

Northamptonshire Branch

Spring 2019



**Welcome to the spring edition of
our local branch newsletter**

Goodbye and Hello

Signing Off



After I retired, I carried on doing occasional freelance work but eventually MND made this no longer feasible.

Initially I had resisted becoming involved with anything MND related. This was not because I was in denial but because I didn't want MND to define me. However, eventually I succumbed and was introduced to June, one of the AVs (Association Volunteers). June encouraged me to join the local branch committee but I wanted to do more and took up the opportunity to edit the branch newsletter.

Christine Hull

Editor up until 2019

Now, unfortunately, MND once again makes this no longer feasible and, reluctantly, I have decided to 'sign off'.

Through my involvement with the branch, we have enjoyed many opportunities to raise awareness, become involved in a wide variety of events and met some wonderful people.

Thank you to everyone who has sent me items for the newsletters. Some have been regular contributors and others only occasionally. Without fail, whenever I have asked, I have had a positive response.

I look forward to receiving the next edition and hope Margaret, who is taking over, gets as much satisfaction as I did from my role as branch newsletter editor.

Chris

Chris has been a very successful Editor of our quarterly newsletter. She is an avid reader of books with a love for the written word.

To help with this work, it is essential that colleagues, friends and fundraisers send in articles of interest (with photographs always a welcome addition) at the appropriate time. Chris was an expert at requesting and cajoling friends and colleagues to write short articles of interest. This has often been time consuming and sometimes challenging.

For all your hard work over the past 7 years, Chris, a very big THANK YOU.

Annette (AV)

Signing On

With apologies for the delayed spring edition of the newsletter (hopefully the teething troubles are behind us!) I should like to introduce myself. My name is Margaret Waller and I was diagnosed early last year with Primary Lateral Sclerosis.

Christine, who has acted as editor for several years, has handed the baton to me and I hope that I can continue in her excellent tradition.

I am sure that we all want to thank Chris for her work for MNDA, not least her part in setting up the monthly lunches at Wyevale Garden Centre.

Of course, any newsletter is only as good as its news, so please let me know about anything which you think might interest our readers. My email address is:-

margaretmwaller@hotmail.co.uk

and my mobile number is 07460670655

Thank you in advance for your support and, again, many thanks to Chris

Margaret

RECENT EVENTS

Christmas Party Buffet Lunch 2018

On Sunday, December 9th, 42 people attended our Christmas celebration. The numbers were down on last year but the event was enjoyed by everyone. Carol and Helen organised a wonderful buffet lunch and were thanked with a small gift. Paul, who made an amazing Christmas cake, was also thanked with a token gift.

ChrisHull, our amazing newsletter editor, is no longer able to carry on with the task. Chris will be a very hard act to follow but the usual quarterly newsletter will be issued. Chris was presented with a Christmas floral display basket a few days earlier at the drop-in and thanked for all her work in producing a very informative and interesting newsletter.

Due to many different reasons, we had no formal entertainment but Helen had organised a quiz which always goes down well and gets people talking. We also had impromptu carol singing with the help of Audrey and Kelvin, aged 5, singing Rudolph the Red-nosed Reindeer.

Jackie and Dave ran our Christmas raffle raising £146.00 for our funds and Rob was the barman. A great afternoon was had by all.

We have no open meeting in February and the next meeting, apart from the monthly drop-ins, will be Northants branch AGM

Kettering and District Rambling Club

On Friday 1st March, I attended the Annual General Meeting of The Kettering and District Rambling Club to pick up a donation. The meeting was held in St Andrew's Church Hall and I was asked to arrive by 7:15 to enable me to meet the committee.

The business meeting was very ordered and interesting. The club was formed over eighty years ago and has in excess of one hundred and fifty active members so it was very pleasing to see approximately sixty members at the meeting.

Each year the club members nominate two charities to be the recipients of donations for the following year and accordingly MND were nominated in March 2018. I also understand that MND were nominated by the Rev. Roger Knight whose wife died from MND. I sat next to Rev. Knight and had an interesting chat about how he coped with the loss of his wife and their journey following her diagnosis.

It was now my turn to be presented with the cheque for £366. After the customary photograph I was asked to say a few words about the work of the branch and how we spend the funds locally.

Afterwards, over coffee and cake, I chatted to members about the work of the branch and the wider picture. A very enjoyable evening!

Kevin White

Welcome on Board Day

On 12th February, I was invited to talk at the most recent Welcome on Board Day which is an information and training day for new staff and volunteers at MNDA.

I was asked to describe my journey towards a diagnosis of MND, how my life has been affected by it and how the MNDA had helped me.

It is always difficult to give a personal account, but I hope I was clear that I was only giving my experiences and not talking on behalf of everyone. I am sure each of us has a different story but I hope I managed to give some idea of the challenges of MND even though I know that I am not as far along the journey as many other people.

One thing I felt we could agree on is that MNDA is an excellent association. I had a previous (incorrect) diagnosis of Dystonia and during that year I felt very unsupported but I now feel that if I have a question or problem then there will be someone I can approach for help and advice. Thank you MNDA

Margaret Waller

FUTURE EVENTS

MNDA Annual General Meeting

7 Francis Dickins Close,
Wollaston,
Northants. NN29 7RH
Tel. no. 01933 667616
email inchleyk@gmail.com

Dear Member,

You are invited to the Annual General Meeting of the Northamptonshire Branch of the

Motor Neurone Disease Association to be held on

Sunday April 14th 2019 2:30-5pm

St Matthew's Church Parish Centre

27a The Drive

Northampton NN1 4RY

Our guest speaker is **Dr Brian Dickie**

Director of Research Development

MND Association

Should you wish to nominate someone for the committee, please contact Kate Inchley at the details above, thank you.

May I take this opportunity to thank you on behalf of the committee for your continued support over the last 12 months and we look forward to seeing you on April 14th 2019.

With kind regards

Kate

Kate Inchley Chair/ Branch Contact

Northants Branch MND Association

MND Association 40th Anniversary

2019 is the 40th anniversary Of the Motor Neurone Disease Association. Many events will be held to commemorate this occasion. For further information about this go to

www.mndassociation.org

Information will also be found on our website

www.mndnorthants.org.uk

Monthly Drop-in Lunch

We meet in the restaurant area of Wyevale Garden Centre on the first Wednesday of every month from 12:00-2:00 pm. Lunch is free for anyone with MND and a carer. There is no need to book, just come along for an informal opportunity to meet others with experience of MND. Future dates are Wednesday April 3rd, Wednesday May 1st and Wednesday June 9th.

Concert

A MUSICAL EVENING

AT

THE WINDMILL CLUB

RUSHDEN

The Wollaston

Theatrical Singers

ON

FRIDAY 12th APRIL

Commence at 7:30 p.m.

Tickets £5.00 each

For tickets ring Kate on 01933 667616

All proceeds in aid of

The Motor Neurone Disease Association

(Northants branch). Charity no. 294354

Lucas Productions



"Passion For Performance"

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**SIX GO
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Proudly Present...

THE VERY BEST OF "SIX GO SINGING"

A Compilation Of Songs From Our 20 Shows Over The
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Saturday 6th April @ 7:30pm
Weatherbys Conference Centre, Wellingborough

All Tickets: £10 (Including Hot Buffet)
Available On The Door Or You Can Call: 01604 862634

Forthcoming Events

Wednesday March 7th Drop in 11:45-2pm

Wyevale Garden Centre, Wootton, Northampton

Wednesday April 3rd Drop in 11:45-2pm

Wyevale Garden Centre, Wootton, Northampton

Friday, April 12th 7:30pm A Musical Evening

The Windmill Club, Glassbrook Road, Rushden, NN10 9RP

Tickets £5 01933 667616 or at the door.

Includes a raffle. All proceeds to Northants Branch MND Association.

Sunday, April 14th 2:30—5pm

Northants Branch AGM

St Matthew's Church Parish Centre

27a The Drive, Northampton, NN1 4RY

Our speaker is Dr Brian Dickie, Director of Research MND Association.

Come along and hear what is happening in research.

Wednesday May 1st 11:45—2pm Drop in

Wyevale Garden Centre, Wootton, Northampton

Wednesday June 5th 11:45—2pm Drop in

Wyevale Garden Centre, Wootton, Northampton

Sunday June 9th 2:30—4:3 Open Meeting

St Matthew's Church Parish Centre

27a The Drive, Northampton, NN1 4RY

Speaker: Jackie Lucas on Lasting Power of Attorney (LPA)

SERVICES EXPLAINED

Motor Neurone Disease Association, PO Box 246, Northampton, NN1 2PR

Telephone: 01604 250505

Membership—This is free to people living with MND and their carer. As a member of the Association you will receive a membership card, our regular magazine *Thumbprint*, full of information—the latest news in care and research as well as features on how some families cope daily with MND. Automatic link to your nearest branch/group and opportunities to get involved at a local level. Invitations to the conferences and seminars we organise. Our *Annual Review/Impact Report* which outlines our progress made over the last financial year and our plans for the year to come. Full membership also entitles you to elect Association trustees and vote at the Annual General Meeting. If you are interested in becoming a member, please contact MND Connect.

MND Connect— 0808 8026262—a helpline available Monday-Friday 9am-5pm, 7pm-10:30pm (charged at local rate) and email service mndconnect@mndassociation.org. Provide advice on all aspects of MND. They can also post information about MND and support available.

Regional Care Development Advisor (RCDA) Scott Maloney— 07501 682095 scott.maloney@mndassociation.org— assisting with advice and support on care management and service development in your area.

Volunteering Development Co-ordinator (VDC) Neil Penson 01604 611686

neil.penson@mndassociation.org VDCs work with existing branches and groups to develop and build on good practice. This includes the recruitment and induction of branch officers. They are also involved in setting up new branches and groups in areas where there is little support for people with motor neurone disease.

Equipment Loan— a limited range of equipment is available where not obtainable from statutory services. Requires a written referral from the relevant health or social care professional.

Financial support— towards items not available from statutory services. Requires referral from relevant health or social care professional.

Registered Office: Motor Neurone Disease Association

David Niven House, 10-15 Notre Dame Mews, Northampton, NN1 2BG

Registered charity number— 294354

Northamptonshire Local Branch

Open Meetings Local support from people in the area who are familiar with the effects of MND. The branch holds bi-monthly meetings for anyone with, or interested in, MND at St Matthew's Church Parish Centre (Contact details on next page)

Association Visitors (AVs)— are volunteers who offer advice and support to anyone affected by MND, either face to face, via telephone or by email. Please contact your RCDA on the number above for more information.

Social Gatherings are occasional opportunities for people affected by MND to come together informally in a safe, friendly environment. Transport can be arranged if necessary.

Lunchtime Support Group is another opportunity to meet informally to share experiences.

It is usually held on the 1st Wednesday of every month at the restaurant in the Garden Centre (next to Waitrose), Newport Pagnell Road, Wootton, Northampton, NN4 6HP. There is no need to book— just come along but, if possible, arrive by 11:45. Free for anyone with MND and their carer.

NORTHAMPTONSHIRE BRANCH CONTACTS

Patron: Dr John Smith

Chair	Kate Inchley	0193366716 inchleyk@gmail.com
Vice Chair	Robert Nixon	01933 229602 robchnixon@talktalk.net
Secretary	Gerry Skipper- Byer	01536 723304 07861 610323 gedda1064@gmail.com
Treasurer	Colin Byer	07779 225760 colin.byer@gmail.com
Branch Contact	Kate Inchley	01933 667616 inchleyk@gmail.com
Newsletter	Margaret Waller	07460 670655 margaretmwaller@hotmail.co.uk
Website	Derrick Peasland	01604 454870 delpea@ntlworld.com

Association Volunteers (AVs): Joan Randell, Angela West, Margaret Robinson, Annette Lid-
don and Deborah Bull

Committee Members: Kevin White, Jackie Atkins, Dave Atkins, Maureen Sanders, Priscilla Da-
vies, Ali Buttress, Sally Wilkins and Diana Smith

Website: www.mndnorthants.org.uk **email:** enquiries@mndnorthants.org