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40TH  
YEAR



Cambridgeshire MND Association presents a multi-faith commemorative service at Peterborough Cathedral to remember 40yrs of the association on Sunday 6th October 2019. Service begins at 4pm.



Tickets for the service are free. But must be booked. Reception afterwards is £10 per head including buffet and hot drinks. For ticket form please visit [cambridge@mndassociation.org](mailto:cambridge@mndassociation.org) or ring 07551575752

## Social Afternoon Get Togethers

### *Wednesday 12<sup>th</sup> September Huntingdon MS Therapy Centre*

It was good to see some of our members and although the gathering was small conversation flowed and enabled everyone around the table to chat.

Of course we had our usual tea and 'bits and pieces' to eat.

### *Thursday 11<sup>th</sup> October David Rayner Centre, Cambridge*

We were pleased to have two members of the Association's staff with us for this afternoon, as well as a speaker.

The new Chair of the MNDA's Board of Trustees, Richard Coleman, came to see the Cambridgeshire Branch and mingled around the room, so was able to chat to you our members and also those of the branch committee who were there.

Suzanne Ostler, Communications Manager, also circulated and talked to many of you. She is relatively new to the Association and is getting out and about to see first-hand our members and branch volunteers to get a feel of how branches operate. She let me know she felt she had a really useful visit on many levels and had "some wonderfully inspiring conversations with some of your members".

Our speaker was Ian Foulger from Techcess. His talk was on helping people to communicate and computer access. Techcess is dedicated to helping people with little or no clear speech communicate more effectively, recognising effective communication improves the quality of life for every one of us. Many of you went over and spoke to Ian during the

afternoon and were able to see the Allora (which is similar to a lightwriter).

Communication aids should be funded by the NHS, or if that is not possible or timely then the Association may be able to help. A Speech Therapist should always be involved if going through either of the above channels which would be the Association's recommended way of approaching this form of communication.

Although a busy afternoon we were still able to come round with teas and coffees with time for you to chat and catch-up.

It was good to see many of our regulars and some newer members – the afternoon may have seemed quite hectic but I hope those present found it interesting and informative.

Our next afternoon at the David Rayner Centre will, of course, be our Christmas-themed one on Thursday 6<sup>th</sup> December. Before that though we will have a social gathering at Peterborough Salvation Army Centre on Wednesday 14<sup>th</sup> November.

## 2019 Get Togethers

Next year we will hold our social afternoon gatherings again for Cambridge on the Scotsdales Garden Centre site and the Peterborough one will be at the Salvation Army Centre. However, we will not be returning to the Huntingdon MS Therapy Centre.

We have viewed one or two different venues and have found a centre at Ely which has parking and we think suitable accommodation for our needs. This is the Larkfield Resource Centre/Ely Community Centre at High Barns.

At the MS Centre the emphasis for unlocking/locking and securing the building and whole site has been passed to us as hirer. This has not always been straightforward and once we had to call out an MS Centre emergency

### **(Get togethers continued)**

contact as there was an issue with locking and securing the front doors. Your branch committee has been uneasy at having this responsibility placed on its volunteers and discussed this on a number of occasions. Our reservations were passed to the MS Centre but regrettably the system is to remain. For the present it has been decided for 2019 we should not book this venue.

**Our monthly Get Togethers** offer a social afternoon and are held for you, our members, to get to know each other over a chat and cup of tea. This is an ideal way of picking up hints and exchanging ideas and tips in an informal way or just to come and have a relaxing afternoon.

We can help by arranging transport (wheelchair friendly if needed).

Family members, carers or friends are welcome to come with you. Sometimes, as at the September gathering, we have a speaker to give a talk on an interesting subject, or someone from the MND staff at David Niven House.

If you would to know more about these afternoons then please get in touch. Do come along and join in, you will be made very welcome.

### **Cynthia George**

Tel: 01954 202095/07515 534430

Email: c.i.george@icloud.com

### **Reminder: AGM 2019**

The AGM will take place on 27 March 2019 at Hemingford Abbots Village Hall at 12.30 pm. You will receive invitations in February but in the meantime please put the date in your diaries.

**Maire Collins: Secretary**

### **Cambridge Building Society and Cambridge News 2018 Cash for the Community Awards**

As mentioned in the Summer edition we applied to be considered for these awards and were voted as one of the top 10 favourites by The Cambridge Building Society staff. This made us eligible for a portion of the £12,000 to be spread among 15 local charities/organisations.

On the evening of 5<sup>th</sup> September, John Morren, our Vice-Chair, and Maire Collins our Branch Secretary went along to the presentation evening. This year the Cambridgeshire Branch came 8<sup>th</sup> out of 15 and received a cheque for £737. This was a good result but the amount slightly down on last year when we came 6<sup>th</sup> out of 16 and received £862.

This was a great amount to receive and an enormous thanks to everyone who collected and sent in the tokens printed in the Cambridge News and the online edition.

This means we have this amount of branch funds to spend within our area as this scheme is only open to charities/organisations based in the Cambridge Building Society catchment area.

### **Cynthia George**

#### **Car for sale**

Kia Sedona LSA 50,000 miles: £5,000

The car is similar to an estate car and has been adapted to accept a wheelchair in the back with a seat on either side and has a front driver and passenger seat

Please contact Mrs Sue Kerridge direct on 01353 861423/07787505180

## A gift in your Will could give hope of a world free from MND

What if the first time someone heard the words 'you have motor neurone disease', they could be followed by 'but there is hope'.

That is a goal we believe that we will one day reach. But, we still have a long way to go. Sadly, we may not beat MND today, but a gift in your Will gives us hope that new breakthroughs are possible. The ones that could mean future generations are spared the devastation of MND.

Over the last decade gifts in Wills have accounted for one third of our income and thanks to this support we have made great progress in MND research and care. Your future gift will continue to drive the search for new treatments that bring us closer to a world where MND is a thing of the past.

What an incredible thing to be remembered for.

It's simple to leave your legacy in the fight against MND and it ensures that money that is no longer needed is invested in the causes you care about. Of course, we would only ask that you kindly remember the MND Association after ensuring your family and loved ones are provided for and we always recommend that a qualified solicitor is consulted to ensure that your wishes are accurately recorded.

For more information, download a free 'Gifts in Wills' information booklet, or to find a local solicitor please visit

<https://www.mndassociation.org/wills>.

If you have any questions, please contact Emma Fellows on 01604 611898 or email [emma.fellows@mndassociation.org](mailto:emma.fellows@mndassociation.org).

## MNDA Charter

It is great to be able to let you know that Cambridgeshire County Council has adopted our Charter. This was signed at Shire Hall Cambridge on Wednesday 26<sup>th</sup> September.

Fred Smith, one of our Association Visitors, took this on board and lobbied the Councillors into action. County Councillor Amanda Taylor was instrumental in getting the Council to agree to adopt the Charter so our thanks go to her.

Thanks must go to Fred as well for all his hard work in getting this through. On the signing day from the Association Fred was joined by Helen Riley, Campaigns Manager from the MNDA, and representing the branch were Simon Crooke and myself.

Work will be ongoing to ensure CCC follows this through.

Peterborough has already adopted the Charter so our work continues to get the other councils in the county to adopt our Charter.

Well done to Fred for all his efforts.

## Cynthia George

## Easyfundraising.org

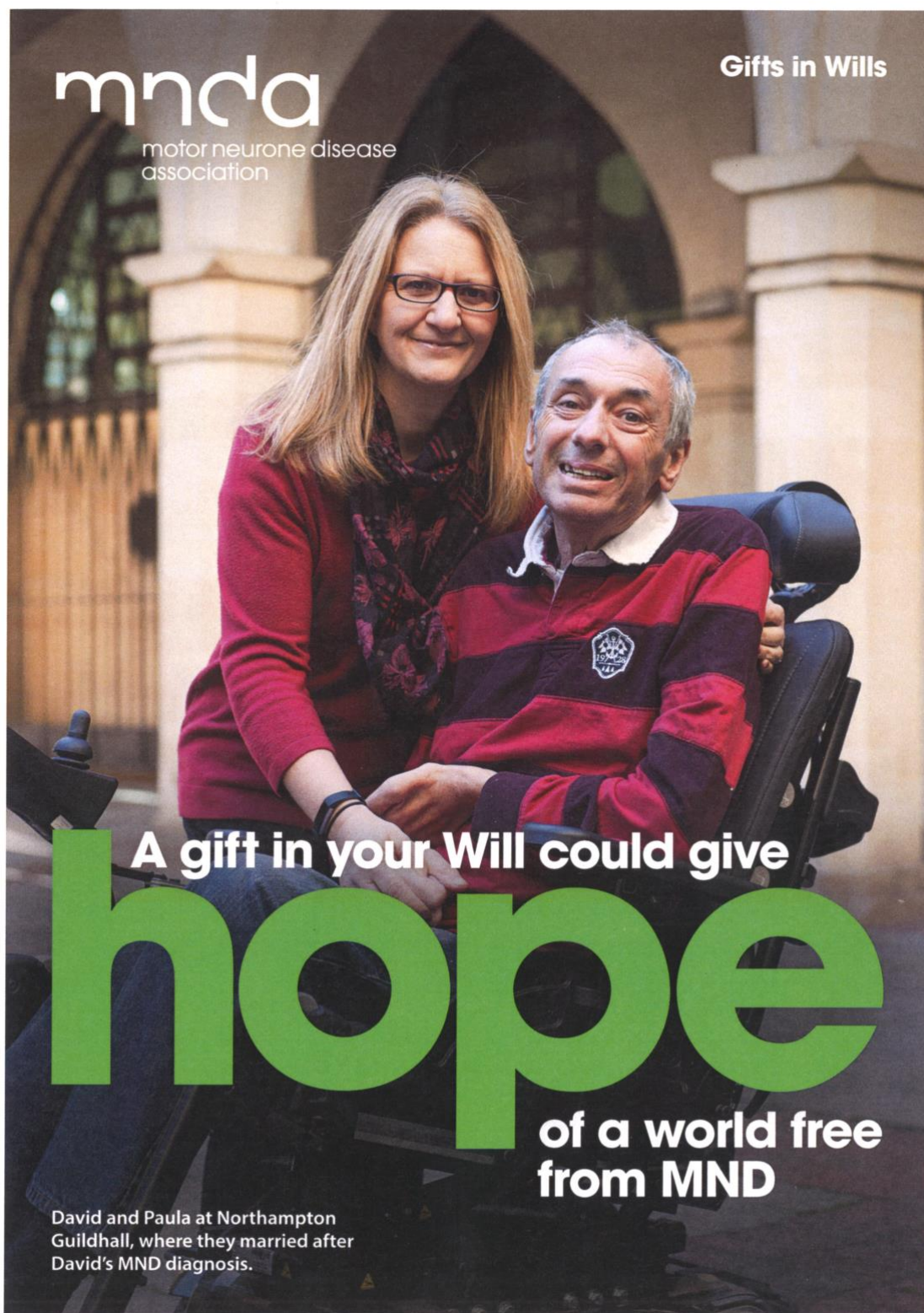
Easyfundraising.org is a great way to raise money just by shopping online. You don't pay anything extra. All you need to do is go to the easyfundraising website, click through to the retailer you want to buy from and make your purchase.

The price will be exactly the same and the retailer will give you a cash reward that you can turn into a donation. Easyfundraising collect this and send it on at no extra cost.

Visit [easyfundraising.org](http://easyfundraising.org) and find out more.

**mnda**  
motor neurone disease  
association

Gifts in Wills



A gift in your Will could give

**hope**

of a world free  
from MND

David and Paula at Northampton  
Guildhall, where they married after  
David's MND diagnosis.

# SCRAP6MONTHS

People living with a terminal illness such as MND should be able to claim benefits without having to fill in a long form, attend a face-to-face assessment, or wait weeks for their benefits to arrive.

The Special Rules for the Terminally Ill (SRTI) process is the fast-track process for claiming benefits, meaning people do not have to go through a long and stressful assessment process. However, the SRTI requires a 'reasonable expectation of death within six months', which excludes many people with an unpredictable terminal illness like MND. We would like to see the Government change the law, as Scotland has recently done, to move away from the 6 months definition towards a decision made by a clinician.

**We are campaigning to change the law so that all people with MND are able to access benefits under the SRTI.**

## Will you help us #Scrap6Months?

Email your MP now.

## Railway Station Fundraising

This year, Simon Crooke undertook collections at all the railway stations in Cambridgeshire with wonderful results. The money he collected is as follows:

Cambridge	£341.47
Ely	£400.27
Huntingdon	£217.02
St Neots	£207.49
Total	£1362.25

## Are you fundraising for MND?

If you or a friend are thinking of fundraising to help the MNDA to help others, then please let your local branch know.

We as a branch can assist with giving a short speech or getting you promotional posters and flyers. We can also help to get you T-shirts for your helpers and to also point you in the direction of your press offices.

To contact us: either email Simon Crooke on [cambridge@mndassociation.org](mailto:cambridge@mndassociation.org)

or the branch secretary on [mairecollins99@yahoo.co.uk](mailto:mairecollins99@yahoo.co.uk)

## Dates for your diary

If you are out and about during the early festive season on Friday 7 December and you are heading towards Bar Hill, then pop into Tesco's and say 'Hi' to your local branch who are fundraising there all day. Also, if you are attending Addenbrookes Hospital Outpatients Hall then look out for our stall selling cards and knitted novelties on Friday 14 December.

We always have a smile and a warm welcome for all and its nice for us to see you all out and about and have a chat.

## Autumn

The thistledown's flying, though the winds are all still,  
On the green grass now lying, now mounting the hill,  
The spring from the fountain now boils like a pot;  
Through stones past the counting it bubbles red-hot.

The ground parched and cracked is like overbaked bread,  
The greensward all wracked is, bents dried up and dead.  
The fallow fields glitter like water indeed,  
And gossamers twitter, flung from weed unto weed.

Hill-tops like hot iron glitter bright in the sun,  
And the rivers we're eying burn to gold as they run;  
Burning hot is the ground, liquid gold is the air;  
Whoever looks round sees Eternity there.

**John Clare (1793-1864)**

# Cambridgeshire branch contacts

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## Branch Secretary

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Registered charity number 294354  
Find out more about the Cambridgeshire  
Branch visit  
www.mndassociation.org/cambridgeshire

[www.facebook.com/cambridgeshireMNDA](https://www.facebook.com/cambridgeshireMNDA)

## Dates of Get-Togethers in 2018

Weds 14 November Peterborough  
Thurs 6 Dec Gt Shelford

## Dates of Get-Togethers in 2019

Weds 9<sup>th</sup> Jan Hemingford Abbots  
Thurs 7<sup>th</sup> Feb Cambridge  
Weds 3<sup>rd</sup> April Peterborough  
Thurs 2<sup>nd</sup> May Cambridge  
Weds 5<sup>th</sup> June Ely  
Thurs 4<sup>th</sup> July Cambridge  
Weds 11<sup>th</sup> Sept Hemingford Abbots  
Thurs 3<sup>rd</sup> Oct Cambridge  
Weds 6<sup>th</sup> Nov Ely  
Thurs 5<sup>th</sup> Dec Cambridge