already booked our branch AGM for this year. It will be on Thursday 28<sup>th</sup> April at 7.30pm.

We are delighted to have secured Chris James, MND Director of External Affairs as our guest speaker. We look forward to seeing you there at The Beeches Hotel, West Bridgford, NG2 7RN.



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

10 <sup>th</sup> March	'Second Thursday'	The Mapperley Plains Social Club at 2:15pm
17 <sup>th</sup> March	North Notts Support Group	Retford Library, Churchgate, DN22 6PE 2 – 4pm
14 <sup>th</sup> April	'Second Thursday'	The Mapperley Plains Social Club at 2:15pm
16 <sup>th</sup> April	North Notts Support Group	Retford Library, Churchgate, DN22 6PE 2 – 4pm
28 <sup>th</sup> April	AGM	The Beeches Hotel, West Bridgford, NG2 7RN 7:30pm
12 <sup>th</sup> May	'Second Thursday'	The Mapperley Plains Social Club at 2:15pm
15 <sup>th</sup> May	North Notts Support Group	Retford Library, Churchgate, DN22 6PE 2 – 4pm
9 <sup>th</sup> June	'Second Thursday'	The Mapperley Plains Social Club at 2:15pm

### The Nottingham MND famous 'Second Thursday Meet'

**Why go!** - Because you don't know what you're missing.

**Why not go!** - Because there's nothing better on TV on a Thursday afternoon.

Whether you're suffering from MND, a carer, family member or even a guest speaker the hardest thing to do is walk through the door of a 'Second Thursday Meet' for the first time, if you're brave enough to do that you're in for a whale of a time!

*You'll receive...*

- A warm and friendly welcome
- A cup of tea & biscuits
- Great entertainment
- A good chat and a chance to talk to other's in the same situation.

It all starts after you've made that all important decision to walk through the door. You're met by the warm and friendly team who give up their time to make these meetings possible. The next big decision is where to sit! There's loads of tables and chairs as it's quite a popular place to be on a second Thursday in the month.

While you drink your tea and sign the register the entertainment starts with our very own Mr Speaker on his P.A. System (give him a chance, he's still learning). Like any other meeting, notices are

read and new people are introduced. You're even encouraged to share relevant information.

Sometimes we have a guest speaker! We've had a local MP, meals on wheels, benefits agency, dignitaries from head office, just to name a few, even an eye gaze demonstration from Tobii. But when we don't, the team do something completely different with the interaction of everyone. You'll have to turn up to find out what that is!

After that it's the famous 'mix & mingle time' where you can get up and do exactly what it says and have a chat to whoever about whatever you want, before time is called on another successful 'Second Thursday Meet'

This is my interpretation of a famous 'Second Thursday Meet'. Why not come give it a go and make your own mind up!

### Phil Wathall

*(Phil was diagnosed with MND in Oct 2011)*

### "59 Club"

As many of you will know, the National Lottery "Lotto" changed its format in October and now uses 59 numbers instead of 49. As a consequence, our "49 Club" has become the "59 Club", and we now have 10 new numbers available (50-59). The club works by participants 'buying' a number for £4 per month and if their number is drawn as the bonus ball in the Lotto draw on the last Saturday of the month, they win £59! So if anyone would like to join, please get in contact with me, letting me know which number(s) you would like and I will send you an application form. Thanks very much for your support.

### Roger Spells (Treasurer)

#### Rogue Traders

We've all had experiences of both good and bad services, whether plumbers, electricians, builders or just the shop supplying you with a wheelchair. Bad enough if nothing else is going wrong, but when you've been diagnosed with MND you don't need any extra hassle when you're after a new piece of equipment or want something changed in your home. We've had a couple of suggestions and requests from people asking for a recommended list of service suppliers and we'd like to ask you to let us know of examples of good and helpful service that we can pass onto other people living with MND. If you have a recommendation, please email me at [mike@mnd-notts.org.uk](mailto:mike@mnd-notts.org.uk) and thanks in advance for your help.

*Rob Taylor, one of our long standing supporters has entered the Chatsworth 10k and is running for MND, all sponsorship is very welcome.*

[www.justgiving.com/Robert-Taylor10k](http://www.justgiving.com/Robert-Taylor10k)



If you do not wish to receive any further correspondence from the local branch of the MND, 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**

### Treasurer's Report

The MNDA financial year ended on 31<sup>st</sup> January and I'm very pleased to report that the Branch ended the year with total income of just over **£50,000!** This success was down to many enthusiastic and generous fundraisers and I'd like to say a huge "thank you" to you all. Your efforts are really appreciated and make a big 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.

I would like to pay a special tribute to the organisers of the Eric Gibson Golf Day who raised a staggering **£15,000** this year. Other major donations since the last Bulletin include **£1,364** from the staff at Barratt Homes, **£925** from Carlton Flower Ladies and **£725** from Barclays, the latter being a staff-matching contribution to our Race Night in November. We also received a total of **£2,614** in 'in memorium' donations.

Since the last Bulletin, I am pleased to say that we have been able to make grants of nearly **£3,000** to local people living with MND, as usual, I would like to emphasize that if anybody living with MND has a requirement for any sort of financial support from the Branch, then could they please contact me or our MND Regional Care Development Advisor, Kim Iliffe (kim.iliffe@mndassociation.org). We are always open to any reasonable request for support. We were also pleased to be able to send **£20,000** to the national MND Association in response to the CEO's appeal for funds.

The **59 Club** was won by Peter Burgess in November, Carol Newby in December and Catherine Angus in January. Congratulations to you all.

**Roger Spells (Treasurer)**

### Annual December Quiz Night

Thursday 10th December saw our Annual Quiz Night take place at The City Ground. Due to an FA Youth Cup game taking place on the same night, we had a very late change of venue and the event took place in the European Lounge of the Brian Clough Stand. Our Vice Chairman Simon Fotheringham, was compere and the event saw a new format as for the first time it was Pointless Quiz, although many people have been saying that's what it's been for years!!!

Lots of fun was had by all as there was the usual bingo interspersed with Play Your Cards Right. This year had an unexpected twist as the Youth Cup game went to penalties, Simon seemed more interested in the shoot-out and Committee Member Godfrey 'Speed Limit' Kent took over the bingo calling duties. This was a cue for madness and mayhem to take over, but it was a very fitting end to a very enjoyable evening. For the record Forest beat Brighton in the penalty shoot-out.

*Simon Fotheringham's (Vice Chairman) daughter, Leanne has entered the Great North Run and is running it for MND, all sponsorship is very welcome. Good luck with the training Leanne!*

[www.justgiving.com/leannefotheringham](http://www.justgiving.com/leannefotheringham)



### Clinic changes at QMC

Those of you who attend the multidisciplinary Wednesday clinic at QMC will already know that Debra Warren (MND Co-ordinator) will be leaving us soon. Debra has been a wonderful asset to the clinic and a strong advocate for people living with MND. We wish her well in her new post. Details of our new Co-ordinator will be coming soon.

### #Silence speaks

We know that more than 80% of people with MND experience communication difficulties and for many it is the hardest part of the disease – the feeling of being trapped in a body unable to tell your family you love them.

Rally your family, friends and colleagues and show support to those with MND: Take part in Silence Speaks, a sponsored silence to raise funds that takes place during our awareness month in June.



Living with voice loss is also about learning to adapt, which is why we're encouraging you to get creative and find other ways to communicate during Silence Speaks.

To register your interest for Silence Speaks 2016, visit [www.mndassociation.org/silence-speaks](http://www.mndassociation.org/silence-speaks)

### Branch Contacts

Branch Chair	Mike Cole	Tel: 07775 613 114	e-mail: mike@mnd-notts.org.uk
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Second Thursday Coordinator	Godfrey Kent	Tel: 0115 937 3318	e-mail: godfrey@mnd-notts.org.uk
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### MND Association Contacts

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MND Association National Website		www.mndassociation.org