



South West Surrey Branch

Please reply to:

Joan Hornett

7 Rossmore Gardens
Aldershot GU11 3XF

Chairman:

Bob Hodgson 01483 893588

Treasurer:

Alvin Hale 01252 310962

Vice Chairman

Mary Carr 01483 419774

Secretary and Branch Contact:

Joan Hornett 01252 325851

AV Visitor's Rep:

Lucia Woodward 01428 643459

Committee Members:

John Haywood
Alison Husaundee

February/March 2015 Newsletter

At our meeting this month (March) Jim Kemp from the Astolat Model Railway Circle gave a talk on Brunel's Billiards Table- The Early Days of the Great Western Railway which everyone found very interesting.

DONATIONS

C L Waddington	£30.00
B Daniel	£40.00
A J and B H Chivers	£10.00
K J and S A Powell	£10.00

IN MEMORIAM

£20.00
£500.00
£377.00 with £55. Sent direct to NO.

COLLECTION BOXES

Budgens Ash Vale	£1.92
McColls Merrow	£20.62
Lucia's Home Box	£7.15
Haslemere's collections (film) – The Theory of Everything	£739.36
Proceeds from the March Branch Raffle	£31.50

Annual proceeds raised by the Thumbs Up Club	£1,780.00
plus donations of	£154.00

THUMBS UP CLUB WINNERS - FEBRUARY

26	L Woodward	£40.00
104	V Bunce	£30.00
282	J Batten	£25.00
19	R Bennett	£20.00

THUMBS UP CLUB WINNERS - MARCH

40	T Spinks	£50.00
176	S Aves	£30.00
209	I Brown	£25.00
42	A Martin	£20.00

If you would like to participate in the Thumbs Up Club please contact Sallie on 01483 274337 for a share number form to commence from 01.03.2015. (£12 each share per year by cheque payable to MNDA Cranleigh "Thumbs Up Club" or STO").

DATES FOR YOUR DIARY

Saturday 25th April Flea Market in Cranleigh Village Hall.
 Friday, Saturday and Sunday 15th, 16th and 17th May 2015. Mary Hainline's garden and art at Snowdenham Lane, Bramley.

Street Collections

Saturday 9 th May	Godalming
Saturday 23 rd May	Farnham
Saturday 30 th May	Cranleigh
Saturday 13 th June	The Mall Camberley
Saturday 4 th July	Haslemere
Saturday 11 th July	Aldershot
Saturday 25 th July	Guildford
Saturday 1 st August	Woking

The following has been written by a person with MND who attended the Reading Conference:-

The Reading Conference was reportedly the best attended MND Conference to date. And that certainly was my immediate impression when I entered the full conference venue. Over lunch delegates spoke of how convenient and accessible Reading Hilton was and this probably accounted, in part, for the excellent turnout. I was aware that delegates travelled from far and wide so can recommend Reading Hilton for any future events. The quality of talks was of a high standard and all underlined the vital work being done by MNDA to tackle MND on multiple fronts. I shall not mention them all. After the introductions, Mark Stone from Oxford gave a very eloquent and moving account of the what it means to him and other MND sufferers to be able to access neuro-chairs, speech assisted technology and other communication aids. His statement "without my chair I am completely stuck...completely stuck" resonated around the room. As I listened to this highly articulate man talk about his fear of losing his wonderful capacity to communicate, his resonant voice, I was overcome with how profound a loss that would be and how vital

it is that all MND sufferers retain the capacity to express their thoughts and feelings for as long as possible in whatever form possible.

After lunch Brian Dickie and Bradley Smith gave a talk on “gene hunting “ research outlining new gene discoveries and the mini-breakthroughs that are being made in understanding this disease. As a person with MND it was both encouraging and depressing. Encouraging that there are brilliant minds trying to crack the MND genetic code and that progress is being made, bit by bit. At the same time profoundly depressing in that any effective intervention against this disease is clearly a long way off. I, like others in the room, have to soberly accept that the research efforts will hopefully benefit future generations. The point that registered with me from the talk is that the genetic basis of the disease is being increasingly uncovered. And that research will increasingly focus on identifying early sub-clinical signs of the disease progression in order to block or arrest progression at those early stages.

Plans for the Ice Bucket Challenge windfall were discussed and those primarily strike a balance between research project funding and much-needed equipment provision.

At tea and lunch I met some recently diagnosed people who were attending a MND Conference for the first time. I hope that meeting others similarly affected provided them with some comfort in being part of a community. I remember how desperate those first months post-diagnosis were. And how important becoming part of the MNDA ‘community’ was to me. I remain humbled by the number of delegates who have lost loved ones and whose response has been to stay engaged and take up the fight against this disease by becoming fund-raisers, office-bearers and visitors. I commend them.

Our next Branch meeting will be the AGM on Monday 13th April 2015 in the Guide Hall, Village Way, Cranleigh, Surrey GU6 8AF at 8 p.m. (doors open at 7.30 p.m, ramp for wheelchair access). This will be followed by Mr Steve Bell, Director of Care (North), who will be giving a talk on the International Picture.

PLEASE NOTE: The 17th Drop-in session is on Wednesday 1st April especially for people with MND, their carers, family and friends, to have the opportunity to meet one another over light refreshments. For the people it concerns:- please drop in at any time between 2 – 4 pm at The Refectory, Guildford Cathedral. If you have any concerns about coming along, need help with transport or would like more information please contact Mary Carr, Telephone 01483 419774 or rhodgson357@btinternet.com.

We look forward to seeing you on Monday 13th April.

With kind regards,

Mary and Joan

National Office
MND Connect 08457626262 (all calls charged at local rate)
E-mail: helpline@mndassociation.org.
Website: www.mndassociation.org
Tel: 01604 250505

Members' Voices

Hello!! Let me introduce us. Only three of us at the moment, the three who attended the screening of the now famous film *The Theory of Everything* at the Haslemere Hall in late February. It is an excellent film, and everyone should go and see it, particularly any member of the Motor Neurone Disease Association. I am sure it hasn't finished doing the rounds, so as soon as it comes within your reach go, sit back and enjoy it. Yes, enjoy is the right word, notwithstanding the heart-breaking subject, because the acting, photography and direction are excellent and the story as told will rekindle your faith in human relationships - should it be flagging.

Anyway, as I was saying, just three of us to begin with; I hope that in future issues more of you members of the SW Surrey Branch will join your voice to ours and tell us about yourselves. One of us is Mary Oddi. Mary lost her husband to MND at the beginning of 2005; for over three years she was his full time carer, supported by their daughter. 'Professional' support and care were not as good in those days as they are now, and even allowing for the invaluable help of the Association Visitor, life was tough. Mary is now involved with Parish work, but still finds time to help with raising awareness of MND.

Then there is Maggie Monteath. Maggie experienced the effects of MND some years ago, when her father was living with it. She was deeply affected by the experience of watching her parents' daily struggle, and after a few years of 'getting over it' she decided she was ready to offer practical help and is now a Branch Association Visitor.

I am Lucia Woodward. My husband died of MND at the end of 2005, roughly four years after diagnosis. I was his sole carer as we had no family; we lived in the same village as Mary and we became friends with her and her family, taking advantage of similar experiences, needs, fears and hopes. We also relied on the help and support of our Association Visitor, so much so that she and I are now close friends. Like Maggie, I too decided to train as an AV as I had learnt from experience how valuable an AV's help and support is when you are in shock and trying to find a way of coping with MND.

So here we are, The Three Graces, wearing our MNDA tee-shirts and rattling our collecting buckets under the noses of people coming out of the cinema. Most of them are pretty shaken, and willing to plunge their hands into their pockets. On the two evenings of the screening we took over £425 for the Branch's coffers - and the film will be back on March 6th!! Thank you Eddie Redmayne, I hope you get that Oscar!

(. . . and of course, as we all know, he did get that Oscar!)



South West Surrey Branch

Dear Member/Supporter,

Annual General Meeting

You are cordially invited to the 26th Annual General Meeting of the South West Surrey Branch of the MND Association, which is being held in the Guide Hall, Village Way, Cranleigh, Surrey GU6 8AF, on Monday 13th April 2015 at 8.00 pm. Doors will be open from 7.30 pm and there will be a ramp for wheelchair access.

Continuing the tradition of previous years, the AGM formalities will be as short as possible, and will be followed by the Speaker. This year we welcome Steve Bell, MNDA Director of Care (North), who is joining us for the evening and giving a short presentation on the international aspects of MND care.

Just one of our committee members, John Haywood, is standing down this year. The remaining members are happy to serve for a further 12 months. Anybody wishing to stand for election to the committee should nominate themselves in writing to Joan, the Secretary, before the end of this month.

We hope you will be able to attend the AGM, especially if you are, or have been affected by Motor Neurone Disease; the Branch needs your support to go forward. We do hope you will be able to attend with family and friends - you would be made most welcome.

Yours sincerely,

Bob Hodgson

Chair, SW Surrey Branch

Branch Meetings

Dear Member,

For several years, the attendance at our Branch open meetings has been in decline. We have thought hard about why this should be, and how to reverse the trend, but conclude that it's an unfortunate fact of life nowadays that participation in this kind of activity is less popular than it was.

Fortunately, this has had very little effect on the most important work of the Branch, i.e. raising funds to care for people with MND and supporting the research effort.

Most branches seem to have settled on a pattern of having rather fewer meetings than we attempt, and to issue fewer, but better, newsletters as well. If it works for them, perhaps it will for us?

Another factor may be geography. The SW Surrey Branch started in Cranleigh for the very good reason that the Bushen family and their friends, who founded the branch, were living there when John Bushen was diagnosed with MND in the late 80s. Initially, activities were closely based on Cranleigh, but as time went on, the area covered expanded to SW Surrey, and over the last year or so, we have taken on some more post codes which reach right up to the edge of Heathrow Airport at the northern limit! Cranleigh is now on the very edge of our area, and a long trek for many active members.

So, after much thought, the Committee has decided to:

- 1 reduce the frequency of open meetings to approximately quarterly
- 2 hold meetings in the afternoon, from 2.00 to 4.00pm
- 3 change the venue to a more central location, Guildford Cathedral Education Centre.

As you know, our monthly Drop-in meetings for patients and carers are held in the Cathedral Refectory, so the venue is already familiar to many of us, easy to get to from all parts of west Surrey, and has adequate free car parking. We hope some of those who attend the Drop-ins may be interested in coming along to the open meetings as well, which would partly make up for the loss of potential attendees of working age.

The intention is to have a speaker at every meeting, and to keep to subjects related to MND as far as possible.

I hope this news does not come as a great disappointment to those stalwart members who have become used to having a social get-together in Cranleigh nearly every month, and I hope they will find an afternoon trip to Guildford is not too much of a disincentive.

Your opinions on our plans are invited, and you will have a suitable opportunity to air them in a few weeks, at our AGM on 13th April. I look forward to seeing you there!

Best Wishes,

Bob Hodgson

Chair, SW Surrey Branch



CHARITY GOLF DAY

TO BE HELD AT

WEST BYFLEET GOLF CLUB

SHEERWATER ROAD, WEST BYFLEET, SURREY, KT14 6AA

TUESDAY 28TH APRIL 2015

You are invited to support the Motor Neurone Disease Association by entering a team for a special Golf Day at West Byfleet Golf Club on **TUESDAY 28TH APRIL 2015**.

Entries are in teams of four and can be men, ladies or juniors and the 2 best Stableford scores on each hole will count towards the team score.

The day will begin with coffee and bacon rolls from 8.00am, and a shotgun start at 9.00 am. Lunch will be followed by prize-giving and an auction of donated items.

The entrance fee is £80 per person, or £50 if you are a current member of WBGC. Teams of 4 should be arranged.

The Motor Neurone Disease Association is the only national charity in England, Wales and Northern Ireland focused on MND care, research and campaigning.

They have over 3,000 active volunteers in England, Wales and Northern Ireland and 140-plus paid staff, all dedicated to improving the lives of people affected by MND, now and in the future.

They do all they can to enable everybody living with MND to receive the best care, achieve the highest possible quality of life and to die with dignity.

Thank you for your support.

Please enter the following team of four for the MND Association Charity Golf Day

Team Name

Player (H'cap)	Player (H'cap)
Club	Club
Player (H'cap)	Player (H'cap)
Club	Club

Please send your entry and payment (cheques to be made payable to L Portlock) to: Mrs Linda Portlock, Greenside, 5 Birch Grove, Pyrford, Woking, GU22 8NB. If you have any queries please telephone Linda on 01932 353685, 07836 201528 or e-mail at lindaw@e-viz.co.uk.