

# Newsletter

**Happy New Year to all our friends and supporters.**

**2004:**

This was a successful year for us. We had some very good and interesting Open Meetings and also managed to raise a considerable sum of money. This



will enable our Branch to continue to help local people living with MND as well as being able to send a proportion to Head Office towards Research and Equipment.

In the second half of the year we had our Annual BBQ. The weather was kind to us again and everyone attending had a very good time. There was plenty of food and good conversation.

The two speakers from NHS Direct gave us a very informative talk. It is comforting to know that medical advice and assistance is only a phone call away.

The Christmas Social was very well attended and as usual the singing by the St Augustine's Choir put us in a Christmas mood. We had a very good raffle and bring and buy stall so, as well as having a good time, we managed to raise more money.



## **2005:**

Now to look forward to the coming year. Speakers have been arranged for our Open Meetings. The dates and details are given at the end of this Newsletter but the following gives a little more information about the speakers.

**On February 7th** our guest is Mike McKeivitt. He has recently joined MNDA but is giving us a talk about his previous employer, the Citizens Advice Bureau.

**Our AGM will be on 4th April** and this year our Guest Speaker from Head Office will be from the PR and Media Department. We also hope that our Patron, Dr Gale, will be able to fit this meeting into his busy schedule.

**6th June** we welcome Mr Toll from REMAP. This organisation works with inventors of ingenious equipment for people with all types of disability.

**For the meeting on 3rd October** we have Mr Barrie Blewitt who is the retiring President of Rotary Club of Luton Chiltern. This will give us a chance to learn about the aims and activities of the Rotary Club.

**To keep up with tradition, on 5th December** we have our Christmas Social with St Augustine's Choir once again singing for us.

## **Fund Raising**

Awareness Week is 18th to 26th June. As usual there will be a collection in the Arndale Centre and a Sponsored Walk.

The Walk will again be led by Steve Halton from North Chilterns Trust. The venue has not yet been decided but it will be somewhere interesting and scenic. One change for 2005 is that we will be joined by walkers from Hospice at Home. In anticipation of a very good turn out for this, we have promised to give Steve a flag to hold aloft when leading the group.

No doubt our Fund Raiser, Andy Barter, will come up with some ideas for Fund Raising during the year and will keep everyone informed.

## Trekking again

Readers of previous issues will remember that in 2003 our Secretary, Ann Murphy, trekked up 3 Volcanos for MNDA. From this she raised the amazing sum of £4,000 for the Branch. As she has not gained any sense since then, she has signed up to climb Mt. Olympus in Greece during this September. She is aiming to raise £5,000 this time so you will not be surprised that she will need your help. We will be holding some fund raising activities and there will be a goodly supply of Sponsor Forms available.

## Regional Care Advisor

We are delighted to learn that Head Office are re-considering their decision to move us out of Carole Kingston's area. We hope that she will be able to continue to give us the benefit of her support and knowledge.

### Dates for your 2005 Diary

*All meetings are held in the Day Room at The Pasque Hospice*

Monday 7 <sup>th</sup> February, 8:00pm	Mike McKeivitt, Citizens Advice Bureau
Monday 4 <sup>th</sup> April, <b>7:30pm</b>	AGM, Speaker from PR & Media at Head Office
Monday 6 <sup>th</sup> June, 8:00pm	Mr Toll, REMAP
<b>Saturday</b> 6 <sup>th</sup> August, <b>7:30pm</b>	Summer BBQ at 25 Landsdown Road, Luton.
Monday 3 <sup>rd</sup> October, 8:00pm	Mr B Blewitt - The Rotary Club of Luton Chiltern
Monday 5 <sup>th</sup> December, <b>7:30pm</b>	Christmas Social with Bring & Buy plus seasonal music by St. Augustine's

Do come and join our meetings and feel free to bring your friends.

Dates and details of events can be found on our web site:

**[www.mndlutonandsbeds.org](http://www.mndlutonandsbeds.org)**

## **Can We Do Anything To Help ?**

The branch exists to provide help and support to MND sufferers and their carers in the Luton and South Beds area.

MND head office can provide a wide range of loan equipment such as raising armchairs and suction machines, but often more specific items are required, that is where the local branch can help. We arrange the supply of small items of equipment or help with the funding of large items.

Within the branch we have three volunteer visitors who will come along to discuss your specific needs and recommend the help that we can provide or other organisations that can be useful.

### **Useful Contacts**

Local Branch Contact	Betty Jackson 01582 613052
Regional Care Advisor	Carole Kingston 01189 462057
Local Volunteer Visitors	Ray Anness 01582 615804 Betty Jackson 01582 613052 Ann Murphy 01582 724160
MDN Association Helpline	08457 626262

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