

Autumn
2021

Welcome to the Notts Branch Bulletin. We hope you enjoy reading about the latest fund raising efforts by branch members and supporters and don't forget if you are organising an event and would like to publicise it in the next Bulletin please contact the Branch Chairman or Secretary.

MNDA Support Grants

You may not be aware, but there are four types of grant potentially available to people living with MND, their carers and dependant children. These are:

MND Support Grant (Care) – up to £1,500 per application, covering equipment or adaptations requiring assessment from a healthcare professional (e.g. stairlifts, riser/recliner chairs, house adaptations).

Quality of Life Grant – up to £500 per application, covering a variety of expenditure that will support the person with MND and the family (e.g. gardening, holidays, hobbies).

Carer's Grant – up to £500 in a rolling 12 month period, covering anything that allows a carer to take a break from their caring duties (e.g. short breaks, spa days)

Young Persons Grant – up to £250 in a rolling 12 month period, covering anything to ease the life of a child or young person under 18 living with the person with MND (e.g. driving lessons, school trips, hobbies)

More information can be found on the MNDA website – just search for “Financial support grants” – or from Roger Spells (Treasurer)

All change - North Notts Support Group

It's all change for the North Notts support group. We are moving to the Bassetlaw Hospice, Cedar House, North Road, Retford, DN22 7XF for our meetings which will be on the first Wednesday of every month. We plan to start on the 6th October at the new time of 11.00 - 12.30. - There will be more information later.

“Second Thursday” to restart face-to-face meetings!

It has been 18 long months since we were last able to welcome people living with MND and their families to our “Second Thursday” support group in Mapperley. It has obviously been a very difficult time for everyone, but particularly for those of you who have been isolating. For most of this time, some of us have managed to get together on Zoom every month, and this has proved a very successful substitute. However, we now think that the time has come where we should at least trial restarting our in-person meetings. I know that a number of people are really keen to meet face-to-face again and although it will never be risk-free, we believe we can minimise the risks and will do everything possible to make it a safe and enjoyable experience.

So if you are in any way affected by MND, please come and join us at “Second Thursday” on September 9th. You can be sure of a very warm welcome.

We meet at the Mapperley Plains Social Club, NG3 5RH at 2:15pm. There is plenty of parking and accessible toilets.

Barry Wilson

Many of you will be aware of the sad news about our Notts branch committee member Barry Wilson who sadly passed away in July. Although living with MND, Barry still found the positivity, motivation, time, energy, and dedication to live his life to the full whilst continuing to support other people with MND.



Barry liked to organise events for the branch, in particular two very successful “Walk to D’Feet” fundraising events in Newark and Sherwood Forest, with over 60 people attending the latter event. He was able to start and lead them both on his motorised scooter, each raising funds for the branch.

But he wasn't just involved in organising events or doing his own fundraising for the branch. He strongly supported and promoted any attempts at research or national petitions to Central Government that could improve the lives of people living with MND. Although most of us know that he was losing the power of speech, he continued to encourage and support programmes or research in this area of work.

Despite lockdown restrictions Barry, was still very active and was able to join in our meetings via Zoom. He also managed to raise funds for the branch via last year's Mission 5000 fundraising event, where he personally raised over £1000 by cycling more than 500 miles on his exercise bike at home.

Barry will be sorely missed by everyone who knew him.

Text MNDNOTTS to 70085 to donate £5
to support MND Nottinghamshire Branch supporting local people with MND
Texts cost £5 plus one standard rate message
mnda motor neurone disease association
Registered Charity no. 294354

We have now set up a “Text to Donate” facility to allow people to donate small amounts to the branch. The default is **£5**, but larger amounts can be donated by adding the amount at the end of the text - e.g. texting “MNDNOTTS 10” would result in a **£10** donation.



If you do not wish to receive any further correspondence from the local branch of the MNDA, please let a member of the committee know.

We never lose hope. We strive to find a cure for MND and to support everyone affected by this devastating disease.

Motor Neurone Disease Association - Registered Charity No: 294354



East Region Get Together
Monthly Support on Zoom

Get peer support, connect with other people with MND and their families

The 3rd Tuesday of every month from 11am-12:30. Next event dates are:

21st September 2021
19th October 2021
16th November 2021

Meeting ID: 882 1929 8759
Passcode: 113926

www.mndassociation.org
MND Association Francis Crick House, 6 Summerhouse Road, Northampton, NN1 6B | Registered charity no. 294154 | Created in RightMarket - 18/06/2021 - 10:40:21



Fothers Mission 24

Simon Fotheringham, our branch vice-chair recently completed a fundraising event to commemorate the sad death of his father from MND. The challenge (Fothers Mission 24) saw him run one mile every hour, on the hour, for 24 hours from 5.00pm on Friday 3rd to 4.00pm on Saturday 4th July. The event saw Simon run around the City ground, Trent Bridge, West Bridgford and the Trent embankment in a bid to raise money for our Notts MND branch. His father had lived with MND for approximately 15 years before his death just before Christmas 2020.

He was joined on each of these 24 miles by sponsors and friends as well as our branch treasurer Roger Spells and branch chair Mike Cole, who both ran individual miles. The event also saw local Nottingham South MP Lilian Greenwood running at the same time as Mike and Simon. A number of sporting personalities ran individual miles with him including international cricketer Stuart Broad, Nottingham Forest's Ryan Yates, Andy Reid and Nigel Jemson, and Nottinghamshire CCC cricketing legend Luke Fletcher.

Simon's original fundraising target of £10,000 was incredibly smashed within a few days with the most recent total being over £18,000 (including Gift Aid), which will go directly to the Notts MND branch. Its still not too late to sponsor him if you are able to do so.



Treasurer's Report

I am very pleased to say that fundraising has really picked up in the last three months, thanks primarily to the efforts of two fantastic fundraisers. As you can read elsewhere in this Bulletin, our vice-chairman, Simon Fotheringham, has raised an incredible sum through his Fothers Mission 24 and **£5,350** of that has already been transferred to the branch. The other amazing fundraiser is Lorna Ball who is walking 874 miles in 12 months in a virtual Lands End to John O'Groats marathon, which has so far raised over **£1,200** for the branch. A mention, also, for Clare Drew who has raised **£440** for us. In addition, we received **£644** in in-memoriam donations and **£140** in Gift Aid.

I am pleased to say that we were able to give grants totaling **£2,750** over the last three months. This included grants for counselling, a stairlift, two riser/recliner chairs and a Young Persons grant.

The 59 Club was won by Maurice Tomlinson in May, Christine White in June and Dorothy Hague in July. Congratulations to you all!

Roger Spells (Treasurer)

Events Calendar

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|----------|---------------------------|---|
| 9th Sept | 'Second Thursday' | The Mapperley Plains Social Club 2:15pm |
| 14th Oct | 'Second Thursday' | The Mapperley Plains Social Club 2:15pm |
| 6th Oct | North Notts Support Group | Bassetlaw Hospice, DN22 7XF 11 - 12:30pm |
| 3rd Nov | North Notts Support Group | Bassetlaw Hospice, DN22 7XF 11 - 12:30pm |
| 11th Nov | 'Second Thursday' | The Mapperley Plains Social Club 2:15pm |

Branch Contacts

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| Branch Vice Chair | Simon Fotheringham | | e-mail: simon@mnd-notts.org.uk |
| Branch Secretary | Carol Hughes | Tel: 0162 340 9943 | e-mail: carol@mnd-notts.org.uk |
| Branch Treasurer | Roger Spells | Tel: 0115 923 2709 | e-mail: roger@mnd-notts.org.uk |
| Branch Contact | Gerry Thomson | Tel: 07979 392652 | e-mail: gerry@mnd-notts.org.uk |
| Second Thursday Coordinator | Godfrey Kent | Tel: 0115 937 3318 | e-mail: godfrey@mnd-notts.org.uk |
| Association Visitor | Denis Shields | Tel: 0115 982 0029 | e-mail: denis@mnd-notts.org.uk |
| Branch Webmaster | Jonathan Pykett | jp@mnd-notts.org.uk | www.mnd-notts.org.uk |

MND Association Contacts

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