



## South & East Somerset Newsletter

### Branch News

Happy new year. I hope the weather did not cause you too many problems.

As you will read in the newsletter we are having our AGM on 27 March. Please come, we would love to see you.

Our support group is proving very popular. We meet alternate months on a Wednesday afternoon, 2pm – 4pm and our next meeting is Wednesday 24 March. Lynda Riley and myself are looking for a new venue as we have outgrown the Rocky Mountain Garden Centre.

Our Special Interest Group for professionals is also going well. We meet at St Margaret's Hospice in Yeovil and we are slowly gaining more interest.

We are always looking for new committee members with fresh ideas. It is not a big commitment as we only meet alternate months for two hours on a Monday evening. We are a very friendly group and meet in our chairman's house so it is very informal. Please ring me if you would like more information.

If you don't want to become a committee member but have some ideas for fund raising please contact me.

Hope to meet you soon.

**Lynda Clark**

### Spring 2010



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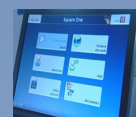
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## Spring Conference 2010

**Newport, Wales – 17 April**  
**Dartford – 18 April**  
**Harrowgate – 15 May**

**Blackpool – 16 May**  
**Chestnut – 23 May**

The theme for this year's spring conference is Together we can make a difference. We will be discussing ways that we can all work together, both to campaign for better care and help build our knowledge of MND in order to identify future treatments.

The conference will include sessions on:

World-leading research into MND.

Everyone with MND deserves the highest quality of life possible.

Campaigning for a better future.

There is no charge for a person with MND, or for one carer who accompanies them.

Lynda Riley, Association Visitor and myself will be attending the Newport meeting.

A map and travel details will be sent with a letter of confirmation following registration. This information is also available on the website at [www.mndassociation.org/springconference](http://www.mndassociation.org/springconference).

Lynda and I look forward to seeing you there. These conferences we have attended in the past have been excellent.

**Lynda Clark**

## Two Interesting Years

### Interesting year 1981

1. Prince Charles got married.
2. Liverpool crowned soccer champions of Europe.
3. Australia lost the Ashes.
4. The Pope died.

### Interesting year 2005

1. Prince Charles got married.
2. Liverpool crowned soccer champions of Europe.
3. Australia lost the Ashes.
4. The Pope died.

Lessons to be learned:

The next time Charles gets married, someone warn the Pope.

Thanks Edward



## Did You Know?

In the late 16 century when turkey dinners became a Christmas tradition, the birds were marched from Norfolk to London in flocks of a thousand at a time. The journey took 3 months and the birds wore special leather boots to protect their feet.

There are 9 times more chickens in the world as there are people – around 52 billion.

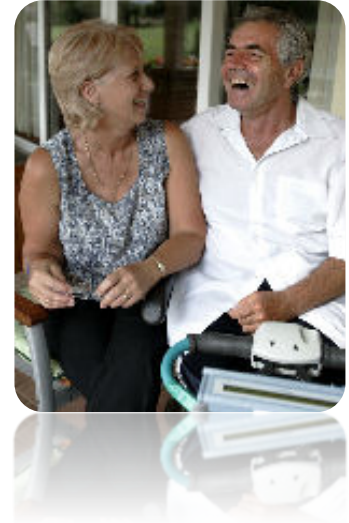


## Branch Tribute Funds

**Branch tribute funds were introduced in August 2006.** There are now dozens of branch funds providing valuable sources of income for their respective branches and focus for family and friends to remember their loved ones.

Building upon the success of the Association's national tribute fund programme, Branch Tribute Funds offer the same services and benefits to their supporters, but with the money raised being directed to the specified branch for local rather than national use.

Anyone wanting more information should call Julie Lavender on 01604 611 864 who will be pleased to provide an information pack.



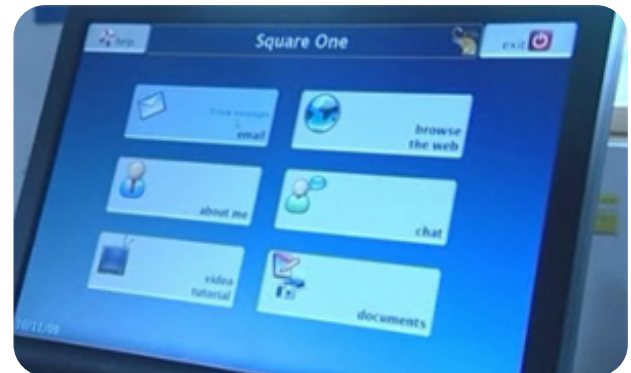
## New Computers for Older Users

A new computer aimed at people aged over 60 who are unfamiliar with PCs and the Internet has been unveiled.

The simplified desktop called SimpliciTy has just 6 buttons directing users to basic tasks such as email and chat.

Complete SimpliciTy packages, which include a computer, screen, speakers, wireless keyboard and mouse start at £435.99.

Find out more at [www.discount-age.co.uk](http://www.discount-age.co.uk) and follow the links on the home page.





## Living Life to the Full

**My husband Mark has MND – bulbar onset.** He is doing pretty good. He has no speech, is unable to eat and drink and his neck and left arm/ hand are weak. But a diagnosis of MND does not mean the end of fun.

A while ago I asked Mark what his dream holiday would be and he said “to stay in real castle”.

So Scotland is was to be.

I was told about a charity called Dream-A-Way who help people throughout the South West. I contacted them and they said to plan Mark’s dream holiday and get quotes from two travel agents and they would see what they could do.

The amazing charity not only helped organise the holiday but paid for the whole thing – truly fantastic. [www.dream-a-way.co.uk](http://www.dream-a-way.co.uk) .

Mark and I spent 4 days at the luxury Airth Castle in Airth near Sterling.

Airport – easy, staff more than happy to help.

Hire care – easy, staff so helpful and friendly.

Hotel – wonderful facilities, staff so caring and helpful. We had a luxury bedroom with wonderful views. We also had a complimentary massage when we arrived.

Scotland is fantastic, Glasgow is the place for shopping and Edinburgh the place for historic beauty and stunning architecture. We also went to the Wallace Monument in Sterling – fantastic and a minibus is laid on for those unable to walk to the monument, which is set high on a hill.

We have truly had a wonderful time and made some very special memories.

Dream-A-Way are a fantastic charity who are delighted to make Mark’s dream come true.

We are now planning our next holiday – living life to the full.

**Rachel**

# Incurable Optimism

National Office are getting ready to roll out a new awareness campaign, to build on the success of previous campaigns including Sarah's Story and John's Journey. In our choice of new campaign theme, we've been inspired by the attitude and approach of everyone in the MND community – that includes people with MND and their carers, our dedicated volunteers and staff, the determined research community and the legion of committed health and social care professionals.

All of us are connected not only by the disease itself, but more importantly by our desire to bring about a world free of MND, and to help all those living with the disease to make the best of time they have. It is this optimism that gives all of us a sense of purpose, and it is optimism that drives our desire to make MND history. And so it is optimism that gives our campaign its name: incurable optimism.

Incurable optimism is how Patrick Joyce sums up his approach to life with MND. Patrick a Somerset father of three young children will be the national "face" of the campaign.

Patrick said: "I have found out first hand what MND does to individuals and their families. I am gutted that I won't see my children grow up. It's like watching a great film and not being able to see the end. I want to help stop this. I want to get better care for all of us and I want to cure. To do this we need to raise awareness and get more money. I will not get to see my daughter go to school and want to do anything I can to stop that happening to others."

We want everyone in the Association to get involved in the campaign and are currently putting together some suggestions and tools to help all branches and groups take part.

We would encourage you all to start thinking about how your branch or group can use this campaign to make a difference in your area. For instance, if your priority is to recruit more volunteers you could identify someone with MND in your area who, like Patrick is an "incurable optimist" and would be prepared to be featured by your local radio station or newspaper.

I have the privilege of being Patrick's Association visitor. Patrick is a very inspiring person.

**Lynda Clark.**

## Early Day Motion

Mark Todd MP has tabled a Motion in Parliament (known as Early Day Motion EDM) calling for the Government to produce a National Strategy for MND.

A National Strategy would set standards for the coordinated, holistic care of people with MND in order to improve quality of life and promote dignity in death.

We are encouraging as many MPs as possible to sign the EDM and it would be great if you could write your local MPs asking them to sign up to the EDM. [The list of MPs](#) who have signed the EDM can be [found here](#). If your MP is not on the list, drop them a line. [A template letter](#) is on our website to help you to do this, or contact **Alison Railton** on 01604 611 842 or email [Alison.railton@mndassociation.org](mailto:Alison.railton@mndassociation.org)

**Thank you.**

## Stride with Pride in 2010

With the new year underway, 12 months to choose from, 4 seasons and a host of special occasions to theme your walks to, there is always a good time to take part in [Walk d'feet\\* MND](#).

Join National Office as they take steps to d'feet MND and take part in our all year round series of fun sociable walks on the school grounds. Local scouts, girl guides or brownie groups. Nature walks make a great learning exercise.

Employers; works well as a great team building exercise with the fresh air aiding positive thoughts.

Local gyms and health clubs – suggest a sponsored “treadmill” walk.

English Heritage or National Trust locations make a great focal point to base your walk around.

Our new event logo now ensures the Walk to d'Feet\* MND brand fits in with our MND Association logo and to further support this, 2010 will see a collection of new Walk to d'Feet\* branded fundraising materials.

For more information or to register a walk please contact Trudi Willis, community and events fundraiser on 01604 611 834 or email [trudi.willis@mndassociation.org](mailto:trudi.willis@mndassociation.org) .



# Annual General Meeting

This will be held at  
**THE RED CROSS CENTRE  
PRESTON ROAD/GROVE AVENUE  
YEOVIL**

On  
Saturday 27 March  
2PM – 4PM

AS usual we will be serving a scrumptious cream tea.

We will be having 2 speakers as yet to be confirmed.

The Red Cross Centre is wheelchair friendly.

Please come and support us at the meeting.

Please contact me for directions on

01935 426 516

We look forward to seeing you there.

## The Committee

Patron	David Laws MP
The Chairperson	Meg Longman
Treasurer	Edward Thring
Vice Chair	Margaret Small
Secretary	John Hayward
Contact Person	Lynda Clark 01935 424 364
Newsletter Contact	Lynda Clark 11 Compton Road Yeovil, BA21 5BZ
Fundraising Co-ordinator	Wendy Knudson 01935 849 048
Association Visitors	LyndaClark Lynda Riley

This is not an official MNDA document. Any comments or suggestions put forward are those of the editor and should be treated as such. Please refer to your medical practitioner for all Medical queries.