

September 2006

News of an important fundraising event

Sunday 26th November, Clair Hall, Perrymount Road, Haywards Heath at 7.30 pm



“Opera Live” promises to be a very special evening. Andrew Rees and Jo Appleby, his wife, will be joined by some friends to entertain us at Clair Hall. Andrew is a guest tenor at the English National Opera and some may have seen him with Katherine Jenkins last year in Victoria Park. Jo, a soprano, is one of the well-known group, Amici Forever and a Decca recording artist.

They will be singing popular well-known classics such as excerpts from Carmen and Tosca as well as some Christmassy items.

There will also be a raffle with some fantastic prizes. Tickets will cost £10 and are available from Clair Hall. Please do come and bring your friends. We need to sell plenty of tickets for this ambitious fundraising event.

Diary Dates



Branch Meetings

Tuesday 3rd October

Speaker – *Liz Ibrahim*, will be giving a talk on back care entitled ‘*Watch your Back*’.

*Handcross Park School, Handcross
8 pm*

Tuesday 10th December

Back by popular request, Sue Spooner and her daughter, Jo Roche, will give us their tips on Christmas arrangements.

Handcross Park School, Handcross

8 pm



**21st Annual
General Meeting**

16th and 17th September

Hilton Birmingham Metropole

**International
Symposium**

30th November to 2nd December

Yokohama, Japan

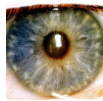
Fighting
Motor Neurone Disease



Our Thumbs Up symbol represents David Niven's last defiant gesture. It remains our symbol of hope.

Report of June branch meeting

This meeting was held on a beautiful, sunny summer evening at Handcross Park School. The school's grounds and the azalea-lined drive were looking particularly lovely. Our speaker was Jenny Rimmer who is an Occupational Therapist and well-known to many of us. This time her talk was wittily entitled "The Eyes Have It" and was about Iridology. This is the study of the coloured part of the eye, which is called the iris, to determine the state of health and potential health problems. Jenny told us that she did a six-months' truncated course in 1997, purely because the subject fascinated her. She explained that the course dealt with analysis but not treatment so she does not practise and treats it as an interest and a hobby. It certainly is an interesting subject. There is evidence of its practice as far back as 884 BC but the founder of modern iridology was a Hungarian doctor named Dr Ignatz Von Reczely who lived from 1826 to 1911.



The eye is one of the most complicated tissue structures of the whole body. Colour, texture, fine radiating lines, markings and irregularities can be indications of health problems and the position of these corresponds to the different areas of the body where these may occur. Jenny showed us charts of the iris which map these areas. She told us that the charts were based on empirical observations confirmed by scientific research.

Iridology does not diagnose disease but analyses health. It is a preventative practice which treats the person and not the disease. Treatment is based on nutrition, lifestyle and eradicating bad habits such as smoking and negative thinking. The advantages of iridology is that it records changes before symptoms appear, is non-invasive, painless, quick, accurate, holistic and cheap. Jenny explained that, within our bodies, we all have a vital capacity to self heal. The keys to a healthy life are nutrition, rest, sunshine, exercise, music, laughter, friends and positive goals.

MONIES RECEIVED SINCE MAY



Horsham Street Collection	£1,041
Haywards Heath Street Collection	£ 974
Handcross W.I	£ 250
Quiz Night (additional)	£3,160
Paul Renshaw	£ 50
Jenny Rimmer's hat hire	£ 200
Horsham Fabric Shop	£ 105
Carol Rieley's book sale	£ 28
John Rieley's sweet pea sale	£ 258
Mrs Dorothy Robinson's birthday (additional)	£ 10
Chris Sheridan's walk	£ 270
Donation – Suzanne Coldrick & David Hurst	£ 100
In memoriam donation re Jennifer Osborne	£ 100
In memoriam donation re John Eyres	£ 631
In memoriam donation re Antonio Resce	£1,235

Tea, cake and a good old chat was enjoyed by a pleasing number of members at an open meeting on Sunday 30th July on a glorious sunny afternoon at The Ark, Turners Hill.

Various equipment is available to people with MND from National Office and Association Visitors will be able to help with obtaining it. Another source of second hand equipment which might be worth looking at is West Sussex Association for Disable People (WSAD) who have all sorts of equipment available including scooters, walking frames, commode chairs and stair lifts. You can contact them on 01243 774088 or visit their website – www.askdes.org.uk

Hot Air Balloon Competition



Mike Scholes, chief pilot of Lindfield-based Chad Ballooning, broke British hot air ballooning records with a non-stop flight on 17th July which lasted 20 hours 46 minutes 22 seconds and also raised £500 for our branch in doing so. People had to guess how far the balloon would travel and the nearest correct answer won the clever guesser a free flight in the balloon. The distance travelled was 121.581 miles and the competition was won by a person from Ringmer.

Walk to d'Feet* MND

A fundraising walk took place on 2nd July in very hot sunshine. It was well-attended and, as well as raising £270, it was pronounced good fun. Thanks go to Christine Sheridan for organising it.

Thumbs Up?

At only seven months Carol's adorable grandson, Edward, has got the idea already!



'Thumbs Up' Rose



A new 'Thumbs Up' rose in aid of the MND Association has been launched at the 2006 Hampton Court Palace Flower Show. The beautiful rose has distinctive soft-yellow and brushed-pink blooms and was bred by Colin Horner who died from MND in December 2005. Following his death, his family has been working with commercial rose grower Peter Beales Roses to launch the rose in his honour and as a way of raising funds for the MND Association. It is on sale through Peter Beales Roses, priced at £12, with 10% of the takings for each rose sold over the next three years being donated to the MND Association. You can find out more about the 'Thumbs Up' rose and place orders via the website www.classicroses.co.uk

Web-based support group

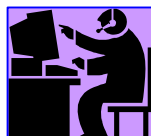
Have you been diagnosed with a slower progressing form of MND (progressive muscular atrophy, primary lateral sclerosis) and/or have you been living with MND for more than five years? If so, please read on....

We are looking at the need for a web-based support group for people who fall under this heading who, by the rarity of their disease, are inevitably geographically dispersed and may want to be in contact with others.

There may also be additional opportunities in the future for this group to look at developing literature that is more geared to the needs of people with slower progressing forms.

Expressions of interest would be welcomed at this stage to care@mndassociation.org

Jean Waters - living with slower progressing MND



Raise money while searching the web!

www.everyclick.com is an internet search engine with a big difference – it donates half its revenue to charity and we are now one of the benefiting charities.

So, when you want to search the internet, visit www.everyclick.com and select to support the MND Association. It doesn't cost the Association, or you, a penny so please make sure you use www.everyclick.com whenever you search the web!

Walking Aid

A West Midlands Branch Committee member living with MND recently took part in a trial of a new product called MuSmate which is a walking aid for people with drop foot. It uses the action of elastic cord to support the lifting of the foot during the walking movement. Results of the trial showed an increase in the average walking speed with MuSmate. Users stated that they were walking faster and for longer.

A full set of MuSmate costs £378 to purchase, excluding VAT, which is zero-rated if purchased for people with MND. It would be advisable to seek advice from a health professional before purchasing any piece of equipment. For more information, contact MuSmate. Telephone 07917 124910 or visit their website www.musmate.co.uk

Exciting new partnership with nationwide company

VSG (a nationwide security provider with its head office in Northampton) has recently nominated the MND Association its Charity of the Year for the next two years. This is very exciting because VSG has never supported a charity in this way before so there is an excellent opportunity to put into place completely new practices. It is hoped to get all of their employees fundraising across the country and also to introduce a staff lottery and payroll giving scheme.

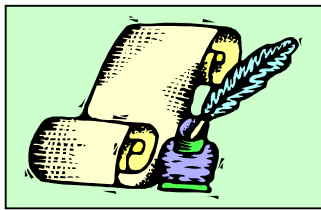
Switchandgive.com

In the light of rising energy prices, the MND Association has joined up with Switchandgive.com who will compare ALL the suppliers and tariffs for you for free. It only takes around five minutes and Switchandgive.com will even arrange the switch of supplier for you. For every supply you switch in this way, they will give up to £20 in donations to the Association.

Call Switchandgive.com on 0800 074 0743 or log on to

www.switchandgive.com/MNDAssociation

Will You?



Have you thought about making a will? Leaving a will is a very important way of securing the future of your family and friends. In addition, by leaving the MND Association a legacy in your will, it is also a tremendous and thoughtful way of supporting their work. Indeed, legacies provide a vital 25% of their annual income.

Barbara Bird, from North Walsham, Norfolk, left a legacy to the MND Association after her husband, Frank, died from MND. She said “I know some people think that talk of legacies is tempting fate but this is simply not so. Leaving a will is the only way to make sure that the cause you care about benefits when the time does eventually come.”

Your valuable gift would be exempt from Inheritance Tax and form a key part of the Association’s long-term income, helping them to continue providing essential information, support and advice for people living with MND, their families and carers. It would also help them continue the search for better treatments and, ultimately, a cure for MND.

**Could you be paying less Council Tax?
Disability Reduction Scheme**

A reduction in the amount of Council Tax you are paying could be applied for if you, or any adult resident in your home is ‘substantially and permanently disabled’. This scheme is not means tested and, if you are entitled to other help with Council Tax, you may still claim this reduction. For more information, please contact the Helpline on 08457 626262.

Branch Meetings

Meetings are held at Handcross Park School, at 8 pm.

The remaining 2006 dates are:
3rd October and 10th December

MOTOR NEURONE DISEASE ASSOCIATION

HELPLINE – 08457 626262
(all calls charged at local rates)

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Reg. Charity No. 294354-Reg. Co. No. 2007023

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