

News from the Nottinghamshire Branch

With thanks to The Nottingham Label Company.

Spring
2017

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



On 18th February, around 100 enthusiastic punters attended our sixth, fund-raising Race Night at the Sir Julien Cahn Pavilion in West Bridgford. There was a great atmosphere as people recklessly bet their 50p's, cheered on their horses or tucked into their baked potatoes.

We had great support from local businesses who sponsored every race and overall we raised over £1,700. A tremendous success, so a big thank you to everyone who attended!



Out with the old, in with the new

Over 40 people came along to the "Second Thursday" Christmas party. Everyone brought something different to eat or drink and before long a veritable banquet was laid before our eyes. However, not a crumb was to pass anyone's lips until Godfrey's famous (or should that be infamous?) Christmas quiz had been played. Over the years, this event has been increasingly competitive and so it was this time, with the winning team just nosing across the finish line by a single point.

At our first 'Second Thursday' meeting in the New Year, we were delighted to welcome Juliet Colt, Respiratory Nurse Specialist from the MND Care Centre at the QMC. She reported back her reflections on the MND/ALS Symposium which was held in Dublin. Our members heard of ever closer international cooperation and the sharing of information across different neurological disciplines.

Finally, an advanced notice for the speaker at our meeting on Thursday May 11th. He is Mike Newbold, an actor who has appeared in various TV and radio productions. In his highly entertaining presentation, he recounts various meetings with some of the actors who are familiar names to many of us. Not to be missed!

Branch AGM

Thank you to everyone who attended our AGM on Thursday 23rd February and especially to our Speaker, Dr Brian Dickie, Director

of Research Development, at the MND Association. Brian gave a very informative presentation of current research.

Dr Dickie explained that the MND Association has over 30 years of experience in identifying and funding the most promising MND research. Over the past decade the MND Association has invested more than £18 million in research, both in the UK and across the world. Dr Dickie discussed some of the current MND funded projects which aim to understand the causes of motor neurone degeneration. He explained that this is essential to allow the development of treatments. Only by understanding what goes wrong in MND can scientists know how to design and where to target drug treatments.

After the presentation many people took advantage of the buffet and time to socialise. If you have any suggestions of speakers for the AGM next year, please let us know.



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

Attention all unpaid Carers!

The Notts Branch recently received an email from Karen Pearce, Director of Care MNDA (South) and Nigel Starkey, Support Services Team Manager MNDA to clarify details about the 'carers grant'. We thought that it was important to include the information in a newsletter so that more people could take advantage of this grant.

"The carers grant was introduced in late 2015 to support the main unpaid carer of a person with MND to take a break from their caring role. We recognise that providing care can be very tiring and can take its toll on a carer's wellbeing. The grant can be provided to assist them to take a break or to pursue a hobby, which can be of equal benefit. There is a limit of £500 that can be awarded during a year, however, there should be a breakdown of what the grant will be used for and the amount awarded should reflect this.

As you know, Carers grants will now normally be supported through branches and groups. The following are some suggestions of how the grant could be used, and of course more than one request can be made, as long as the total support isn't over the £500 previously mentioned.

Some examples of carer's grants to date are:

A pamper day

A trip to see a show

A short break

Radio equipment (hobby)".

If you have any questions regarding this grant please contact MNDA support services on 01604 611802 or by email at support.services@mndassociation or contact Roger Spells our Treasurer at the Nottingham branch.

Dates for your diary – See website calendar for more details		
9 th Mar	'Second Thursday'	The Mapperley Plains Social Club at 2:15pm
15 th Mar	North Notts Support Group	Retford Library, DN22 6PE 2 – 4pm
13 th Apr	'Second Thursday'	The Mapperley Plains Social Club at 2:15pm
19 th Apr	North Notts Support Group	Allan Young's house 2 – 4pm
11 th May	'Second Thursday'	The Mapperley Plains Social Club at 2:15pm
17 th May	North Notts Support Group	Allan Young's house 2 – 4pm
8 th June	'Second Thursday'	The Mapperley Plains Social Club at 2:15pm
21 st June	North Notts Support Group	Retford Library, DN22 6PE 2 – 4pm
25 th June	Tea4MND Garden Party	The Walled Garden, Beeston Fields Golf Club at 2-8pm Tickets: £40 Contact: Pete Collins on 07896 532342 or Tea4MND@hotmail.com
28 th June	Eric Gibson MNDA Charity Golf Day	Beeston Fields Golf Club

Treasurer's Report

The financial year ended on December 31st (having been moved from Jan 31) and in the 11 months to Dec 31st we received a total income of £38,392 and incurred total expenditure of £45,155, leaving us with a bank balance of £10,080 to start the year. Since the last Bulletin, this included donations of over £1,150 and grants totalling £5,430 to local people living with MND covering a variety of needs such as stair lifts, wheelchair repair and young persons grants. More details of the 2016 accounts will be given at our AGM on Feb 23rd.

Since January 1st we had had further donations totalling over £1,400, including £400 from Long Clawson Dairy and £1,024 from St. John Houghton Academy, raised in memory of Mick Hackett. 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 £1,000 in 'in memorium' donations.

Also since Jan 1st, I am pleased to say that we have been able to make a further grant of £600 for house adaptations. 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 was won by Godfrey Kent in November, me (!) in December and Carole Newby in January. Congratulations to all. 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)

Branch Contacts

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MND Association Contacts

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