

Winter
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.

What A Celebration

October 13th 2016 was the 5th anniversary of "Second Thursday" and around fifty people were present to celebrate the occasion in some style. Friends, old and new, gathered together at Mapperley to hear Sally Light, the Chief Executive Officer of the National MND Association speak.

In her talk, she gave the latest information regarding research and commented on the importance of receiving accreditation from the National Institute of Clinical Excellence. She concluded by paying tribute to all those who had worked so hard to give the Nottinghamshire branch in general and "Second Thursday" in particular, a deservedly high reputation throughout the country.



Sally then presented Chairman Mike Cole with his 30 year long service award. This was followed by a few moments of reflection when those who were no longer with us were remembered. Finally, a toast was proposed by Roger Spells to the continued success of the group. Amen to that.

Please note that as per usual in December, we meet on December 1st which is the FIRST THURSDAY, because the hall is never available on the 2nd Thursday in December. This will be our "Second Thursday" Christmas party where much food, drink and general merriment will be the order of the day.



Dates for your diary – See website calendar for more details

1 st Dec	'Second Thursday'	The Mapperley Plains Social Club at 2:15pm
15 th Dec	Christmas Quiz	Meadow Lane Stadium, Meadow Ln, Nottingham NG2 3HU at 7pm
21 st Dec	North Notts Support Group	Retford Library, Churchgate, DN22 6PE 2 – 4pm
12 th Jan	'Second Thursday'	The Mapperley Plains Social Club at 2:15pm
11 th Jan	North Notts Support Group	Retford Library, Churchgate, DN22 6PE 2 – 4pm
9 th Feb	'Second Thursday'	The Mapperley Plains Social Club at 2:15pm
18 th Feb	Race Night	The Sir Julien Cahn Pavilion, West Park, Loughborough Road, West Bridgford, NG2 7JE at 6:30pm
15 th Feb	North Notts Support Group	Retford Library, Churchgate, DN22 6PE 2 – 4pm
9 th Mar	'Second Thursday'	The Mapperley Plains Social Club at 2:15pm
15 th Mar	North Notts Support Group	Allan Young's house 2 – 4pm

Robin Hood Marathon

A very good friend of our Vice-Chairman Simon Fotheringham recently ran the Robin Hood Marathon for MND.

Matt Buck recorded a personal best time of 3 hours 44 minutes, raising over £500 so far for the charity. A very big thank you from everyone at the association.

Well Done Matt



Race Night!

Back by popular demand! Our **Race Night** fundraiser

Saturday 18th February.

Please contact Roger at roger@mnd-notts.org.uk

or on 07918 030260 for tickets.

Don't delay – we will sell out!

A NIGHT AT THE RACES

mnda In aid of the Motor Neurone Disease Association
Registered charity number 294354

Saturday 18 February 2017

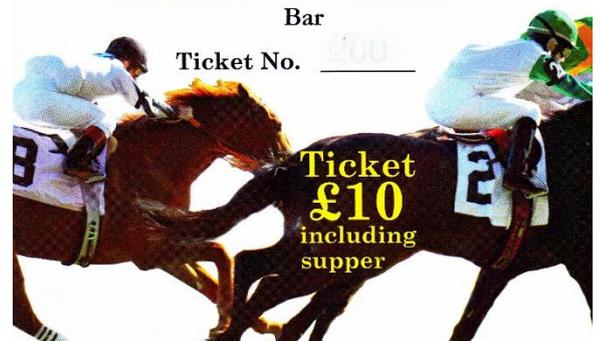
Doors open 6.30pm

for 7pm start (prompt)

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

Bar

Ticket No.



Ticket £10
including
supper

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

Another very successful three months for fundraising with a very healthy stream of donations, totalling over **£7,300**, coming into the Branch. This includes a further **£5,933** from this year's Eric Gibson Golf Day, making a total of **£12,438**, with some outstanding Gift Aid still to come. In addition, we received **£576** sponsorship for Matthew Buck's run in the Robin Hood marathon and **£625** from the Wollaton Rotary Club, as well as a number of smaller donations. Thank you all so much- 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. We have also received a total of **£2,242** in 'in memorium' donations.

Since the last Bulletin, I am pleased to say that we have been able to make grants totalling nearly **£9,000** to local people living with MND, covering a variety of needs such as stair lifts, bed, chair, house adaptation, holiday grant and removal expenses. 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.

The **59 Club** winner in August was Barry Lenton, with Catherine Angus winning in both September and October (with the same number!). Congratulations to you both. There are still a few spare numbers available – if anyone would like to support the 59 Club by donating £4 a month, please contact me.

Roger Spells (Treasurer)

Welfare Benefits

*Getting all the benefits to which you are entitled?
Struggling to fill out PIP or Attendance Allowance forms?*

The East Midlands now has its own MNDA Welfare Benefits service. This is in association with Leicester (CALS) Community Advice and Law Service. CALS can do a full benefit check on your circumstances & all conversations are confidential.

They can help you fill out Personal Independence Payment (PIP) or Attendance Allowance forms.

Contact CALS/MND Benefits Advice on 07759 282360 or enquiries@cals.uk

You can also contact Denis Shields (MNDA Visitor) on [01159820029](tel:01159820029)/denis@mnd-notts.org.uk

Christmas Quiz Night

It's that time of year again when our annual Christmas quiz night is just around the corner. We have a new venue this year as the event will take place from 7pm on Thursday 15th December in the Wheelers Suite at Notts County Football Club on Meadow Lane. The quiz will once again be hosted by our Vice Chairman Simon Fotheringham and will be based around the Pointless TV show. There will also be bingo, play your cards right, and the bar will be open. And did we mention it's FREE to attend, so no excuse not to come along, see you there...

Cards for good causes

Once again MNDA Christmas cards are being sold at St. Peter's Church, St. Peter's Gate, Nottingham Monday to Saturday 10.30-3.30. There are over 30 charities represented and at least 70 pence in every pound is paid to the charity. The shop is staffed by volunteers from each charity.

Health watch Nottingham

Richard Mayer is the project champion for the health and social care act in Nottingham. After interviewing patients living with MS, Richard wanted to interview MND patients and carers so MNDA Nottingham was approached.

The purpose of the project is to assess health and social care within the Nottingham region and identify areas for improvement (subject to funding). The deadline for submission was 31st October 2016 with a view to publishing the findings early next year.

The survey would involve 6 interviewees including at least 2 carers. We had no shortage of volunteers and the meeting went ahead on 20th October at Mapperley Plains Social Club. We were interviewed as a group with the questions and answers recorded. The general consensus was that the MND care centre at QMC was considered of great importance and beneficial to all. GP and dental services tended to be inadequate and untimely. Social services was considered to be mixed and a postcode lottery with requests for equipment taking too long. Speech therapy and physiotherapy came out well.

One common theme was that of all the services required when living with MND there is still a lack of knowledge about the disease among professionals. Communication is also a major issue as different health and social care departments are not joined up.

Barry Wilson

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	Gerry Thomson	Tel: 07505 023 117	e-mail: gerry@mnd-notts.org.uk
Second Thursday Coordinator	Godfrey Kent	Tel: 0115 937 3318	e-mail: godfrey@mnd-notts.org.uk
Branch Webmaster	Jonathan Pykett	jp@mnd-notts.org.uk	www.mnd-notts.org.uk

MND Association Contacts

National Office	Tel: 01604 250505	e-mail: enquiries@mndassociation.org
MND Connect	Tel: 08457 626262	e-mail: mndconnect@mndassociation.org
MND Association National Website		www.mndassociation.org