

Happy New Year 2025

Exciting news

Planning for the future talk in Feb and others planned.

'I thought I was all over financial planning but I certainly learned a thing or two. Yes it's a difficult conversation but also an important one for everyone to have not just those living with MND. For this reason I would encourage all family members of whatever age to come along.' Phil

Tuesday 4th February 2-4pm at St Richards Hospice by Financial Silvertime Legal.

The June speaker, Hazel Carter is exclusively for caregivers. It's planned for the 3rd June. The normal social will take place for those with MND and will be supported by volunteers. Other speakers being sought are Dietician, SaLT and occupational Therapy. PTO



Fundraising in 2024

A big shoutout to the wonderful Margy and Mairi who throughout much of 2024 have been selling their handmade novelty trinkets and jewellery. Margy has been especially generous with her time, spending hours every day designing and making a huge range of key rings, bracelets, broaches and man many more items. All the items are completed in the association's colours.
Thank you girls.

This year, 2024, we were fortunate to be chosen as Worcester Music Festival's charity of the year. A cheque for £5556 was presented at their annual awards evening.

Also 2024 saw us being chosen as Pershore Golf Society's chosen charity. Mark (club captain) and Tim (treasurer) were presented with a cheque for £2100 to group member Paul. The good news is that we are going to be their charity again for 2025.

Fund raising for 2025

The fundraising team are working on two big events for later in the year.

The first is holding a walk to D'Feat somewhere around Worcestershire. This is a well established association event that many branches and groups hold each year. The idea is that family and friends come together for a sponsored walk to raise awareness and funds.

The second is a build on the successful trial of a dinner disco at Worcester County Cricket Ground. The team are awaiting details of suggested dates from the cricket club. More details on these and other events will

be sent out through the usual monthly emails.

If you know of a local event being held that might be open to allowing us to have a fundraising pitch please do let us know. Any fundraising events you are aware of or considering running yourselves please let us know so we can support you through social media and the web site.

Lessons were learnt from the first dinner dance and will probably dispense with a speaker. It was however hugely popular and enjoyed by many pwMND and their family and friends. Thank you for the feedback.





Hereford Social Meetings.

Still work in progress

At the end of January we will be holding a meeting with St Michael's hospice to explore the viability of holding a monthly meeting within the hospice. If it turns out this is not possible a suitable alternative venue will be found with a view to holding the first meeting in March. More details will be sent via email / letter when we have them.

Compost Corner

By Bob Bayliss

At this time of year the main jobs are pruning of fruit trees, apart from cherries and plums. Pruning of fruit trees this time of year is more for opening the structure of the trees than for fruiting. This needs to be done by end of February, preferably when there isn't any frost, as the stems will get damaged. Soft fruit bushes can be opened up to make picking easier, especially gooseberries, mainly removing old wood and leaving last summer's growth to bear fruit. Grapevines, if you have one, can be reduced in size.

Any tubers in store, such as dahlias and begonias, will need checking for rot. Any rotten ones will need removing and throwing away. Sweet peas can be sown now, either in a greenhouse or windowsill. Soak the seeds for twenty four hours in warm water before sowing, this helps to break down the seed coat and let it germinate. Any hardy annuals can be sown in February indoors ready for planting out in the end of March. As far as half hardy or tender bedding doesn't need to be sown until late March. The other option is to buy how

many plants from a garden centre, then you only get as many as you want.

By the end of March, depending on the weather, any old growth from herbaceous plants will need removing to allow the new growth to come through. They will benefit from a feed, something like pelleted chicken manure.

Preparations for beans and peas can be done so long as the ground isn't sodden. A trench, if you're able, should be about one spit deep and filled with either grass cuttings, crunched up newspaper, vegetable peelings or compost from you bin. This can also be done for sweet peas. The reasoning behind this is those plants can be quite thirsty and what is put in the trench acts as a reservoir in dry weather. Harvesting of your winter vegetables should be going ahead and planning what you will growing next year.

If you need to cut your grass, do it when it's dry and not frosty. The mower need to be set higher than in the summer. If there a lot of thatch in the grass use a wire rake or if you've a bigger area hire an electric scarifier. The resultant thatch can either go in your compost bin or the trench for your beans.

Any questions I will do my best to answer.

Finance Officer

Bob Bayliss has very kindly offered to take on the role of the guardian of the group finances. Bob starts his induction in January so hopefully will be fully up and running by the spring. Welcome to the team Bob.

The H & W MNDA Group website

Please take a look

Simon is building the site for us to gather information relevant to us and people in Herefordshire and Worcestershire area.

Details of our up and coming meetings are listed there.

We are hoping to put the newsletters on there too.

search for mndassociation Herefordshire and Worcestershire group.

or the address is <https://.mndassociation.org/support-and-information/local-support/branches/herefordshire-and-worcestershire-group>

If you know of any fundraising events that are taking place that we could pitch up to please lets us know. We are always looking for opportunities. We had a good year last year and would like to match that this year.

Don't forget to claim cost of living expenses. It's an easy form, is not means tested and will help towards extra heating costa and electricity bills. Speak to any volunteer for more info or assistance.



Please contact our group Leader Phil Clayton on philip.clayton@mndassociation.org.

or the newsletter editor jacqueline.smith@mndassociation.org for contents and whether you no longer wish to receive.

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