

Northamptonshire Branch

Summer 2020



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

Hello Everyone

This is a shortened edition of the newsletter, just to keep in touch and let you know that the branch is still functioning in some way.

Life is very strange at the moment as I am sure you are all finding, and I hope you are managing ok. I want you to know that if any problems occur that you can't deal with, the branch is here to help you, just get in touch with anyone of us on the contacts page or if you have one, your Association Visitor who will be more than willing to help and support you. In this newsletter you will find my annual report which I usually present at the AGM but of course that was not able to take place. I have no idea when things will get back to some sort of normality but I think it's going to be a while before we can meet again as a group either at the garden centre drop-ins or our open meetings at St Matthews. I know the National Office at Francis Crick House will keep us well informed and we may be able to re-arrange our visit there which had to be postponed because of Covid 19 .

The members of the Northants Branch committee have all agreed to stay in post for the next year so that helps to make contact much easier

As far as fundraising goes, of course all planned events had to be cancelled so we will be well down on our income for the coming year if any one of you has a brain wave of how to raise money without meeting people that would be good so please let me know .

As the song goes keep smiling through and I know we'll meet again some sunny day.

Take care stay safe

Kate

Kate Inchley Chair 01933 667616 inchleyk@gmail.com

An Unusual Year

Kate asked me to write a little about my experiences of this year. If anyone else wants to share their story, please let me know and I can include it in a later newsletter.

The year began with my mother being very ill and she died in early March. Her funeral had been arranged for 26th March, a date chosen to allow my brother (in California) and my sons in Japan, South Korea and Germany to attend. Unfortunately by then the world had closed and so the occasion was very quiet with only a handful of people (socially distanced) allowed at the graveside. The priest did an excellent job but it was hard to be unable to give her a proper send off.

Unknown to us, my husband, Andrew, had almost certainly already contracted Covid 19 and was soon unwell and very fatigued. Inevitably, he passed it on to me and I spent a very unpleasant period unable to do anything. It was about 4 weeks before the fatigue started to go and I had the classic dry cough and loss of taste and smell. We were following the guidelines but feel that Andrew caught it before lockdown. Fortunately, we did not have to go to hospital but it was extremely unpleasant and very debilitating.

To add to everything else, I managed to have a bad fall and ended up at A and E. I have to say that they were wonderful. Luckily, I didn't break anything and am recovering well. If anyone does need to go to the hospital I would advise them not to worry as they are extremely careful and keep Covid patients separated from others.

Like many people, Andrew has been doing quite a lot of gardening while I have passed my time, while not reading or watching TV, with a bit of sewing and card making. As for so many people, we are missing the family, particularly the grandchildren who grow so quickly. The children have been brilliant at keeping us well stocked with ready meals and other food. At least in our modern age we have the telephone and Zoom, What's App etc which have let us keep in touch. We've had a few family quizzes with mixed results. It has revealed that Andrew and I have little knowledge of popular culture!

As with most people, for us this will be a year of things not done and plans unmade— our daughter's wedding postponed, our 70th birthday family holiday cancelled, but for many it will be a year remembered as one of incredible pain, hardship and loss. I consider that we have been very fortunate. Condolences to anyone who has lost a loved one during these times. Thanks also to those reading this who have helped others get through this difficult time.

I hope you are all coping during these strange times and have avoided the scourge of Covid. I look forward to meeting up in happier days.

Margaret Waller

ROGER SMITH MEMORIAL CONCERT

One of the last, if not the final, fund raising events to be held before the Covid-19 lockdown hit us was the fourth Roger Smith Memorial Concert, held at St Mary's, Wellingborough, on Saturday, 29th February.

The recitalist was Kathe Wright Kaufman, who is the current organ scholar at Peterborough Cathedral. Kathe's introduction to music came when she became a chorister in Illinois, USA and she commenced her organ studies in 2007. She gave a splendid recital, with a very varied programme of pieces by Bach, Mendelssohn and Widor, plus some more modern composers, which lasted just over an hour.

Wine, fruit juice and nibbles were served after the concert.

A total of £223 was raised for the MNDA and I am extremely grateful to everyone for their generosity.

Diana Smith

March 2020

Chair Report AGM 2020

What strange times we are living in at present, but I just wanted to let you know what has been happening this past year. I would have normally presented this at our AGM in April but of course that had to be cancelled .

We had 4 concerts which we benefitted from financially Voices Aloud the Melody Choir, Blisworth Community Choir , Wollaston Singers and Roger Smith memorial Organ Recital . In May Western Power kindly donated some funds to sponsor our Drop –in lunches at the Garden Centre for the next 12 months for which we are extremely grateful, a photo of the group presentation appeared in the Autumn edition of the newsletter. June was quite a busy month we had a speaker at the open meeting at St Matthews Martin Hanson presented Lasting Power of Attorney made easy , not a subject to be taken lightly and made some of us think about it . The Thomas family organised another golf day in memory of their mother Joyce and also Mr Dill Thomas who sadly died earlier that year . Jay Lucas organised a golf day in May , the branch is grateful to them for their continued support and commitment .

June 21st was Global Awareness day and Joan and Angela 2 of our Association Visitors along with Peter my husband, and myself were invited to Boughton House by kind permission of the Duke of Buccleuh to a reception day as a thank you to all volunteers to celebrate the 40th Anniversary of the Motor Neurone Disease Association. It was a wonderful day the sun shone we had an amazing afternoon tea and were treated to a tour of the gardens by the Duke.

July 13th was the Annual Conference and AGM of the Association the day is always very enjoyable and informative a great way to meet others from the different branches.

There were 2 events in September the Walk to D'feet took place in Abington Park when we joined the Rock-in Road Runners Special Needs Festival again the weather was wonderful lots of entertainment there with Bernie Keith from Radio Northampton and Shaun Williamson (Barry from Eastenders) singing. Lots of our members joined in with family and friends .Our other event was a Flower Demonstration by National Flower Designer John Chennell and Afternoon Tea. This was held at Moulton Community Centre and was a great afternoon, we had 2 very good raffles one with prizes donated by members and one other was the displays of flowers donated by John. Members sponsored the displays in memory of a loved one who had died from MND, the whole afternoon raised £1,100 for the branch. The Coffee Morning in October raised over £900

In November Jan Warren, Trustee, and myself were invited to an evening of entertainment by the Shree Prajapatie Association Wellingborough branch. We had a lovely supper wonderful entertainment and were presented with a cheque for the branch for £1001 .

In December we celebrated Christmas with our lunch at St Matthews Parish Centre. An excellent buffet lunch was organised by Carol and Helen. Rob and Kevin our barmen were in attendance again. Jackie and Dave were in charge of the raffle. The Christmas Hat competition was a bit of a non starter so the 3 people that entered all won a prize and entertainment was provided by " Open Stage " the choir Kevin sings in. The last event before lockdown was a Memorial Organ Recital for Roger Smith .

As always we remember those who have lost their battle with this devastating disease,

Keep well stay safe

Kate Inchley, Chair, Northants Branch

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.

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
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Association Volunteers (AVs): Joan Randell, Angela West, Margaret Robinson, Annette Liddon, Heidi LeBon and Deborah Bull

Committee Members: Kevin White, Jackie Atkins, Dave Atkins, Maureen Sanders, Priscilla Davies, Sally Wilkins and Diana Smith

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