

Northamptonshire Branch

Winter 2020



**Welcome to the Winter edition of
our local branch newsletter**

WELCOME

Greetings to everyone and let us hope that 2021 allows us more opportunities to meet up with family and friends. I am sure many of us have missed the monthly lunches and look forward to their return. In the meantime, I hope that you keep safe.

Obviously, there has not been a lot of activity recently but many thanks to Kate and family, also Diana, for their wonderful fund raising in support of Mission 5000, and their interesting articles. Love the jumper!!

Many of you will have known Derrick Peasland who worked for so long I support of the MNDA. As he has now sadly passed away, the newsletter includes a tribute from Kate. Our thoughts are with his family.

Margaret Waller

Message from the Chair

Hello everyone. By the time you read this newsletter we should hopefully be out of lockdown but of course in some sort of restrictions. The Coronavirus has really taken hold again, but things could be looking a bit brighter with the promise of a vaccine in the near future, we just have to stay strong, keep safe and continue to be vigilant in social distancing and meeting people. We are still not able to meet together, open meetings and drop-in lunches are still not allowed and fundraising almost non-existent. With that in mind please do remember the Northants Branch Emergency Appeal Just Giving Page, hoping to raise funds to help us support people living with MND in the county.

Please let us know if there is anything at all you are in need of by contacting anyone of us listed on the contact page of your newsletter or your Association Visitor. In the meantime, we will let you know of any developments so please check the website. Keep safe and well, we hope you all have the happiest Christmas that it is possible to have in these times, a great new year and a much better 2021. In the words of Captain Sir Tom Moore 'Tomorrow will be a good day'.

MISSION 5000



Elsa, Jo, Peter and Kate
on their 5k walk around Irchester Park.

Mission 5000 took place nationally between September 13th – and October 18th raising money to support people living with MND in the U.K.

5000 miles was the figure chosen to represent every person living with MND in U.K. at 1 mile per person.

805 people took part and 57,897 miles were covered with £230 000 raised for the association. Members of the Northants Branch took part raising money to support people locally. Kate and Peter, with daughter Jo and granddaughter Elsa along with Bolly the dog walked 5k round Irchester Country Park and raised £180. Diana Smith started knitting (see item below). Our thanks to all who supported us .

Kate Inchley

MISSION 5000

In September this year I was at a Zoom meeting, during which Sharon King, who's the MNDA's Regional Fundraiser for the East Midlands, was talking about a future fundraising project, namely Mission 5000. She suggested a number of different ways to cover a mile (or miles) and, I think as an afterthought, suggested it would be possible even to knit a mile of wool. Well, as I'm a knitter, I thought "Wow, I could do that – and I'll make a jumper while I'm doing it.". The bands on most, if not all, balls of wool indicate not only the weight of the ball but also the distance that they cover and, in addition, knitting patterns state how many balls of wool are needed to make a garment, so it was easy to calculate how much I'd need to use a mile of wool and also what I could make with it.

Mission 5000 was to start on 13th September and finish on 18th October, so I had just over 5 weeks to complete my project. I decided which wool to use from my stash and downloaded a new pattern from the internet and was ready to start on the given day. I'd already bombarded my alto friends from the Northampton Bach Choir, members of St Mary's Church, Wellingborough and my family and other friends with requests for sponsorship and they responded with huge generosity.

I had a few days holiday booked in Stratford on Avon during the period in which Mission 5000 was taking place and my knitting should have come with me – but I left it behind by mistake, so lost 4 knitting days! Nevertheless, I managed to finish the jumper before Mission 5000 came to an end and was pleased with it. By the 18th October I'd raised £540 plus some Gift Aid, which took the total going to the MNDA to nearly £600. I was very pleased with the result and thought that was a good finish.

Then, in early November I received notification from Just Giving that a further donation had been made to my Just Giving Page! I had a look and saw that a payment of £52.80 had arrived but it had no name or message against it so I had no idea who'd sent it - and it was a very strange amount. A few days later, a letter arrived from one of my sisters, who's retired and not particularly well off – and I now quote from her letter :

"I finally remembered to send my donation to MND in Roger's memory. I was going to make it a penny an inch until I found out how many inches in a mile! So I made do with a penny a foot."

There are 5,280 feet in a mile, hence the payment of £52.80 (plus the Gift Aid). As at today's date, I've managed to raise £598.20 plus £81.95 in Gift Aid, a total of £680.15- and it's all down to the generosity of my (and, of course, my late husband, Roger's) friends. Thank you to everyone who supported me so liberally and unstintingly. And here's the finished article. Did I enjoy the knitting– well, of course!



Diana Smith 11th November 2020

Derrick Peasland 1931 - 2020



Derrick receiving his 20year Long Service Award from Director of Care, Karen Pierce.

Derrick joined the MND Association in Autumn 1993 when his wife Barbara was diagnosed with MND and sadly passed away in December of that same year. Derrick was a dedicated and committed member of the Northants Branch from that time and had served on the committee since 1996. In 2007, Derrick became our webmaster and, with the help of his daughter, our new website was set up. However, in 2018 ill health made it difficult for him to continue and Derrick resigned from the committee later that year.

During his time, Derrick was a truly valued member of the group, always willing to take on anything he was involved with and always at his heart was the needs of people living with MND and their families. A committed Christian, Derrick was instrumental in organising many concerts at his local church with orchestras, brass bands and choirs in support of the branch funds. Every May, over a number of years, a Fete was held at his church and again Derrick was there, with Margaret, Jackie and Dave, running the tombola, bric-a-brac stalls, cakes and the like, always cheerful and ready to speak with anyone who wanted to know more about MND.

In October 2011, Derrick celebrated his 80th birthday. We all enjoyed a lovely party and, in true Derrick style, instead of presents he asked for donations to the Northants Branch of MND and a substantial sum of money was raised. Derrick was a true gentleman, always there to support and encourage, especially new members. In 2014, Derrick received his 20-year Long Service Award. Despite not enjoying the best of health, Derrick continued to do all he could to support the branch and members. In January 2020, Derrick was taken in to hospital where he stayed until March. He returned home and spent his last few weeks in the home that he had loved and lived in for over 50 years. He passed away on April 29th 2020. Derrick is sadly missed by us all we will always be grateful for the support he gave to everyone in the branch.

Kate Inchley

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 *Thumbprint*, 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. Provide advice on all aspects of MND. They can also post information about MND and support available.

Scott Maloney Service Development Manager SCM 01604 8000634

Neil Penson Area Support Co-ordinator ASC Central Midlands 01604 611893

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 Matthew's 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 by 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 Support Group is another opportunity to meet informally to share experiences.

It is usually held on the 1st 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, arrive by 11:45. Free for anyone with MND and their carer.

NORTHAMPTONSHIRE BRANCH CONTACTS

Patron: Dr John Smith

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Association Volunteers (AVs): Joan Randell, Angela West, Margaret Robinson, Annette Liddon, Heidi LeBon and Deborah Bull

Committee Members: Kevin White, Jackie Atkins, Dave Atkins, Maureen Sanders, Priscilla Davies, Sally Wilkins and Diana Smith

Website: www.mndnorthants.org.uk **email:** enquiries@mndnorthants.org