

Winter
2018

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.

Walk to D'feet

Members from the Lincolnshire MNDA group arrived early at Sconce and Devon park, Newark to set up the gazebo and banners for the walk to D'feet on Sunday 2nd September. Barry's daughter read the risk assessment and 31 walkers set off on the circular route around the park led by Barry on his scooter followed closely by Bruce and Paul on their machines. There was a similar split between the Nottinghamshire and Lincolnshire representatives with 2 members of the latter manning the gazebo and collecting money in the bucket.

The weather was warm and sunny and there was lots of praise for the scenic route, including wood carvings and brass rubbings depicting wildlife in the area. MND was well promoted since we had walk to D'feet T-shirts, run MND vests, silence speaks T-shirts and MND cycle tops.

In total the money raised through our kind sponsors was £917 which will exceed £1000 after gift aid is added.



Mark Newby Cup

Carole Newby's husband, Mark, sadly passed away in 2017 having lived with MND for 8 years and in May this year, the family held the first Mark Newby Cup day at Doncaster Racecourse. Many of his friends and family attended to celebrate his life and raised £330 for MND.

The photo shows Sharon Mason the winner of The Mark Newby

Cup 2018 and with her is Kim Owen the winner of the Mark Newby novelty cup which she won by drinking a glass of wine the quickest! The winner of the men's novelty cup was won by Doug Sidebottom for the quickest drinker of a pint of lager.

It was a lovely day and the family hope to raise more money next year at the Mark Newby Cup 2019.



RACE NIGHTS

We are currently planning another of our very popular Race Nights, to be held in West Bridgford on **Saturday March 30th, 2019**. This is always a great evening and a wonderful fund-raiser for the branch. Tickets are £10, including supper, and will be available after Christmas. Please contact Roger Spells (roger@mnd-notts.org.uk) if you would like to reserve some.

Dates for your diary – See website calendar for more details

6 th Dec	'Second Thursday' Christmas Special	The Mapperley Plains Social Club - 2:15pm
19 th Dec	North Notts Support Group	Retford Library, DN22 6PE - 2 – 4pm
10 th Jan	'Second Thursday'	The Mapperley Plains Social Club - 2:15pm Guest: Erica Littleworth, MNDA Care Coordinator
16 th Jan	North Notts Support Group	Retford Library, DN22 6PE - 2 – 4pm
17 th Jan	Branch Quiz Night	Robin Hood Suite The City Ground, NG2 5FJ - 6:30 for 7pm start - Contact: simon@mnd-notts.org.uk
14 th Feb	'Second Thursday'	The Mapperley Plains Social Club - 2:15pm
20 th Feb	North Notts Support Group	Retford Library, DN22 6PE - 2 – 4pm
14 th Mar	'Second Thursday'	The Mapperley Plains Social Club - 2:15pm
20 th Mar	North Notts Support Group	Retford Library, DN22 6PE - 2 – 4pm
21 st Mar	Branch AGM	The Beeches Hotel, Wilford Lane, NG2 7RN 7:15pm for 7:30pm start - Guest: Jan Warren
30 th Mar	Race Night	The Sir Julien Cahn Pavilion, West Park, Loughborough Road, West Bridgford, NG2 7JE At 6:30pm

If you do not wish to receive any further correspondence from the local branch of the MNDA, please let a member of the committee know.



“Second Thursday” goes from strength to strength

Our “Second Thursday” support group meetings have been going from strength to strength in recent months and we have had the pleasure of welcoming around 50 people, including between 15 and 20 people living with MND to the last few meetings. Our usual circle has had to expand to a second, or even a third, row!

At September’s meeting we didn’t have a speaker, but instead had a very lively and useful discussion about people’s experiences at the QMC Care Centre. October’s meeting saw a very interesting presentation from Nina Squires, a Speech and Language specialist working at QMC (and our very own Branch Secretary) on Voice Banking, a fantastic insurance policy for those living with MND who may have speech difficulties later down the road. At November’s meeting we had another very informative talk from Chris Chippendale on the pros and cons of everyone writing a Lasting Power of Attorney (LPA).

December’s meeting will be held on the 1st Thursday which is the 6th, and will be our annual Christmas fuddle with Godfrey’s legendary yuletide quiz (hopefully not the same one as last year!) and then in January, we are pleased to have Erica Littleworth, the MND Care Coordinator, talking to us about Advance Care Planning.

Everyone living with MND, their carers and families are welcome. For more information, please contact Godfrey Kent (godfrey@mnd-notts.org.uk)

Burning off the extra slice of cake

Our Vice Chairman Simon Fotheringham got out his running shoes on the 30th September to take part in the Robin Hood Half Marathon along with around 12000 other runners. We’re delighted to say that Simon got round in a time of 2 hours 1 minute and 47

seconds, but was disappointed at the end as he wanted to break the 2 hour mark. Never mind, there’s always next year Simon!!!

The main reason for doing the half marathon though was to help raise much needed funds for the Association and in particular our Branch, and we’re



delighted to say that Simon raised just under £1100 for his efforts, which also included a Great Forest Bake Off, where his work colleagues at Nottingham Forest all got together to bake some cakes, and charged each other for a slice.



Branch AGM

We have already booked our branch AGM for next year. It will be on Thursday 21st March at 7.30pm. We are delighted to have secured Jan Warren – Vice Chair of Trustees as our guest speaker. We look forward to seeing you there and also enjoying the ample buffet that’s put on.

Social Singers

The West Bridgford Social Singers, seen here singing carols at



Radcliffe-on-Trent's switching on of the Christmas lights, adopted MNDA as one of their Charities of the Year and kindly donated £625 to us. Thank you all and good luck with all your future concerts.

Treasurer’s Report

The last three months have been exceptional, even by the standards of recent years, as we received income of nearly £23,000! The majority of this came from two stunning fund-raising efforts – a further £9,600 from this summer’s Eric Gibson Golf Day (making a total of £16,500) and £9,130 from Viv McCrossen, last year’s Mayor of Gedling, who nominated MNDA as her Charity of the Year, and actually raised a staggering total of £18,260, with half coming to the branch and half to National Office.

As reported elsewhere, our annual Walk to D’feet raised a total of £847, to be shared between the Notts and Lincolnshire branches. Other very welcome donations came by way of £625 from the West Bridgford Social Singers, £1,600 from Theresa Angus, £330 from Carole Newby and £250 from Jackie Whately. Thank you all so much - your efforts are really appreciated and make a huge difference to our ability to help local people with MND. We also received £1,900 in in-memoriam donations.

As far as expenditure on patient care is concerned, we have made 12 grants, totalling £5,150, for a variety of requests from people living with MND. These included house adaptations, equipment, acupuncture sessions, holiday grants and carer’s grants. 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 Dorothy Hague in August, Simon Fotheringham in September and Judith Senior in October. Congratulations to you all.

Roger Spells (Treasurer)

Branch Contacts

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MND Association Contacts

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