

Northamptonshire Branch

**DECEMBER 2016**



**Weatherwise, we have had a reasonable summer and let us hope the winter ahead is not too harsh**

# OUT AND ABOUT

## **AGM and CONFERENCE MND ASSOCIATION SATURDAY SEPTEMBER 10<sup>TH</sup> 2016**

A group of eight members of Northants Branch attended the recent AGM & Conference at the Raddison Blu hotel East Midlands Airport. This is always a very enjoyable and uplifting day, meeting friends old and new in the Association. Updates and developments of the association and branches were presented. We were welcomed by Alun Owen, Chair of Trustees. Sally Light, C.E.O., reflected on the past year. She



highlighted the NICE guidelines, the opening of the 20<sup>th</sup> Care Centre in Brighton very soon with plans for two more centres and also mentioned support for young people.

Chris Wade, Director of Engagement, highlighted the media coverage of poor behaviour by some charities and the impact that had presented to the charity sector. He mentioned recruitment materials to inspire and encourage new volunteers and how staff and volunteers change people's lives.

We were then assigned to Learning Workshops before lunch. The workshops were  
**How to Develop successful corporate partnerships**  
**Learn more about the MND register**  
**What the NICE guidelines on MND means to you**  
**Campaigning and raising awareness**

There were networking opportunities over lunch and display stands providing more information.

The afternoon commenced with the AGM followed by questions. The guest speaker was Professor Dame Pamela Shaw Consultant Neurologist, Director of the Sheffield Care and Research Centre for Motor Neurone Disorders and Professor of Neurology and Pro Vice –Chancellor for the Faculty of Medicine and Dentistry and Health at the University of Sheffield. Quite a title for a brilliant and very knowledgeable mind. Dame Pamela spoke about the **Progress in the understanding of MND and prospects for new therapy development**. The afternoon ended with final thoughts, networking and refreshment.

If you wish to find out more about the day please go to the website [www.mndassociation.org](http://www.mndassociation.org) where you will find the links.

Kate Inchley

## Laughter and learning at cookery demo

To help with the development of new information guide on eating and drinking with motor neurone disease (MND), a cookery demo was recently held at Northampton College. The MND Association invited people with MND and their carers to take part. Dimple Thakrar, a dietitian from Fresh Nutrition, acted as chef for the day, with further input from Nina Squires, a speech and language therapist from Nottingham University Hospitals Trust.

The main aim of the session was to gather photos, video content and comment from participants to help illustrate and promote the new publication.



Demonstrations of fork mashing, piping, purees, thickeners and food moulds showed how different consistencies can meet the needs of people with swallowing difficulties, while still making food look appealing and appetising.

Chris Hull, living with MND in Northamptonshire, said, “It was a really enjoyable event, with lots of laughter, but we learnt a great deal, too. I need softer food now and I’m looking forward to adding some of these tasty and different ideas to my diet.”

Kaye Stevens, Care Information Manager at the MND Association, was delighted with the results. “We’ve had lots of feedback and recipes from people with MND and their carers on this subject already, but with a practical element such as food preparation, nothing beats getting people together to actually try things out,” she said. “The discussions were

candid, revealing and full of good humour. We are incredibly grateful to all the participants – and of course Northampton College for acting as our hosts too.”

The guide will be published in the New Year and will include guidance on eating and drinking with MND, along with a collection of easy-swallow recipes. Watch out for the next edition of Thumb Print for more details about the launch.

Kaye Stevens

(Three local couples were invited to attend the event and when we arrived at the college realised that we already knew each other through attending the Northants branch monthly drop-in lunches. Chris Hull)

# FUND RAISING

## Coffee Morning Saturday October 22<sup>nd</sup>

£950 was raised at the recent Coffee Morning in Wollaston. Over seventy people enjoyed coffee and delicious home made cakes. We had an amazing Cake Stall. Bric-a-brac including some lovely hand made Christmas tree decorations, a few books were sold and some baby jackets. MND Christmas Card sales and merchandise raised £332.35. We are very grateful to all who came, those who helped and to all who made cakes for us to sell. Thank you very much.



Kate Inchley

## Cheque Presentation

On Friday October 28<sup>th</sup> we were invited to a cheque presentation at Higham Ferrers Working Men's Club. The Happy Feet Line Dancing Club had been very busy fundraising for the branch. We were overwhelmed when the group leader presented a cheque totalling £5,000 we were almost speechless. A letter, a certificate of thanks and a receipt have been sent. This amazing group are Charity Fundraisers and every six months a different charity is chosen. They raise funds by cake bakes, raffles, craft and jewellery making knitting scarves and of course the Line Dancing and anything else they can think of. This large sum will go a long way towards helping people living with MND in the county.



Kate Inchley

**Quiz Night** On 12th November we held our 4th quiz night in memory of my dad who lost his brave battle against MND in November 2012. With huge support from family and friends, and the kindness of staff at the Obelisk Centre, Northampton, we were able to raise £2338.68, which includes £1000 (£4£) from Barclaycard. It was wonderful to see so many people supporting us, and raising vital funds and awareness for MND.



Ali Buttress

## Six Go Singing

Thank you to all who came to Six Go Singing, our 10<sup>th</sup> year. We put some of our favourite songs in the show with our special guests The Firebirds, who have recently formed a 4-woman Barbershop quartet made up of Lorna Wood and three other members of Phoenix, one of the top 20 ladies' chorus groups in the world.

We made £200 which Santander Bank will double so we can send £400 to MNDA in Northampton. As some of you will know, my father died of motor neurone disease and since then we have raised over £10,000. Thanks to all of you who have supported us over the years. Our next concert is the Christmas special which will be on Saturday 17<sup>th</sup> December.

Jay Lucas

(taken from Roade News Autumn 2016 No.159)

*Lucas Productions*  
  
*"Passion For Performance"*

*In Association With*  
**SIX GO & SUPPORTING**  
**SINGING**   
motor neurone disease  
association

*Proudly Present...*

  
  
**"SIX GET FESTIVE"**  
**WITH SPECIAL GUESTS**  
**A FESTIVE CONCERT**  
**FOR ALL THE FAMILY**  


**Saturday 17th December @ 7:30pm**  
**Roade Village Hall**



All Tickets: £6	Come Join Us For Mulled Wine, Mince Pies & Lots Of Christmas Spirit...	On The Door Or Call: 01604 862634
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Lucas Productions in association with 'Six Go Singing' & proudly supporting the MNDA present: "Six Get Festive".

Come & join the festive fun, as we present our 16th "Six Go..."concert - this time it's another evening of Christmas music, laughter, mulled wine & mince pies, with a raffle in aid of the MND Association...just bring your Christmas Cheer!

All Tickets £6 ~ Available On The Door Or By Calling: 01604 862634 Suitable for all the family.

# FORTHCOMING EVENTS

**Wednesday December 7<sup>th</sup> 11.45am ---2pm**

**Wednesday January 4<sup>th</sup> 11.45am ---2pm**

**Wednesday February 1<sup>st</sup> 11.45am ---2pm**

**Wednesday March 1<sup>st</sup> 11.45am ---2pm**

## **Drop-in Lunch**

Northampton Garden Centre

Newport Pagnell Road Northampton NN4 6HP All welcome

**Sunday December 11<sup>th</sup> 2016 1.30pm ---5pm**

## **Christmas Buffet Lunch**

St Matthews Church Parish Centre

27a The Drive Northampton NN1 4RY

The Deputy Mayor and Lady will be present

Entertainment and Raffle

**Sunday February 12<sup>th</sup> 2017 2.30pm--- 4.30pm**

## **Open Meeting**

St Matthews Church Parish Centre NN1 4RY

All welcome

**Saturday March 11<sup>th</sup> 2017 10am --- 3pm**

## **Spring Fair, Family Marathon and Dog Show**

Obelisk Centre Obelisk Rise Kingsthorpe Northampton

**Sunday April 9<sup>th</sup> 2017 2.30pm -----5pm**

## **Annual General Meeting Northants Branch**

St Matthews Church Parish Centre NN1 4RY

**SPRING FAIR, FAMILY MARATHON AND DOG SHOW**  
**11<sup>th</sup> March 2017**  
**Obelisk Centre, Kingsthorpe, Northampton**  
**from 12 noon (dog show 10.00 am)**

**Spring Fair** – we hope to have a Silent Auction, Raffle, Tombola, Cake stall, Bric-a-Brac etc

**Family Marathon** – Teams complete ¼ mile laps between them to complete a marathon, boys against girls. Certificate and cake for everybody who enters. Enter on the day £5 per person. Suitable for all the family, you don't have to be fast.

**Dog Show** – Animals in Need-Maxicare based in Irchester, will run the dog show. Enter on the day £1 per dog per category. Categories include: Best in Show, Best Rehomed Dog, Best Bitch, Waggiest Tail, Fastest Sausage Eater and many more.

Maxicare will keep money from the dog show.  
ALL OTHER FUNDS RAISED WILL GO TO MNDA.

Come along, enjoy the fun and help raise funds for people living with Motor Neurone Disease.

For more details please contact Paula Solomon 07899963061

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**Free to a good home**

Portable hair washing basin suitable for bed or chair never been used, as new  
Car Swivel Seat

2 Large Fleece Blankets suitable for wheelchair, very good under waterproof cover  
as they are very light, colour blue

Any enquiries to Kate 01933 667616

## MONTHLY DROP-IN LUNCH

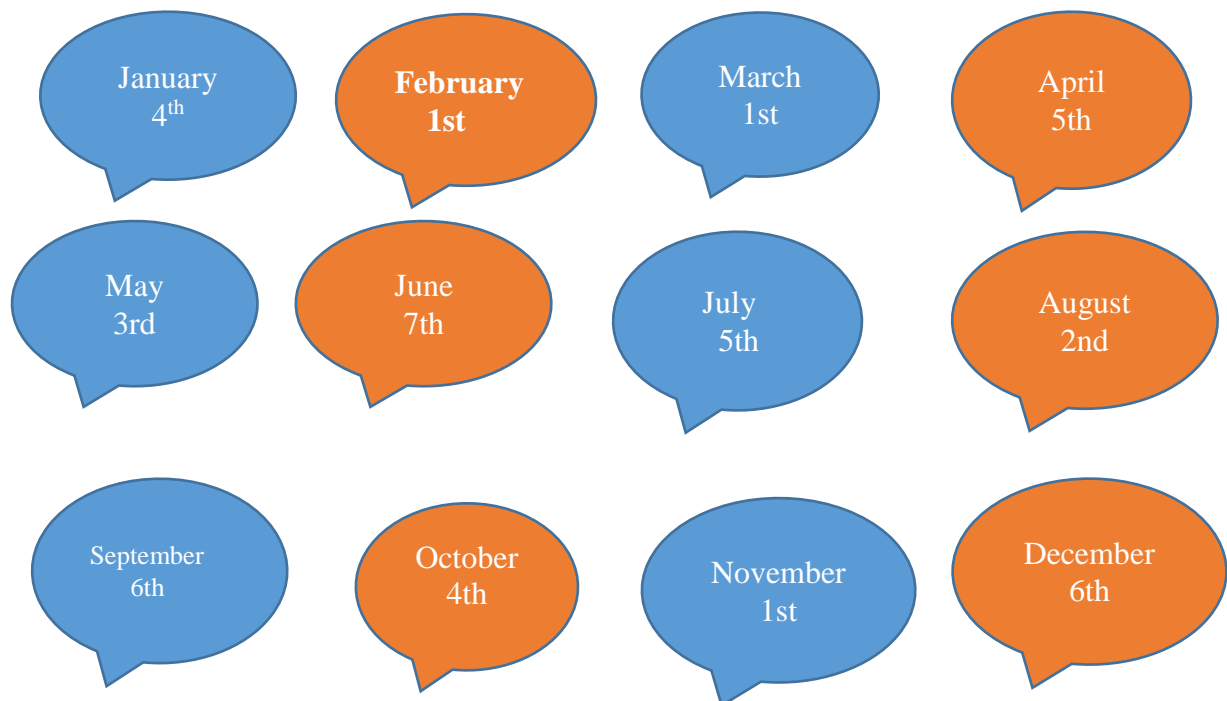
WELCOME to an informal lunchtime get together for anyone affected by MND

This is an opportunity to meet and share experiences



Soup, a toasted sandwich, a hot meal or a filled baked potato and coffee or tea are free to anyone with MND and their carer  
We meet on the first Wednesday of each month in the restaurant area of the Garden Centre in Wootton, Northampton NN4 6HP  
There is no need to book but please arrive by 11.45 so that your order can be taken

## DATES FOR 2017





# 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 *Thumb Print*, 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](mailto:mndconnect@mndassociation.org). Provide advice on all aspects of MND. They can also post information about MND and support available

**Regional Care Development Adviser (RCDA)** Scott Maloney – 07501682095 [scott.maloney@mndassociation.org](mailto: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](mailto: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 affects of MND. The branch holds bi-monthly meetings for anyone with, or interested in, MND at St Matthews 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 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 1<sup>st</sup> 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, please arrive by 11.45. Free for anyone with MND and their carer.

## NORTHAMPTONSHIRE BRANCH CONTACTS

**Patron: Dr John Smith**

<b>Chair:</b>	Kate Inchley	01933 667616 <a href="mailto:inchleyk@gmail.com">inchleyk@gmail.com</a>
<b>Vice Chair:</b>	Robert Nixon	01933 229602 <a href="mailto:robchnixon@talktalk.net">robchnixon@talktalk.net</a>
<b>Secretary:</b>	Gerry Skipper-Byer	01536 723304 07861 610323 <a href="mailto:gedda1064@gmail.com">gedda1064@gmail.com</a>
<b>Treasurer:</b>	Colin Byer	07779 225760 <a href="mailto:colin.byer@yahoo.co.uk">colin.byer@yahoo.co.uk</a>
<b>Branch Contact:</b>	Kate Inchley	01933 667616 <a href="mailto:inchleyk@gmail.com">inchleyk@gmail.com</a>
<b>Newsletter:</b>	Chris Hull	<a href="mailto:chull1@waitrose.com">chull1@waitrose.com</a>
<b>Website:</b>	Derrick Peasland	01604 454870 <a href="mailto:dellpea@ntlworld.com">dellpea@ntlworld.com</a>

**Association Volunteers (AVs):** Joan Randell, William Standerwick, Angela West, Margaret Robinson and Annette Liddon

**Committee Members:** Kevin White, Derrick Peasland, Jackie Atkins, Dave Atkins, Maureen Sanders, Priscilla Davies, Ali Buttress and Sally Wilkins

**Website:** [www.mndnorthants.org.uk](http://www.mndnorthants.org.uk)  
**Email:** [enquiries@mndnorthants.org.uk](mailto:enquiries@mndnorthants.org.uk)