

Welcome to our newsletter. You'll notice that it has a different look for this issue and this is in line with the Association's new visual identity guidelines. Most obvious is the new logo which is based around the idea of connections. This represents the way in which MND disconnects people from their own bodies and their lives but also the Association's reconnection of people to their quality of life and their families and friends. We hope you enjoy the new-look newsletter and find it of interest. If there is anything that you would like to see in the newsletter then please let us know. Additionally if you have any stories, contributions or items of interest then please send them to us. Please see the contact details on page 4.

Taste of Thai Triumph!

On 21st October nearly 100 members and supporters of the Branch gathered at the Fox Pub in Palmers Green for a Branch fundraising evening.

After feasting on a variety of starters, the assembled were treated to a spectacular performance from two dancers from the Thai Dance Academy in full traditional costume. After the delicious main courses, the dancers performed again complete with change of costume, music and tempo. The all-important raffle completed the evening and everyone left full, happy and a few

quid lighter. Our thanks go to those who donated a wide range of prizes including bottles, gifts and treats.

In total, the Branch made £560 from the raffle with a further £995 on the tickets and donations on the night bringing a fantastic total of £1,555.

Well done to Gay, Rachel, Julie and Caroline for another superbly-organised event. The detailed planning and assortment of decorations and orchids put the finishing touches on what was a thoroughly enjoyable evening.



The Thai Dance Academy showcase their skills

Enfield Town FC



The Branch was delighted to be contacted by Enfield Town FC who have chosen us as one of their designated charities for this football season.

So far, a number of the committee have been up to Enfield's home ground of Brimsdown to watch the mighty Town and have seen our new banner which takes pride of place behind one of the goals. In addition we did a collection at their evening game on Tuesday 13th October and collected over £200 for Branch funds.

We were very pleased to welcome both the Vice-Chairman of the Club, Martin Cantrell and his wife to the Thai Buffet evening. Mr and Mrs Cantrell were kind enough to donate two raffle prizes, on behalf of the Club.

We very much hope to develop this relationship over the season, which we hope will be a successful one for us both. For more information about the Enfield Town and their progress please see www.etfc.co.uk



Branch members collecting at Brimsdown on 13 October

Professional Feedback

The Branch paid for Freya Bell, a Speech and Language Therapist to attend the Association Conference in Birmingham. She reports back:

'As rather a newly-qualified Speech and Language Therapist, the opportunity to go to the MND conference in Birmingham was daunting, but very exciting. I attended with a colleague, an Occupational Therapist as we decided to take a multi-disciplinary approach to learning. Haringey, where I work, has a relatively high number of people with MND, and we are very focused as a primary care trust on making a clear, effective pathway for those with MND. We would like to increase the awareness of MND in the community and amongst other health colleagues.

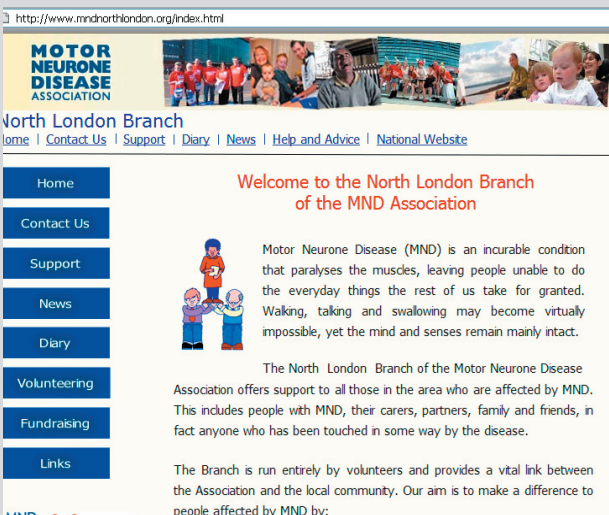
The conference was an all-round fountain of knowledge which satisfied my enthusiasm for working with this condition. An emotional finish, to say the least was 'The

Impact of MND on the Family', which had everyone in the conference empathising with the difficulties these people and their families have to face. I don't think there was a dry eye in the house. If only all therapists and health professionals could attend this conference, our empathy and drive to create clearer pathways and support for MND would accelerate.

Overall, the care package for those diagnosed with MND needs constant development and we need to strive as professionals to provide the best standard of care possible. I will hopefully attend this conference annually as I believe I will always benefit from the amount of information and experiences the speakers provide us with. Haringey has collaborated well with the MND association for existing patients and will continue to take advantage of their expertise and support through what can be emotional and challenging cases.'

New website for North London

We are delighted to advise of the Branch's new website which can be found at www.mndnorthlondon.org thanks to our wonderful new committee member, Rachel Boothby, who joined the Branch earlier this year.



http://www.mndnorthlondon.org/index.html

MOTOR NEURONE DISEASE ASSOCIATION

North London Branch

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Welcome to the North London Branch of the MND Association

Motor Neurone Disease (MND) is an incurable condition that paralyses the muscles, leaving people unable to do the everyday things the rest of us take for granted. Walking, talking and swallowing may become virtually impossible, yet the mind and senses remain mainly intact.

The North London Branch of the Motor Neurone Disease Association offers support to all those in the area who are affected by MND. This includes people with MND, their carers, partners, family and friends, in fact anyone who has been touched in some way by the disease.

The Branch is run entirely by volunteers and provides a vital link between the Association and the local community. Our aim is to make a difference to people affected by MND by:

Within a few short months of Rachel joining the Branch, we now have our own website.

The site has a vast array of information including how the Branch Visitors support people living with MND, fundraising, contact details and dates of forthcoming events. We hope it will be a much used resource for all members and for those who have not yet heard of the Association and need to access information.

Summer Get-together

Harry Rice Hall was the successful venue once again for our Summer Open Meeting at the beginning of July. We were delighted to host Jan Clarke, the specialist MND nurse from National Hospital Queen Square and Katie Sidle.

It was a wonderful evening with a great turnout and superb catering and it was a good opportunity to meet with other members and supporters. We intend to have a similar evening for Christmas on 8 December at the same venue so do come along!

Waitrose Collections

Instead of allowing charities to collect at stores, Waitrose now gives shoppers a number of green plastic discs according to how much they spend and ask to choose one of three charities to dispense the discs into a Perspex box. A share of £1000 is then distributed amongst the chosen charities. All you need to do is complete a form from inside each individual store. If you have a local Waitrose then please do pop in and see if the North London Branch could be one of the recipient charities.

Aims of the Association

- To provide care and support for people living with MND
- To promote scientific research and provide funding to specialists seeking to find treatments and ultimately a cure for this disease
- To speak on behalf of people with MND, demanding the best possible standards of care and campaigning locally and nationally
- To increase awareness of this disease

News from National Office

New chairperson-elect for MND

Mark Todd MP has been voted to become the chairperson-elect of our board of trustees following a ballot of members. His appointment was confirmed at the 24th AGM on 12 September.



MND chairperson-elect
Mark Todd MP

Since his election to the House of Commons in 1997, helping people with MND in his constituency (S. Derbyshire) as well as supporting the work of the MND Association has been an important part of Mark's parliamentary career.

He is a founder member of the All-Party Parliamentary Group on MND and has served as chair during its nine year history. This group has been enormously influential, particularly in persuading the government and the National Institute for Health and Clinical Excellence (NICE) to progress work on making non-invasive ventilation more accessible to people with MND who have difficulty breathing.

Carers' Rights Day 4 December 2009

Carers want the same life chances that other people enjoy - good health, financial security, the right to a family life, opportunities to work and pursue their own interests. But the reality for many carers is vastly different. Carers' Rights Day raises awareness of the needs of carers with policy makers and professionals.

Estimates suggest that 40-60% of disability benefits go unclaimed. There are no firm statistics on the take-up of carers' benefits but it is estimated that £740 million of carers' benefits goes unclaimed each year.

Every year, more than 2 million people become carers for the first time. Those new to caring need straightforward and accessible information about their entitlements. Time after time carers say they need clear information and this is what Carers' Rights Day is about.

For more information visit www.carersuk.org

Clinical trials news

The Association is currently funding a clinical trial of the drug lithium carbonate, which is taking place at ten centres around England. Lithium carbonate has shown some promise in the laboratory and the London centre for the trial is still recruiting people with MND to take part. Participants will be on the trial for 18 months and would need to travel to the centre a total of 14 times during this period; this would include weekly visits for the first four weeks. Travel expenses can be covered.

The trial is open to people with ALS who experienced their first symptoms six months to three years ago. They need to be taking riluzole but should not already be taking lithium. The trial is not open to people who use non-invasive ventilation or have a PEG. People who wish to take part can obtain more information about what's involved by contacting the trial centre. The contact details are listed below.

The Research Development team at the MND Association would also be happy to answer any questions and provide more detailed information about what's involved in taking part in the trial. They can be contacted at research@mndassociation.org or on 01604-611880.

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Say hello, wave goodbye

It was with sadness that the Branch heard that the indomitable Liz Garood has left the Association. Her departure will not just leave a massive gap in the services provided to people living with MND but her down-to-earth manner and sheer dynamism as well as her friendship will be a big loss to the Branch. We have made her PROMISE to keep in touch.

The Branch would like to welcome Annabel Lotsu, our new Volunteering Development Co-ordinator and our wonderful new Association Visitors, Holly Goodman and Charitha Atukale all of whom are wonderful new additions to the Branch team.

DONATIONS & FUNDRAISING

Taylor tribute fund walk	£689
J Austin.....	£557
McCarthy Fund	£400
P Randall - Tea Party.....	£500
M Whiteley Donations	£295
Tin collection	£13
Pat Randall	£1,050
Car boot sale dunne.....	£100
Jean Claude Madrange.....	£30
Sheila Clifford	£1,850
Thai night.....	£1,555

Grateful thanks to all donors and fundraisers



For information, advice and support MND Connect 0845-762 6262.
Monday - Friday 9am - 5pm and 7pm - 10.30pm

Dates for your Diary

8 December..... 8pm
North London Branch Christmas Get-together
The Harry Rice Hall
Hargrave Park N19 5SH
21 March Branch AGM

BRANCH COMMITTEE

CHAIR..... CLARE CHADWICK

SECRETARY JULIE WATSON
020-8882 2233

TREASURER..... SONAY SUAVI,
GAY WATSON

WEBSITE RACHEL
BOOTHBY

BRANCH CONTACT
GEORGE MALOY 020-7226 3126

ASSOCIATION VISITORS

CAROLINE MACDONALD, HOLLY
GOODMAN, CHARITHA ATUKALE,
GEORGE MALOY