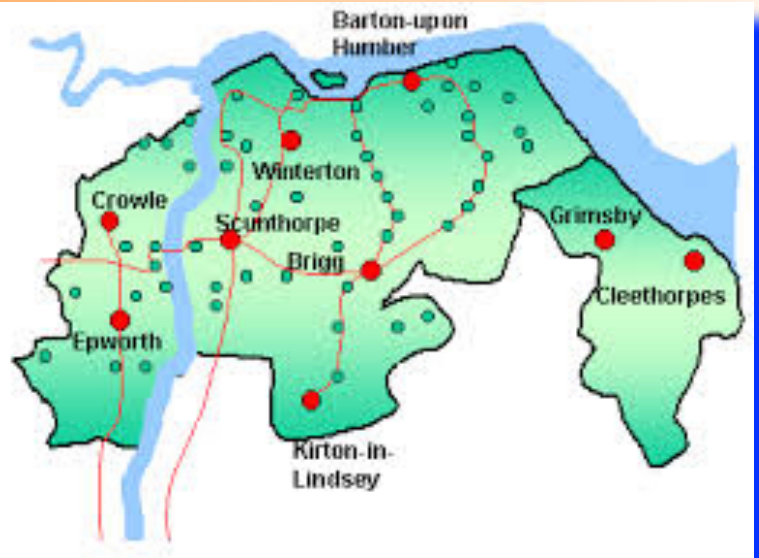


Registered Charity No. 294354

North & North East Lincs. MND Group



Welcome to our latest newsletter and we hope you have had a good Christmas break and send you warmest wishes for 2019.

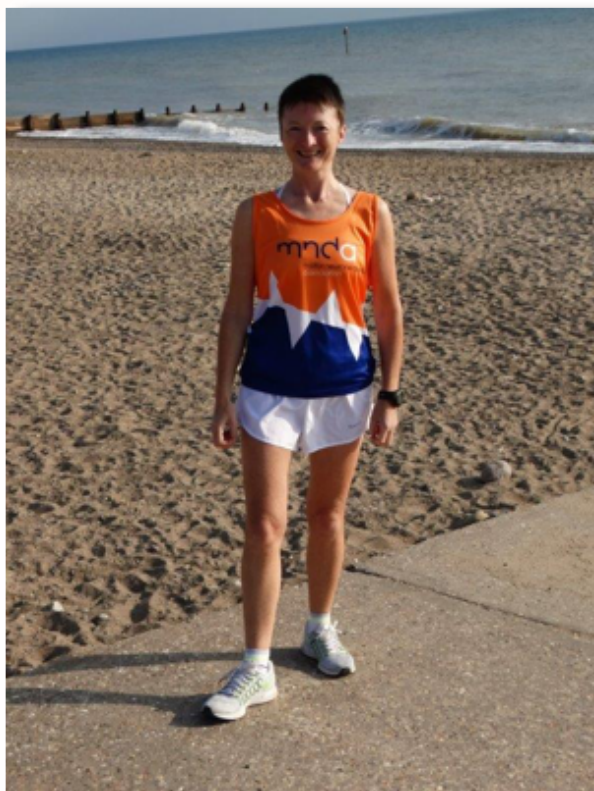
As well as campaigning, visiting and raising awareness there has been some great fund raising.

Our bank balance is currently just over £10,000.

There are plenty of fundraising events planned for 2019, including a race night, a golf day, a Bake-it, Silence speaks, sponsored walk etc. More information later.

If you would like to be involved with any of our events, or would like some help with organising an event, please get in touch.

All money raised goes to support people living with or affected by MND.



Got a bucket list that needs finishing (or starting)? Why not add some fundraising to your effort - as Imelda has done.

Ahead of her impending 50th birthday, Imelda McDonnell decided to remove completing a marathon from her bucket list. Despite 25C temperatures on the day, the task was successfully achieved at the Hornsea Running Festival on 2 September 2018, raising over £2,600 for the Motor Neurone Disease Association in the process.

Imelda is an Association Visitor in the Lincolnshire area and wanted to complete this challenge in order to benefit those with MND in their lives who face daily challenges of their own.

Forthcoming Local Events



Our garden centre meeting dates for the first 6 months of 2019 are as follows:

- ◆ Brigg Garden Centre, Monday 28th January, 2.00 – 3.30pm
- ◆ Pennells Garden Centre, Monday 25th February, 2.00 – 3.30pm
- ◆ Brigg Garden Centre, Monday 25th March, 2.00 – 3.30pm
- ◆ Pennells Garden Centre, Monday 29th April, 2.00 – 3.30pm
- ◆ Brigg Garden Centre, Monday 20th May, 2.00 – 3.30pm
- ◆ Pennells Garden Centre, Monday 24th June, 2.00 – 3.30pm

Brigg Garden Centre, Bigby High Road, Brigg, DN20 9HE

Pennells Garden Centre, Humberston Road, New Waltham, Grimsby, DN36 4RW

Motor Neurone Disease Association
PO Box 246
Northampton NN1 2PR
Tel: 01604 250505
www.mndassociation.org

Registered Charity No. 294354



Volunteering



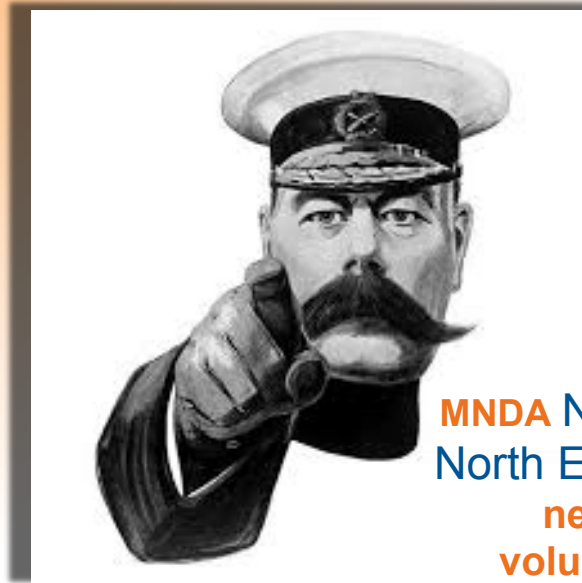
Join MND North and North East Lincs campaigning

Volunteers are critical to our campaigning work and there is a role for everyone. You can do as much or as little as you like. Discover how you can help make a difference to people with motor neurone disease by campaigning.

Sign up to the MND Association's Campaign Network for details about our campaigns and how you can get involved. Whether it's signing a petition, writing a letter or speaking to your local politician – you decide how much time and commitment you spend on campaigning.

- It's free, and you can do as little or as much as you like.
- You will receive regular updates on our campaign activities and how you can participate.

You can sign up easily online at www.mndassociation.org/get-involved/campaigning-influencing/join-us/campaign-network/



MNDA North and North East Lincs needs volunteers

Could you give 2-4 hours a month to help support people living with MND in the area?

ROLES available within Care, Fundraising, Campaigning and lots lots more!

Induction and ongoing support given.

To find out more please contact:

Sarah Milner

07501682092

sarah.milner@mndassociation.org



Personal Stories - my Hospice days.

In September 2017 I was referred to Lyndsey Lodge Hospice in Scunthorpe by the local multi-disciplinary team (this can also be arranged through your GP) to be a day care 'in-mate' (my words).

I called to arrange a date with the hospice nursing staff and was asked which day I would like to attend. I asked for a Monday - but it was suggested that a more 'suitable day might be Wednesday. Why? Because the nursing staff and volunteers need to have a balance amongst their day care patients so as not to overwhelm their support systems by having too many patients with similar needs or requirements. Thus, the hospice ensures a beneficial experience to the day care patient, the nursing staff and the volunteers.

I was initially sceptical about what the hospice could offer me - thinking that a hospice was a place you go to die - how wrong could I have been. It was a surprise to me to find that the hospice (all hospices for matter) offer quite a wide range of support to suit every patient.

So my big question was '**what is the difference then between a hospital and a hospices**' I sum it up as; **whilst hospitals cure- hospices care**. By that I mean hospice nursing staff are able to take the time and use their experience to build up a personal profile/care plan for each patient. They get to know your physical needs, your emotional/mental needs and offer support for your personal objectives.



Foremost is medical care - the nursing staff are fully qualified and are supported by a range of local primary care services. Hospice nursing staff also offer such information as prevention of pressure ulcers - advice on pain control - guide you towards other therapies that may help.



A range of physical therapies are available such as: massage, breathing control exercises, sleep advice, help and support with my lymphedema (swollen feet and ankles). I suffer greatly from swollen feet due to the fact that I sit in my wheelchair all day and night.

Complementary therapies such as Reiki - where practitioners use a technique called palm healing or hands-on healing. Other therapies are also available.

Other support that can be accessed through the hospice are: bereavement support and spiritual support to name but a few.



Typical Day:

- ◆ Morning - Tea and biscuits/chocolates courtesy of volunteers/donations.
- ◆ Morning chat with everybody - nurses, volunteers and fellow 'inmates'.
- ◆ Lunch - and very tasty it is too.
- ◆ Afternoon quiz, occasional visiting volunteers - pet-a-dog, musicians, school children with songs and stories.

Additional services via volunteers: hairwashing, cutting, grooming. nail painting, hand massage.

Best of all, for me anyway, is the feeling of camaraderie with good humoured fun and 'memory recall' sessions (sometimes called the quiz).

Each hospice operates within a defined area: for North East Lincs I believe St. Andrew's hospice serves your area



A hospice offers so much more than a place to die.

Further Information:

MNDA Magazine - [Thumbprint](#)

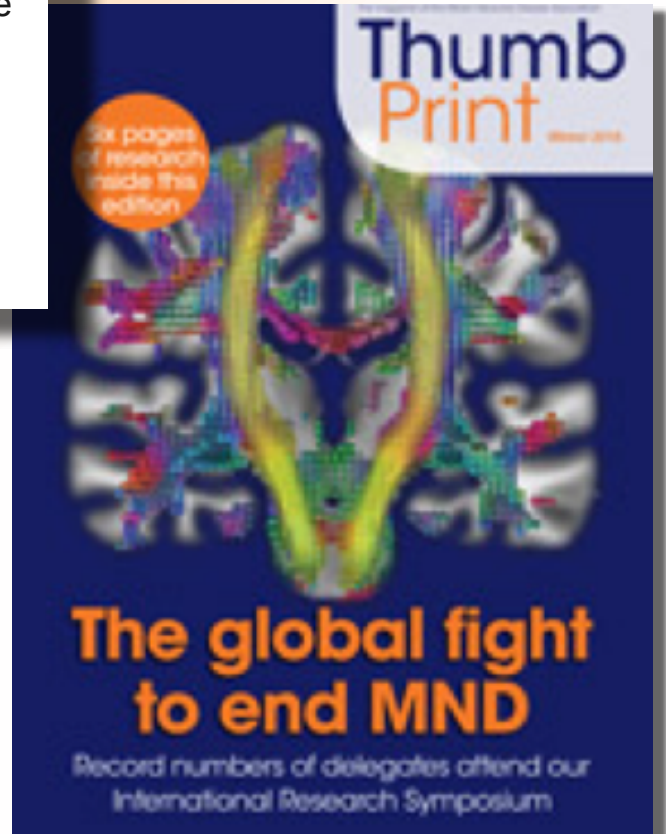
Thumb Print – MND Association Magazine

Find the latest MND care, research and campaigning news together with reader's heart warming stories in our quarterly magazine, Thumb Print.

SHEFFIELD MND CARE AND RESEARCH CENTRE



Everything you wanted to know about MND research – very informative website.



Meet the volunteers

Meet the North & North East Lincs MND Group



Chris Dyer

Association
Visitor

07811 379 437



Nick Tyson

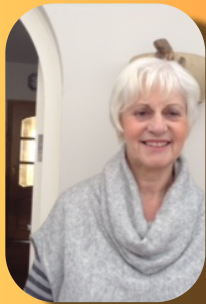
Association Visitor
& Group Finance
Officer

07960 401 977

Charles Dowie

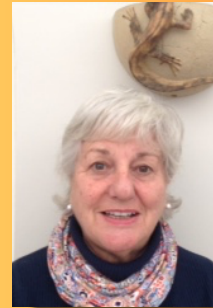


Newsletter Editor



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Fundraising
Volunter



Heather
Hasthorpe

Fundraising
Volunteer

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Development Co-
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