

DECEMBER 2020

CHAIR'S MESSAGE

The mornings are dark, the temperatures are dropping but there is light at the end of the tunnel.

By the time you receive this some of you MAY have received your first Coronavirus vaccination – if not, it hopefully won't be long and maybe we can soon think again about meeting each other face to face. In the meantime, take care and stay safe, especially over the Christmas period when you may be meeting family members who you have not seen in a very long time.

Whatever you decide to do over Christmas, we hope you enjoy the holiday. Our best wishes to you all for a happy New Year, too.

FUNDRAISING

MISSION 5000 ACHIEVEMENTS



Sam Arter, one of our new committee members and Association Visitor, took part in Mission 5000 to raise funds in memory of her father who she lost to MND in 1992. All her family took part in different activities, some running, some trampolining and some rowing. They raised £250 which is being shared between National Office for research and the South Herts branch. Well done Arter family – we are very grateful to you all. Overall to date, the whole MND community including National Office and branches and groups have raised a magnificent £200,000 through Mission 5000.

JJK FITNESS – KINGS LANGLEY



In my last newsletter I wrote about the virtual Triathlon that was planned for October but had to be postponed due to Covid. JJK Fitness are instead holding a virtual marathon on 19th December in support of David Davies, one of our inspirational PwMND. Please go to our Local Giving page at the following web address (to copy and paste into your browser) to read David's story and the story of Joe, the gym owner. We wish all the participants good luck for the marathon and thank JJK Fitness for their support. Donations have only been coming in for 7 days and already £1600 has been raised. Thank you so much.

<https://localgiving.org/appeal/MNDSHJJK/>

WINTER APPEAL

This year, more than ever, we are asking you to support our Winter Appeal, (formally called Christmas Appeal) details of which have already been sent to you. It is more important this year as fundraising has been affected so badly during the Covid pandemic. We would be grateful for any support you can give us. Payment can be made by any of the methods shown in the Donations section in this newsletter. If you would like to make a donation through our website, please mark it as 'Winter Appeal Donation' so we can identify it. Thank you so much.

QUIZ NIGHT



Our virtual quiz night which was held on 6th December in conjunction with mid-Kent branch was great fun! We had 18 log ins to Zoom involving about 40 people. Everybody looked great, donning Christmas jumpers and hats.

The quiz was conducted by Elaine & Stephen from mid-Kent who did a great job. We raised £220 for our branch which is not as much as we achieve when we hold face-to-face quizzes but it was so great to be able to see each other and just have fun! Thank you to Elaine & Steve for running this for us.

TRUST APPLICATIONS

We have made another successful bid for a donation from a Trust. This time, £1,000 has been donated by the Neighbourly Charitable Trust in St. Albans. The aim of this trust is to support local charities whose activities benefit disabled people. We are extremely grateful to NCT for their contribution which will help us support PwMND and their families/carers in the St. Albans area.

GET TOGETHERS – Wednesdays at 2.00pm on Zoom

Our monthly Get Togethers will continue on Zoom until the Government says face to face meetings can take place again. The dates have been set for 2020 as follows. All PwMND and their families, carers are very welcome to join us. These virtual meetings have been hugely successful over the last few months and we look forward to seeing you all again next year.

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

CARER MEETINGS – Tuesdays at 2.00pm on Zoom

mnda
motor neurone disease
association

Caring for someone with MND? Live in Herts?
Carers, Coffee and Chat

2nd Tuesday of each month 2-3pm via zoom.
Join our friendly group of carers, share tips,
get advice and gain peer support. (This is a
carers only group). For info, email:
carmen.brown@mndassociation.org or
contact your local branch

FR Registered with
FUNDRAISING
REGULATOR

The Carer Meetings that were set up by our Area Support Coordinator a few months ago have also been very successful and will continue in 2020 on the dates below.

12th January, 9th February, 9th March, 13th April, 11th May, 8th June, 13th July,
10th August, 14th September,

12th October, 9th November, 14th December

USEFUL APPS

There are a number of apps that PwMND and their carers might find useful.

You can check the rating of health apps on the [ORCHA website](#). [Click here](#) to go direct to the MND Association page where you will find lots of information and links to various apps.ith info on apps.

A growing number of apps are relevant to life with MND or Kennedy's disease. Select from the following for a list of low cost or free apps to help you start your search. Where possible, we have linked to the organisations website. However in some cases, where the app is only available on one operating system, we have linked directly to the download page.

RESEARCH NEWS

David Davies, one of our PwMND, has recently started taking part in a clinical trial at the National Hospital in Queen's Square. This is the Alexion Clinical Trial, a multicentre Phase 3, double blind, randomized placebo group study into the efficacy of a drug named Ravulizumab in patients suffering MND (ALS).It is being sponsored by Alexion Pharma, and the lead is Prof. V. Libri at the National. David will be visiting the National 8 weeks for a year as this trial goes forward – hope all goes well for you, David.



Sign up to AmazonSmile and you can support the MND Association as you shop, at no extra cost to yourself. By signing up to shop via AmazonSmile, you'll still be able to enjoy the same range of products and prices just like you can with a regular Amazon account. However, 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 Association. To date Amazon UK has donated a total of almost £10,000 to the MND Association.

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

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

SOUTH HERTS TWITTER ACCOUNT Username: @SouthHertsMNDA

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. No: 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.