

## Northamptonshire Branch

**SEPTEMBER 2016**



**Let us hope it is not yet time to say  
“Goodbye Summer”**

## RECENT AWARDS



Cheryl Corrodus, Occupational Therapist (OT) at Cynthia Spencer Hospice in Northampton was recently the winner of two awards from the Northamptonshire Healthcare NHS Foundation Trust.

It is the first time anyone has won both the Quality Care award and the Patient Choice award.

Congratulations to Cheryl for this well-deserved recognition.

This YouTube clip shows her receiving the awards.

[https://m.youtube.com/watch?list=PLRSUkc3BoFgbeTEAiWOCwyh\\_38xDDVGO2&params=EAEYATgBSAFYC2ILN1A5NHRJNVcxa3doCQ%253D%253D&v=tOzCANNBhgc&mode=NORMAL](https://m.youtube.com/watch?list=PLRSUkc3BoFgbeTEAiWOCwyh_38xDDVGO2&params=EAEYATgBSAFYC2ILN1A5NHRJNVcxa3doCQ%253D%253D&v=tOzCANNBhgc&mode=NORMAL)

## WALK TO D'FEET

In June we hold our annual Walk to D'feet event. This year, on June 18<sup>th</sup>, twenty two of us gathered at Irchester Country Park to set off walking the various paths. The weather was cooler, so much more comfortable to do the walk. We had a gazebo for registrations and display of information.

We set off at 10 o'clock for what was an enjoyable morning. Everyone received a certificate once they had completed their walk.

The total raised was **£1,338.54**

Thanks to all who supported the event.



## THE EARLY STARTERS for Walk to D'feet



Some of our walkers recovering afterwards with a bacon butty and a cuppa

# CAN YOU HELP?



We will be holding two tombolas in the coming months, one in November and the other one next March when we have a Spring Fair.

If anyone has any unwanted presents or things we could use for tombola prizes, we would be very grateful to receive them.

We are also happy to take Bric a Brac but please no books or any large items (storage is in our loft and some things are difficult to get up there).

We don't mind collecting items or they can be brought along to any of our meetings. Our phone number is 01604495127.

Many thanks Jackie and Dave Atkins.

On Saturday March 11th 2017 we are holding a Spring Fair, Dog Show and children's marathon.

From 10 am to 3 pm at the Obelisk Centre in Northampton.

Maxi Care Dog Trust will be joining us and putting on a dog show, there will be tombola, raffle, face painting cakes and much more.



There will be tables for hire at £10 each.

We are asking for tombola and raffle prizes please and any unwanted gifts, also bric a brac, but please no books.

The contact number for table hire is Paula 07899963061.

If anyone can offer to help please contact Kate 0778668177, Jackie 07528201079 or Paula 0789993061.

Many thanks. Kate Inchley.

# WHAT'S ON

Dates for the Drop-In Lunches

**Wednesday September 7<sup>th</sup> 2016**

**Wednesday October 5<sup>th</sup> 2016**

**Wednesday November 2<sup>nd</sup> 2016**

**Wednesday December 7<sup>th</sup> 2016**

These are held at The Northampton Garden Centre Wootton Northampton  
11.45 am – 2pm All are welcome.

Other Future Events

MND Association Conference and AGM **Saturday September 10<sup>th</sup> 2016**

Radisson Blue Hotel East Midlands Airport.

Contact Conference Team 01604 250505 for further details.

This is an ideal time to meet like minded people and find out what is happening both locally and nationally in other branches.

Open Meeting **Sunday October 9<sup>th</sup> 2016** 2.30pm ---4.30pm

27a The Drive Northampton NN1 4RY

Coffee Morning **Saturday October 22<sup>nd</sup> 2016** 10 am --- 12.30pm

7 Francis Dickens Close Wollaston

Raffle, Cakes, Preserves and MND Christmas Cards

Beetle and Bingo **Sunday October 23<sup>rd</sup> 2016** 2pm --- 5pm

Obelisk Centre Obelisk Rise Kingsthorpe Northampton

Tickets £2.50 pay at the centre. Licenced Bar Chocolate Prizes.

Quiz Night **Saturday November 12<sup>th</sup> 2016**

Obelisk Centre Obelisk Rise Northampton

Arrival from 6.30, start 7 pm approx..

Teams of six

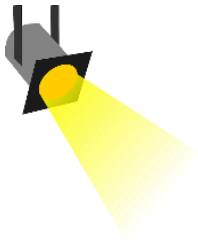
Advance Notice

**Saturday March 11<sup>th</sup> 2017** Spring Fayre and Dog Show 10am --- 3pm

Obelisk Centre Obelisk Rise Northampton

Tombola, Raffle, Face Painting, Games, Cakes. More details in next newsletter.

For further details on all these events contact Kate on 01933 667616



# SPOTLIGHT

## on Paula and David Solomon

So far, we have raised nearly £2000 for MNDA since David was diagnosed on 6th October 2015. Being diagnosed with Motor Neurone Disease was one of the worst experiences of our lives, we decided early on that this is not going to beat us, we are in this together.

We decided fairly early on after diagnosis to get married, it was something that we had planned to do, but hadn't got round to organising. On July 22nd 2016 we got married at Northampton Guildhall. It was a very special day for us both surrounded by our close friends and family. We followed this by a big party with all of our friends two weeks later, David organised the party in true David style, there were Hula Dancers, Belly Dancers, Karaoke, disco and BBQ, everybody had a fantastic evening.



Some events that we have taken part in to raise the £2000 are:

We both ran the Manchester Marathon

Two weeks later we both started the London Marathon, unfortunately David fell on a discarded water bottle and was advised not to continue. I carried on and finished.

Followed it with a marathon in Cambridge two weeks later

Then walked from London to Brighton in 22.5 hours all within eight weeks. Our Running club, Northampton Road Runners, have been really supportive.

In March we raised around £800 by selling cakes and hot sausage rolls after our annual run, I have sold items at car boot sales that have been donated by friends and family, we also hosted a beetle bingo afternoon which was so much fun.

I am also planning to run in the Bournemouth Marathon on 2nd October, and have signed up for the Cotswold challenge 100km walk July 2017. Our motto is "one life live it" and we certainly do!!

Here are the details of two more events that we are organising.

We are hosting a beetle/bingo afternoon on Sunday 23rd October 2016 at the Obelisk Centre, Obelisk Rise, Kingsthorpe, Northampton. The event will start at 2pm until around 5pm.

If you have never played Beetle before it is great fun for all of the family, so bring the kids and grandparents along. Entry is £2.50 per person. There will be a tombola and lots of chocolate prizes. There will also be hot food available and a licenced bar. Contact Paula Solomon on 07899963061 for more details. Tickets can be purchased in advance.

We are hosting a family fun fete, run, and dog show on Saturday 11th March 2017 at the Obelisk Centre. This is still in the early planning stages, more details will follow. If you know of anybody who would like a stall, or would like to get involved on the day, or you know anybody that can help us out with Auction lots, or raffle prizes please contact Paula Solomon on 07899963061.



# SERVICES EXPLAINED

**Motor Neurone Disease Association, PO Box 246, Northampton NN1 2PR**  
**Telephone: 01604 250505**

**Membership** – This is free to people living with MND and their carer. As a member of the Association you will receive a membership card, our regular magazine *Thumb Print*, full of information - the latest news in care and research, as well as features on how some families cope daily with MND. Automatic link to your nearest branch/group and opportunities to get involved at a local level. Invitations to the conferences and seminars we organise. Our *Annual Review/Impact Report* which outlines our progress made over the last financial year and our plans for the year to come. Full membership also entitles you to elect Association trustees and vote at the Annual General Meeting. If you are interested in becoming a member, please contact MND Connect

**MND Connect** – 0808 8026262 - a helpline available Monday - Friday 9am -5pm, 7pm - 10.30pm (charged at local rate) and email service [mndconnect@mndassociation.org](mailto:mndconnect@mndassociation.org). Provide advice on all aspects of MND. They can also post information about MND and support available

**Regional Care Development Adviser (RCDA)** Scott Maloney – 07501682095 [scott.maloney@mndassociation.org](mailto:scott.maloney@mndassociation.org) – assisting with advice and support on care management and service development in your area.

**Volunteering Development Co-ordinator (VDC)** Neil Penson 01604 611686 [neil.penson@mndassociation.org](mailto:neil.penson@mndassociation.org) VDCs work with existing branches and groups to develop and build on good practice. This includes the recruitment and induction of branch officers. They are also involved in setting up new branches and groups in areas where there is little support for people with motor neurone disease.

**Equipment Loan** - a limited range of equipment is available where not obtainable from statutory services. Requires a written referral from the relevant health or social care professional

**Financial Support** - towards items not available from statutory services. Requires referral from relevant health or social care professional

Registered Office: Motor Neurone Disease Association  
David Niven House, 10-15 Notre Dame Mews Northampton NN1 2BG  
Registered charity number – 294354

## Northamptonshire Local Branch

**Open Meetings** Local support from people in the area who are familiar with the effects of MND. The branch holds bi-monthly meetings for anyone with, or interested in, MND at St Matthews Church Parish Centre. (Contact details on next page).

**Association Visitors (AVs)** are volunteers who offer advice and support to anyone affected by MND, either face to face, via telephone or email. Please contact your RCDA on the number above for more information.

**Social Gatherings** are occasional opportunities for people affected by MND to come together informally in a safe, friendly environment. Transport can be arranged if necessary.

**Lunchtime Drop-in Support Group** is another opportunity to meet informally to share experiences. It is usually held on the 1<sup>st</sup> Wednesday of every month at the restaurant in the Garden Centre, (next to Waitrose), Newport Pagnell Road, Wootton, Northampton NN4 6HP. There is no need to book – just come along but, if possible, please arrive by 11.45. Free for anyone with MND and their carer.

# NORTHAMPTONSHIRE BRANCH CONTACTS

## Patron: Dr John Smith

<b>Chair:</b>	Kate Inchley	01933 667616 <a href="mailto:inchleyk@gmail.com">inchleyk@gmail.com</a>
<b>Vice Chair:</b>	Robert Nixon	01933 229602 <a href="mailto:robchnixon@talktalk.net">robchnixon@talktalk.net</a>
<b>Secretary:</b>	Gerry Skipper-Byer	01536 723304 07861 610323 <a href="mailto:gedda1064@gmail.com">gedda1064@gmail.com</a>
<b>Treasurer:</b>	Colin Byer	07779 225760 <a href="mailto:colin.byer@yahoo.co.uk">colin.byer@yahoo.co.uk</a>
<b>Branch Contact:</b>	Kate Inchley	01933 667616 <a href="mailto:inchleyk@gmail.com">inchleyk@gmail.com</a>
<b>Newsletter:</b>	Chris Hull	<a href="mailto:chull1@waitrose.com">chull1@waitrose.com</a>
<b>Website:</b>	Derrick Peasland	01604 454870 <a href="mailto:dellpea@ntlworld.com">dellpea@ntlworld.com</a>

**Association Volunteers (AVs):** Joan Randell, William Standerwick, Angela West, Margaret Robinson and Annette Liddon

**Committee Members:** Kevin White, Derrick Peasland, Jackie Atkins, Dave Atkins, Maureen Sanders, Priscilla Davies, Ali Buttress and Sally Wilkins

**Website:** [www.mndnorthants.org.uk](http://www.mndnorthants.org.uk)  
**Email:** [enquiries@mndnorthants.org.uk](mailto:enquiries@mndnorthants.org.uk)