

# Newsletter

## Branch AGM 2019

Over 40 people attended our branch AGM on Sunday 7<sup>th</sup> April at Centenary Hall in Haywards Heath. This year, Sally Light, the chief executive of the MND Association was our key note speaker. Sally travelled from her home in York to be with us and spoke to us about the 40<sup>th</sup> anniversary of the MND Association. She highlighted the importance of campaigning, research and fundraising and spoke about the key achievements of the Association which now has 8,000 members.

Sally was delighted to be asked to present an Extra Mile award to Clare Davis who has recently retired from her role as the MND Specialist nurse. Sally also gave presentations to Jane Giles, the Regional Care Development Advisor for all of her support for the branch, a 10-year volunteering award to Liz Carter and a thank you gift to Stephanie Barfield who has stepped down as an Association Visitor after 8 years.

It was a lovely afternoon which celebrated the achievements of the branch and was provided a good opportunity to thank everyone who supports it.



Liz Carter, Sally Light & Julie Taghan



Sally Light with Liz Carter (left) and with Clare Davis (right)



Jane Giles & Sally Light

# Branch Fundraising Events



Liz, Julie, Jeremy Vine, Joan & Chris

## 'What the Hell is Going On?'

MNDA West London & Middlesex Branch Patron Jeremy Vine was at The Chequer Mead Theatre in East Grinstead for his show 'What the Hell is Going on' on Friday 3<sup>rd</sup> May. Jeremy is a staunch supporter of the MND Association and we were thrilled to be able to meet him and get a quick selfie! The show was a sell out and thoroughly enjoyable. We had a successful exit collection and raised nearly £400 for the branch.

## Horsham Street Collection

Our annual street collection in Horsham is on Saturday 15<sup>th</sup> June.

If you can spare an hour or so to help us, please email [julie@mndwestsussexnorth.com](mailto:julie@mndwestsussexnorth.com)



## Recycling for Good Causes

We have teamed up with Recycling for Good Causes to create a convenient and easy way for you to support the Branch, as well as the environment while having a bit of a clear out too!

Recycling for Good Causes offers a hassle and cost-free solution, whereby they use a network of experts to resell your donated items with the proceeds going to a charity, in this case the MND Association West Sussex North Branch.

You can recycle anything from old cameras and equipment, ink cartridges, mobile phones, jewellery, UK and foreign currency and stamps, game consoles, laptops, mobile phones and tablets.

So bring along anything you can donate from the above list to the next Social, and don't forget to ask friends and family if they have anything too. We'll be keeping a running total of funds and letting you know here.

Thank you for your support and your items. For more information about how it works, visit: [www.recyclingforgoodcauses.org](http://www.recyclingforgoodcauses.org)

# Help us support people affected by MND

We are looking for more volunteers in the West Sussex area to provide emotional support and accurate information to enable people living with MND and their families to live their life more easily and make informed choices. If you:

- Enjoy listening to and helping people
- Are sensitive and reliable
- Have around 4 hours per week to give, you could become an Association Visitor and help us to make a difference locally.

As an Association Visitor you will keep in regular contact with people affected by MND by phone, email or face-to-face visits. The role is a challenging but rewarding one and full training and ongoing support is provided. Here's what one of our existing Association Visitors says about her role:

“After every visit I am really happy that I have given something to someone. I have made their day. I can see it on their faces. You can see their smile and how thankful they are just to have had a friendly talk with someone who understands”.

To find out more please contact Claire Tuckett, Volunteering Development Coordinator (South Central & South East) or phone the Volunteering Team on 0845 6044 150 or email [volunteering@mndassociation.org](mailto:volunteering@mndassociation.org)

See more details on our website at: <https://volunteering.mndassociation.org/vacancies.htm>



# How the branch spends money

## COMPLEMENTARY THERAPIES

Thanks to the very generous donation from Haywards Heath golf club, and a significant amount of work carried out on our behalf by Jane Giles, our Regional Care Development Adviser (RCDA) we are delighted to launch a complementary therapies service.

The service will be provided by Sophie Graham – Hyde, a therapist from St Peter & St. James Hospice, offering Aromatherapy, Massage and Reflexology sessions to people living with MND and/or their main carer in their homes.

At present, this service will be available to people living in the geographical area served by the hospice, but is not restricted to those already using the hospice services.

We are hopeful that eventually there will be a similar service available at St. Catherine's Hospice.

For more information, please contact either your MND Specialist Nurse or your Association Visitor.



## TRANSPORT TO THE LANE FOX UNIT

As there is still no local respiratory service available to people living with MND and many have found that travelling to appointments in London difficult both physically and emotionally, sometimes leading to appointments being cancelled. the West Sussex branches have agreed to fund transport for those experiencing difficulty.

We are able to fund either a taxi, or a wheelchair accessible taxi to transport the person with MND and their carer.

If an ambulance is required, this will still need to be ordered from the Lane Fox Unit.

The request for transport should be made by the MND Specialist nurse.

In addition to this service, we are also working with the Lane Fox Unit to provide equipment which will hopefully reduce the need for patients travelling to London, by assessing respiratory function in their own homes.

# What's coming up?

## Branch Socials

We host regular get togethers for people living with MND, their families and carers.

These meetings offer advice, support and friendship. They are an opportunity meet others affected by MND in a welcoming social environment. Free to attend and refreshments always included.

Branch Socials are held at The Ark in Turners Hill, from 3pm until 5pm

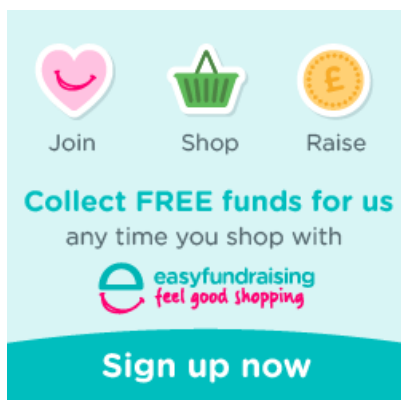
**Location:** Mount Lane, Turners Hill, Crawley, West Sussex, RH10 4RA

For more details about our local Support Meetings, or for help with transport, please contact Liz Carter by email

[liz@mndwestsussexnorth.com](mailto:liz@mndwestsussexnorth.com)

## Do you shop online?

If so you can raise funds for our branch just by shopping through EasyFundraising. It does not cost you anything more and it is easy to do. To date the branch has received £61.98. Visit [www.easyfundraising.org.uk/causes/mndawestsussexnorth/](http://www.easyfundraising.org.uk/causes/mndawestsussexnorth/) to find out more



## Diary Dates

Horsham Collection

**Saturday 15<sup>th</sup> June**

Branch Social

Venue: The Ark, Turners Hill

**Sunday 23<sup>rd</sup> June**

Branch Social

Venue: The Ark, Turners Hill

**Sunday 18th August**

Branch Social – With Harpist Margaret Watson

Venue: The Ark, Turners Hill

**Sunday 13<sup>th</sup> October**

Quiz Night

Venue: Haywards Heath Golf Club

**Friday 8<sup>th</sup> November 7pm for 7:30 start**

£12 per person, 6 people per team. Contact

[liz@mndwestsussexnorth.com](mailto:liz@mndwestsussexnorth.com)

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## Treasurer's List of Monies Received & Spent

Thank you to everyone for their contributions. The below are the cleared funds received for the first quarter 2019.

(All information was the best available at time of going to press).

**Money from activities: -**

|                                       |         |
|---------------------------------------|---------|
| Sale of MNDA Xmas Cards               | £243    |
| Jenny Rimmer - Sussex Hat Hire        | £1,121  |
| Staplefield Lunch Club                | £50     |
| Charlie Henn - Sale of Picture        | £111    |
| Ruby's Live Stream Gaming             | £152    |
| easyfundraising - Julie Taghan        | £17     |
| The Ark - Sale of Teas and Cakes      | £19     |
| The Ark - Bring & Buy                 | £79     |
| Haywards Heath Golf Club Charity 2018 | £26,110 |

**Donations and gifts: -**

|                    |     |
|--------------------|-----|
| Mr & Mrs D. Cowell | £50 |
|--------------------|-----|

**Donations and gifts in memoriam: -**

|                                      |      |
|--------------------------------------|------|
| In memoriam Harry Cramp              | £350 |
| In memoriam Laurence Stappers        | £155 |
| Alan Lester                          | £250 |
| (in mem. Brian Emmett)               |      |
| Rosemary Yates                       | £200 |
| (in mem. Brian Emmett)               |      |
| Brighton Road Baptist Church Horsham | £90  |
| Womens Evening Fellowship            |      |
| (in mem. Audrey Smallwood            |      |
| Mike Dilworth                        | £50  |
| (in mem. Derek & Gladys Dilworth)    |      |
| Mr & Mrs D. Spice                    | £35  |
| (in mem. Andy Bines)                 |      |

**Box collections: -**

|                           |     |
|---------------------------|-----|
| Fabric Shop, Burgess Hill | £25 |
|---------------------------|-----|

**Other income: -**

|               |      |
|---------------|------|
| Bank Interest | £139 |
|---------------|------|

|                     |                |
|---------------------|----------------|
| <b>Total Income</b> | <b>£29,246</b> |
|---------------------|----------------|

PUBLISHED BY: West Sussex North Branch of the MND Association.

The views expressed in this newsletter are not necessarily those of the MND Association. If products and services are mentioned, these should not be taken as recommendations by the Association, who cannot be held responsible should any complaint arise.

We would like to keep in contact with you about the important work we do. If you do not wish to receive further information please contact a member of the Committee.

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