

Mid Kent Matters



Autumn 2025

DATES FOR YOUR DIARY

Support Group Meetings

Heart of Kent Hospice : 1st and 3rd Fridays in each month
September 5th & 19th ; October 3rd & 17th ;
November 7th & 28th ; December 10th

Wisdom Hospice : Every other Wednesday of each month
September 3rd & 17th ; October 1st & 15th & 29th ; November 12th & 26th ;
December 10th

Carers Meetings

1st Monday of alternate months
November 3rd ; January 5th ; March 2nd
Contact Sue Copping s.copping@sky.com for full details and to be
included on mailing list.

FUTURE LOCAL EVENTS

**22nd November, 9.30am-2.30pm Christmas Bazaar at
Princes Hall, High Street Rochester ME1 1LS
Please pop in and say “Hello!”**

**6th December 2-4pm : Mid Kent Branch Christmas Tea,
Masonic Hall Maidstone, ME15 6LF - Full details inside**



CHAIRS REPORT



The last quarter has been very busy for the branch with a number of fundraisers and our many support group meetings. Whilst I appreciate group meetings are not for everyone – the branch is here for everyone so please don't hesitate to contact me or any of the branch committee or AV's if there is anything we can do to support you – no matter how small or large the problem is I would like to think we can help you find a meaningful solution.

Which reminds me to say PLEASE do not buy any equipment without checking with us first, sometimes things are available via statutory services or we can help you by applying for grant funding. We really do want you to ask as making a difference is why we are here.

Finally I am delighted to tell you that Elaine Coates has been elected as our new Vice Chair. Elaine has been a branch member for a long time and has done a lot of work on Campaigning and applying for external grants. Her management skills are going to be put to very good use!

We also have another new committee member Sandra Rodgers who joined us this year, Sandra is keen to support us with Campaigning issues. Welcome Sandra.

Finally if anyone feels they are able to offer support to the branch in any form – be it fundraising, publicity or visiting, I would be pleased to hear from you.

Have a lovely Autumn and I hope to see you at our Christmas afternoon tea.

Annette

FAREWELL TO MARIA.

All the people in Maidstone and many in Medway will have benefitted by the support and friendship that Maria has

extended to us all. Although the branch campaigned hard to find a way of keeping Maria in post I am really sad to say we failed miserably and on the 1st June we had to say goodbye to her. There is no doubt that she is going to be greatly missed as she provided such excellent support through her knowledge and compassion. I know I speak for us all when I say we have not just lost a professional we have also lost a friend and a great ambassador for MND.

The post Maria had will be re-instated hopefully early in 2026 and nothing will give us greater pleasure than welcoming Maria back – if she would have us!

Whilst we cannot fill the big boots that she has left please do not hesitate to contact any of our Association Visitors if you need any help – we may not know the answers but we can hopefully put you in touch with someone who does.

Annette

TREASURERS REPORT



Wow! What a super summer of social and fundraising events we have had, from picnics at Aylesford Priory and Leeds Castle, to marathon and half marathon runs, cricket matches, summer fayres, cake sales, and coffee mornings. Thank you to everyone for joining us at these events, for your support and awareness raising for MND; we hope you enjoyed them and are looking forward to the next events we have planned, Walk to D'feet, Xmas Bazaar and the Xmas Afternoon tea.

We have received some generous donations over the last few months including another legacy sum of over £8000, a grant of £6000 from the Kent Community Foundation and £250 from Chatham Rotary. We were successful

in receiving the maximum sum of £1500 from the Tesco Blue Token scheme (Lunsford Park Store) and thank everyone who popped their blue token in the box to support us. We are the chosen charity for the Inner Wheel of Gillingham and after a talk given by Sheila they presented us with a cheque for £1200! Our branch and 3rd party fundraising events have all been incredibly well supported and have helped us to raise over £5000. We thank all the committee members for their hard work; a special thank you to Sue who runs our successful 100 club, standing order subscriptions this year so far are £1400! Our overall income so far this year is a fantastic sum £38541! Our thanks go to :- Kent Community Foundation, Chatham Rotary Club, Tesco Groundworks, General Gordon Masonic Lodge, Easyfundraising, The Cavendish Café, Dan Coward, Leybourne convenience store, BC, Medway Lottery, Time Savers Bearsted, Jen Sanders, Abbe Hall, Gravesend Cricket Club, S&Y Clark, J&J Perin, M Caverley. We also thank our committee members for plant, book sales, currency exchange, 100 club and quiz sheets and of course to everyone for your support and general donations. Special thanks to those who donate regularly via standing order and thanks also go to everyone who uses Easyfundraising and who gift aid their donations.

Over the last few months, we have spent £34650 to support people affected by MND. Our care costs have included quality of life grants, carers grants and therapies for people with MND and their carers. We have made contributions towards the installations and rental of stairlifts, removal of bio bidets, installations of ramp kits, repairs to scooters, wet room adaptations and covered the costs of deliveries and collections. We continue to cover the costs of the MND support days at both the Heart of Kent Hospice and Wisdom Hospice. We have spent a total of £59000 on care so far this year, with a large portion of this coming from our

restricted funds to support people with quality of life, carer's and young people's grants, this is more than we spent on care in the whole of 2024. We are committed to supporting people affected by MND.

Thank you to everyone who has continued to support us with your online donations via our justgiving and tribute pages, by standing orders or bank transfers direct to our account.

Please get in touch if you wish to gift aid any donations that are made directly to our account, we receive an extra 25p for every £1 donated via gift aid which really does make a difference to our funds. As always we commit to using every penny raised or donated, to support others diagnosed with MND so no one feels alone. Your donations will help us to continue to provide support to people with MND.

Lynne

CHRISTMAS TEA



Remember to book your free places for the Christmas Tea on 6th December, 2-4pm, in the Cornwallis Suite, Maidstone Masonic Centre, Courtenay Road, Tovil, Maidstone ME15 6LF.

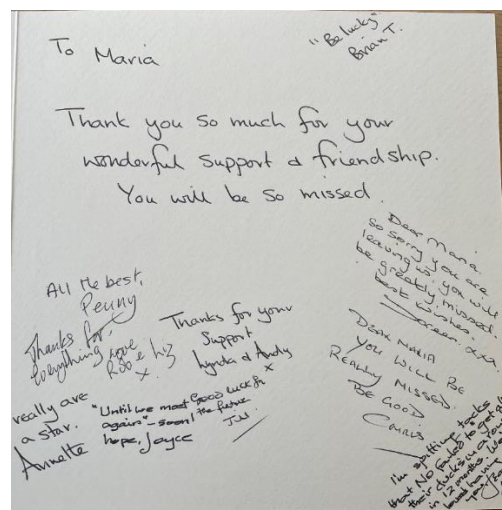
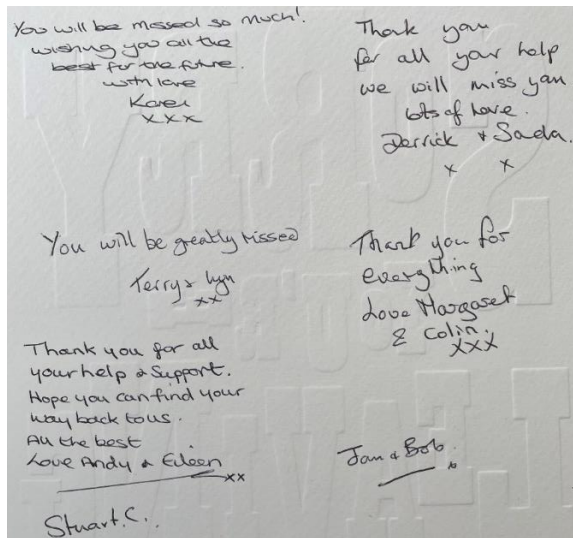
There is plenty of parking on site, it is wheelchair accessible and welcomes children AND the catering is very good! We are likely to have a raffle and a few books and puzzles to sell, we will also be drawing the Xmas 100 Club winners which brings a prize of £100.

If you and your partner, spouse or friend would like to join us, please tell me by Friday November 17th - so that the caterers know how many bowls of dry bread and water to prepare!

Email Annette.scott@mndassociation.org or ring me 01622820719

Annette

PRESENTATION to MARIA



We said what we hope will be "Au Revoir" to Maria at a Heart of Kent Support Group Meeting and gave her a bottle and a card to show our appreciation.

MEDWAY NEURO-TECH FAIR 2025



Colin Thompson, (Vice President Mid Kent Branch), Sarah Smith, (Area Support Co-ordinator) and the Mayor of Medway, Cllr Trevor Clarke.

Colin stood in for Sheila and manned the Mid Kent stand at the recent Medway Neuro-Tech Fair, which was held at the Pilkington Building (UKC) in Chatham. Colin who has long been a great ambassador for Mid Kent reported a lot of interest in Mid Kent's information stand and both he and Sarah had useful conversations with those attending, including local councillors and health and social care professionals. It was a worthwhile event which raised awareness for Neurological Charities. Sheila

GILLINGHAM INNER WHEEL PRESENTATION



We have been the Gillingham Inner Wheel's charity over the past year. We have supported two plwMND who were known to their members and I went to talk to them recently and received a cheque for £1,200. Sheila

RAISED VOICES AT WISDOM SUPPORT GROUP



Rachel, one of our Speech and Language contacts came to play and get us all singing. We started with gentle breathing exercises to help the projection of our voices. It was a very enjoyable session, - in fact everyone enjoyed it so much that Rachel said she will do it again on her next visit. Linda



A SURPRISE DAY OUT IN LONDON

My wife died from MND in January 2023. Since then, my family and I have tried to support the MND Association whenever possible.

In October 2024, my daughter said she had two tickets for the inaugural MND concert in Marylebone church. I agreed and we went to London for the day taking in lunch and a visit to Covent Garden.

When we arrived early at the church, we sat in the second row from the front. I began to my surprise to recognise a few celebrity faces. John Culshaw, the brilliant impressionist from TV and Radio's Dead Ringers. Just in front of us was Dame Penelope Wilton from Downton Abbey and The Exotic Marigold Hotel. Also Daniel Brocklebank from Coronation Street when MND was featured in a number of episodes. Daniel's grandfather died from MND twenty years ago and Daniel is a long standing Ambassador for MND.

The evening was wonderful with readings from the celebrities, interspersed with Christmas carols and performances from a Gospel Choir.

A day to remember!

Keith Hills in memory of Mary Hills.

A TRIP TO DISNEY WORLD



Minnie Mouse in all her glory – with a hint of Blue Peter above her head!
A long weekend at Disneyland Paris comes highly recommended as a trip to enjoy with the grand-children. Accessibility is good and it proved to be a fun filled family holiday for Linda - although I suspect the grand children might have been tempted to disown her!
I hear on our grapevine that Frank is booked for a similar fun trip in September so we can look forward to further photos in future, albeit of Mickey rather than Minnie on that occasion.

MORE AERIAL DERRING DO



This is a photo of our nephew Steve, clutching the Certificate that proved he had completed a Tandem Parachute Jump. He had to wait around until the weather improved and it was OK for him to jump. The wait didn't help his nerves, but he said "It all happened so fast, and once we got going I really enjoyed it."
Maybe, we can get him to do more?!

Marilyn and Allan

SUCCESSFUL RAFFLE FOR MID KENT MND



A huge thank you to Beryl Wilson and all her friends at The Duchess of Kent Court Aylesford who ran an Easter raffle and then another auction and raffle to raise money for MND. Your support and generosity will help to support local people living with this condition and hopefully find a cure to this cruel disease. Your support really does mean so much.
Thank you.

Annette



Beryl Wilson and her team with some of the prizes which were up for grabs

DOREEN'S 80TH BIRTHDAY BASH



We were delighted to be invited to celebrate Doreen's big Birthday with her family and the staff at the Heart of Kent hospice. Doreen is such a huge part of our Maidstone Support Group and it was a lovely to be able to give back a little to someone who gives so much.

NOTHING STOPS US ENJOYING CAKE!



We had a candled cake ready for Lesley's birthday but she was unable to join us on that day. Undeterred and keen not to waste the organisation – or the cake, we sang "HAPPY BIRTHDAY" to her - thanks to the wonders of modern science!

AYLESFORD UNDER THE SHADE OF THE TREES



We had a great turnout for our picnic at the Friars and the catering courtesy of Bob and Nick surpassed all expectations. We were so well fed many people ended up taking their own picnics home again! It was so lovely to meet old and new friends and to while away a few hours in a lovely setting.

Annette

LEEDS CASTLE PICNIC JULY 2025



*T'was a sweltering day in July
Not a cloud in the sky, did we spy
The weak stayed at home, BUT the strong came to Leeds to fry!* Joan



On the hottest day of the year (official!) our picnic at Leeds Castle was planned to coincide with MND Global Awareness Day. Due to the predictions to expect soaring temperatures, Dave and Annette got to Leeds Castle really early to bag the shadiest spot they could find. Whilst not as pretty as the Rose Lawn it was an ideal stop for the train and all the time we were there, we enjoyed a steady breeze through the trees. Leeds Castle staff were, as ever, excellent hosts and the minibus adapted for wheelchairs was on hand to ferry everyone to the picnic spot so that no-one had to negotiate the hot tarmac road.

Whilst the weather kept some people away there was nonetheless a good turnout and we had a wonderful spread of food courtesy of Bob, who sadly could not join us and Nick, Tracey and their grand-daughter who could –and I can assure Bob that the date and apple slice did not go to waste!

Since our visit last year a bookshop has been set up in the pavilion, where Joan and Sue found some real bargains.

We are all booked up again for next year and we now know that no matter how hot the weather may be, we know where to find an ideal spot under the trees.

Annette

FAMOUS MEN QUIZ

The main problem reported about this quiz was shortage of space in which to write the answers – my apologies but it was rather that –or only one clue instead of two per question!

There were about 50 quiz sheets returned and very few queries. I'm afraid shortage of space will prevail again in Famous women, and I'm sure you will manage to complete your answers. The answers are :

1. Horatio Nelson
2. Houdini
3. Christopher Columbus
4. Sir Walter Raleigh
5. Henry James
6. Sir Donald Campbell
7. Lancelot Brown
8. Elvis Presley
9. Edward the Confessor
10. Duke of Wellington
11. Sir Francis Drake
12. Charles Darwin
13. Samuel Pepys
14. Guy Fawkes
15. William the Conqueror
16. King Alfred
17. William Shakespeare
18. Sir Matt Busby
19. Tony Blair
20. Noel Coward
21. Victor Sylvester
22. Sir Robert Peel
23. John Bunyan
24. Sir Christopher Wren
25. Boris Johnson
26. Steve Jobs
27. Donald Trump
28. Lewis Carroll
29. Rod Hull
30. Sir Andy Murray
31. Barnes Wallis
32. Henry Moore
33. Mark Carney
34. Tim Henman
35. Stirling Moss
36. Denis Compton
37. James Dyson
38. Bill Gates
39. Oscar Wilde
40. Barry Sheene

41. Oliver Cromwell
42. Hereward the Wake
43. Sir Roger Bannister
44. Stanley Matthews
45. Monty Don
46. Sir Elton John
47. Ernest Shackleton
48. Sir David Beckham
49. Joseph Stalin
50. Sir David Attenborough
51. Nigel Farage
52. Ringo Starr
53. Alex Salmond
54. Isaac Newton
55. Thomas Moore

CHRISTMAS BAZAAR



Dear Members and Friends,
Please can you help with donations for our Christmas Bazaar in November?
We are seeking unwanted gifts, tombola prizes and any contribution you can make to our Chocolate Tombola stall. If you are able to help, please take any donations along to your Support Meetings, or drop anything at my house to store until the day.
Ring me on 07930675991 or 01634 686865 to arrange this.
Thank you, Joan (Secretary)

100 CLUB results

May 25 1st 60 Sue Copping
 2nd 28 Dave Sheridan
June 25 1st 30 Kathy Hales
 2nd 36 Margaret Rowe

Remember! - the BIG Christmas draw will be made at our Christmas Tea.

WAYS TO DONATE TO MNDA MID KENT BRANCH

JustGiving - you can donate via our JustGiving page
www.justgiving.com/fundraising/mid-kent-branch-mnd-association

Bank Transfer – please contact our Treasurer for further information:
lynne.eldred@mndassociation.org

Standing Order – please contact our Treasurer for further information:
lynne.eldred@mndassociation.org. Please add something to the reference if you wish this to be a general donation or in memory of someone. If you wish to gift aid your donation, please complete the form (link below) and email to our Treasurer.

Gift Aid – if you wish to gift aid any donation please complete the form (see the link below or contact our Treasurer for a form) and email to our treasurer
lynne.eldred@mndassociation.org
https://www.mndassociation.org/sites/default/files/2023-01/mnda-gift-aid-form_0.pdf

Easyfundraising - This is an excellent way to raise funds for the Branch, every time you shop online, without it costing you a single penny more. Simply register on the Easyfundraising website [Motor Neurone Disease - Mid Kent Branch Fundraising | Easyfundraising](#) and remember to shop via the website and you can earn funds for the Branch.

Text - you can donate via text message - you can donate £5 by texting MND4MIDKENT to 70085 (costs £5 plus one standard rate message). £5 is the Default value for the text but if you wish to donate more, simply add that value after MND4MIDKENT (eg MND4MIDKENT 10 to donate £10)

Old Coins- we can exchange your old British coins or foreign currencies (notes and coins). Just pass them on to our treasurer or any committee member or you can choose our charity at leftovercurrency.com [Leftover Currency - Donations to MNDA Mid Kent Branch](#)

USEFUL INFORMATION

Motor Neurone Disease (MND) is the name given to a group of related, but widely varying, diseases affecting the motor neurones in the brain and spinal cord. Motor neurones are the nerve cells that control muscles; hence their degeneration causes weakness and muscle wasting.

MND is usually regarded as progressive but the rate of progression varies greatly from person to person and between the three main types of disease. In the UK it is believed that there are about 6,000 people suffering from MND at any one time.

WE MAY BE ABLE TO HELP YOU!
BEFORE YOU SPEND MONEY ON A PIECE OF EQUIPMENT, CHECK WITH THE APPROPRIATE PROFESSIONAL. IF IT IS SOMETHING THEY DO NOT PROVIDE, SPEAK TO YOUR ASSOCIATION VISITOR or ANNETTE SCOTT.

**Mid Kent Branch covers the ME postcode area
except ME13, and includes DA11-13**
Mid Kent MNDA website www.midkentmnda.org

BRANCH OFFICERS

PRESIDENT: Professor David Oliver
VICE PRESIDENT: Mr Colin Thompson, 01634 723677 colinwthompson@btopenworld.com
CHAIRMAN : Miss Annette Scott, 01622 820719 annette.scott@mndassociation.org
SECRETARY : Mrs Joan Simpson, 01634 686685 joan.simpson@mndassociation.org
TREASURER : Mrs Lynne Eldred, lynne.eldred@mndassociation.org
CAMPAIGNS : Mrs Elaine Coates, 07884355423 elaine.coates@mndassociation.org
LOCAL CONTACT : Mrs Joan Simpson, 01634 686685 joan.simpson@mndassociation.org
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AREA SUPPORT CO-ORDINATOR : Sarah Smith 01604 800651
sarah.smith1@mndassociation.org



**We never lose hope. We strive to find a cure for MND
and to support everyone affected by this devastating disease**