

mnda
 motor neurone disease
 association
**A world free
 from MND**



CIVIC RECEPTION
 PAGE 2



PHOTO GALLERY
 PAGE 3



ASK ARTHUR
 PAGE 4

NEWSLETTER

Afternoon Tea Success

When we were asked about opportunities for people to meet up we were delighted to launch our Afternoon Teas in April and they have been very well supported. They give people living with MND, their families and carers an opportunity to meet together to chat and share information. Helen McClean, our Regional Care Development Adviser, has been able to attend some of the meetings as well as some of our Association Visitors and committee members.

The first one was held at Dobbies Garden Centre, Lisburn in April with further meetings at the same venue following in June and August and the last one for this year is on Tuesday 10th November 2015.

In September we held our first meeting in the North West at Beech Hill Hotel, Derry/Londonderry and a second one is planned for Tuesday 17th November at the same venue.

On 21st October an informal get-together was held in Silverbirch Hotel, Omagh and we hope to build on this in the future.

If you would like us to organise a get-together near your home please let us know and we will try to arrange it.

We are not planning to hold any meetings over the winter months but they will be starting again about Easter time next year when we look forward to meeting old and new friends. For more information email our Branch secretary, Marie Holmes.



Civic Reception

In September, Belfast City Hall was once again illuminated in the MND Association colours of blue and orange to dazzling effect. Inside the Lord Mayor of Belfast and politicians from across the political spectrum welcomed people with MND, their families and carers to a civic reception. The event marked Belfast City Council's continued support for local people with MND and the work of our Northern Ireland Branch. In December 2014, the City Council became the first council in Northern Ireland to have adopted the MND Charter and is one of sixteen across the UK so far. Lord Mayor Councillor Arder Carson said: "I am pleased that Belfast City Council is leading the way in signing the MND Charter and encourage other organisations to follow suit." All of this was made possible through some great relationship-building by the branch with local Campaigns Contact, Alana Hughes, playing a leading role.



The MND family meet together at AGM and Conference

The AGM and Conference on 12th September was once again held at Radisson Blu, East Midlands Airport and the NI Branch was represented by committee members and Association Visitors. As usual, we travelled over on the previous day and attended the buffet on the Friday evening which is a great opportunity to meet other members of the Association.

More than 170 people attended the Annual AGM and Conference which was also live-streamed on <http://livestream.com/eventstreamingcompany/mnda>

On Saturday morning the Chief Executive, Sally Light, reflected on the events of 2015 following on from the success of the Ice Bucket Challenge with the film *The Theory of Everything* and storylines in TV programme like *Hollyoaks* and *Casualty* which have all raised the profile of MND. The MND Charter was handed into 10 Downing Street in June and a Parliamentary Reception was held to lobby the newly elected MPs. Delegates had the opportunity to attend various workshops on volunteering, campaigning and care.

In the afternoon the AGM took place where members have the opportunity to ask questions about various issues. A special resolution offering free lifetime membership of the Association for bereaved carers was passed. The Keynote Speaker, Professor Nigel Leigh, gave a very interesting presentation entitled 'Oh Brave New World! Facing up to the revolution in MND/ALS research'.

The Conference and AGM is a very friendly occasion and as well as hearing about the work of the MND Association and getting information about on-going research there is also the opportunity to network and view the information stands. We would encourage you attend it or one of the Regional Conferences. The NI Branch will help fund people with MND and a carer to attend. Contact our branch secretary further information.

On Sunday following the conference some of our Association Visitors stayed on to attend the Forum that looked the issue of Cognitive Change, frontotemporal dementia and MND.

Photo Gallery

Say 'Cheese'!

June



New York Marathon - Paula McDaid and Michael Currie



Inverary Fold BBQ and Raffle

August



Four Wheel Drive Club NI



Antrim Rovers



Carrickfergus Fun Run in memory of Claire Jardine



Donaghmore Primary School



Lap the Lough - Anne and Anne-Marie



Lisburn Charity Football Match in memory of Alan Stitt

October



Ballynahinch and District Motor Club



Ice Bucket Challenge - Caroline Harkness



Belfast Half Marathon

September



Dobbies Bucket Collection

Are you fundraising for MNDANI?

Your branch is here to help you with fundraising and raising the awareness of MND locally. We can supply leaflets, banners, posters, t shirts, balloons, stickers, collection buckets, as well as other branded items. We can provide sponsorship forms and help you set up an online giving site including text giving as well!

Ask Arthur...



VE103 certificate

All Motability customers need to take a VE103 (Vehicle on Hire) form when travelling to foreign countries in a Motability car. It proves you are allowed to take the car abroad and will cover you for 12 months but you will not have European breakdown cover. You can get both from RAC Motability Assist on 0800 73 133 10.

The good news is that if you are travelling to the Republic of Ireland (ROI) in your Motability Car for less than 90 days, you will be automatically insured and have breakdown cover whilst you are there. You still require a VE103 to prove you are permitted to take your car to another country.



Association Visitors

We have six Association Visitors (AVs) in NI who can support people affected by MND by visiting, telephone contact or emails. They have all attended a comprehensive training course provided by MND Association and perform a vital role in supporting people affected by MND by providing confidential emotional support, information about the Association and other services. If you would like to be put in touch with an AV please contact **Helen McClean** our RCDA on **08453 751852** or email helen.mcclean@mndassociation.org

Win A Porsche from SJ Davidson - Ranfurly Road, Dungannon

Celebrating 50 Years in Business, SJ Davidson Motors Ltd are holding a draw for a Porsche! Tickets are £50 and on sale at SJ Davidson, Dungannon. All proceeds to MNDA. Visit <http://www.sj davidsonmotors.co.uk/> for more details



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North West Afternoon Tea

Why not join us on the 17th November from 2:30pm in the **Beech Hill Country House Hotel** courtesy of the NI branch. Open to those with MND, Families and Carers. Finishing around 4pm.

Please, please let us know if you are joining us and if you have any special dietary needs

You are invited to...

Afternoon Tea at Dobbies Garden Centre, Lisburn on Tuesday 10th November 2015 at 2.30 until 4.00 pm

Anyone with MND, their families and carers are welcome.

RSVP Marie before Friday 6th November
Email marie@mndani.com
Phone 028 92 699231

We look forward to seeing you there!

Contact us...

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Become a member

You can join online at www.mndassociation.org/membership or contact out branch secretary, Marie Holmes, for an application form on 07561361556 or email marie@mndani.com

Remember membership is **free** for people living with MND and their carers.

This is your newsletter so please let us have your contributions. These can be about fundraising, personal experiences; photographs of events and any other information that you think might be of interest to our members.

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@mndani_ni



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