

MARCH 2021

CHAIR'S MESSAGE

This newsletter is coming out just a month after our last one as a lot has been happening over the last few weeks.

Firstly - ***WE ARE VERY EXCITED THAT WE ARE NOW SET UP ON FACEBOOK, INSTAGRAM AND TWITTER***, thanks to our three wonderful new volunteers – Sarah Thompson who is looking after Facebook, Alisha Shah who set up Twitter and Mollie Eames who has set up Instagram and is now 'looking after' this as well as Twitter. Please see all the links/handles at the bottom of this page to log on and PLEASE spread the word and get your friends/families to take a look and 'like' our pages.

Secondly I would like to remind you about our AGM which is taking place on Zoom on Wednesday 7th April at 2.00pm. We are delighted that we will be joined by members of our Research and Policy & Campaigns departments as well as the Mayors of Berkhamsted and Hertsmere and the Deputy Mayor of St Albans, the Chief Executive of Hospice of St. Francis and representatives from Barts NHS Trust and the Community Health Trust.

So – if you have not already informed us you will be joining us, please get in touch with me by email at mndassoc.southherts@gmail.com and I will send you joining details.

We look forward to seeing you for what will be a very interesting and informative meeting.

FUNDRAISING

ALEX NORTH FUNDRAISER FOR SOUTH HERTS

We are hugely grateful to Alex North, the son of one of PwMND, who has set himself a huge challenge to raise funds for our branch.

This is an extract from his story – the full version of which can be seen on Alex's fundraising page.

“Last summer my Dad, Peter, aged 65, was diagnosed with Motor Neurone Disease (MND) after experiencing some changes with his arm strength and his speech and swallowing. It came as a devastating blow to us all, for my dad to be faced with this life shortening disease.

Ever the pragmatic and forward thinking man, it took him only a week to record every syllable of his voice into a speech support app. Within a month my parents planned modifications to their home. I wanted to do something to support a charity who are instrumental in supporting my parents so this year I have committed to running a minimum of 1000km (620 miles) to raise funds for the South Herts Branch.

Please see my page on Just Giving below for my full story and further information.”

<https://www.justgiving.com/fundraising/alexandercharlienorth>

We hope you will log on and support Alex's fantastic effort on our behalf – thank you.

100 CLUB

For the past year, as you are aware, fundraising has been extremely difficult and we are constantly thinking of different ways we can raise funds to support PwMND in our area.

To this end, we are planning to launch a 100 Club. Briefly, how this will work is that we will ask for a donation of £ 36 per person per annum – just £3 per month to join the club. There will be two draws per year with half of the money raised being used as prizes. So, as an example, if 50 people join the club, the total donations for the year £1800. The prize money will, therefore, be £ 900 split across the two annual draws (£450 per draw.) There would be one prize of 25%, i.e. £112.50 and two prizes of 12.5%, i.e. £56.25 for each draw. If less people sign up, the prize money would be reduced but, hopefully, if more people join, the prize money would increase.

If you would like to receive one of our 100 Club packs, with further information and application form to join, please email me at the address at the bottom of this newsletter. And PLEASE encourage your friends and family to join too – for just £36 per person per annum, we could raise a significant amount of money annually to support PwMND in South Herts.

FUNDRAISERS NEEDED

A fundraising poster for the Motor Neurone Disease Association (MND) in South Herts. The poster features the MND logo at the top left, which includes the text 'mnda motor neurone disease association'. Below the logo, there are several orange and white flags with the MND logo and the text '#TeamMND #TeamMND #TeamMND'. The main text on the poster reads 'Want to help people in South Herts with MND? Fundraisers wanted'. Below this, it says 'Want to raise money for local people or to lead on a fundraising event? We would love to hear from you. Please ensure you mention South Herts in any promotional material too. Contact carmen.brown@mndassociation.org for more info or ideas'. At the bottom left, it says 'Registered charity no. 294554 Created in RightMarket 4/3/2011 - 13:05:37'. At the bottom right, there is a logo for the Fundraising Regulator (FR) with the text 'Registered with FUNDRAISING REGULATOR'.

We urgently need help with fundraising, particularly with applications to Trusts, Rotary Clubs and Masonic Lodges during these unprecedented times. Please contact Carmen Brown, our Area Support Coordinator if you know anyone who might like to 'come on board.'

We are also hoping to recruit some young people who would like to arrange their own fundraising events (with our guidance) for the branch. If you or anyone you know is interested, please contact me – Hetty – at the email address at the bottom of this newsletter

WINTER APPEAL - Thank you to all those who have contributed to our winter appeal. If you have not yet made a donation and would like to do so, please do this in one of the following ways:

1. Send cheque to Hetty Smith, 7 Farthing Drive, Letchworth, Herts., SG6 2TR or
2. Donate through our website at the following web address. Please indicate that your donation is for our Winter Appeal so we can identify it.

www.mndasouthherts.org

GET TOGETHERS – Wednesdays at 2.00pm on Zoom

Look at all those smiling faces at our last Get Together at the beginning of this month.



They are truly very enjoyable events and we would be delighted to welcome you all. PLEASE NOTE – our next one will now be held on 31st March and NOT 14th April as mentioned in my last newsletter.

Dates for the rest of 2021 are:

31st March, 5th May, 2nd June, 7th July,
4th August, 1st September, 6th October,
3rd November, 1st December



mnda
motor neurone disease
association

**Motor Neurone Disease (MND) - Pan-Herts
Speaker and Group Meeting**

5 May, 2pm/zoom. Speaker from HertsHelp & POhWER, followed by a Herts wide get together. This is for people with/affected by MND in Herts. Meeting ID: 660 619 5396. Passcode: 754559. For info/link: carmen.brown@mndassociation.org

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**FUNDRAISING
REGULATOR**

We are very excited that, for our Get Together on 5th May, we will be joined by the North & East Branch when we have guest speakers from HertsHelp and POhWER talking about their services. This will be followed by a Hertfordshire wide get together for people with or affected by MND. Whether you just want to stay for the talk or for the whole session, why not join us. Full joining details are on this flyer.

Carer Meetings

These continue to be well attended and are for Carers only. Dates for the rest of 2021 are:

13th April, 11th May, 8th June, 13th July, 10th August, 14th September, 12th October, 9th November, 14th December.

Sign up to AmazonSmile and you can support the MND Association as you shop, at no extra cost to yourself. By selecting the Association as your chosen charity, 0.5 percent of the price of every eligible product that you buy will be donated to the MND Association's Head Office funding vital work in research and campaigning as well as contributing when necessary for equipment etc; To date Amazon UK has donated a total of £15,900 an incredible £3000 more in the 6 weeks since my last newsletter.



IF YOU WOULD LIKE TO DONATE TO THE BRANCH –

Please do so in one of the following ways:

Send **cheques** payable to MNDA South Herts Branch, to:

Ms Hetty Smith, 7 Farthing Drive, Letchworth Garden City, Herts., SG6 2TR

Donate online via our website at: <http://www.mndasouthherts.org>

Or email me at: mndassoc.southherts@gmail.com and I will provide you with the branch account details.

BRANCH CONTACT DETAILS

NAME	ROLE	EMAIL	PHONE
Hetty Smith	Chair & Treasurer	mndassoc.southherts@gmail.com	01462 630195
Lesley Ralston	AV and branch contact for PwMND	leshenhouse@gmail.com	01923 778990
Carmen Brown	Area Support Coordinator	carmen.brown@mndassociation.org	01604 800659

SOUTH HERTS SOCIAL MEDIA ACCOUNTS:

TWITTER @shertsmndaMNDA

FACEBOOK <https://www.facebook.com/shertsmnda>

INSTAGRAM @shertsmnda

THE MND SOUTH HERTS WEBSITE <http://www.mndasouthherts.org>

THE MND CONNECT HELPLINE

MND Connect Helpline offers advice, practical and emotional support and is able to direct people living with MND and their families/carers to many other services and agencies.

Tel. 0808 8026262. Email Address: mndconnect@mndassociation.org

Office hours are: Monday - Friday 9.00 a.m. to 5.00pm. and 7.00 p.m. - 10.30 p.m