

Special Guests Attend AGM



CHAIR'S MESSAGE

I am delighted to be writing my first article as the new Chair of the South Herts Branch of the MND Association.

I have taken over from Lesley Ralston who has served the committee for 11 years. She has worked tirelessly to help people living with MND in our area as well as their families. She has done a fantastic job and I am delighted that she will still be an active member of our branch, concentrating now on the 'care aspect' of our work dealing direct with people living with MND.

For my part, my strengths lie in admin/organisation/finance having retired last August after 30 years in a Barnet primary school as School Business Manager.

I was previously a member of the committee from 2009 - 2012 but found it difficult to continue while I was still working but have kept in touch with what has been happening in the interim and always said I would come back when I retired - so here I am. I had not expected to be asked to take over as Chair when I returned but hope I can fulfil the role so all our members can continue to be supported as well as they have been.

My connection to motor neurone disease is my brother. I am the eldest of four - and my brother was the youngest. We lost him to this horrible disease when he was just 34 years old in 1994. Being a doctor, he was well aware what was happening to him - not always a good thing. He lived with me and my family for the last 2 years of his life.

I look forward to meeting members of the branch as and when the opportunity arises and supporting plwMND with the help of our wonderful committee members.

If you would like to get in touch with me, my details are:

e-mail: mndassoc.southherts@gmail.com
Tel.: 0208 207 5086 or 07930 462870

Best wishes
Hetty Smith

AGM

Our AGM on 3rd April was extremely well supported - due almost entirely to the hard work put in by Lesley Ralston. She had invited a lot of special guests who we were so delighted to meet on the day.

These included:

The Lord Lieutenant of Hertfordshire – Robert Voss CVE

The Right Worshipful the Mayor of St. Albans - Cllr. Rosemary Farmer

The Chairman of Watford Borough Council - Cllr. Rabi Martins

The CEO of the Hospice of St. Francis – Kate Phipps-Wiltshire

From Central London Community Healthcare NHS Trust - Isaac Mayo

Starlight Outpatient Service Manager of Watford Peace Hospice - Jo Marovitch

Consultant in Palliative care and Patron of the South Herts Branch - Dr. Carol Scholes

And our special guest - Sally Light, Chief Executive - Motor Neurone Disease Association who was our Guest Speaker

And of course we were delighted to welcome supporters and members of the branch as well as John Gillies-Wilkes - Regional Delivery Manager

Neil Penson - Volunteer Development Coordinator

Roger Widdecombe - Regional Fundraiser

In total about 40 people attended the meeting which was the highest number for some years.

Lesley Ralston gave her last report as outgoing chair - please see her article below.

Alison Murdoch, Branch Treasurer, then distributed the annual accounts on which she reported.

Over the last year we have been able to support many members/families financially. The main donations made have been for two stairlifts rentals at £580.00 each, two wheelchairs at a total cost of £2500, a mobility scooter for £695.00, three quality of life grants at a total cost of £2500.00 and smaller donations for other equipment and travel costs enabling plwMND to come to our 'Get

Together,' attend hospital appointments etc. None of this would be possible without money donated to us and we thank all those who make donations to our branch.

Sally Light then gave her speech as Guest Speaker which was extremely interesting and informative speaking about the work the Association has done over the last 40 years (this year being the 40th anniversary of the Association) as shown on the 40th Anniversary Banner showing the milestones achieved over the last 40 years and plans for the future.

This year is also the 30th Anniversary of the South Herts Branch of the Association during which time many branches/groups have been informed all over the country. In South Herts we strive to continue supporting plwMND and the supporters, carers and families.

The Lord Lieutenant of Hertfordshire, Robert Voss CBE, then gave a short speech outlining his role within the county as the Queen's representative. He said he did not know much about motor neurone disease before being invited to attend but had learnt a lot from this meeting and commended the branch for all their hard work.

This concluded the formal part of the meeting after which all those present enjoyed refreshments while chatting to the guests present.



From Lesley Ralston outgoing Chair

At the branch AGM on 3rd April 2019 I resigned as chair after 11 years. My husband died from MND in 2008 and I felt passionately that I wanted to be involved and that passion was centred on helping people living with the horrible disease, MND. I had witnessed at first hand and been a full time carer for my husband for the 2 years he lived with the disease.

I am the first to admit that I find admin and organizing challenging and am definitely dyslexic with figures – several people will not be surprised to hear that!

The role as chair was an interesting, enjoyable and educational experience but it was time for me to hand over to some else. I did things I never expected to be able to do and my mantra has been ‘if you don’t ask you don’t get’ which has without question stood me in good stead – and has often worked – sometimes in the most surprising and unexpected ways!!! I would advise everyone to challenge themselves in everything – it boosts your self confidence and morale and sets you up for the next challenge!

So now I am embarking on a new (although not entirely new) role organizing our monthly get togethers and being the contact for people with MND in our branch area. Not new really as in South Herts branch we set up our get togethers for people with MND, their families and carers 5 years ago. I have been running them since then with Jenny Fellas who is South Herts Branch’s only Association Visitor. Jenny’s expertise and training and my experience as a carer have been a great combination. So I am going to continue on the committee (as vice chair) for the foreseeable future, but limit my role to being involved in organizing the get togethers and helping people with MND, their families and carers. I will also help Hetty in her new role as chair.

Lesley Ralston

GET TOGETHERS FOR PEOPLE LIVING WITH MND

We continue to hold these well attended afternoons for people living with MND and the families/carers. The meetings are held monthly, usually on from 2.00 to 4.00pm at The Boxmoor Trust Centre, London Road, Hemel Hempstead, HP1 2RE. Dates for future meetings are:

June 5th. July 10th Aug 7th Sept 4th Oct 2nd Nov 6th Dec 4th

If you require help with transport please arrange a taxi for both journeys. Make sure you get a receipt for both journeys with the date, your name and the cost.

For further help with transport or any more information, If you need transport or any more information please contact *Jenny Fellas on 01582 621387 or chris_jennyfellas@hotmail.com*

FUTURE EVENTS

LADIES LUNCH

Lesley Ralston has again arranged our annual Ladies Lunch for this September. It will take place from 12.30 to 4pm on Tuesday 10th September at Chenies Manor, Chenies, Buckinghamshire . Please see flyer at the end of this newsletter giving full details and how to book a place if you would like to attend this wonderful annual event.

ABBEY THEATRE PRODUCTION

As in previous years, we have arranged a charity production at the Abbey Theatre in St. Albans. This year's production will be Dealing with Clair on 10th October. Look out for further information which will be sent to all members soon

AMAZON SMILE

At our AGM in April, one of our members mentioned that Amazon make a small donation towards a nominated charity when any purchases are made.

In order to do this, Amazon members need to register onto Amazon Smile and select the Motor Neurone Disease Association as your nominated charity. We would be very grateful if members would be willing to do this. All past information that was previously stored on the Amazon site would automatically appear on the Amazon Smile site including order history, payment details etc. The donations received would go to National Office. Every penny counts. Thank you.

NORTH & EASTS HERTS BRANCH

The North & East Herts branch are hosting a Charity Gala in aid of Motor Neurone Disease on Sunday 3rd November at 7pm in the Concert Hall at Stevenage Arts and Leisure Centre which we are delighted to support. This will be a fabulous evening of music and entertainment hosted by Claire Sweeney. If you would like to attend and book tickets for this event, please contact the box office on 01438 363200. Please see flier at end of this newsletter.

THANKS TO THE NOKE

We would like to thank the Mercure St Albans Noke Hotel who allow us to use their hotel for our meetings

IF YOU WOULD LIKE TO DONATE TO THE BRANCH

Please do so in one of the following ways:

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

Ms Hetty Smith, 16 Percheron Road, Borehamwood, Herts., WD6 2SR

If you would like to pay by **bank transfer**, please contact Hetty by email at

mndassoc.southherts@gmail.com

and she will provide you with the branch account details.

Or donate **online** at: mndasouthherts.org

and click on the Donate to the Branch link in the left hand menu

Carl and Neil Rutherford Productions
present

A West End Cast Charity Gala

in aid of

MOTOR NEURONE DISEASE

SUNDAY 3rd NOVEMBER 2019 - 7.00pm

THE CONCERT HALL

Stevenage Arts and Leisure Centre



A fabulous evening of music and entertainment
hosted by **CLAIRE SWEENEY***
with a live 34 piece orchestra and Mountview Choir
and a cast of **WEST END STARS** from shows including
*Les Miserables, Mary Poppins, Shrek, Guys and Dolls and Wicked**

The 2016 MND Gala sold out weeks in advance so

BOOK NOW!!

01438 363200
www.gordon-craig.co.uk

*all artists appear subject to availability

SOUTH HERTS MNDA

LADIES LUNCH 2019



Chenies Manor is a historic and enchanting Tudor Manor House with a spectacular garden.

CHENIES MANOR
Chenies, Buckinghamshire, WD3 6ER

Tickets are £27 per person and include lunch (with vegetarian options) and a glass of Prosecco or soft drink.

TUESDAY 10TH
SEPTEMBER 2019
12:30 - 4:00pm



I would like to order tickets, at £27 each, totalling £

Guest Name(s):

Address:

Email: Phone:

*Please make cheques payable to: **MNDA SOUTH HERTS BRANCH***

*Please send the form to: Rosemary Lingwood,
39 Miles Avenue, Leighton Buzzard Beds LU7 3LF
Email: ra.lingwood39@btinternet.com
Phone: 01525 377 450*

mnda
motor neurone disease
association
south herfordshire branch

Registered charity no. 294354