

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

Autumn 2007

ISSUE No 7



Old time musical fundraising efforts

Four of the East London Development Group went to an Entire Company production of "Old Time Musical Hall" evening in memory of Gordon McHenry recently. Carole said: "We had a wonderful time, all the old songs plus truly awful jokes from the compere and to round it all off, a fish and chip supper! The evening raised £530 for our group. Thank you everyone for your hard work."

The Entire Company was formed in 1981, which began by performing a Music Hall show to raise money for the Girl Guide Association, and it was a great success with friends and the group were asked to do another show. Each year a new show is performed in May. It runs for three nights. The first night for OAPs who do not have to pay and the other two nights they arrange a fish and chip supper and bring your own drinks. It has proved very popular and a lot of money has been raised over the years for different charities.

During the year the Entire Company visit nursing homes, the Walthamstow Handicapped and the Blind Club at Leyton. All of the members make the costumes and donate raffle prizes in order to raise more funds. A different charity is chosen each year, (MND East London is their chosen charity this year) because a member of their family has been affected. Pat, one of the members said: "It is hard work but very enjoyable and the reward is great. Over £100,000 has been raised over the years."

LOCAL GROUP CONTACTS:

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*Support Meetings
at YMCA, Romford*
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Carole Smith
020 8502 2344

**Gary and Sam
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MND ASSOCIATION CONTACTS:

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Regional Care
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*MND Association
Volunteering
Development
Co-ordinator*
0845 375 1848

MND
connect
08457 626262
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MND Association Helpline relaunch

The MND Association's helpline has been relaunched and will now be known as the MND Connect team. The service is available to anyone who needs information, advice and support to enable people with MND to make informed choices and achieve quality of life.

The change of service has come about to provide individuals living with MND and key people involved in caring or supporting people with MND; Health and Social Care Professionals, staff and volunteers to create one contact and increases awareness of what the MND Association can offer. It also ensures that people can speak to someone quickly and cheaply (08457 numbers cost the same as a local call), through a team of dedicated staff and volunteers. For further information, their email is mndconnect@mndassociation.org and phone number is 08457 626262.

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

FUTURE EVENTS



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. Meetings are held **on a Monday at 11am** on the following dates:

19th November 2007	21st July 2008
21st January 2008	22nd September 2008
17th March 2008	24th November 2008
19th May 2008	

The full address of the meeting venue is Buckhurst Hill Information Centre, 62-64 Queens Road, Buckhurst Hill, IG9 5BY.

Support Meetings

We hold regular open 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, Rush Green Road, Romford RM7 0PH – Support Meetings** take place from 2.00pm – 4.00pm on the following dates:

Wednesday, 17th October 2007
Wednesday, 21st November 2007
Wednesday, 5th December 2007

Call Lyn Sprague on 01708 551889 for further information.

GROUP UPDATE

Financial success

John Duffield, our treasurer went to National Office and was very impressed with what he saw. Following this meeting, he now runs the finances locally and alongside National Office until we become a branch again. This we hope will happen at the end of January 2008.

Therapies go well

The group started running aromatherapy sessions at the YMCA, Romford on the 25th July. The sessions will run until October and eight people will be receiving the treatments. The first two weeks went well with everyone feeling some benefit. The group hope to offer the therapies on an ongoing basis.

New members

Welcome to Pat McHenry and Ann Earwaker to our development group. Pat is our new minutes secretary while Anne is hoping to raise the profile of MND in our local area.

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.

Wheelchair available

If anyone is in need of a wheelchair, please get in touch with Ann Earwaker on 020 8500 7843. The wheelchair is available either on loan or to buy.

Friends of the East London Development Group

We would like to start a group called The Friends of East London Development Group. Friends would be people we could call on to hold a collection tin at a supermarket or help with an event. At the moment we are very limited by our small number. You would not be asked to join the committee – just help to raise the much-needed funds. If you are interested, ring Carole on 020 8502 2344.

USEFUL CONTACTS

Elizabeth Finn Care

Elizabeth Finn Care has contacted the group and we've been asked to include information about the charity in our newsletter. Elizabeth Finn Care is a charity that provides grants to individuals from a wide range of backgrounds who have slipped into poverty. If you are living with MND or are a carer for someone who is and would like further information about your eligibility for financial support, contact the charity on 0845 603 6515 or visit www.elizabethfinncare.org.uk.

Better work-life for carers

From April 2007, carers now have a legal right to request flexible working and their employer will have to take the request very seriously. Working Families support and give a voice to carers whilst also helping employers create workplaces, which encourage work-life balance for everyone. Carers who need help with negotiating new working hours can ring the Working Families free helpline for advice and information on 0800 013 0313 or email edads@workingfamilies.org.uk.

Carer's experience inspires book

Becoming a carer can be physically and emotionally exhausting and although there is help available many carers do not have the time to look for it or know who to contact. Jane Matthews decided to write *The Carer's Handbook* after experiencing the lack of resources, support and guidance during the five years she was a carer. The Carer's Handbook is published by HowtoBooks price £10.99 www.howtobooks.co.uk or alternatively order a copy from your local bookshop.

Musmate update

We included in issue 6 a piece of information about Musmate, a walking aid for people with drop-foot. We mistakenly misquoted the price of the device – it actually costs £75 for the one-leg version and £125 for the both legs version (and not £378 as indicated). Musmate Ltd also have a new telephone number of 0845 095 4674.

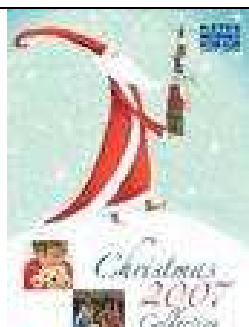
Special energy rates available

Working together with Powergen, Age Concern is offering competitive energy rates on gas and electricity services to people aged 60 and over.

Customers signing up to Age Concern Energy Services will also benefit from exclusive cost weather payments. New customers will also receive three free disposable carbon monoxide detectors; a free early-warning hypothermia thermometer and three free low energy light bulbs. Call Age Concern free on 0800 015 6784/0800 056 7923 or visit www.ageconcern.org.uk for further information.

The Council Tax Reduction Scheme

The Council Tax reduction scheme is funded by your local council. Individuals can get a reduction if they or any other resident in their household is *substantially and permanently disabled* and must meet at least one of three conditions. Individuals entitled to a reduction will have their council tax reduced to the next band down. Contact your local council for an application form. Alternatively contact the MND Association Helpline on 08457 626262 or email helpline@mndassociation.org for further information.



Christmas Catalogue

Christmas is coming... and the MND Association has now issued their Christmas 2007 Collection catalogue. For further information, call the telephone order and enquiry line – 0870 600 5540 (open Mon to Fri, 9am to 5pm) or visit <http://www.mndassociation.org> clicking on 'Christmas Shop'.

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



Fundraiser's Report

We are grateful to the following organisations who have given our group the following funds:

£1,000 from Essex Fairway Charitable Trust

£1,000 from The Hackney Parochial Charity

£250 from Vivienne & Sam Cohen Charitable Trust

Liverpool Street Collection

We have had another successful collection at Liverpool Street station on the 26th June, which raised **£730**. Carole said: "Thank you everyone who stood with fixed smiles and aching backs!"

Other donations have been as follows:-

In memory of Gordon McHenry:-	The Entire Company	£530
In memory of Mrs Minnie Dawson:-		
Carole Smith		£20
Connie Martin and friends		£20
From her estate		£50

Pamela and Alan Cook have donated **£100**.

Barbara and Keith Armstrong who have donated **£40** to mark their Ruby Wedding Anniversary.

In memory of Mrs Joan Ellis:- Mrs A Ellis **£25** T and C Downham **£25**

Mrs Butcher **£25**

Mr and Mrs Howard **£40**

Other fundraising successes

Samantha Sprague raised **£415** at the annual race day at Lingfield Park Racecourse on Saturday, 12th May last.

Gary Sprague raised **£370** from the (twice yearly) golf day at Top Meadow Golf Club.

Lingfield Park and Top Meadow Golf Club, very kindly provided us with generous discounts, which has lead to the wonderful combined total and Sam has written to them separately, thanking them for their kindness.

Butternut Squash Soup (given to Carole by a carer)



1 onion chopped
 1-1½ lbs Butternut squash (peeled and diced)
 Juice of half one lemon
 1½ pints of vegetable stock
 1-1½ ground cumin
 Salt if necessary
 Cook onion until transparent. Add squash and cumin, salt if necessary. Mix well. Add vegetable stock and bring to the boil. Cook for 15 minutes or until the squash is soft. Put through the processor till smooth. Add lemon juice. Heat and serve.



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