

West Sussex North Branch

May 2010

A Wonderful Day At The Palace!



On Thursday 6th of May, members of our branch were invited to a very prestigious event held at St. James's Palace, where they met Princess Anne! It was to celebrate the 30th birthday of the charity.

Together they have done 'sound bites' of how they found this special day.

Carol: "Wonderful to meet HRH Princess Anne, and to tell her about our branch"

Chris: "A memorable day and we came away feeling truly valued for our contribution to people living with MND"

Nick: "HRH Princess Anne was very encouraging for the future in her very eloquent speech"

Alf: "Perfect surroundings for such an occasion"

Lorelei: "A marvelous experience"

Carole: "It was a privilege to be with so many volunteers, carers and people living with MND and to see their smiling faces as Princess Anne arrived."

Bridget: "I had a tremendous time especially meeting long-standing friends from other branches"

Diary Dates

June 5th	Horsham Street Collecting
June 27th	Branch Meeting at The Ark, 3pm
July 10th	Public Collection at Tesco Horley
July 11th	Walk to D'feet MND
July 25th	Liam Dwyer's Circle of Life
September 19th	Branch Meeting at The Ark, 3pm
October 1st	"An Evening with Simon Brett" at The Capitol Theatre in Horsham
November 13th	Quiz Night at St. Francis Social Club
December 5th	Branch Meeting at The Ark, 3pm

In This Issue

- Page 2** Darren and Charlie's fantastic fundraising
- Page 3** Launch of our WEBSITE!
- Page 4** Claiming Carer Credit



Fundraising In Our Area

Fantastic Tandem Sky Dive!!

Darren Stone was diagnosed with MND in the latter part of last year. To help raise money for the MND Association, Darren and his colleagues at Gatwick Airport Fire Service are going to do a tandem sky dive from 10,000 feet to raise as much money as they can.

To find out more, please have a look at Darren's Just Giving site, at: <http://www.justgiving.com/Gatwick-AFS>.

From everyone at West Sussex North – **GOOD LUCK DARREN!**



Charlie's Great Marathon Run



Charlie Sheppard ran in the London Marathon this year in aid of the MND Association and raised a fantastic £1751.49 (including Gift Aid).

This is what Charlie said before his fantastic charity event. "As you may know, I'll be hitting the big 4-0 in April and will be running the London Marathon in aid of MNDA. I've chosen to support MNDA as my wife's father died of Motor Neurone Disease and we support the local branch, helping raise funds to carry out its excellent work. **WELL DONE CHARLIE!**

Polo Anyone?

The Lingfield Equine Vets in Felbridge are hosting a Polo Day on **Sunday 13th June** at Sussex Polo, Rowfant (just near Crawley Down) and would like to use it to raise money for the MND Association.

The plan is for anyone to come along, bring picnics, relax in the sun and watch some chukkas of polo with a glass of Pimms in hand! Gates open at 12o'clock

Donations will be accepted at the gates rather than a fixed entry fee, **so why not pop by for a really lovely day out.**

Walk To d'Feet MND

Next walk scheduled for Sunday 11th July.

Please contact Chris Sheridan for more details on 01444 245486



Chelsea Flower Show

The MND Association is returning to Chelsea Flower show with a design inspired by Professor Stephen Hawking's iconic work 'A Brief History of Time'.

Professor Hawking has said of the garden "I'm honoured that *A Brief History of Time* has provided the inspiration for a garden that seeks to raise awareness of MND. I am looking forward to seeing the completed garden at Chelsea and especially intrigued to see how a black hole will be recreated."

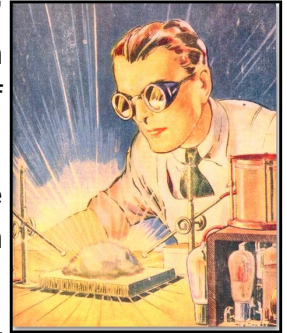
The garden will be entitled 'Stephen Hawking's garden for Motor Neurone Disease' and he will be launching the garden at the flower show in May.

Research Update

A Canadian led research group has discovered a genetic 'spelling variation' that appears to bring forward by almost a decade, the age at which a person experiences symptoms of MND. The variation also increase the overall risk of developing MND.

The protein in question is called chromogranin B (CHGB) and it is the first time scientists have been able to establish a particular genetic variation which can influence the onset age of the disease.

More information can be found on the MND Association website, or you can contact the research development team directly on 01604 611880 or at research@mndassociation.org.



ALSO To keep up to date with research the MND Association is involved with, and to get an insight into what the research information team do, please visit: <http://mndassociation.wordpress.com>

Branch AGM



Our speaker Belinda Cupid receiving flowers from Carol Rieley and Chris Sheridan.

This year we had a great turnout, and a really enjoyable evening. Belinda's talk was both captivating and incredibly informative, as she explained about recent research initiatives. It was lovely to see someone so passionate about MND and she really helped make the evening a great one.

West Sussex North Branch

WEBSITE!!

John Rieley and Liz Carter have been working tirelessly to put together the West Sussex North branch's first website!

Since it has been set up, it has been recognised and accredited by the MND Association.

It holds all the branch information including up and coming events, news from the MND Association and a newsletter archive to name but a few, so

GO ON, TAKE A LOOK!!!

The website address is:
www.mnd-westsussexnorth.com

So What is MND Anyway? The MND Association is delighted to announce the launch of its new information for young people called 'So What Is MND Anyway?'

This publication can be downloaded from:

www.mndassociation.org/life_with_mnd/getting_more_publications/publications_html. Or you can request a copy from MND Connect.

Committee Details

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Chris Sheridan
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Claiming Carer Credit

From April 6th 2010, the new Carer's Credit will be announced.

It is a National Insurance credit which will enable carers to build up qualifying years for the basic state pension and additional state pension.

The criteria are that, those caring for people for 20 hours or more a week will be able to build up Carers Credit if:

- The person(s) they are caring for receive middle or high care component of the Disability Living Allowance (DLA) or any rate of Attendance Allowance (AA) or Constant Attendance Allowance (CAA)
- The person(s) have been certified by a health or social care professional as needing the level of care being provided

To find out more about this and how to apply, go to: **www.direct.gov.uk/en/CaringForSomeone/DG_10038111** or contact the Carer's Allowance Unit on **0845 608 4321**.

Carers Week

The Annual Carers week takes place from **14-20th June**. This year the MND Association will be highlighting:

- Why supporting carers is crucial
- How carers miss out on things we all take for granted
 - What needs to be changed

To find out more, please have a look at: **www.carersweek.org**



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Treasurer's List of Monies Received

Receipts 1st January 2010 to 30th April 2010

Burgess Hill Fabric Shop	£56
Pam Setford	£115
Brighton Road Baptist Church	£83
Mr. P. Holloway	£35
Mrs. E. Wadstein	£20
Colin and Shirley Streeter	£200
Anne Makepeace-Taylor	£40
Jenny Rimmer Hats	£543
Mr. E. McDougall	£10
In Memoriam IM	£800
City Quiz (to date)	£7,815