



The jubilant winners of the Christmas Party Quiz



South Herts  
Spring 2016  
Newsletter  
Our Branch Website  
[www.mndasouthherts.org](http://www.mndasouthherts.org)  
See us on Facebook  
[www.facebook.com/mndasouthherts](http://www.facebook.com/mndasouthherts)

IN THIS ISSUE

**mndconnect**  
0800 802 6262  
[mndconnect@mndassociation.org](mailto:mndconnect@mndassociation.org)

MND Connect is the National  
Office Helpline  
[mndconnect@mndassociation.org](mailto:mndconnect@mndassociation.org)  
[www.mndassociation.org](http://www.mndassociation.org)



Motor Neurone Disease Association – Registered Charity No. 294354

**Patron – Dr Carol Scholes**

**Macmillan Consultant in Palliative Medicine**

Lesley Ralston	Chair	01923 778 990
Jennifer Hay	Vice Chair	01923 720 198
Alison Murdoch	Treasurer	<a href="mailto:alisonm12345@hotmail.co.uk">alisonm12345@hotmail.co.uk</a>
Maggie Coles	Secretary	01727 854 583
Rosemary Lingwood	Collection Organiser	01525 377 450
John Whale	Committee Member	01727 761 611
Ben Mansell	Committee Member	07789 796 650

**Key facts about our branch of the MNDa**

The South Herts branch of the MND Association is totally run by volunteers.

The branch looks after people within the postcodes -

AL (except AL6, AL7, AL8), WD, EN6 and HP 1,2,3,4 and 23.

The branch donates money towards research, and the rest is spent locally, supporting people affected by MND with special equipment, financial support etc.

To contact the branch email us at [info@mndasouthherts.org](mailto:info@mndasouthherts.org)

Spring has arrived



Join us at The Noke  
Hotel for our AGM 6<sup>th</sup>  
April

## DONATING

IF YOU WOULD LIKE TO DONATE TO THE SOUTH HERTS BRANCH OF THE MOTOR NEURONE DISEASE ASSOCIATION DO SO IN THE FOLLOWING WAYS:

Send cheques to:

Mrs Alison Murdoch, Treasurer, South Herts Branch of the Motor Neurone Disease Association,  
41 Orpington Road, Winchmore Hill, London N21 3PL

Cheques should be made payable to the MNDA South Herts Branch.

You can also donate online at [www.Localgiving.com](http://www.Localgiving.com)

Please follow these steps:

Go to [localgiving.com](http://localgiving.com)

Type mnda in the box at the top right of the page called SEARCH

Make your payment to the South Herts Branch of the MND Association

PLEASE NOTE: If you are a taxpayer, please consider ticking the gift aid box. We will then receive an extra 20% on top of your donation – so if you donate £10, we will receive an extra £2.50.

## CHAIRS REPORT

Belated Happy New Year to you all.

We had an exceptionally successful year in 2015 and had an unprecedented income of £40,000. I was as surprised as you probably are, and now, once again - we're off and into 2016 - to try, at least, to do as well this year.

You may recall that last summer we were chosen as one of four charities to benefit from the Classics on the Common, in Harpenden. We were delighted, in December, to receive £5,000 from this event, and are very grateful to the Harpenden Rotary Club.

I talked about other people who raised money for us in the Autumn newsletter. What is so gratifying, is that now we are becoming more known in our area, and we receive more funding, we are able to spend it helping those people with MND. This is because we now know nearly everyone in the South Herts branch area who has MND through the network we have developed to organize our Get Togethers - and they know us as well.

Our main purpose as a branch of the MND Association is to help those people in our area who are living with Motor Neurone Disease. We are unusual as a charity - that is our sole aim and we do not hold

'projects'. This is a disadvantage if we try to apply for funding from such things as trusts and voluntary service organisations (such as the CVS in St Albans). So we are rarely awarded grants as we do not fit into their criteria with a project.

I should also mention our 2 other aspirations as a branch of the MND Association.

1. To raise money for scientific research to help find A CURE FOR MND.
2. To raise the profile and raise awareness of MND in the wider community.

In 2015 we were able to help fund, or fund the following:

A dog walker for an elderly lady, on a long term basis, to enable her to keep her beloved dog, Taxis to and from our get togethers, hospitals and airports, Night sitters to enable a carer to have a good night's sleep, Equipment to help a person with MND, such as a walker to assist with mobility, Nebulizers, Christmas gift for all the people in the South Herts Branch who have MND and a bouquet of flowers to their carers, Equipment called a 'stair climber' which is designed to assist a person with a particular problem, climb stairs, Liquidiser, Ipad & application for speech aid, Wet room floors, Holiday for a wife and children, Stair lift rentals, Help with funding to buy equipment to help with the symptoms of MND.

We also fund the following:

All our administration costs, Catering for the Ladies Lunch, Quiz Night, AGM and Christmas party, Expenses incurred in running the branch and holding meetings, Renting venues such as The Noke Hotel where we hold our committee meetings and some branch events such as the AGM, Renting the Box Moor Centre where we hold our Get Togethers for people with MND and their carers and families, Printing and distributing the newsletter three times a year, Printing of fliers and posters to advertise events, Expenses incurred by our two Association Visitors who assist some people who have MND by visiting them and being able to give advice and support.

All the above costs a lot of money each year.

I would also like to mention that we have someone who designs our fliers and posters with no cost to us. We would very much like to find a printer who would do the printing for us free of charge, as well. If you know such a person please let me know.

At the end of our financial year we are very happy to donate back to the MND Association, half of the balance we have in our bank account. However, that means that at the beginning of each year we have limited funds in our bank account and must start fundraising immediately to replenish the coffers. We have already received some donations and promises of donations this year. From Waitrose in Rickmansworth and the British Airways Cabin Crew Entertainment Society who held a pantomime at Watford Theatre and chose us as one of the charities to benefit, In memoriam donations from families who have lost a loved one from MND. We have also been chosen by the Harpenden Common Golf Club as their Charity of the Year.

Our Get Togethers for people with MND, their carers and families (and anyone else who they would like to bring along), are continuing to be very successful. We have a great attendance and everyone enjoys themselves. Co-incidentally, in setting up our get togethers it has meant that we have made many more

contacts which has proved to be very advantageous to us, and we now have an excellent networking system set up.



Have you seen the film made for us by one of the people who comes to the get togethers, about these occasions? Look on our website ([www.mndasouthherts.org](http://www.mndasouthherts.org))

We would love to see you at our Annual General Meeting which will be held on Wednesday 6th April at The Noke Hotel in St Albans - Watford Road, AL2 3DS at 7.30pm.

The Noke is just off junction 21A of the M25 (see the map at the back of the newsletter).

Stephen, Terry and Glenn at a Get Together

Our speaker will be John Gillies-Wilkes who is in a new post at the MND Association, Regional Delivery Manager for the East of England. His talk is entitled "Supporting people affected by MND in line with their needs".

What is becoming an annual event, our Quiz Night, will take place on Friday 6th May at 7.15pm for 7.45. The venue again is St Stephen's Church Hall, Watling Street, St Albans, Herts AL1 2PX which is opposite the King Harry Pub. One of our committee members, Ben Mansell will be hosting the quiz this year and he has some interesting and amusing questions planned! There is a flier with information enclosed. For the third year running we will also be having our Ladies Lunch at Chenies Manor on Tuesday 13th September this year. Further information will be in the summer newsletter and by email.

We would love to have some new committee members. It is not demanding. We meet once every 2 months and only have a few occasions each year where we need all hands on deck to organize things, such as the AGM. If you would like to come along to see what we do, please get in touch with me and perhaps come and sit in on a committee meeting. We meet on the outskirts of St Albans a few minutes' drive from junction 21A of the M25.

Lesley Ralston

## MND CONNECT

Please note that the telephone number for MND CONNECT has changed again. Hopefully this time it is a permanent change and it is now free to call from UK landlines and main mobile networks. MND CONNECT 0808 802 6262. Please use this number for all your information needs.

## TAXIS FOR WHEELCHAIRS

If you need a taxi to take a manual or motorised wheelchair, someone with MND has recommended Michael James, telephone: 07760 778316.

## RECENT EVENTS

On 2<sup>nd</sup> December we held our annual Christmas Party at The Noke Hotel. We enjoyed mince pies, wine and a seasonal quiz and a good time was had by all.



## LEGACY

Roland Lewis died from Motor Neurone Disease last year and in our Spring Newsletter I was able to tell you all a little bit about him and his wife, Jen who is my deputy chair, in an obituary.

It is with great pleasure and gratitude that I am now writing to tell you that Roland bequeathed £10,000 to the Motor Neurone Disease Association to be used for scientific research and £1,000 to the South Herts branch.

Over many years Roland made a contribution to the branch in his own way and supported Jen as well. I am so glad that we were also able to help them both throughout our association and particularly Roland.

Lesley Ralston



Roland and Jennifer

## FUTURE EVENTS

### GET TOGETHERS FOR PEOPLE LIVING WITH MND

2016 April 13, May 4, June 1, July 6, August 3, September 7, October 5, November 2, November 30. 2 - 4pm.

Box Moor Trust centre, London Road, Hemel Hempstead, HP1 2RE

### AGM

Wednesday 6<sup>th</sup> April 7:30pm  
The Noke Hotel, Watford Road, St Albans, AL2 3DS.

### QUIZ EVENING

Friday 6<sup>th</sup> May, 7:15pm for 7:45pm.  
Please join us for our popular quiz evening at St Stephens Church Hall St Albans. Tickets at £15 include a buffet supper. See the enclosed flier for more details.

### LADIES LUNCH

Chenies Manor, Tuesday 13<sup>th</sup> September. Ladies, put the date in your diary, as once again we are lunching in this wonderful venue. More details later.

## FUTURE EVENTS

### BRANCH AGM

Wednesday 6 April at 7.30pm

The Noke Hotel, Watford Road, St Albans AL2 3DS.

Please join us for our AGM, After the short business of the meeting, there will be a talk by John Gillies-Wilkes who is in a new post of Regional Delivery Manager for the East of England, at the MND Association. His talk is entitled "Supporting people affected by MND in line with their needs". If you are living with MND and would like help with transport to the meeting, please get in touch.

### GET TOGETHERS FOR PEOPLE LIVING WITH MND

These are informal gatherings in a place where people living with MND and their carers and families can meet in privacy, and chat together informally in a calm and safe setting. The venue is the Box Moor Trust centre, London Road, Hemel Hempstead, HP1 2RE. If you need transport or any more information, please contact Jenny Fellas on 01582 621387 or [chris\\_jennyfellas@hotmail.com](mailto:chris_jennyfellas@hotmail.com). The meetings start at 2pm, and will be held on Wednesdays. Dates for 2016 are: April 13, May 4, June 1, July 6, August 3, September 7, October 5, November 2, November 30.

### QUIZ EVENING, FRIDAY 6 MAY, 7.15 FOR 7.45

Please join us for our popular quiz evening at St Stephen's Church Hall St Albans. £15 tickets include a buffet supper.

## DONATIONS

As well as the huge donation from the Harpenden Rotary Club, mentioned earlier, we also received money from the following,

- The Waitrose store in Rickmansworth
- The Waitrose store in Harpenden
- Mrs Gordon from the Rickmansworth Decorative and Fine Arts Society
- Ian Ward, and his staff, from Clipso hairdressers in Hemel Hempstead
- We would also like to thank Andrew Fleming Florist, of Chorleywood, who gave us a special deal for the flowers we sent to carers last Christmas.

We would like to thank everyone who donates money, or fund raises for us, no matter how small an amount. Without you we could not help the people living with MND that we care about. THANK YOU ALL.

### **THANKS TO THE MERCURE ST ALBANS NOKE HOTEL**

**We are extremely grateful to Bob Dowry, the General Manager of The Mercure Noke Hotel in St. Albans, who has generously agreed to continue to allow us to use the hotel for our meetings.**

**The Mercure Noke Hotel, Watford Road, St Albans, AL2 3DS**

