

**EAST LONDON
DEVELOPMENT
GROUP
COVERING
EAST LONDON TO
SOUTH WEST ESSEX**



**LOCAL GROUP
CONTACTS:**

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Support Meetings
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Sprague
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**MND
ASSOCIATION
CONTACTS:**

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Development
Co-ordinator
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Art and fashion for fundraising

The Brentwood Ursuline Convent High School held an art and fashion show at the school last October and all the proceeds from the event were donated to the East London support group of the MND Association.

Pic 1: Pam Cook, who was affected by MND, is pictured holding the cheque for £1,500 along with her husband, Allan, Carole Smith and Lynn Sprague from the MND East London Group.

Pic 2: Carole and Lynn (back centre) with the students at the art and fashion show.

Pam was PA to the head teacher of the school for many years until she had to retire in July. Her husband, Allan accompanied her to the show along with Carole and Lynn.

Support Group at St Joseph's Hospice, Hackney

The Motor Neurone Disease Association and St. Joseph's Hospice, Hackney have set up a Support Group for Carers and people with Motor Neurone Disease. Regular meetings are held on the 2nd Monday of the month from 1.30-3.30pm. Carers and people living with MND from the boroughs of Hackney, Newham and Tower Hamlets are welcome to attend and transport can be provided, if required. For more information and transport requests please ring 020 8525 6030 to speak to Frances Carroll or contact the day hospice on info@stjh.org.uk or 020 8525 6000.

SUPPORT MEETINGS



Christmas Cheer It was Christmas Party time at the YMCA on the 5th December last. Patients, carers, friends and family tucked into a superb and plentiful buffet and were royally entertained by the singing ensemble entitled 'The Entire Company'. This was followed by a raffle where everyone was a winner! Carole said: "Our thanks must go to the various organisation who donated the many prizes on offer. It was a memorable afternoon enjoyed by everyone present."

We hold regular patient/carer support meetings in the YMCA, Romford. These are social meetings as well as an opportunity for people affected by MND, their carers and families to meet others in a similar situation. Refreshments are provided.

The YMCA in Romford – Support Meetings take place from 2.00pm to 4.00pm on the following dates:

23rd April	24th September
21st May	15 th October
18th June	19th November
16th July	3rd December

Call Lynn Sprague on 01708 551889 for further information.

Home visits – Therapies

If you cannot get to the YMCA open meetings, we are doing home visits for the complimentary therapies.

Get in touch with Carole on 020 8502 2344 to find out more.

VOLUNTEER GROUP UPDATE

MND East London – future group meetings

If you are interested in becoming a volunteer member of our group, you are welcome to come along to any of our meetings.

We meet bi-monthly at the Information Centre in Buckhurst Hill.

The meetings dates in 2008 are as follows:

Monday, 19th May 2008

Monday, 21st July 2008

Monday, 22nd September 2008

Monday, 24th November 2008

Get in touch with Carole on 020 8502 2344 to find out more.

Bus Stop Raffle

We are running a raffle at the YMCA thanks to Rose and her family. It's called "Bus Stop". £10 goes to the person with the lucky number - the rest to our group. So far it has raised £45.

Friends of the East London Development Group

Thank you to the people who have volunteered to be "Friends of the East London Development Group."

Our development group are few in number. Friends would be people we could call on to hold a collection tin at a supermarket or help with an event.

We have two fundraising collections arranged for:

Tesco, Barkingside – 19th June

Liverpool Street Station – 26th June

If you are interested and can help, please ring Carole on 020 8502 2344.

Fundraiser required

Our group is in need of a fundraiser to raise more monies for the group. If you are interested in helping a great cause, please call Carole on 020 8502 2344.

Visit our website – www.mnd-eastlondon.org.uk

USEFUL CONTACTS

AbilityNet – new loan bank

A new National Loan Bank of computer hardware and software has been set up between the MND Association in partnership with AbilityNet. AbilityNet is a national charity helping adults with a disability use computers and the internet by adapting and adjusting their technology. The Association has worked with AbilityNet for some years and this new service looks at widening the options the Association provides for people whose speech is affected by MND. The types of equipment available from this new loan bank include:

- Specialist communication software (ie EZ Keys, The Grid, Dragon)
- Keyboards
- Pointing devices
- Laptops (where current laptop/PC is not compatible with required software)

Referrals will need to come from a health or social care professional direct to the Equipment Loan (EQL) team based at MND Association's National Office. AbilityNet will provide all training on the use of the equipment as part of the loan bank.

For further information, contact MND Association's EQL team.

Providing love and care for pets in need

The Cinnamon Trust is a national charity for elderly and terminally ill people and their much-loved pets. It addresses the problems that owners encounter in the daily care of their pets, as well as taking lifetime care of bereaved pets.

A national network of 8,000 registered volunteers provide service in the community by offering dog walking, grooming, taking a pet to the vets and short term fostering when an owner needs to go into a hospice or hospital.

If you know of anyone who needs the help of the Cinnamon Trust please contact: The Cinnamon Trust, 10 Market Square, Hayle, Cornwall, TR27 4HE. Telephone 01736 75790. Email: admin@cinnamon.org.uk or visit their website: www.cinnamon.org.uk.

New guide to rights and benefits

Carers UK has produced *Looking after someone – a guide to carers' rights and benefits 2007/08*.

The guide sets what rights carers have and how they can get financial help, practical help and help with combining work and caring.

Individual copies can be downloaded from the Carers UK website - www.carersuk.org or by phoning them on 020 7490 8818.

Hospital tips from Which?

The national consumer organisation and registered charity, *Which?* has produced a booklet called *The Hospital Companion*.

It is packed with useful information and advice, including key questions to help you find out everything you need to know in hospital. This can be downloaded from the campaign's pages on the *Which?* website www.which.co.uk.

If you would like a copy and don't have access to the Internet, please contact MND Connect **08457 626262** and they will download a copy and post it to you.

Free London Dial-a-Ride for disabled

Dial-a-Ride fares for disabled and older Londoners have now been abolished as from January 2008. This service is provided by local councils with major funding and is used by disabled and older people who cannot access the city's buses, trains and tubes.

The move will benefit around 50,000 people and is the first in a series of plans to improve transport for disabled Londoners. Over the next two years, City Hall plans to take over Taxi Card and Dial-a-Ride from councils and provide a single uniform service across London. Visit www.disabilitynow.org.uk.

A BIG THANK YOU TO THE FOLLOWING FOR THEIR KIND SUPPORT IN RAISING AND DONATING MONIES TO MND EAST LONDON GROUP...



Many thanks to the Brentwood Ursuline Convent High School who held an art and fashion show and raised **£1,500** and **£583** for the MND East London Group.

We would like to thank Waitrose, Morrison and Marks & Spencer for their kind donations.

Thank you to The Christabella Charitable Trust who gave us £1,000. Half of these monies went towards a stairlift; **£319** was spent on a pillow raiser, which left £181 for the Christmas Party.

David Gray (Trustee) donated money for the flowers for Liz Edmonds (MND nurse) and Sheila Ross Stocker (Therapist).

Donations in memory of Brian Sprague's 65th Birthday:

Lynn Sprague and Family **£65**

Chris and Steven Cray **£30**

Other recent donations are:

Mrs Rice **£20**

Bus Stop Raffle **£35**

The Christabella Charitable Trust **£1,000**

East London Nursing Society **£250**

Link Laters **£500**

Alf's Tribute to his wife Patricia who died of MND

What a lovely idea! Patricia lives on in the hearts and minds of those who knew and loved her.



Highway Code

The latest edition of the Highway Code contains 29 more rules including:

- New safety code for users of powered wheelchairs and scooter users
- Rules and regulations are now included about governing powered wheelchairs and mobility scooters
- Class two vehicles can be used on the pavement and have an upper speed limit of 4 mph
- Class three vehicles can be used on the pavement and road. They also have an upper speed limit of 8 mph

The Official Highway Code is published by The Stationery Office and is priced at £2.50. Visit www.tsoshop.co.uk/highwaycode or phone 0870 600 5522 for further information.



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