

Hertfordshire Branch Newsletter

Branch Patron Dr. Viv Lucas

September 2025

Printed by the University of Hertfordshire



Kent has kindly allowed us to put one of his photographs on the front of the Newsletter. A keen photographer, this photo was taken of the Broadway in Letchworth in mid-autumn. If you have any favourite photographs we are always happy to put them in the Newsletter.

The MND association website is: www.mndassociation.org

The National Office Helpline No: 0808 8026262

Motor Neurone Disease Association Registered Charity No. 294354



FIGHTING MOTOR NEURONE DISEASE



By the time you read this, the nights will really be drawing in and Autumn well under way, but I'm writing this on a glorious sunny day with all the doors and windows open. Sometimes the weather this summer has been far too hot for me and the plants in my garden, but I've enjoyed the opportunities to sit outside and catch up with friends. I hope you have too.

We have managed to hold our monthly meetings at **the Three Horseshoes** outside since the early spring and the outside space has made it easy for us to move around and chat with different people.

The Branch Committee is actively looking for new members.

Since Kent stood down and I was appointed as **Chair**, we have been without a **Secretary** and we would benefit from having a **Vice Chair**. The roles sound official but honestly the work of the Committee is not too onerous. We meet as a committee, every couple of months and try to attend the **monthly get togethers at Hooks Cross and Box Moor**.

Being on the Committee is a useful way to support people with **MND**. If you know of anyone who may be interested in joining us, please put them in touch with me and I'll be happy to talk about what we do.

* Finance Report – July and August 2025 *

The last 2 months have seen a pleasing number of Fundraisers for our Branch. Our own annual **Walk to D'Feet MND at Stanborough Lakes** raised a commendable **£570.00**. **Robert Delarrabeiti** has now raised over **£3,700.00** for the branch, **JJK Fitness** has donated a further **£1,000.00** and the **Rotary Club of Stevenage Grange** has raised **£800.00** on our behalf with a series of **Raffles** held in **Stevenage Market**. Recently the event **'Folk at the Orange Tree' in Baldock** raised **£620.00** from a **branch-run Raffle** and many generous donations.

We have also received in memoriam collections and small regular donations. These fundraisers have also meant that we have received, to date, a further **£507.64 in Gift Aid**. Over the last 2 months we have been able to fund all manner of requests including: 3 Riser Recliner Chairs, Stair Lift, Wet Room, Specialised Equipment, Gym Membership and Massage Sessions, Carer's Holiday and Taxis to Appointments, Meetings and Outings.

Heather

Thank You

- - - Branch News - - -

The branch Christmas Lunch at the Three Horseshoes will be on Monday 8th December 12pm

Please let me know if you would like to join us and your menu choice.

Thank you. christine.carter@mndassociation.org



Festive Menu



STARTERS

Roasted Carrot & Ginger Soup, Toasted seeds, sourdough toast, salted butter **VEA/NGA**

Severn & Wye Smoked Salmon, Lilliput capers, red onion, chives, lemon, malted bloomer bread, salted butter **NGA**

Roasted Red Onion & Brie Tart, Watercress, olive oil, cranberry sauce **V**

Chicken, Cranberry, Port & Orange Pâté, Tracklements caramelised onion marmalade, toasted sourdough, watercress **NGA**

MAINS

All served with tenderstem broccoli & Brussels sprouts, roasted carrots & parsnips

Roast Turkey, Sage, smoked bacon & sausage meat stuffing, Old Spot sausage wrapped in smoked bacon, roast potatoes, buttery roast gravy **NGA**

Slow-Cooked Beef, Baby onions, rich red wine jus, buttered mash **NGA**

Pan-Roasted Chicken Supreme, Black garlic & smoked bacon cream sauce, buttered mash **NGA**

Pan-Seared Salmon Fillet, Herb crumb, crispy new potatoes, spinach cream sauce, caramelised lemon **NGA**

Parsnip & Cranberry Loaf, Mixed seeds, hasselback potatoes, rich roast gravy **VE/NGA**

DESSERTS

Mac's Stronghart Christmas Pudding, Brandy sauce, strawberry **V**

Chocolate & Cherry Mousse, Crunchy biscuit base, cherry & chocolate mousse, cherry compote, black cherries & chocolate pieces, clotted cream ice cream **VEA/NGA**

Raspberry Tartelette, Frangipane, raspberry coulis, toasted pistachios, whipped vanilla cream **V**

Salted Caramel Blondie Cheesecake, Vanilla cheesecake with salted Dulce de Leche, butterscotch & walnut blondie pieces, Dulce de Leche sauce, clotted cream ice cream **V**

Add a British Cheeseboard & Thomas Fudge's Crackers £9.45 V/NGA
Vintage Barber's Cheddar, Rosary goat's cheese, Yorkshire Blue, Tracklements caramelised onion marmalade, Thomas Fudge's crackers, salted butter

3 COURSES - £38.50 | 2 COURSES - £34.00

A discretionary service charge of 10% will be added to your bill for parties of 8 or more.
£10 deposit per person | Children 12 and under dine half price.

V Suitable for vegetarians. Vea Vegan option available. Nga Non-gluten option available.



Sue Plummer - Branch Association Visitor - New Association Trustee

I have been associated with the MND Association for over 30 years, as a supporter and volunteer. I feel privileged to be elected as a trustee of the Association.

In terms of my professional back ground I began my early career as a nurse, subsequently moving into management roles and in more recent years as Chief Executive of a hospice. My work has always been particularly focused on palliative and end-of-life care. I am currently working in the **NHS**, supporting system changes to ensure people at the end of their lives can access quality services. I am fortunate that my career has given me insight into how people access services and the challenges this poses.

Since the death of my mother-in-law who had **MND**, I have been committed to the Association and the amazing support it gives to people with the disease, their families and friends. As a home visitor for 15 years I have seen first-hand what a difference this makes to people's lives.

I am keen to use my experience to support the MND Association to further its research, with the aim of finding a treatment and, hopefully one day, a cure.

* Fundraising *

Folk at the Tree

We were very pleased that once again **Baldock Folk Club** chose our Branch as their Charity at their Annual Folk at the Tree Festival held at The Orange Tree in Baldock. There was an afternoon of Live Music from Local Musicians including **Viv Lucas** who is Patron of our Branch! There was an excellent variety of music and a great atmosphere. We had a Raffle, received some donations and in total raised **£620**.

* Many thanks to **Brian and Viv** for organising this Event *

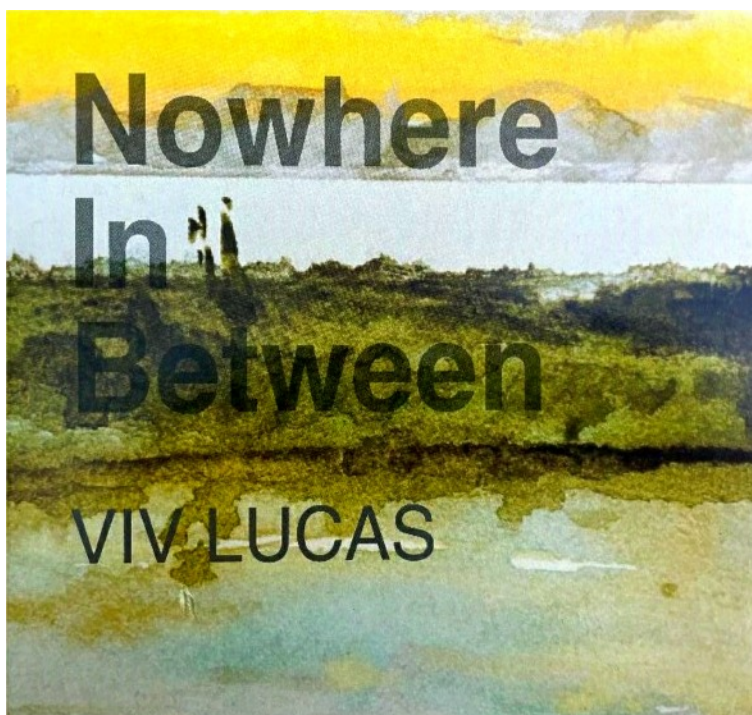




Brian Burke with Lindsey and Heather



Kate Rice



If you would like a copy of Viv's new cd *Nowhere In Between* you can get one by contacting Lindsey at lindsey.lucas@mndassociation.org and making a donation to the Branch.

Alternatively information about Vivs music can be found on his website

<https://www.vivlucas.com/>

And it is possible to stream his latest album on the usual platforms.



Bands at Folk at the Tree - Greg Rose - Kate Rice – 8 Til Late - Man with a Courduroy Heart - Clark & Johnson - **Viv Lucas** - Special songs by Viv and Brian - Kaszak & Afifi - South of Polaris - Tangers Irregulars.

Thank You

Working with MND Peer Support Group



Do you continue to work after your MND diagnosis?

This online peer support group enables people living with MND who continue to work to come together to share experiences in a safe and supportive way.

Tom who attends the group says "These meetings provide a safe space where we can share information about how MND affects work (or vice versa); the various challenges faced, solutions and workarounds found.

It's also nice simply to be able to talk with and listen to other people in similar situations to my own. The conversations can be very wide-ranging (today we even talked about trees), the atmosphere is very relaxed and welcoming, and there's no pressure to contribute anything unless you feel like it on the day. More often than not, a genuine mood lifter!! Why not give it a try? "

For more information please contact Jo Cunnah Community Support Coordinator
jo.cunnah@mndassociation.org

mndassociation @mndassoc

www.mndassociation.org

Francis Crick House, 6 Summerhouse Road, Northampton, NN3 6BJ
Registered charity no. 294354 | Created in RightMarket - 17/7/2025 - 07:39:04



Sarah's story featured on BBC

Volunteer and campaigner **Sarah Ezekiel**, who is living with MND, appeared on **BBC Breakfast** last week in a feature on how, thanks to AI, voice technology and an old VHS tape of Sarah speaking before being diagnosed, she has managed to generate a new voice which is much closer to her voice before **MND**. Sarah's story is featured on the [BBC News website](https://www.bbc.com/news/health-68111111), and the broadcaster's [All Access podcast](https://www.bbc.com/podcasts/04/2025/04/250417-all-access-podcast) covers more about this fascinating example of **the power of AI**.

Future Meetings & Events for Your Diary

Get togethers for those living with MND, family, carers and friends are held on **the last Monday of the month at 11am at the Three Horseshoes pub, Hooks Cross, Watton at Stone SG14 3RY**, And the first Wednesday of the month at 2pm at the Box Moor Trust Centre, London Road, Hemel Hempstead HP1 2RE.

*** Both venues provide disabled parking and level access. All are welcome.***

Dates for the Three Horseshoes:-

Monday 29th September

Monday 27th October

*** NO MEETING IN NOVEMBER ***

Monday 8th December - Christmas lunch at 12 pm

Monday 26th January



For more information contact - Chris Carter - christine.carter@mndassociation.org

Dates for the Box Moor Trust:-

Wednesday 1st October

Wednesday 5th November

Wednesday 3rd December

For more information contact - Hetty Smith - hetty.smith@mndassociation.org



**** ZOOM's ****

Daytime Group - Zoom - 3rd Tuesday of every month - 11am to 12.30pm

- 21st October - 18th November - 16th December

For more information contact - Dawn.Pond@mndassociation.org

South East Carers Coffee & Chat - Zoom - Carers only - First Tuesday of each month - 11am - 7th October - 4th November - 2nd December

For more information contact - lisa.burnard@mndassociation.org

Evening Carers Group - Zoom - Carers only - Last Wednesday of each month - 6.30pm - 24th September - 29th October - 26th November

For more information contact - charlotte.stanford-gibbs@mndassociation.org

Or abigall.igbokwe@mndassociation.org

The following website gives information for all our online support groups at:

www.mndassociation.org/support-and-information/local-support/online-support-groups



Contact Details

~ BRANCH MANAGEMENT COMMITTEE ~ 2025 OFFICERS ~

CHAIR: Lindsey Lucas lindsey.lucas@mndassociation.org Tel: 07905157764

TREASURER: Heather Hurley heather.hurley@mndassociation.org Tel: 07867757268

SECRETARY: - New secretary to be appointed soon -

-- BRANCH CONTACTS --

Christine Carter North and East Herts Area
christine.carter@mndassociation.org Tel: 01462 338450

Hetty Smith South Herts Area
hetty.smith@mndassociation.org Tel: 01462 630195

-- RELATIONSHIP FUNDRAISER --



ROGER WIDDECOMBE



roger.widdecombe@mndassociation.org

--- COMMUNITY SUPPORT COORDINATOR (CSC) ---



CHLOE RICH

chloe.rich@mndassociation.org



01604 800659

WEBSITE

MNDA Hertfordshire Branch

FACEBOOK

www.facebook.com/mndahertfordshire/

2025

*** * THE MND HELPLINE – Tel 0808 8026262** **mndconnect** *** ***
mndconnect@mndassociation.org

Our MND Connect Helpline offers advice, practical and Emotional support and directing to other services and agencies.

Monday-Friday 10.00am - 4.00pm



Editors : Derek Dunn & Christine Carter
Newsletter Booklet Coordinated by Alan J Lockett

