Issue 100
January 2021

motor neurone disease association

Reading and West Berkshire

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News Letter

#FreezeTheDay!

It's freezing outside and here's our amazing Lin Jenkins taking the Ice Bucket Challenge to a teeth-chattering new lockdown level.

The activity which involved pouring a bucket of cold water over a person's head was a global social media phenomenon in the hot summer of 2014 and raised £7m in the UK for the MND Association.

Now, Lin has revived it amid the fluttering snow in January and thrown down the gauntlet #FreezeTheDay to make 2021 a positive year to remember.

Lin's icy deluge was in memory of the challenge's co-founder Pat Quinn who died of amyotrophic lateral sclerosis (ALS) – a form of MND – aged 37, in November, and Professor Stephen Hawking who would have celebrated his 79th birthday on January 8th.

Lin, from Tilehurst, near Reading, says: "I am not going to name names but now I challenge as many of you as possible to take part for this second wave in their names.

"Pat raised so much money - $220 m for ALS research – and awareness for our cause and deserves to be remembered in this way.



"All our normal means of raising money have been taken away by Covid so let's try to make a difference this way."

For the record, more than £5m raised in the UK went towards MND research and contributed towards the discovery of a new gene advancing work to find a cure. That support is really making a big difference in our fight against MND.

Up for the challenge? Pledge your support to Lin here: https://localgiving.org/lin-ice-bucket-challenge2021

Please remember to mention MND Association Reading and West Berkshire if you set up your own online fundraising page and would like your donations to be spent on helping local people living with this devastating disease. At the end of every financial year the branch gives half of its income to the MND Association for wider use including research work.

Jane Gilbert

Stop press from Lin

My current fundraising total is up to £1400 and that is just from my recent garden gate sales and what I am selling privately. Knowing that I have lost all my normal sales opportunities people have been so generous donating to our cause during lockdown. Thank you all for your support.

Tributes pour in for kind and caring social services boss

A tribute fund set up in memory of popular social services manager Dawn Ryan, who sadly died aged 53, has raised £3319 for the MND Association.

Dawn's wife Nicki set up the fund to help fight the devastating disease which swiftly claimed the love of her life in October last year.

Nicki, from Bracknell, said: "I know a fund would have been something Dawn wanted me to do and she would have been honoured that so many people have donated.

"The branch funded massage therapy for Dawn and counselling sessions for me which have been so beneficial."

Dawn loved her job at Wokingham Borough Council as a service manager working in adult social care. Her role had covered social work, sensory needs and the review team and she carried on working for as long as she could before having to take long term sick leave. Sadly, the disease progressed rapidly and Dawn passed away at the Thames Valley Hospice a year after she was diagnosed with MND.



Nicki said: "She was so well liked by everyone and for her funeral the team lined the entrance to the crematorium where they hung rainbow bunting as a tribute to her."

As well as donations Dawn's colleagues left heartfelt online messages in her memory. Many of them described her as a special person with a kind soul while others spoke of her gentle nature and cheeky sense of humour.

We are very grateful to Nicki for setting up this lovely tribute fund with funeral directors Miles and Daughters.

Jane Gilbert

Editor's Note: If you would like to remember a loved one in this way and raise funds to be spent locally please remember to specify the MND Association's **Reading and West Berkshire Branch** in the wording when setting up an online tribute page. Once people have donated to a page it is very difficult to channel funds elsewhere.

All donations to the MND Association in general are, of course, very much appreciated and help to make a big difference to our work.

The kind of stamp duty we like!

Well done to Helen Varley of Glenvale Nurseries in Bradfield Southend for collecting used postage stamps to raise funds for the branch in the busy run up to Christmas.

Helen told her friends and customers on Facebook:

"We're collecting used stamps for the Motor Neurone Disease Association. Just tear round the stamp, leaving 1cm, and drop them off by the front door of our house. Each kg raises £20 - and it's so easy to do! It would be great if we could collect as many as possible, and a big thank you in advance."

The branch can raise funds in this way thanks to Jill Gaisford who has a buyer for the used stamps and has made regular donations for many years. Jill collects ALL stamps – contact her on 01635 868834 or by email to jmg1520@gmail.com

Jane Gilbert



Surviving: lockdown 2 & Christmas under tier 4



I'm sorry if you're fed up with hearing from me, but blame Publicist Jane Gilbert who asked me to write another article, this time about living under lockdown and celebrating Christmas and New Year in the new Tier 4.

Some of you may recall that I said in an earlier article that we live in a five-bedroomed extended property in which both floors are fully self-contained; with our son Phil 1 living downstairs with my wife Chris and myself, whilst our daughter Vicki, son-in-law Phil 2 and our two grandsons - Joseph and Thomas – live upstairs. Ever since September when the grandkids returned to school and their parents returned to work we have been shielding within the house, so we only see them when they're in the garden. The boys usually come up to the French doors and wave.


Thomas and Joseph

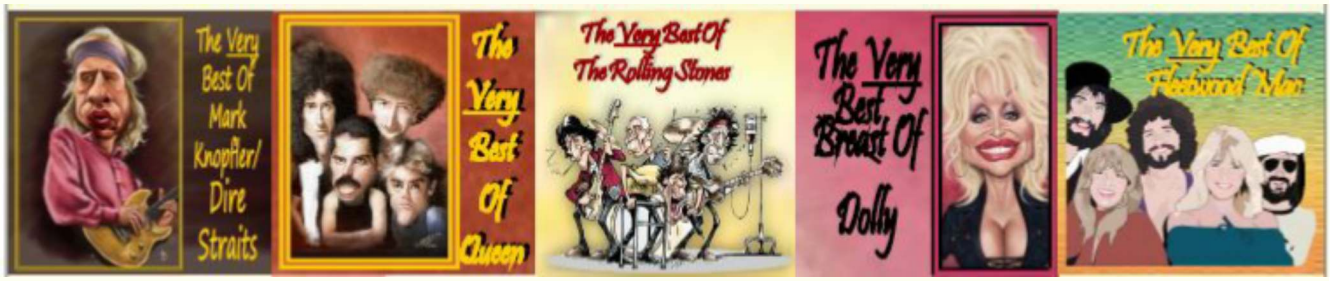
For years I used to get very impatient with people whining in the newspapers and/or on television because they were denied access to grandchildren. After all, you're never going to feel the same way about grandchildren as you do your own children ..... and then our daughter and son-in-law increased the local population by two. Ah well, there goes another theory! How would I feel if I couldn't see them? I would be devastated; absolutely inconsolable! As it is - even though we get to see them playing in the garden - I miss one or other of them climbing up on to the arm of my chair to play one of their games on my laptop.



Christmas was a little different this year. Normally we have eight for lunch on Christmas day: the seven of us in the house plus our son-in-law's mother. Vicki, Phil 2 and Chris share the cooking - utilising both kitchens - whilst Phil 1 'dresses' the dining room and the table. This year the upstairs 'mob' had their own lunch of a small turkey, whilst downstairs we were a little different. I'm the only one of the three who eats meat, so I just had a roast turkey thigh and the other two had something pretending to be meat! After lunch we all went out into the garden where we could observe social distancing whilst watching the grandsons opening their 'prezzies'..... plus, Santa had Christmas off this year!

With all this time to 'kill' whilst shielding I've had plenty of time to continue to do cryptic crosswords and to make puzzles. I recently received another 3-D puzzle and Santa brought me a Wasgij – not exactly a backwards jigsaw but the puzzle picture is different to the picture on the box! The puzzle is usually what someone in the picture on the box is *actually seeing*. It makes it a bit more interesting.

In addition I have been 'working' on my music: I have been making compilation play-lists of the best tracks of artistes/bands, 'burning' them to blank CDs, designing and printing disc labels and the case labels, generally using caricatures. These are some of the resulting case fronts:-





I did consider putting myself forward as the new face/'voice' of MND as nobody has volunteered to replace the late - and sadly missed - Stephen Hawking. My first thought was that my area of research should be different to his, so I started work on a series of booklets on herbs and their use in medicine. The first booklet had the - I think - catchy title: A Brief History of Thyme. Ok, obviously I'm joking, besides I couldn't handle the book signing!

Seriously, HAPPY NEW YEAR everyone!

Alec Jenkins

Resourceful Jacqui bags up some bargains

Loyal supporter Jacqui Warbey has come up with a host of novel fundraising ideas since losing her beloved husband Richard to MND in 2017.

The resourceful mum-of-two has been on sponsored walks, sold winter plants and Christmas crafts all despite the difficulties of lockdown, social distancing and working from home. Better still, Jacqui has persuaded her bosses at Newbury-based Vodafone to match fund all her donations.

Here she writes about her latest money-spinning idea in aid of the Reading and West Berkshire Branch which supported her and Richard during his illness:

I am a bit of a hoarder and find it very difficult to get rid of things that still work or have some use in case I need them in the future. Combining a need to declutter, a desire to raise funds during these difficult times and working from home means that selling unwanted items on Facebook Marketplace was an obvious answer.

Knowing that the local MND Association branch will benefit has made it much easier to let things go. My need to declutter means I do not ask a lot for my items – I just want them to sell quickly.

I dig out something that might have some value, give it a dust or a clean and make sure it is still working. Then I take a photo and some measurements and I am ready to complete my listing. I have managed to sell a diverse range of items: a rowing machine that had sat in the shed for five years, two TVs (one not used for four and a half years, one not used for at least two years), a portable DVD player (it had sat in the loft for about 10 years), a couple of 3D jigsaws, some Christmas lights, a new toilet seat and a wind chime.



Jacqui is pictured dusting off some cricket stumps which sold for £15.
At the time of going to press her total was £150.

As you would imagine, some things sell quickly and others might take a few weeks to find a buyer. People message me and agree a time to collect their purchases from my house and the cash goes into one of my MND Association collection tins to be quarantined. There is the odd time waster who does not turn up and I have learnt not to get too excited when someone asks if my item is still available.

There have also been some happy and rewarding outcomes as well as the environmental benefit of recycling unwanted items. The person who bought my Christmas lights was putting on a festive display at his home to raise funds for one of the cancer charities. One of the TVs went to a man whose mother-in-law had died from MND and although he had initially knocked me down on the price, he gave me the full amount because it was for the Association. A friend spotted the wind chime and I dropped it off together with her Christmas card. She was delighted and said she would think of Richard each time she heard it.

Has Jacqui inspired you?

We would love to hear of your innovative ways to boost our funds.

Thanks for keeping us posted

Our thanks, once again, to Peter Whyte for his wonderful donation of 2nd class postage stamps to the Reading & West Berkshire Branch. We are very grateful for his "little something" gesture – it is huge to us!

Our thanks also to Valerie Smith for her kind donation of stamps. Their generosity has helped us post out this issue of the Newsletter.

Mary Dodds

Star baker Paddy's record cake sale

Star baker Paddy Lunn deserves a Paul Hollywood handshake for the record-breaking cake sales she organised – all from a distance.

Due to Covid restrictions Paddy took orders from friends and neighbours by email for the big bake which marked her impressive 10th year of fundraising.

Then she appeared at half hourly intervals from her garage for all the timed collections.

A delighted Paddy says: "Unbelievably, by the end of the week I had made £800 – the most I have ever done. To think I nearly cancelled it this year, so thanks to Mary Dodds for suggesting I hold it in my garage!"

Paddy's customers were also able to buy cards painted by her beloved husband Rodney who died of MND.

She added: "All 31 cakes are now delivered (and eaten by now, I hope), the marmalade went in two days and there were many generous donations. Thank you to all of you who were able to come and support me in my garage during the week."

We are not sure if Hugo, Paddy's canine companion, pictured dressed in a MND Association t-shirt to welcome customer Barry Dodds, was quite so impressed!



Glenvale Nurseries' spruce boost



Big hearted Helen (pictured above) and Duncan Varley were determined to help fight MND even though their popular charity day at Glenvale Nurseries in Bradfield Southend was cancelled last year.

Instead, they came up with an online click and collect service for people to buy Christmas trees and donate cash to the Association and other good causes.

She said: "We were so disappointed that we couldn't help to raise money for our charities this year so we included some online links for people to donate and some collecting boxes for use when picking up their trees and plants."

Branch fundraiser Lin Jenkins was also able to set up a table in the greenhouse and netted £179 in donations for her festive goods. Some of them were bagged by Helen's friends after she posted photos of the bargains on her Facebook page.

The branch is very grateful to Helen and Duncan for their fantastic support - they even offered their house as a drop off point for used postage stamps being collected to raise funds for the MND Association.

Don't forget to send us your Christmas card stamp collection!

Jane Gilbert

Meet the new Branch Chair



I am honoured to be the new(ish) Chair of the Reading and West Berks Branch Committee.

I started in the role in October 2020 once we were lucky enough to find Andrew and Kerrie who have stepped in to cover the secretary role.

I was Branch Secretary from March 2018 and joined the committee just at the point when the branch was adapting to changes in data protection law, so I got started with the task of updating our contacts and newsletter mailing list. It was definitely a good way to get to know names of people very quickly!

My first contact with the branch was when my dad was living with MND. Like many people, we knew nothing about the disease and turned to the MND Association for support. The branch provided our family with friendship, support, guidance and some funding through the drop ins, carers' meetings, carers' grants and most importantly my dad's lovely AV – Joanna Knott. I knew then that I wanted to give something back to the branch as soon as possible.

I had the opportunity to help in 2014 when the Committee launched an appeal for funds to help buy cough assist machines for use by people living with MND in the local area. I challenged myself to abseil down the National Lift Tower in Northampton. I am not going to lie; it was the most terrifying thing I have ever done but I did get from top to bottom – with the interruption of a short panic attack part way down – and, in doing so, raised more than £1200 to help buy a cough assist machine.

Fast forward to 2018, three years after my Dad passed-away and I saw an advert for Branch Secretary. I had previously given up a very time-consuming volunteering role as a synchronised swimming coach with a local club. For 12 months I had enjoyed my newly found free time in the evenings and I wasn't missing lifeguarding during early morning sessions, while my daughter and other swimmers trained. But… there was a niggling feeling I needed to do something else and I still had the thought, in the back of my mind, that I wanted to help the MND Association.

With perfect timing the branch advertised for a secretary, the role description matched my skills, so it was an easy decision to put myself forward. Joining the committee was like being welcomed by old friends and I immediately felt at home.

As I said at the beginning of this piece, I am delighted and honoured to be the current chair of the branch committee. I am working alongside the most committed, caring, and dedicated group of people that I could ever wish to meet.

I look forward to building with them on the branch's activities: raising awareness, fundraising and supporting local people living with MND and their families because I know that it can make a huge difference.

Jane Westwell

If you would like to change the way you receive newsletters (post or email) or if you do not currently receive your own copy and would like to be added to our mailing list (post or email)

please contact Kerrie Newton:
secretary_rwbmnda@yahoo.com

Meet our new globe-trotting Branch Secretary

My name is Kerrie and I have recently taken over the secretary role for the Reading & West Berkshire branch.

I was first made aware of MND and our local support group in West Berkshire when my dad, George Pearce, was diagnosed with the disease in 2003. As a family we would attend the local drop-in meetings and events which is how I first became involved in volunteering, mainly selling Christmas cards and standing out in all weathers with an MND Association collection pot.

In 2006, I moved to Atlanta, USA, where MND is known as amyotrophic lateral sclerosis (ALS), with my husband Lee. Once settled, I joined the ALS Association of Georgia and was an active committee member. During my four years in Atlanta, I helped organise and manage the Annual Walk to Defeat ALS fundraising and awareness event for the state of Georgia, plus organise the annual Christmas parties for all the families living with MND. I also helped on home renovation projects like ramp building.

In 2010 we moved to Miami and two years later we relocated to Dubai which sadly meant I had to stop being a committee member.

February 2019 saw us on the move again! Lee and I along with our two children, aged four and two, and our blind Jack Russell moved back to Newbury.

We decided after almost 14 years of being away that we would come home to be closer to our families and the children could grow up around their relatives (before Covid of course!)

It was a crazy first year with buying a house, spending time with loved ones and adjusting to the colder temperatures.

It means so much to me to be able to be part of the Reading and West Berkshire branch again and it is great to see some old familiar faces plus meet so many new members. I hope one day soon we will be able to go back to face to face drop-in sessions where I very much look forward to meeting you all.

Kerrie Newton



Kerrie is pictured with her smiling dad George, taken about a month before he died of MND, and her mum Claire.

Welcome to Andrew Wall our IT wizard



The branch management committee is now lucky to have use of the skills of Reading IT consultant Andrew Wall.

Andrew shares the role of Secretary with Kerrie and is making sure our database is kept accurate and up to date – no mean feat under the new data protection laws.

A long-time friend of Mary and Barry Dodds, Andrew prefers to work quietly in the background and has produced some excellent work.

He is the talent behind the clever videos and graphics on Facebook which our social media followers have all enjoyed.

Mary Dodds, who met Andrew through Reading Sea Cadets, says:

"Over the past 20 years he has helped me many times with his IT skills especially with help in designing posters and price lists for events like the Royal Berkshire Show.

"During 2014 Andrew helped me enormously with the development of the branch Facebook page. It is great to have him onboard now as a committee member."

I.T.M.A. (It's That Man Again) with another quiz!!



Question Sheet #1

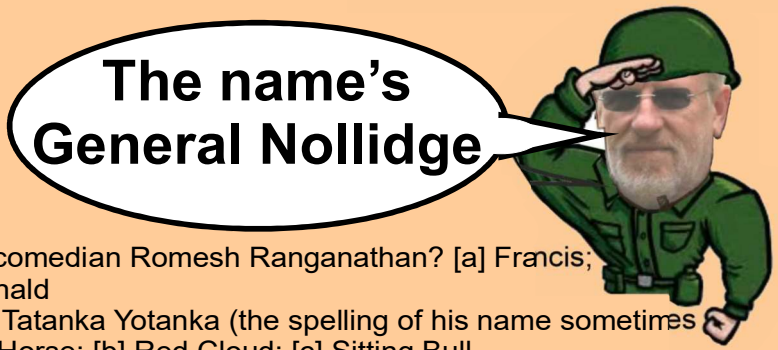
Black Velvet; Cosmopolitan; Manhattan; Margarita; Moscow Mule; Pina Colada; Rusty Nail; Sidecar; Tom Collins; White Russian





1 Vodka, Ginger Beer & Lime Juice
2 Vodka, Coffee Liqueur & Cream
3 Drambuie & Scotch Whisky
4 Tequila, Triple Sec & Lime Juice
5 Cognac, Orange Liqueur & Lemon Juice
6 Guinness & Champagne
7 Gin, Lemon Juice & Soda Water
8 Rum, Coconut Cream & Pineapple Juice
9 Vodka, Orange Liqueur, Cranberry Juice & Lime Juice
10 Whisky, Vermouth & Bitters

Question Sheet #2



11 What is the actual first name of comedian Romesh Ranganathan? [a] Francis; [b] Jonathan; [c] Peter; [d] Reginald
12 By what name is Lakota (Sioux) Tatanka Yotanka (the spelling of his name sometimes differs) better known? [a] Crazy Horse; [b] Red Cloud; [c] Sitting Bull
13 How many legs has a Katydid? [a] 2; [b] 4; [c] 6; [d] 8
14 Most people are familiar with the phrase "hoist with his own petard", meaning to be harmed with something meant to harm someone else. But what is a petard?
15 What is Galeophobia a fear of, [a] sharks; [b] needles; [c] the dark; [d] flying
16 According to Forbes list of the world's richest people did [a] Bill Gates (Microsoft); [b] Mark Zuckerberg (Facebook) or [c] Jeff Bezos (Amazon) top the list in 2020
17 Approximately 900 streets in America are named after whom [a] John F Kennedy; [b] Martin Luther King Jr; [c] Neil Armstrong
18 In the computer abbreviation PDF, what does the F stand for [a] file; [b] format [c] frequency
19 What is the equivalent temperature on the Fahrenheit scale of 10 degrees Celcius: [a] 30; [b] 40; [c] 50
20 Which Locomotive holds the speed record for steam power: [a] Flying Scotsman; [b] Rocket; [c] Mallard

Congratulations on our 100th issue


READING & WEST BERKSHIRE BRANCH
MOTOR NEURONE DISEASE ASSOCIATION

NEWSLETTER

Issue No. 11 Date: May 2000

FORTHCOMING EVENTS

AGM and Open Meeting

17th May at 7 p.m. at Duchess of Kent House. Following the AGM will be a talk and audio visual on Reading by Douglas Noyes.

Light refreshments.

* Two helpers are needed at 6.30 p.m. to help set up the room.

OPEN MEETINGS:

5th June at 7p.m. in the Long Gallery, Englefield. Millennium Celebration. George Levy, Chief Executive will come and talk about the work of the Association and his current work on NICE (National Institute of Clinical Excellence). Wine and snacks.

* Three helpers are needed to help set up chairs at 6.30 p.m.

REGIONAL CONFERENCE - 21 May at the Moat House Hotel, Shepperton, Surrey. Details from Headquarters 01604 250505.

8th October - THE READING WALK. We are looking for walkers of all abilities and sponsors to raise funds for MNDA - see article overleaf.

When I joined the committee in May 2000 the newsletter was Issue 11 and edited by Katie Montague-Johnstone. She had been recruited by our former Association President Lady Hallifax's inimitable persuasive skills.

How things have changed! It was two pages of A4, black print on coloured paper. Branch contacts were a phone number and a fax number!

By 2002 Issue 16 was in a new format - still four sides of A4, printed in black but now on white paper by Kall Kwik Printers. It was published every couple of months, and so Issue 26 appeared in April 2004. The new format came about because of a change of editor. Mary Watson, a friend of a man living with MND, was persuaded to take it on - again Lady Hallifax worked her magic.

In this new format there was concern about photos – in black and white it was very difficult to see who's who - so in June 2004, four sides of A4 were published in colour. With more content it became a six-page newsletter with fewer editions. I noticed that it was at this time that blue t-shirts and the new logo were introduced. Email addresses alongside phone numbers were now included and it was in July 2004 that the branch website was launched (in October 2004 a newsletter item shows our new Secretary Kerrie Newton née Pearce with her friend fundraising for the branch!).

The use of colour for these few editions was obviously a trial; a decision was made to continue with colour from then on as the cost benefit was deemed acceptable. There are eight pages by Issue 54 in 2009.

In January 2012, after approximately ten years Mary Watson retired and the search was on for a new editor. In the interim Association Visitor Colin Moss and Mary Davidson worked jointly till July 2013 when Mary Davidson switched from being responsible for the website to being newsletter editor.

Mary had responded to a request for a website advert posted sometime earlier and having more experience with the technology software available and Mary Watson's expertise she had tentatively thought she could cope with whatever was needed to produce a newsletter. And what a good job she does! Thank you, Mary Davidson.

A lot of work goes into the newsletter and the biggest influence over the years has been a publicity officer who knows its value and ensures that there are articles being written by a variety of members and supporters. Compiling a list of interesting items, asking people to write, liaising with the editor about publication dates, keeping on top of what's happening, keeping the committee up-to-date and writing quite a considerable amount each time as well as proofreading each edition - this is a big ask! The branch is so fortunate in having a professional journalist in this role! Thank you, Jane Gilbert.

And now we've reached Issue 100 and congratulations are due to all those whose stories have been included and who have contributed over the years!

Margaret Moss

£5k boost to MND research appeal

The branch has donated an extra £5k to the MND Association's vital research work thanks to all our wonderful supporters.

We were able to respond generously to Chief Executive Sally Light's 2020 Research Appeal and gave consent for the trustees to use their discretion in allocating the funds.

Sally Light says the cash will help push towards life-changing breakthroughs which are closer than ever before. This was shown at the Association's spring research funding round which saw the highest number of top-rated projects in the Association's 40-year history.

She wrote: "The potential impact of the research coming through is very clear and I appreciate your help in funding this vital work.

"Your support makes a great difference, now more so than ever, and I am very grateful for all that you do.

"Together we will keep fighting for the future that we all want – a world free from MND."

Jane Gilbert

Can we help with a support grant?

Contact your Association Visitor or email ReadingMND@hotmail.com to discuss.

MND Support Grant (Care) up to a maximum of £1500 per application. Predominantly equipment or adaptations requiring a professional assessment.

An MND Support Grant (Care) must be accompanied by an assessment from the relevant Health or Social Care Professional. The person receiving the grant will be informed who has provided the funding (Branch or Group/ Support Services /shared).
Examples of funding would be contributions towards: -

- Adaptations to property
- Stairlift rental/purchase
- Washer dryer toilet
- Respite care costs
- Riser recliner armchair

Included in support grant limit of up to £3000 in a rolling 12-month period

Quality of Life (QOL) Grant up to a maximum of £500 per application. Serves to support both the person with MND and the family.

Does not require a professional assessment and enables the person with MND to purchase equipment, services or facilities which help maintain their independence, dignity, comfort and social connections. Can also be used to contribute to the cost of things which promote the well-being of the person with MND and immediate family.
Examples of funding would be contributions towards: -

- Adaptations to the home not requiring an assessment
- Support with essential garden and home maintenance
- Keeping connected e.g. tablets for accessing social media and video calls
- Hobbies and interests
- Special transport
- Accessible/adapted holiday venues

Included in the support grant limit of up to £3000 in a rolling 12-month period.

Carer's and Young Carer's Grant up to a maximum of £500 per application per rolling 12 months

Supports the main unpaid carer (aged 16+) for someone with MND to allow them to take a break from caring duties and/or promote the well-being of the carer or young carer.
Examples of funding would be contributions towards: -

- Hobbies and interests
- Keeping connected e.g. tablets for accessing social media and video calls
- Short breaks

Outside of £3000 support grant limit and can be applied for up to 12 months post bereavement.

Children and Young Person's Grant up to a maximum of £250 per person per rolling 12 months

Must be 18 or under and residing with a person living with MND or parent/guardian has MND. Examples of funding would be contributions towards: -

- Driving lessons
- Hobbies and interests
- Keeping connected e.g. tablets for accessing social media and video calls
- Holiday/school trips

Outside of £3000 support grant limit and can be applied for up to 12 months post bereavement.

Our Christmas cheer was virtually here



The branch is grateful to Liz Cable, lifestyle lead at Winchcombe Place, who kindly took this photograph of Anne for her to share with her friends.

We missed seeing our friends and supporters face to face at the usual events and made sure that some festive cheer was virtually here.

Cream teas or gifts were home delivered to local people living with MND with the option to join us for an on-screen get together.

Several committee members chatted via Zoom to Alec and Chris Jenkins with Margaret Bowman and her family, all from Newbury.

Alec said: " I really enjoyed catching up and the scones were the best I have ever tasted."

Margaret said the lemon drizzle cake was a hit in her household.

The surprise delivery of a plant with twinkling lights on Christmas Eve also delighted our friend Anne Smith who is now a resident at Winchcombe Place in Newbury.

Anne, who is a regular at our normal drop-ins, spent the first Christmas in 30 years apart from her husband due to the Covid-19 restrictions.

Plans are now underway for a virtual **drop-in via Zoom** on **February 2nd at 3pm.** If you would like to join the drop-in please contact Kerrie Newton (secretary_rwbmnda@yahoo.com) to obtain the link and password.

If you need any help with how to work Zoom or would like to have a chat function if speaking is difficult please contact Adele Petcher, the Association's Area Support Co-ordinator, 01604 800610 or email adele.petcher@mndassociation.org.

The Association can also help with a Quality of Life grant up to £500 for anyone who needs to buy equipment for this.

We look forward to 'seeing' you then!

Jane Gilbert

The year Christmas card sales went viral

This year I was not able to sell any of our MND Association Christmas cards face to face as usual with curbs on charity events due to Covid-19.

Not to be defeated, I got my thinking cap on and came up with the idea of a video showing all the stock we had to sell. To achieve this, I called on my good friend Andrew Wall, our new database secretary and IT expert, and put my plan to him. Within a few days a festive video was uploaded to the branch Facebook page displaying each pack of Christmas cards. This has proved to be most successful and the response we received from our loyal MND family and friends has been phenomenal.

Our video reached far and wide with cards purchased by supporters in Berkshire, London, Dorset, Hampshire, Ireland and America.

Thank you everyone!

Mary Dodds



Many people across Wokingham Borough became unpaid carers overnight when lockdown was imposed in March, increasing their responsibilities to look after older, disabled or seriously ill loved ones and relatives instantly.

Some carers found themselves in a particularly challenging position. Healthwatch Wokingham is launching its Caring During COVID-19 campaign to give unpaid carers a voice.

We want to hear what caring during the pandemic has been like and how things need to change going forward, particularly with the virus still in circulation.

Neil Bolton-Heaton, Head of Healthwatch Wokingham, said: "Many unpaid carers have already told us their stories about caring during covid, these have included issues accessing services, medication and general support but also that their caring responsibilities have increased. Through our project *"Caring During COVID-19"* we want to have a greater understanding of the issues they face and would encourage all those caring for a family member or loved one to come forward and speak with us".

Carers can take part in our survey in a number of ways:

- Complete the survey online via our website; www.healthwatchwokingham.co.uk
- Call us: 0118 418 1418
- Email us: carers@healthwatchwokingham.co.uk
- Contact us via our social media channels: Facebook, Instagram (healthwatchwokingham) or Twitter

Write to us at:

Healthwatch Wokingham

Town Hall, Market Place

Wokingham RG40 1AS

Quiz answers

1 Moscow Mule
2 White Russian
3 Rusty Nail
4 Margarita
5 Sidecar
6 Black Velvet
7 Tom Collins
8 Pina Colada
9 Cosmopolitan
10 Manhattan

11 b Jonathan; His parents gave him an anglicised first name so that prospective employers looking at his application form would think he was English.
12 c, Sitting Bull
13 c, 6: it's a type of cricket (the name is based on the sound they are said to make rubbing their hind legs together)
14 A small bomb (from a French word meaning fart!)
15 a, Sharks
16 c, Jeff Bezos - Bill Gates was second and Mark Zuckerberg was seventh
17 b, Martin Luther King, Jr
18 b, format - Portable Document Format
19 c, 50
20 c, Mallard

Branch Contacts

Chair
Jane Westwell
07449 176173

Branch Contact
07760 854975
ReadingMND@hotmail.com

Secretary
Kerrie Newton
secretary_rwbmnda@yahoo.com

Treasurer
Ed Gryglaszewski
0118 9789069

Publicity
Jane Gilbert
ReadingMND@hotmail.com

Newsletter
Mary Davidson
mary@rfdg.org.uk