

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



Caring friends raise money for MND

TELEPHONE NUMBERS FOR ENQUIRIES

**Lynn Sprague
Support Meetings
at YMCA, Romford
01708 551889**

**Marion Bidmead
Support Meetings
at Epicentre,
Leytonstone
07956 869728**

OTHER MEMBERS

**Maureen Agombar
Secretary**

**Kevin Joyce
Website**

**Carole Smith
Treasurer/Publicity**

**Gary and Sam
Sprague
Fundraising**

**Geraldine Vallis
Newsletter**

MNDA CONTACTS

**Frances Carroll
MNDA Regional
Care Advisor
020 8593 8450**

**Stefanie Cormack
MNDA
Volunteering
Development
Co-ordinator
020 7801 8667**



Sixth formers from Woodford County High School - Naomi Kay, Amardeep Bahra and Shankari Ragubaran raised a large sum of money recently for people living with MND.

The friends were prompted to fundraise because their classmate's mum had MND and raised an impressive £1,000 through an end-of-year party and tennis tournament.

Mayuri Parmar said she was touched by her friends' gesture. They presented a cheque to Carole Smith from the MND east London group.

Pictured is Mayuri Parmar with friends Naomi Kay and Amardeep Bahra with Carole Smith (second from right). Picture courtesy of the *Ilford Recorder* 24/11/05

New Regional Care Advisor

Frances Carroll is the new full-time Regional Care Advisor for the east London area which forms part of the north east London boroughs and Essex. She can be contacted on 020 8593 8450 or email frances.carroll@mndassociation.org.

MNDA National Helpline @ Email

The MNDA National Helpline is open Monday to Friday from 9.00am until 5.00pm and from 7.00pm until 10.30pm. The Helpline can be reached by email helpline@mndassociation.org in addition to telephone number 08457 626262.

Cinema Tickets

If you look after a disabled person and they enjoy going to the cinema, they might qualify for a CEA card to allow you to accompany them to the cinema free of charge. The Cinema Exhibitors' Association card is a national scheme but not every cinema subscribes. The card is used to confirm that the holder is entitled to one free cinema ticket for the person accompanying them. To qualify, the person must be either getting DLA or AA or registered blind or the holder of a disabled person's railcard.

It is valid for three years and there is a £5 initial fee for processing the claim. Application forms are available from participating cinemas or can be downloaded from www.ceacard.co.uk or call 0151 3488020 and ask for the form to be sent by post.

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



FIGHTING MOTOR NEURONE DISEASE

FUTURE EVENTS

Support Meetings



We hold regular open meetings in two locations in east London – one in Leytonstone and the other in 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 and the group are happy to fund transport costs to help people to get to the meetings.

Carole Smith has attended Lynn's open meeting at the YMCA, Romford on a number of occasions and has come away with "such a lovely happy feeling." She says these meetings are "so positive, with help from a MND nurse if you need it, others to talk to and laugh with and the best bit – naughty but nice cakes and tea! Thank you Lynn and Pam and all the people that join them for a really great two hours."

The YMCA, Rush Green Road, Romford RM7 0PH - Support Meetings take place from 2.00pm – 4.00pm on the following dates:

Wednesday, 19th July 2006
No meeting in August
Wednesday, 20th September 2006
Wednesday, 18th October 2006
Wednesday, 22nd November 2006
Wednesday, 6th December 2006

Call Lynn Sprague on 01708 551889 for further information.

The Epicentre, 41 West Street, Leytonstone E11 4LJ - Support Meetings take place from 7.30pm - 9.30pm on the following dates:

Tuesday, 1st August 2006
Tuesday, 3rd October 2006
Tuesday, 5th December 2006
Tuesday, 6th February 2007

Call Marion Bidmead on 020 8989 3773 or 07956 869728 for further information. Alternatively, email malb1956@hotmail.co.uk for further details.

GROUP UPDATE

Sincere Condolences

The group would like to extend their sympathies to Maureen, our secretary on the sad loss of her husband, Len. You are in our thoughts.

MND east London - future group meetings

If you are interested in becoming a 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 from 7.30pm. The next meeting dates are as follows:

Monday, 18th September 2006
Monday, 20th November 2006

Get in touch or just turn up to one of our meetings. The full address of the meeting venue is Buckhurst Hill Information Centre, 62-64 Queens Road, Buckhurst Hill IG9 5BY.

Welcome

We wish Kevin Joyce and Alan Potter a warm welcome to the group. Kevin, who is a website and IT expert, will be managing the MND east London website while Alan will be proofreading the newsletter.

Wheelchairs available on loan

As a result of fundraising monies received from the Abridge Ladies Golf Club, the MNDA has purchased a bank of three special tilt and recline function wheelchairs for use by anyone living with MND who lives in east London or south Essex. The wheelchairs have reclining and motorised facilities and will be serviced and maintained on an ongoing basis by Elmsleigh Information Care which is based in Benfleet. Anyone requiring a wheelchair will need to contact their local Wheelchair Service or occupational therapist to be assessed for suitability.

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

Floyd's Fundraising Dinner

Floyd & Son Funeral Directors Ltd hosts a fundraising dinner each year which supports MNDA and this year has raised **£3,090** as a result of their efforts. Thank you so much for your generous support which is greatly appreciated.

Trust Fundraising Report

Our trust fundraiser has raised **£5,800** in donations from local businesses in the six months he has been volunteering. Thank you to all the businesses concerned as follows:

Ford **£200**

Hackney Parochial Charities **£1,000**

East London Nursing Society Trust **£250**

Aston Mansfield Charitable Trust **£500**

Yvette and Hermione Jacobson Charitable Trust **£100**

Essex Fairway Charitable Trust **£1,000**

The Bellinger Donnay Charitable Trust **£1,000**

The Vivienne and Sam Cohen Charitable Trust **£250**

The City and Metropolitan Welfare Charity **£1,500**

Liverpool Street Collection

Carole arranged the annual collection at Liverpool Street station to take place on the 22nd June last. Along with her husband, Andrew and help from Geraldine - they collected a grand total of £566.84p (including a £20 cheque from Jenny). Thanks to all the kind commuters who contributed to the collection. Carole also sends her thanks to the 'good Samaritan' who gave her a cup of tea at Liverpool Street station.

Christmas Card Collection

Maureen, Carole and Lyn raised **£421.35**. A big thank you goes to Diane who raised an extra **£200** in Christmas cards and gifts, bringing the total of the collection to **£621.35**.

Other contributions

L G and P Phillips **£25**

Sale of wrist bands **£100**

Carole Smith **£20**

Mrs Christine Lee **£80** (money collected from members of the theatre company in memory of her mother.)

Mr and Mrs P O'Regan **£20**

Well done and thank you to one and all!

Urgent appeal for Association Visitors

The Island Health Charitable Trust has offered the MND east London group a grant of £2,370 for one year to train Association Visitors to cover the east London area. Anybody who is interested must live and work or be willing to work in the Tower Hamlets and Newham areas.

The MND east London group can only claim this money when the training has been completed. The funding is only available for a limited time and there is a possibility of funding for years two and three if we are successful.

Please call Carole on 020 8502 2344 for further information.

Could you be paying less council tax? Disability Reduction Scheme

A reduction in the amount of council tax you are paying could be applied for if you or any adult resident in your home is 'substantially and permanently disabled.' This scheme is not means tested and if you are entitled to other help with council tax, you may still claim this reduction. For more information, please contact the MND National Helpline on 08457 626262.

Calling all mobile phone users

Police are urging everyone who owns a mobile phone, regardless of whether it is old or new, to register the details on www.immobilise.com website. It only takes a couple of minutes to register, and it's completely FREE. You only need your mobile phone and your contact details.

Once you are registered, you will have a better chance of getting your phone back if it is lost or stolen. Register your phone now!

Courtesy of Essex Police Newslines

Recipe: Ice cold banana smoothie



A refreshing and nourishing drink for the summer!

Ingredients:

2 ripe bananas, chopped
2 tablespoons vanilla ice cream
2 tablespoons yogurt
honey to taste
ice cold milk
ice for serving

Serves: 4

Method:

- 1, Scoop vanilla ice cream into a blender with bananas, drizzle of honey and yogurt.
2. Top up with ice cold milk and blend until smooth
3. Pour into 4 glasses and top with ice.

Recipe courtesy of
www.sainsburys.co.uk

Benefit Changes

As from April this year, more people can now qualify for Income Support, Housing Benefit and Council Tax Benefit. This is because the capital limits have increased for these benefits, allowing people to have more savings when they claim. Only capital above £6,000 will be taken into account and the upper limit for savings is £16,000 if claiming for Income Support. Contact your local council for further information.

Too old to benefit from Carers' Allowance? Think again...

If you are a carer aged over 65, and looking after someone who gets Attendance Allowance, and you haven't claimed Carers' Allowance because you've been told you're too old to receive it, claim it any way. Making a claim could mean more money for you when claiming Housing Benefit, Council Tax Benefit and Pension Credit in the form of a Carer Premium.

For more information including criteria for carers' allowance, contact the Department of Work & Pensions, Carers' Allowance enquiry line: 01253 856123 (normal rate), or visit the Department of Work & Pension website www.dwp.gov.uk.

Patient Opinion

Patient Opinion is a new website where you can see what other patients are saying about your local hospitals, and you can share your opinion too. It is independent of the National Health Service, free to use and is run on a not-for-profit basis. Go to www.patientopinion.org.uk. If you do not have access to the internet, you can call 0845 1130012.

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